

Prep Notes

Foothill Athletic League

Nov. 12, Miramonte HS, Orinda

Boys Teams (Top half advance)

1	Las Lomas (Walnut Creek)	30
2	Acalanes (Lafayette)	31
3	Alhambra (Martinez)	35
4	Miramonte (Orinda)	107
5	Campolindo (Moraga)	117
6	Liberty (Brentwood)	165
7	Benicia	181

Boys Individuals (Top seven advance)

1	Alexy Kochwicz (Las Lomas)	1721
2	Ian Phillips (Acalanes)	1735
3	Eric Eglund (Acalanes)	1736
4	Steve Goelzer (Las Lomas)	1740
5	Scott Whitman (Campolindo)	1743
6	John Murphy (Las Lomas)	1749
7	Mike Mahoney (Acalanes)	1750
8	Shawn Dangel (Las Lomas)	1800
9	Jeff Whitehead (Acalanes)	1802
10	John Shalerin (Acalanes)	1802

Girls Teams (Top half advance)

1	Miramonte (Orinda)	55
2	Campolindo (Moraga)	57
3	Acalanes (Lafayette)	69
4	Alhambra (Martinez)	75
5	Las Lomas (Walnut Creek)	85

Girls Individuals (Top seven advance)

1	Sara Riley (Campolindo)	2040
2	Molly Stryker (Acalanes)	2108
3	Staci Branton (Alhambra)	2124
4	Janelle Corbin (Alhambra)	2128
5	Dana Bjornsen (Campolindo)	2129
6	Courtney Clark (Las Lomas)	2132
7	Mia Genau (Miramonte)	2207
8	Emily Franz (Campolindo)	2216
9	Susan Kim (Miramonte)	2216
10	Karen Yardley (Acalanes)	2229

3A Qualifying

Diablo Valley Athletic League

Nov. 6, Newhall Park, Concord

Boys Teams (Top four advance)

1	Antioch	36
2	Northgate (Walnut Creek)	40
3	Clayton Valley (Concord)	67
4	Concord	105
5	Ygnacio Valley (Concord)	115
6	College Park (Pleasant Hill)	117
7	Pittsburg	215

Boys Individuals (Top seven advance)

1	Steve Zirkelbach (Concord)	1517
2	Mark Koepke (Concord)	1608
3	Jason Gantt (Ygnacio Vly)	1616
4	John Kopchik (Northgate)	1623
5	Will Arnold (Antioch)	1627
6	Robert Hudson (Antioch)	1631
7	Ken Dempster (Antioch)	1632
8	Doug Green (Antioch)	1632
9	Kirk Hartman (Northgate)	1637
10	Buddy Pohl (Antioch)	1644
11	Darin Tara (Clayton Vly)	1647
12	Andrew Morrell (Northgate)	1653
13	Chris Macaluso (Northgate)	1658
14	Paul Niess (Northgate)	1659
15	Sam Gwynn (Clayton Vly)	1704
16	Dan Primus (Concord)	1706
17	Howard Chang (Ygnacio Valley)	1707
18	Chris Nimh (College Park)	1715
19	Todd Grisanti (Concord)	1717

Girls Teams (Top four advance)

1	College Park (Pleasant Hill)	37
2	Northgate (Walnut Creek)	61
3	Clayton Valley (Concord)	71
4	Antioch	73
5	Ygnacio Valley (Concord)	143
6	Concord	172

Girls Individuals (Top seven advance)

1	Melissa Pardini (Northgate)	1844
2	Jennifer Sells (Antioch)	1903
3	Robin Constantinides (Clayton V)	1921
4	Becky Kopchik (Northgate)	1949
5	Jill Moore (College Park)	2010
6	Amy Tilson (College Park)	2031
7	Beth Houghton (College Park)	2036
8	Sarah Freeman (Clayton Vly)	2043
9	Jennifer Donovan (College Park)	2053

10	Heather Meyer (College Park)	2059
11	David Sanchez (Antioch)	2104
12	Jennifer Ruyters (Clayton Vly)	2133
13	Melinda Marshall (College Park)	2132
14	Julia Pad (Ygnacio Vly)	2134
15	Adrina Hollis (Northgate)	2141
16	Kerry Bellingham (Clayton Vly)	2146
17	Jessica Stines (Antioch)	2152
18	Kaycee Shyrook (Antioch)	2206
19	Valerie Hendrix (College Park)	2212
20	Eileen Columa (Northgate)	2226

East Bay Athletic League

Nov. 12, Oak Hill Park, Danville, 3 Mi.

Boys Teams (Top four advance)

1	San Ramon (Danville)	29
2	Livermore	37
3	California (San Ramon)	108
4	Amador Valley (Pleasanton)	110
5	Monte Vista (Danville)	112
6	Foothill (Pleasanton)	115
7	Granada (Livermore)	189

Boys Individuals (Top seven advance)

1	Rob Scott (San Ramon)	1646
2	Craig Schlicher (Livermore)	1655
3	Brian Donward (Livermore)	1701
4	Bruce Carter (San Ramon)	1706
5	Mike Pariera (Livermore)	1714
6	Jeff Buhl (San Ramon)	1722
7	Donnie Nelson (Foothill)	1725
8	Andy Leigh (San Ramon)	1727
9	Jason Minig (Amador Valley)	1729
10	Chris Anthony (San Ramon)	1729
11	Ricky Reitz (Livermore)	1735
12	Peter Faeth (Monte Vista)	1747
13	Nail Arrieta (California)	1750
14	Maceo Filita (Foothill)	1751
15	Jeff Aschbrenner (California)	1752
16	Shawn Mulkenney (Livermore)	1757
17	Greg Crosley (Monte Vista)	1800
18	Lee Lewis (Livermore)	1802
19	Dean Garbin (Foothill)	1805
20	Brian Thorson (California)	1807

Girls Teams (Top four advance)

1	California (San Ramon)	28
2	Amador Valley (Pleasanton)	74
3	Granada (Livermore)	80
4	San Ramon (Danville)	91
5	Livermore	100

Girls Individuals (Top seven advance)

1	Becky Spies (Livermore)	2015
2	Miss Hurlow (California)	2036
3	Beth Glaser (San Ramon)	2051
4	Suzie Ellison (California)	2056
5	Lori Juarez (California)	2159
6	Lena Deaton (Granada)	2202
7	Melissa Freeberg (California)	2208
8	Tami Stepp (Amador Valley)	2214
9	Mara Morgan (Livermore)	2227
10	Michelle Hanson (California)	2229
11	Brittany Bole (California)	2233
12	Kathy Fortuin (Monte Vista)	2245
13	Jenny Cathcart (Amador Vly)	2250
14	Valerie Powell (Monte Vista)	2255
15	Lisa Cole (Monte Vista)	2301
16	Amanda Way (Granada)	2305
17	Donna Rosfeld (California)	2306
18	Becky Kozak (San Ramon)	2314
19	Suzanne Steiner (Amador Vly)	2317
20	Becky Withers (Amador Vly)	2323

Golden Bay Athletic League

Nov. 12, Point Pinole Regional Park

Boys Teams (Top two advance)

1	Berkeley	37
2	El Cerrito	44
3	De La Salle (Concord)	48
4	Alameda	110
5	Pinkie	136

Boys Individuals (Top seven advance)

1	Jeremy Seven (DeLaSalle)	1548
2	Morgan McLarty (El Cerrito)	1557
3	Sean Lewis (Berkeley)	1600
4	Shumeyo Mamo (Berkeley)	1616
5	Brent Halvorik (Berkeley)	1617
6	Mike Akinaga (El Cerrito)	1617
7	Brian John (El Cerrito)	1624
8	Mike Kuhl (De La Salle)	1626
9	Tyler Robbins (De La Salle)	1631
10	Steve Archini (Alameda)	1637
11	Chris Von Marshall (ElCerr)	1639
12	Ethan Roberts (Berkeley)	1643
13	Chris Heine (Berkeley)	1644
14	Chris Knafetz (De La Salle)	1655

15	Ben Turman (Berkeley)	1700
16	Cam Stormes (De La Salle)	1707
17	Andrew Conning (Berkeley)	1712
18	Nathan Stahlhut (El Cerrito)	1718
19	Raj Krishnan (El Cerrito)	1719
20	Scott Brown (Alameda)	1724

Girls Teams (Top two advance)

1	El Cerrito	25
2	Carondelet (Concord)	49
3	Alameda	57
4	Berkeley	87

Girls Individuals (Top seven advance)

1	Lisa Scott (El Cerrito)	1901
2	Marisa Gardella (El Cerrito)	1910
3	Zsolt Kondor (Alameda)	2021
4	Cindy Prindville (Carondelet)	2022
5	Catherine Zinn (Berkeley)	2033
6	Jessica Buehring (El Cerrito)	2039
7	Erin Wiseman (El Cerrito)	2042
8	Lisa Bradford (Carondelet)	2055
9	Lori Okamura (El Cerrito)	2059
10	Jenny Kelly (Carondelet)	2101
11	Emmaly Thomas (Alameda)	2106
12	Adrienne Thompson (Alameda)	2112
13	Brenda Weigel (Alameda)	2115
14	Livia Kondor (Alameda)	2118
15	Beth Hewson (Alameda)	2124
16	Maria Espinosa (Carondelet)	2138
17	Rebecca Gattelman (Berkeley)	2145
18	Ann Cooper (El Cerrito)	2155
19	Rebecca Foote (Berkeley)	2158
20	Samantha Castronovo (Alameda)	2205

Mission Valley Athletic League

Nov. 5, Garin Park, Hayward, 3.1 Mile.

Boys Teams (Top four advance)

1	Moreau (Hayward)	35
2	Mission San Jose (Fremont)	55
3	Irvington (Fremont)	76
4	Logan (Union City)	80
5	American (Fremont)	117
6	Newark Memorial (Newark)	166
7	Kennedy (Fremont)	179

Boys Individuals (Top seven advance)

1	Brian Rivers (Moreau)	1632
2	Eric Bellamy (Moreau)	1633
3	Sandeep Randhawa (Mission SJ)	1639
4	Chris Kramer (Irvington)	1654
5	Gonzalo Espinoza (Logan)	1705
6	Mike Stutz (Mission SJ)	1712
7	Dennis Hernandez (Mission SJ)	1721
8	John Dunphy (Moreau)	1725
9	Tom Mayhew (Moreau)	1751
10	Kath Williams (Logan)	1808
11	Bob Simmons (American)	1825
12	Eric Rawlings (Irvington)	1836
13	Craig Fuji (Newark Mem)	1850
14	Nick Gomez (Logan)	1856
15	Ben Brauer (Moreau)	1857
16	Gregg Keith (Irvington)	1901
17	Lance Wright (Mission SJ)	1905
18	Frank Hardesty (Kennedy)	1907
19	John Kealy (Moreau)	1915
20	Mike Homa (Moreau)	1931

Girls Teams (Top four advance)

1	Moreau	30
2	Washington	40
3	Irvington	82
4	Mission San Jose	124
5	American	138
6	Logan	139
7	Newark Memorial	159

Girls Individuals (Top seven advance)

1	Erin Bellamy (Moreau)	2125
2	Stephanie Foley (Mission SJ)	2151
3	Michelle Rodriguez (Logan)	2159
4	Carrie O'Connor (Moreau)	2214
5	Alyssa Martinez (Washington)	2233
6	Kerry Dougery (Moreau)	2233
7	Kristina Douglas (Moreau)	2236
8	Jodene Heinlein (Moreau)	2242
9	Leasa Hebert (Irvington)	2249
10	Pam Brands (Mission SJ)	2256
11	Beth Gier (Moreau)	2302
12	Gretchen Hill (Mission SJ)	2311
13	Shelly Kansler (Logan)	2312
14	Gina Avila (Moreau)	2317
15	Jennifer Cullen (Newark Mem)	2338
16	Megan Winkler (Newark Mem)	2342
17	Gina Moreno (Moreau)	2343
18	Tina Vencor (Mission SJ)	2347
19	Alyssa Wilms (Moreau)	2355
20	Stacy Fern (Washington)	2358

North Bay League

Nov. 13, Spring Lake, Santa Rosa, 3 Mi.

Boys Teams (Top three qualify)

1	Montgomery (Santa Rosa)	26
2	Santa Rosa	52
3	Rancho Cotate (Rohnert Park)	72
4	Piner (Santa Rosa)	87
5	Cardinal Newman (Santa Rosa)	116
6	Ukiah	156

Boys Individuals (Top seven qualify)

1	Mike Combs (Montgomery)	1542
2	Dean Eastham (Piner)	1551
3	Randall Watkins (Montgomery)	1607
4	Dave Waldo (Montgomery)	1612
5	Jeff Sorknes (Santa Rosa)	1617
6	Jason Gonzalez (CardinalNewm)	1619
7	Dan Held (Santa Rosa)	1620
8	Keith Lewis (Montgomery)	1623
9	Jim Macken (Santa Rosa)	1632
10	Keith Orisko (Montgomery)	1636
11	John Dickerson (Rancho Cotate)	1637
12	Ian Doleman (Rancho Cotate)	1639
13	Todd Stevens (Piner)	1645
14	Matt Trimble (Rancho Cotate)	1650
15	Rye Jorgensen (Santa Rosa)	1651

Girls Teams (Top three qualify)

1	Piner (Santa Rosa)	52
2	Rancho Cotate (RohnertPk)	56
3	Montgomery (Santa Rosa)	86
4	Ursuline (Santa Rosa)	88
5	Santa Rosa	101
6	Ukiah	125

Girls Individuals (Top seven qualify)

1	Nicole Fischer (Montgomery)	1945
2	Cheryl Vann (Santa Rosa)	1948
3	Dierde Donovan (Piner)	1954
4	Michelle Mayes (Montgomery)	2021
5	Amma Eastham (Piner)	2047
6	Ruth Bishop (Rancho Cotate)	2054
7	Soudra White (Rancho Cotate)	2058
8	Mickey Zomette (Rancho Cotal)	2105
9	Gwen Riddell (Ursuline)	2108
10	Julie Beer (Piner)	2122
11	Theresa Palanos (Ursuline)	2124
12	Katy Trowbridge (Rancho Cot)	2126
13	Kristen Crowley (Santa Rosa)	2136
14	Linda Parker (Montgomery)	2143
15	Amy Erich (Pine4)	2153

Qualifiers to State Meet

North Coast Section 1A

Nov. 21, Bald Hill, Fort Bragg

Boys Teams (Top 2 advance to State)

1	University (San Francisco)	29
2	Head-Royce (Oakland)	86
3	South Fork (Miranda)	89
4	Fort Bragg	117
5	Willits	129
6	McKinleyville	140
7	Calif. School for Deaf (Fremont)	144
8	St. Bernard (Eureka)	163
9	Lower Lake	238

Boys Individuals (Top 5 advance)

1	Mark Gonzalez (University)	17:53
2	Dan Tell (Fort Bragg)	17:58
3	Gary Gomez-Novy (Head-Royce)	18:07
4	Mike Metzger (University)	18:08
5	Marky McClave (Head-Royce)	18:32
6	Gene Cotten (South Fork)	18:38
7	Solley Segs (University)	18:40
8	Stephen Shadoan (University)	18:44
9	Ty Thai (University)	18:45
10	Steve Dehan (Clear Lake)	18:51

Prep Notes

7	Redwood (Larkspur)	214
8	Alhambra (Martinez)	247
9	Sonoma Valley (Sonoma)	279
10	San Rafael	284
11	Terra Linda (San Rafael)	298
12	St. Mary's (Berkeley)	318
13	Miramonte (Orinda)	331
14	Bishop O'Dowd (Oakland)	335
15	El Molino (Forestville)	351
16	Hayward	401
17	Tamalpais (Mill Valley)	424
18	Analay (Sebastopol)	448
19	Mt. Eden (Hayward)	486
Boys Individuals (Top 5 advance)		
1	Gordon Johnson (Piedmont)	15:41
2	Kevin Berkowitz (Hayward)	15:45
3	Eli Ricca (Arcata)	15:59
4	Paul Marlon (San Rafael)	15:59
5	John Litzenberg (Sonoma)	16:02
6	Matt Johanson (Castro Valley)	16:14
7	Scott Witham (Campolindo)	16:17
8	Blair Venables (Encinal)	16:18
9	Alexy Kochowicz (Las Lomas)	16:19
10	Paul Butler (Mt. Eden)	16:21
11	Matt Boone (Encinal)	16:21
12	John Murphy (Las Lomas)	16:26
13	Willie Guisero (Redwood)	16:30
14	Daniel Montoya (Arcata)	16:32
15	Mike Mahoney (Acalanes)	16:33
16	Eric Egland (Acalanes)	16:33

photo by Keith Conning



Becky Spies

Girls Teams (Top 2 Advance)		
1	Miramonte (Orinda)	91
2	Campolindo (Moraga)	96
3	Acalanes (Lafayette)	139
4	Analay (Sebastopol)	141
5	Redwood (Larkspur)	147
6	Bishop O'Dowd (Oakland)	150
7	Piedmont	215
8	Castro Valley	217
9	Alhambra (Martinez)	249
10	Arcata	270
11	Petaluma	272

12	San Rafael	278
13	Marin Catholic (Kentfield)	296
14	Arroyo (San Lorenzo)	301
15	Encinal (Alameda)	313
16	Mt. Eden (Hayward)	390

Girls Individuals (Top 5 advance)		
1	Dana Bjornsen (Campolindo)	19:08
2	Sarah Riley (Campolindo)	19:21
3	Carolina Allen (San Rafael)	19:25
4	Courtney Clark (Las Lomas)	19:35
5	Sheila Burke (Marin Catholic)	19:35
6	Jennie Dempsey (Analay)	19:43
7	Desiree Crunelle (Redwood)	19:44
8	Molly Stryker (Acalanes)	19:44
9	Janelle Corbin (Alhambra)	20:04
10	Mia Genau (Miramonte)	20:09
11	Stacy Brunton (Alhambra)	20:13
12	Sarah Grundman (Fortuna)	20:23
13	Melanie Toler (Arcata)	20:25
14	Karen Yardley (Acalanes)	20:26
15	Quispeya Rodriguez (Bishop O')	20:28

North Coast Section 3A Nov. 21, Point Pinos Regional Park

Boys Teams (Top 2 advance to State)		
1	San Ramon (Danville)	83
2	Antioch	100
3	Montgomery (Santa Rosa)	118
4	Moreau (Hayward)	119
5	Livermore	121
6	Berkeley	149
7	Northgate (Walnut Creek)	265
8	Mission San Jose (Fremont)	267
9	El Cerrito	290
10	Santa Rosa	292
11	San Leandro	293
12	Rancho Cotate (Rohnert Park)	307
13	Amador Valley (Pleasanton)	315
14	California (San Ramon)	326
15	Clayton Valley (Concord)	333
16	Concord	364
17	Eureka	402
18	Logan (Union City)	429
19	Irvine (Fremont)	546

Boys Individuals (Top 5 advance)		
1	Steve Zirkelbach (Concord)	14:56
2	Eric Bellmay (Moreau)	15:09
3	Brian Rivers (Moreau)	15:13
4	Mike Contos (Montgomery)	15:13
5	Sandeep Randhawa (Mission S.J.)	15:18
6	Scott Kennedy (San Leandro)	15:26
7	Randall Watkins (Montgomery)	15:27
8	Bruce Carter (San Ramon)	15:32
9	Rob Scott (San Ramon)	15:37
10	Dennis Hernandez (Mission S.J.)	15:40
11	Jeff Buhl (San Ramon)	15:44
12	Jeremy Seven (De La Salle)	15:47
13	Jason Gantt (Ygnacio Valley)	15:49
14	Jason Lindholm (Eureka)	15:50
15	Ken Dempster (Antioch)	15:50
16	Will Arnold (Antioch)	15:51
17	Brent Halvorik (Berkeley)	15:52
18	Donnie Nelson (Foothill)	15:53
19	Shumeye Mamo (Berkeley)	15:54
20	Shaun Mukonekey (Livermore)	15:54
21	Sean Lewis (Berkeley)	15:55
22	Brian Doward (Livermore)	15:56
23	Andy Leigh (San Ramon)	15:58
24	Dean Eastham (Piner)	15:59
25	Buddy Pohl (Antioch)	15:59
26	Keith Lewis (Montgomery)	15:59
27	Robert Hudson (Antioch)	16:00
28	Darren Clay (Rancho Cotate)	16:00
29	Mike Stutz (Mission S.J.)	16:00
30	John Dunphy (Moreau)	16:01
31	Rick Reitz (Livermore)	16:01
32	Craig Schlicher (Livermore)	16:02
33	Doug Green (Antioch)	16:04
34	Mike Periera (Livermore)	16:05
35	Jeff Sorkneis (Santa Rosa)	16:05
36	Jason Gonzales (Cardinal New)	16:07
37	John Kopchik (Northgate)	16:08
38	Neil Arrieta (California)	16:11
39	Mark Kopske (Clayton Vly)	16:12
40	Todd Bell (San Ramon)	16:13

Girls Teams (Top 2 Advance to State)		
1	California (San Ramon)	67
2	El Cerrito	104
3	Moreau (Hayward)	109
4	College Park (Pleasant Hill)	127
5	Clayton Valley (Concord)	176
6	Mission San Jose (Fremont)	220
7	Antioch	255
8	San Ramon (Danville)	260
9	Amador Valley (Pleasanton)	261
10	Northgate (Walnut Creek)	271
11	Granada (Livermore)	281

12	Montgomery (Santa Rosa)	286
13	Logan (Union City)	304
14	Piner (Santa Rosa)	314
15	Carondelet (Concord)	316
16	Rancho Cotate (Rohnert Park)	328
17	San Leandro	362
18	Washington	450

Girls Individuals (Top 7 advance)		
1	Becky Spies (Livermore)	17:57
2	Melissa Pardia (Northgate)	18:37
3	Lisa Scott (El Cerrito)	18:41
4	Robin Constantinides (Clayton V)	18:53
5	Missi Hurlow (California)	18:54
6	Jennifer Sells (Antioch)	19:05
7	Erin Bellamy (Moreau)	19:06
8	Beth Kopchik (Northgate)	19:12
9	Marisa Gardella (El Cerrito)	19:14
10	Melissa Freiburg (California)	19:19
11	Jill Moore (College Park)	19:30
12	Sarah Freeman (Clayton Valley)	19:31
13	Suzie Ellison (California)	19:35
14	Dairde Donovan (Piner)	19:36
15	Tammi Stepp (Amador Vly)	19:36
16	Carrie O'Connor (Moreau)	19:44
17	Lena Deaton (Granada)	19:47
18	Zsolt Kondor (Alameda)	19:48
19	Lori Juarez (California)	19:55
20	Jennifer Donovan (College Park)	19:58
21	Michelle Mayes (Montgomery)	19:59
22	Julie Beer (Piner)	20:00
23	Kerry Dougery (Moreau)	20:07
24	Michelle Rodriguez (Logan)	20:09
25	Kristina Douglas (Moreau)	20:13
26	Michelle Hansen (California)	20:14
27	Beth Houghton (College Park)	20:16
28	Cheryl Vann (Santa Rosa)	20:18
29	Catherine Zinn (Berkeley)	20:19
30	Lori Okamura (El Cerrito)	20:22

Sac-Joaquin

The format for the 1987 Sac-Joaquin Section Cross Country Championships was altered this year due to the first California State Cross Country Championship. State meet qualifications for the Division II and Division III teams and individuals were completed at their respective subsection meets on November 5 and 6. The Division II championships were held at Sierra College in Rocklin and the Division III championships at the Calaveras County Fairgrounds in Angels Camp. The state meet qualifiers from these divisional championships advanced to the overall section championship and Division I state qualification meet at Sierra College on November 13.

Sac-Joaquin Section Championships (Div. II) Nov. 5, Sierra College, Rocklin.

In a very competitive girls' race, El Dorado (Placerville) junior Eva Bett pulled away in the final mile to record a 18:36 victory over rapidly improving freshman Kalleen Kassis (St. Francis, Sacramento). Led by junior Shawn Loos' 11th place finish, Sonora captured the team title edging El Dorado by four points (68 to 72). Christian Brother's (Sacramento) senior Ben Ayers ran away with the boys' individual race recording a personal best of 15:11.3 for the rolling three mile course. Jesuit (Carmichael) garnered the boys' team championship with a fine team effort paced by Steve Gaul's third place finish.

Girls Individuals		
1	Eva Bett (El Dorado)	18:36
2	Kassis (St. Francis)	18:49
3	Sittman (Placer)	19:13
4	Nemanc (Del Oro)	19:23
5	Loos, S. (Sonora)	19:23
6	Eller (Rio Americano)	19:36
7	Vanderpool (El Dorado)	20:01
8	Loos, K. (Sonora)	20:04
9	Untalar (Rio Linda)	20:14
10	Nardello (Sonora)	20:21
11	Warner (Del Oro)	20:25
12	Hill (El Dorado)	20:37
13	Sullivan (El Dorado)	20:40
14	Anderson (Rio Linda)	20:42
15	Harradine (Rio Americano)	21:01

Boys Individuals		
1	Ben Ayers (Christian Bros)	15:11
2	Oliveras (Sonora)	15:41
3	Gaul (Jesuit)	16:02
4	Whitney (El Dorado)	16:02
5	Donnelly (Placer)	16:04
6	Adreani (Jesuit)	16:09
7	Cordaway (manteca)	16:13
8	Vaden (Jesuit)	16:14
9	Flores (Jesuit)	16:18
10	Johnson (Jesuit)	16:20
11	Davenport (Rio Americano)	16:27
12	Ciszek (Del Oro)	16:29
13	Voorheis (Manteca)	16:33
14	Skaden (Jesuit)	16:36
15	Moore (Roseville)	16:37

Girls Teams		
1	Sonora	68
2	El Dorado (Placerville)	72
3	Rio Americano (Sacramento)	78
4	St. Francis (Sacramento)	107
5	Del Oro (Loomis)	126
6	Rio Linda	131
7	Placer (Auburn)	190

Boys Teams		
1	Jesuit (Carmichael)	31
2	Manteca	71
3	Placer (Auburn)	104
4	El Dorado (Placerville)	151
5	Sonora	154
6	Del Oro (Loomis)	179
7	Ponderosa	192
8	Oak Ridge	228

Sac-Joaquin Section Championships (Div. III) Nov. 6, Calaveras County Fairgrounds, Angels Camp.

Sophomore Tanya Dooley (Bret Harte), the 1987 champion at 400 meters during track, used her speed to hold off Dixon's Gabbie McKenzie and Loretto's Susie Fitzpatrick to claim the individual crown in 19:57 and lead the Bulldogs to the team championship. In the boys' race, River City (West Sacramento) senior Reggie Williams cruised to a course record 15:03 winning by over 75 seconds. Bob Baca's third place finish paced Bear River to the team championship.

Girls Individuals		
1	Tanya Dooley (Bret Harte)	19:57
2	McKenzie (Dixon)	19:58
3	Fitzpatrick (Loretto)	19:59
4	Eagle (Bear River)	20:19
5	Janus (Bear River)	20:23
6	Brown (Bret Harte)	20:23
7	Stratton (Calaveras)	20:31
8	Walker (Golden Sierra)	20:33
9	Davis (Bret Harte)	20:33
10	Wilkinson (Vander)	20:35
Boys Individuals		
1	Reggie Williams (River City)	15:03
2	Orsz (Orestimba)	16:20
3	Baca (Bear River)	16:37
4	Chapin (Riverbank)	16:41
5	McMillan (Center)	16:44
6	Moses (Calaveras)	16:45
7	Lucas (Colfax)	17:05
8	Spalliera (Bear River)	17:07
9	Gerken (Bear River)	17:13
10	Tucker (Bear River)	17:15

Girls Teams		
1	Bret Harte (Angels Camp)	33
2	Loretto (Sacramento)	55
3	Bear River	63
4	Dixon	77

Boys Teams		
1	Bear River (Grass Valley)	33
2	Calaveras	55
3	Colfax	90
4	Vander	104
5	Bret Harte (Angels Camp)	104
6	Fdsom	109

Sac-Joaquin Section Div. I Nov. 6, Sierra College, Rocklin.

Boys Teams		
1	Vacaville	19
2	Oakmont (Roseville)	48
3	Davis	72
Boys Individuals		
1	Smoot (Vacaville)	15:36
2	Holbrook (Vacaville)	15:36
3	Sawflew (Davis)	15:51

continued on next page...

BOYS 3A NCS CHAMPIONSHIPS - NOVEMBER 21, POINT PINOLE

1.	STEVE ZIRKLEBACH	CONCORD	14:56.9
2.	ERIC BELLAMY	MOREAU	15:09.0
3.	BRIAN RIVERS	MOREAU	15:13.2
4.	MIKE CONTOS	MONTGOMERY	15:13.7
5.	SAN DEEP RANDHAWA	MSJ	15:18.4
6.	SCOTT KENNEDY	SAN LEANDRO	15:26.7
7.	RANDALL WATKINS	MONTGOMERY	15:27.5
8.	BRUCE CARTER	SAN RAMON	15:32.8
9.	ROB SCOTT	SAN RAMON	15:37
10.	DENNIS HERNANDEZ	MSJ	15:40
11.	JEFF BUHL	SAN RAMON	15:44.9
12.	JEREMY SEVEN	DE LA SALLE	15:47
13.	JASON GRANT	YGNACIO VALLEY	15:49.6
14.	JASON LIDHOLM	EUREKA	15:50.3
15.	KEN DEMPSTER	ANTIOCH	15:50.4
16.	WILL ARNOLD	ANTOICH	15:51.4
17.	BRENT HALVONIK	BERKELEY	15:52.5
18.	DONNY NELSON	FOOTHILL	15:53.8
19.	SHUMEYE MAMO	BERKELEY	15:54.1
20.	SHAUN MULQUEENEY	LIVERMORE	15:54.6
21.	SEAN LEWIS	BERKELEY	15:55.0
22.	BRIAN DORWARD	LIVERMORE	15:56.5
23.	ANDY LEIGH	SAN RAMON	15:58.5
24.	DEAN EASTHAM	PINER	15:59.0
25.	BUDDY POHL	ANTIOCH	15:59.4
26.	KEITH LEWIS	MONTGOMERY	15:59.9
27.	ROBERT HUDSON	ANTIOCH	16:00.2
28.	DARREN CLAY	RANCHO COTATE	16:00.6
29.	MIKE STATZ	MSJ	16:00.9
30.	JOHN DUNPHY	MOREAU	16:01.3
31.	RICK REITZ	LIVERMORE	16:01.7
32.	CRAIG SCHLICHER	LIVERMORE	16:02.1
33.	DOUG GREEN	ANTIOCH	16:04.9
34.	MIKE PERIERA	LIVERMORE	16:05.2
35.	JEFF SORKNESS	SANTA ROSA	16:05.8
36.	JASON GONZALES	CARDINAL NEWMAN	16:07.2
37.	JOHN KOPCHIK	NORTHGATE	16:08.2
38.	NEIL ARRIETA	CALIFORNIA	16:11.7

39.	MARK KOEPEE	CLAYTON VALLEY	16:12.5
40.	TODD BELL	SAN RAMON	16:13.4
41.	GONZALO ESPINOZA	JAMES LOGAN	16:15.1
42.	JASON MINING	AMADOR VALLEY	16:17.3
43.	DAVE WALDOW	MONTGOMERY	16:19.4
44.	TOM M	MOREAU	16:20.6
45.	JIM MACKEN	SANTA ROSA	16:23.6
46.	CHRIS ANTHONY	SAN RAMON	16:24.3
47.	BRIAN JOHN	EL CERRITO	16:25.2
48.	BRIAN THORSEN	CALIFORNIA	16:25.6
49.	BEN TURMAN	BERKELEY	16:28.9
50.	FREDRIK HALLSTEN	SAN LEANDRO	16:29.3
51.	KEITH WILLIAMS	JAMES LOGAN	16:29.8
52.	KEVIN DRISKO	MONTGOMERY	16:32.2
53.	MIKE AKINAGA	EL CERRITO	16:33.8
54.	BEN BRAVER	MOREAU	16:35.6
55.	MIKE HOLDEN	MONTGOMERY	16:36.3
56.	SAM GWYNN	CLAYTON VALLEY	16:37.0
57.	DAN HELD	SANTA ROSA	16:40.0
58.	JOHN DICKENSEN	RANCHO COTATE	16:40.7
59.	ANDREW NICALUSO	NORTHGATE	16:41.5
60.	JEFF ASCHBRENNER	CALIFORNIA	16:42.2
61.	ETHAN ROBERTS	BERKELEY	16:42.7
62.	ANDREW CONNING	BERKELEY	16:43.0
63.	KIRK HARTMEN	NORTHGATE	16:43.5
64.	JIM WARD	RANCHO COTATE	16:43.8
65.	ANDREW MORELL	NORTHGATE	16:44.2
66.	TOBY O'BRIAN	NORTHGATE	16:45.3
67.	CHRIS VON MARSHALL	EL CERRITO	16:45.6
68.	JASON BARR	AMADOR VALLEY	16:46.06
69.	MICHAEL GARRISON	AMADOR VALLEY	16:46.3
70.	DAN PRIMUS	CONCORD	16:48.2
71.	LEE LEWIS	LIVERMORE	16:48.6
72.	ERIC NYMAN	DAN RAMON	16:51.3
73.	MORGAN MCCLARTY	EL CERRITO	16:51.6
74.	KEVIN COCHRANE	AMADOR VALLEY	16:52.9
75.	RAJ KRISHNAN	EL CERRITO	16:54.2
76.	CHANG CHOI	SAN LEANDRO	16:57.6
77.	NATHAN STAHLHUT	EL CERRITO	16:56.9

78.	BERRY HOWELL	MONTGOMERY	17:00.0
79.	ADAM WISE	SAN LEANDRO	17:00.9
80.	DARIN TARA	CLAYTON VALLEY	17:01.4
81.	MATT TRIMBLE	RANCHO COTATE	17:02.1
82.	MATT MATUSKA	LIVERMORE	17:02.5
83.	CHRIS HEINE	BERKELEY	17:02.9
84.	RYE JORGENSEN	SANTA ROSA	17:03.4
85.	ROB BROWN	EUREKA	17:06.1
86.	JASON WELCH	CLAYTON VALLEY	17:07.1
87.	AARON GORDON	AMADOR VALLEY	17:08
88.	ERIC RAWLING	IRVINGTON	17:08.5
89.	GARY LOPEZ	ANTIOCH	17:09.4
90.	GREGG KEETH	IRVINGTON	17:10.8
91.	JOHN KEALY	MOREAU	17:11.5
92.	STEVE SMITH	ANTIOCH	17:12.4
93.	CORY NOONAN	MOREAU	17:13.9
94.	PAUL NEISS	NORTHGATE	17:15.2
95.	JOHN RYAN	SANTA ROSA	17:18
96.	SCOTT GUNNING	CALIFORNIA	17:20.1
97.	MATT YOUNG	CLAYTON VALLEY	17:20.7
98.	TODD GRISANTI	CONCORD	17:21.4
99.	JOE ROSENDAHL	AMADOR VALLEY	17:22
100.	DALE ZINDLER	RANCHO COTATE	17:26.3
101.	ANDY CLEAVLAND	EUREKA	17:26.5
102.	MATT MESQUITE	SAN LEANDRO	17:29.3
103.	STEVE KNIEP	NORTHGATE	17:31.6
104.	CLIVE LOBO	SAN LEANDRO	17:33.7
105.	CORBETT PETERSEN	EUREKA	17:36.2
106.	DALE STRAWN	CONCORD	17:37.2
107.	LANCE WASSON	RANCHO COTATE	17:38.0
108.	TYRONNE HERNANDEZ	SAN LEANDRO	17:38.5
109.	DARRELL FOWLER	CONCORD	17:40.4
110.	BOBBY GILL	CALIFORNIA	17:41.1
111.	DON O'NEIL	SANTA ROSA	17:44.2
112.	MIKE BATISTIC	CALIFORNIA	17:45.1
113.	SCOTT PRESTA	CONCORD	17:46.2
114.	SHAUN FITZPATRICK	SANTA ROSA	17:48.2
115.	NICK GOMEZ	JAMES LOGAN	17:48.7
116.	TODD BOWMAN	CALIFORNIA	17:49.0
117.	CHRIS BAKER	MSJ	17:50.4

118.	PAT CARROLL	CLAYTON VALLEY	17:52.0
119.	TOD LOWDER	EUREKA	17:54.2
120.	LANCE WRIGHT	MSJ	17:54.6
121.	BRIAN HOLMES	AMADOR VALLEY	17:55.5
122.	MICHAEL NAMKUNG	EL CERRITO	17:56.5
123.	XAVIER CAMARILLO	JAMES LOGAN	18:01.6
124.	JERRY DESCHLER	JAMES LOGAN	18:02.7
125.	ED RODRIQUEZ	JAMES LOGAN	18:21.1
126.	ALBERT ORTIZ	JAMES LOGAN	18:24.2
127.	TYSON RUZICKA	RANCHO COTATE	18:30.7
128.	PATRICK GAVIN	IRVINGTON	18:43.1
129.	JASON HOLCOMBE	EUREKA	18:51.1
130.	RICK FRANCE	CONCORD	18:54.6
131.	BRETT STARCZEWSKI	IRVINGTON	18:58.8
132.	DOUG YAMAMOTO	MSJ	19:11.1
133.	KEN LAU	MSJ	19:14.4
134.	JEFF MARTINEZ	IRVINGTON	19:49.2
135.	JEFF LIV	IRVINGTON	20:12.3
136.	IVAN SUTTERFIELD	IRVINGTON	21:03.8

BOYS TEAM SCORES

1.	SAN RAMON	83
2.	ANTIOCH	100
3.	MONTGOMERY	118
4.	MOREAU	119
5.	LIVERMORE	121
6.	BERKELEY	149
7.	NORTHGATE	265
8.	MISSION SAN JOSE	267
9.	EL CERRITO	290
10.	SANTA ROSA	292
11.	SAN LEANDRO	293
12.	RANCHO COTATE	307
13.	AMADOR VALLEY	315
14.	CALIFORNIA	326
15.	CLAYTON VALLEY	333
16.	CONCORD	364
17.	EUREKA	402
18.	LOGAN	429
19.	IRVINGTON	546

3A NORTH COAST SECTION GIRLS - NOVEMBER 21, POINT PINOLE

1.	BECKY SPIES	LIVERMORE	17:57.2
2.	MELISSA PARDINI	NORTHGATE	18:37.4
3.	LISA SCOTT	EL CERRITO	18:41.4
4.	ROBIN CONSTANTINIDES	CLAYTON VALLEY	18:53.2
5.	MISSI HURLOW	CALIFORNIA	18:54.7
6.	JENNIFER SELLS	ANTIOCH	19:04.9
7.	ERIN BELLAMY	MOREAU	19:06.8
8.	BETH KOPCHIK	NORTHGATE	19:12.3
9.	MARISA GARDELLA	EL CERRITO	19:14.2
10.	MELISSA FREEBURG	CALIFORNIA	19:19.0
11.	JILL MOORE	COLLEGE PARK	19:30.2
12.	SARAH FREEMAN	CLAYTON VALLEY	19:31.7
13.	SUZIE ELLISON	CALIFORNIA	19:35.6
14.	DIERDSE DONAVAN	PINER	19:36.2
15.	TAMMI STEPP	AMADOR VALLEY	19:36.6
16.	CARRIE O'CONNER	MOREAU	19:44.2
17.	LENA DEATON	GRANADA	19:47.0
18.	ZSOFIA KONDOR	ALAMEDA	19:48.1
19.	LORI JUAREZ	CALIFORNIA	19:55.41
20.	JENNIFER DONAVAN	COLLEGE PARK	19:58.2
21.	MICHELLE MAYES	MONTGOMERY	19:59.1
22.	JULIE BEER	PINER	20:00.0
23.	KERRY DOUGERY	MOREAU	20:07.4
24.	MICHELLE RODRIQUES	JAMES LOGAN	20:09.2
25.	KRISTINA DOUGLAS	MOREAU	20:13.1
26.	MICHELLE HANSEN	CALIFORNIA	20:14.8
27.	BETH HOUGHTON	COLLEGE PARK	20:16.2
28.	CHERYL VANN	SANTA ROSA	20:18.2
29.	CATHERINE ZINN	BERKELEY	20:19.4
30.	LORI OKAMURA	EL CERRITO	20:22.1
31.	BRITTANY BOLE	CALIFORNIA	20:23.4
32.	PAM BRANDS	MSJ	20:24.1
33.	STEPHANIE FOLEY	MSJ	20:26.2
34.	ERIN WISEMAN	EL CERRITO	20:26.9
35.	TINA VENSOR	MSJ	20:27.2
36.	AMY TILLSON	COLLEGE PARK	20:28.2
37.	ALYSSA MARTINEZ	WASHINGTON	20:29.01
38.	RUTH BISHOP	RANCHO COTATE	20:34.2

39.	SANDRA WHITE	RANCHO COTATE	20:34.4
40.	CARRI FRATES	SAN LEANDRO	20:38.7
41.	JESSICA STIENS	ANTIOCH	20:39.3
42.	JESSICA BUEHRING	EL CERRITO	20:39.8
43.	BETH GLASER	SAN RAMON	20:41.0
44.	BECKY KOSAK	SAN RAMON	20:45.9
45.	NICOLE FISHER	MONTGOMERY	20:48.3
46.	JENNIFER RUYTORS	CLAYTON VALLEY	20:49.4
47.	HEATHER MEYER	COLLEGE PARK	20:50.9
48.	JODENE HEINLEIN	MOREAU	20:55.
49.	SHELLY KANSLER	MONTGOMERY	20:54.8
50.	LISA BRADFORD	CARONDOLET	20:55.8
51.	MARGARET MCCARTHY	SAN LEANDRO	20:56.2
52.	GINA AVILA	MOREAU	21:02.1
53.	GRETCHEN HILL	MSJ	21:06.1
54.	JESSICA HARRICH	SAN RAMON	21:07.0
55.	SUZANNE STUNER	AMADOR VALLEY	21:08.3
56.	DIVINA SANCHEZ	ANTIOCH	21:08.5
57.	CINDY PRINDIVILLE	CARONDOLET	21:14.3
58.	JENNY KELLEY	CARONDOLET	21:17.7
59.	AMANDA WAY	GRANADA	21:20.5
60.	KERRY BILLINGHAM	CLAYTON VALLEY	21:20.9
61.	MARIA ESPINOZA	CARONDOLET	21:22.5
62.	ALLISON HALLATT	SAN RAMON	21:23.6
63.	JULIE OSBORN	GRANADA	21:24.7
64.	KATIE TROWBRIDGE	RANCHO COTATE	21:27.8
65.	ANN BONOMINI	EUREKA	21:32.6
66.	TERRI KEYE	LOGAN	21:36.9
67.	REBECCA ALBRIGHT	AMADOR VALLEY	21:37.1
68.	MELINDA MARSHAL	COLLEGE PARK	21:41.2
69.	BRANDY BURNS	CLAYTON VALLEY	21:50.4
70.	GLYNNIS ROBERTS	AMADOR VALLEY	21:50.6
71.	TANYO MAYO	MONTGOMERY	21:50.9
72.	JENNY COOMBS	CALIFORNIA	21:54.0
73.	LINDA PARKER	MONTGOMERY	21:55.0
74.	BECKY WOLTHER	AMADOR VALLEY	21:55.3
75.	ANN COOPER	EL CERRITO	21:56.3
76.	BETH GLER	MOREAU	21:59.6
77.	BRITT ELLERS	GRANADA	22:00.2

78.	LAURA GOODWIN	SAN RAMON	22:00.8
79.	EILEEN COLOMA	NORTHGATE	22:01.6
80.	MICHELLE MILLER	CLAYTON VALLEY	22:02.2
81.	VALARIE HENDICKS	COLLEGE PARK	22:03.0
82.	WAN-HSIN FENG	WASHINGTON	22:07.5
83.	AMY EIRCH	PINER	22:10.6
84.	JENNIFER WEST	GRANADA	22:16.6
85.	CASY SKYROCK	ANTIOCH	22:19.8
86.	JENNIFER VASQUES	ANTIOCH	22:21.6
87.	KRISTIN NELSON	ANTIOCH	22:23.4
88.	JODI PICKERILL	MSJ	22:26.2
89.	YOVITA KARTINWON	ANTIOCH	22:27.6
90.	KAWAY LUONG	SAN LEANDRO	22:34.3
91.	MELINDA MESA	JAMES LOGAN	22:34.6
92.	TERRI GEIGER	PINER	22:39.1
93.	LAURA MARTINA	GRANADA	22:41.6
94.	JOANNE CLEMENS	CLAYTON VALLEY	22:41.8
95.	CHRISTINA PARKER	JAMES LOGAN	22:45.3
96.	MELISSA MANNION	SAN LEANDRO	22:45.7
97.	CHRISTINE CHIN	GRANADA	22:48.3
98.	LEAH LIBET	EL CERRITO	22:51.9
99.	SARAH SAXSER	NORTHGATE	22:56.0
100.	HEUN KUO	NORTHGATE	22:56.8
101.	KARI HAGEN	SAN RAMON	23:06.0
102.	KRISTEN HAYES	SAN RAMON	23:11.1
103.	LYNETTE PARKER	JAMES LOGAN	22:45.3
104.	KARA ALMETT	RANCHO COTATE	23:13.3
105.	WENDY PEARSON	RANCHO COTATE	23:15.2
106.	JUSTINE PACKARD	MONTGOMERY	23:18.8
107.	JULIE WYMAN	MSJ	23:27.5
108.	DAWN BURNS	SAN LEANDRO	23:49.3
109.	ANNA NIKLEWICZ	RANCHO COTATE	23:51.7
110.	JANNA ENSLIN	RANCHO COTATE	23:51.7
111.	HEATHER LUMBERTI	CARONDOLET	23:58.5
112.	KIRSTEN CURTIS	CARONDOLET	24:01.9
113.	SUSIE GREEN	CARONDOLET	24:02.4
114.	KAREN SAXSER	NORTHGATE	24:08.1
115.	KIM MCCORMICK	JAMES LOGAN	24:14.8
116.	ADRIANA HOLLY	NORTHGATE	24:16.3

117.	STACY FERN	WASHINGTON	24:17.1
118.	CHIEN WU	WASHINGTON	24:31.9
119.	RACHEAL HANSEN	SAN LEANDRO	24:36.2
120.	JOANNE WINTERSTEIN	WASHINGTON	25:04.2
121.	MICHELLE COLE	PINER	25:05.2
122.	ERIN PRESTON	MONTGOMERY	25:11.1
123.	SHERRI STOUT	SAN LEANDRO	25:14.0
124.	MANDY JONES	MONTGOMERY	25:50.3
125.	ANDREA ZIEBER	PINER	26:09.1

GIRLS TEAM SCORE

1.	CALIFORNIA	66
2.	EL CERRITO	104
3.	MOREAU	109
4.	COLLEGE PARK	127
5.	CLAYTON VALLEY	176
6.	MISSION SAN JOSE	220
7.	ANTIOCH	255
8.	SAN RAMON	260
9.	AMADOR VALLEY	261
10.	NORTHGATE	271
11.	GRANADA	281
12.	MONTGOMERY	295
13.	LOGAN	304
14.	PINER	314
15.	CARONDOLET	316
16.	RANCHO COTATE	328
17.	SAN LEANDRO	362
18.	WASHINGTON	450