

*10th Annual
Castro Valley*

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INVITATIONAL

Saturday, October 12, 2002

Canyon Middle School, Castro Valley

SCHEDULE:

<u>TIME</u>	<u>RACE</u>	<u>DISTANCE</u>	<u>TEAM</u>	<u>INDIV.</u>	<u>MEDALS</u>	<u>ENTRIES</u>
9:00	COACHES	2.1 MILES	--	ALL	ALL	UNLIMITED
9:25	JR HIGH	1.2 MILES	--	ALL	ALL	UNLIMITED
9:45	B FROSH	2.1 MILES	TOP 3	TOP 20	TOP 20	UNLIMITED
10:10	GFS	2.1 MILES	TOP 4	TOP 25	TOP 25	UNLIMITED
10:35	BFS	2.1 MILES	TOP 4	TOP 25	TOP 25	UNLIMITED
11:05	GJV	2.1 MILES	TOP 3	TOP 20	TOP 20	UNLIMITED
11:35	BJV	2.1 MILES	TOP 3	TOP 20	TOP 20	UNLIMITED
12:00	GV	3.0 MILES	TOP 5	TOP 30	TOP 30	7 ONLY
12:35	BV	3.0 MILES	TOP 5	TOP 30	TOP 30	7 ONLY
1:20	AWARDS PRESENTATION ON THE FIELD					

9:00 ALUMNI, COACHES', & PARENTS' RACE (2.1 MILES)

Sponsored by:

***Castro Valley High School
Athletic Boosters Club***

Awards: no team medals
individual medals -- all finishers
t-shirts -- all paid coaches -- present finish tag to T-shirt table

Previous Winners

Coaches

1993	Dave Goodrich	San Lorenzo	11:35
1994	Glen Walder	Dublin	12:28
1995	Brandon Kelly	DeLaSalle	12:14
1996	Steve Overgaard	Lincoln	12:04
1997	Mike Amorosa	Antioch	11:42
1998	Steve Overgaard	Lincoln	11:41
1999	Kevin Selby	DeLaSalle	11:30
2000	Manuel Mendoza	Westmoor	11:58
2001	Mike Spencer	Foothill	11:52

**9:25 JUNIOR HIGH RACE 1.2 MILES
(BOYS' AND GIRLS' RACES COMBINED)**

Sponsored By: ***CVHS Varsity Cross Country
Run Fast!***

Awards: All finishers receive medals

PREVIOUS WINNERS

Junior High:

1997	Megahn Berhdt	El Molino	8:16
1998	Abdullah Jamal	Ygnacio Valley	5:57
1999	Mauricio Hurtado	Burbank	6:45
2000	Ryan Lewis	Oak Grove	6:27
2001	Mauricio	Hurtado	6:09

9:45 BOYS'S FROSH RACE (2.1 MILES)

AWARDS: TOP 3 TEAMS, TOP 20 INDIVIDUALS

Sponsored By:

Scissors Haircutting Emporium

Previous Winners:

	<u>Team Champion</u>	<u>Individual Winner</u>			
1993	Castro Valley	Shane	Dulaney	Castro Valley	13:03
1994	Castro Valley	Damien	Dulaney	Castro Valley	12:50
1995	Castro Valley	Ashera	Dirar	James Logan	13:04
1996	Ygnacio Valley	Micah	Strom	Mission San Jose	12:37
1997	DeLaSalle	Mike	Randazzo	DeLaSalle	12:40
1998	DeLaSalle	Beau	Bettinger	Castro Valley	12:50
1999	San Ramon	Nick	Neely	Crystal Springs	12:52
2000	Foothill	Matt	Fitch	Montgomery	12:18
2001	Castro Valley	Marty	Skeels	Alameda	12:35

Top 25 All-Time BFrosh Runners on the Canyon course:

1	12:18	Matt	Fitch	Montgomery	2000
1	12:18	KJ	Withers	Cardinal Newman	2000
3	12:33	KC	Cody	Montgomery	2000
4	12:35	Marty	Skeels	Alameda	2001
5	12:37	Micah	Strom	Mission San Jose	1996
6	12:40	Mike	Randazzo	DeLaSalle	1997
7	12:42	Ghani	Jamali	Clayton Valley	2000
8	12:50	Damien	Dulaney	Castro Valley	1994
8	12:50	Anthony	Lopez	Ygnacio Valley	1996
8	12:50	Beau	Bettinger	Castro Valley	1998
11	12:51	Alan	Bayless	DeLaSalle	1997
12	12:52	Nick	Neely	Crystal Springs Upland	1999
13	12:53	Stewart	Harwell	DeLaSalle	1998
14	12:54	Chris	Wong	Castro Valley	1998
14	12:54	matt	Callister	DeLaSalle	1999
16	12:56	Tristan	Peoples	Florin	2000
17	13:00	Jeff	Atwood	San Ramon	1999
18	13:03	Shane	Dulaney	Castro Valley	1993
19	13:04	Ashera	Dirar	James Logan	1995
20	13:06	Henry	Patterson	Castro Valley	1993
21	13:08	Daniel	Rodriguez	Mission San Jose	1997
22	13:12	Esco	Long	Los Banos	2000
23	13:13	Alex	Conley	Montgomery	2001
24	13:14	Alex	Cardiasmenos	Castro Valley	1997
25	13:16	Carlos	Munoz	Tokay	2001

Top All-Time BFrosh Team Times:

66:44	DeLaSalle	10/11/97	Mike Randazzo 12:40	Alan Bayless 12:51	Mike Yowe 13:41	Greg Varno 13:42	Peter Francis 13:50
66:51	San Ramon	10/9/99	Jeff Atwod 13:00	Paul Keener 13:21	John Martn 13:21	Jeremy Babel 13:21	Chris Mills 13:32
68:08	Castro Valley	10/10/98	Beau Bettinger 12:50	Chris Wong 12:54	David Stadelman 13:54	Chad Lapum 14:02	Todd Bartlow 14:28
68:15	Castro Valley	10/9/93	Shane Dulaney 13:03	Henry Patterson 13:06	Mike Boruta 13:40	Joe Willits 14:06	Troy Sammons 14:20
68:31	DeLaSalle	10/10/98	Stewart Harwell 12:53	Tony Sala 13:42	Bryan Bryne 13:56	Mike Sullivan 13:56	Mark Richeson 14:04
68:53	Mission San Jose	10/11/97	Daniel Rodriguez 13:08	Jeff Squire 13:40	Tov Fisher-Krishner 13:56	Elliot Hughes 14:03	Eriend Hanson 14:06
69:11	Castro Valley	10/11/97	Alex Cardiasmenos 13:14	Kevin Dickson 13:33	Bobby Puppione 14:00	Dan Groom 14:09	Eric Severson 14:15
69:11	Castro Valley	10/8/94	Damien Dulaney 12:50	Dan Bellone 13:43	Brad Dickson 13:48	Justin Coffeen 14:03	Josh Kalsbeek 14:47
69:42	Foothill	10/14/00	Thomas Murphy 13:26	Brian Whitley 13:27	DJ Will 13:42	Jack Marden 13:56	Andrew Galbraith 14:10
70:15	Castro Valley	10/9/99	Zane Welte 13:31	Jeff Ribeira 13:42	Thomas Miller 14:06	Lance Cerros 14:13	Dustin Wheeler 14:43

10:10 GIRLS' FROSH-SOPH 2.1 MILES

AWARDS: TOP 4 TEAMS, TOP 25 INDIVIDUALS

Sponsored By:

MT NAILS SALON

Previous Winners

	<u>team champion</u>	<u>Individual champion</u>			
1993	Castro Valley	Angela	Iriarte	Antioch	14:42
1994	James Logan	Senhit	Dirar	James Logan	14:33
1995	Montgomery	Diana	Rancourt	Montgomery	15:01
1996	Lincoln	Dirkje	Dunham	Analy	14:45
1997	San Marin	Amy	Loper-Riley	Alhambra	13:32
1998	Carondelet	Larisa	Solozhuk	Hayward	14:13
1999	Carondelet	Stephanie	Byrne	Carondelet	14:16
2000	Bishop O'Dowd	Nani	Boone	Bishop O'Dowd	14:35
2001	Bishop O'Dowd	Anna	Purcell	Bishop O'Dowd	14:05

Top 25 Individuals:

1	13:32	Amy	Loper-Riley	Alhambra	1997
2	14:05	Anna	Purcell	Bishop O'Dowd	2001
3	14:13	Larisa	Solozhuk	Hayward	1998
4	14:16	Stephanie	Byrne	Carondelet	1999
5	14:19	Jenny	Esser	Foothill	1998
6	14:20	Jennifer	Randazzo	Carondelet	1999
7	14:22	Danila	Musante	Bishop O'Dowd	1999
8	14:25	Jessica	Neu	Alhambra	1997
9	14:26	Ali	Nicholas	Lincoln (Stockton)	1997
10	14:29	Sarah	Walker	Alameda	1998
11	14:33	Senhit	Dirar	James Logan	1994
11	14:33	Naomi	Miura	Alameda	1998
11	14:33	Tiffany	Chin	San Ramon Valley	2001
14	14:34	Jenna	George	Carondelet	1999
14	14:34	Tanya	Rosengren	Alhambra	2001
16	14:35	Nani	Boone	Bishop O'Dowd	2000
16	14:35	Kelley	Stewart	Castro Valley	2001
18	14:36	Danielle	Moore	Antioch	1997
19	14:38	Courtney	Stewart	Castro Valley	1998
19	14:38	Colleen	McGrellis	Castro Valley	1998
21	14:40	Corinne	Roberts	Alameda	1999
22	14:41	Elissa	Briggs	Analy	1999
23	14:42	Angela	Iriarte	Antioch	1993
23	14:42	Samantha	Jones	Alhambra	2001
25	14:45	Dirkje	Dunham	Analy	1996

Top Team times

74:36	Carondelet	10/9/99	Stephanie Byrne	14:16	Jennifer Randazzo	14:20	Jenna George	14:34	Jamie Enea	15:10	Michelle Telfer	15:17
74:40	Bishop O'Dowd	10/14/00	Nani Boone	14:35	Anna Purcell	14:51	Jessica Hubble	14:55	Emma Williams	14:58	Kristen Wheeler	15:21
75:12	Bishop O'Dowd	10/13/01	Anna Purcell	14:05	Nani Boone	14:55	Kristen Wheeler	15:05	Emma Williams	15:15	Billie Longley	15:52
77:02	Alhambra	10/14/00	Samantha Jones	14:42	Louis Dunn	14:49	Kelly Stephens	15:18	Tanya Rosengren	15:34	Beth Dunn	16:39
77:47	Carondelet	10/10/98	Alyson Wheelr	14:51	Erin Mackay	14:55	Jenna George	15:42	Taylor Prosek	15:48	Lindsey White	16:31
77:49	San Marin	10/11/97	Emily Nielsen	14:48	Laurel Kellner	15:16	Adrienne Walera	15:37	Maxine Bandner	15:40	Jessie Standish	16:18
77:54	Lincoln	10/11/97	Ali Nicolas	14:26	Katie Lindell	15:19	Jaclyn Shaughnessy	15:30	Elizabeth Atkinson	15:40	Amy Frush	16:59
78:04	James Logan	10/8/94	Senhit Dirar	14:33	Jenn Bridgeman	14:53	Sky Bambauch	15:34	Danielle Price	16:12	Amanda Garbe	16:52
78:12	Lincoln	10/12/96	Ali Nicolas	14:48	Jaclyn Shaughnessy	15:01	Leslie Chandler	15:49	Emily Mah	16:13	Becky Lindenberg	16:21
78:52	Castro Valley	10/10/98	Courtney Stewart	14:38	Colleen McGrellis	14:38	Jo Ellen Tam	15:53	Suzy Dodge	16:32	Becky Chan	17:11

10:35 BOYS' FROSH-SOPH 2.1 MILES

AWARDS: TOP 4 TEAMS, TOP 25 INDIVIDUALS

Sponsored by:

Castro Valley Veterinary Hospital

Previous Winners

	<u>Team Champions</u>	<u>Individual Champions</u>			
1993	DeLaSalle	Tom	Gaim	Cook Jr. High	12:38
1994	Novato	Chad	Foster	James Logan	12:02
1995	DeLaSalle	Chris	Hernandez	Antioch	12:15
1997	DeLaSalle	Anthony	Lopez	Ygnacio Valley	11:49
1998	Lincoln	Adam	Gosha	Elsie Allen	12:25
1999	DeLaSalle	Stewart	Harwell	DeLaSalle	11:59
2000	College Park	Ruben	Mora	Analy	12:13
2001	Miramonte	Scott	Bauhs	San Ramon Valley	12:21

Top Individual Times:

1	11:08	Calvin	Gaziano	Castro Valley	1982
2	11:23	John	Bass	Castro Valley	1982
3	11:49	Kyle	Kessler	Castro Valley	1979
3	11:49	Anthony	Lopez	Ygnacio Valley	1997
5	11:51	Mohammed	Abdul	Westmoor	1995
6	11:55	Larry	Guinee	Castro Valley	1977
7	11:56	Paul	Denzler	Castro Valley	1986
8	11:57	Zach	Ardell-Smith	San Leandro	1997
9	11:59	Stewart	Harwell	DeLaSalle	1999
10	12:00	Saul	Hurtado	hayward	1999
11	12:02	Chad	Foster	James Logan	1994
12	12:03	John	Atwood	Castro Valley	1991
12	12:03	John	Thyken	Clayton valley	1999
14	12:04	Dave	Shea	Castro Valley	1978
15	12:06	Doug	Rogers	Castro Valley	1977
16	12:11	Shane	Dulaney	Castro Valley	1994
17	12:13	Ruben	Mora	Analy	2000
18	12:15	Matt	Guerino	Castro Valley	1986
18	12:15	Chris	Hernandez	Antioch	1996
20	12:16	Enrique	Henriquez	San Leandro	1994
21	12:17	Dave	Anderson	Castro Valley	1977
22	12:19	Steve	Mayberry	Castro Valley	1979
22	12:19	Dennis	McDonald	Mt. Eden	1977
24	12:20	Todd	Saunders	Castro Valley	1986
25	12:21	Jason	DeSelle	Montgomery	1995
25	12:21	Damien	Dulaney	Castro Valley	1995
25	12:21	Scott	Bauhs	San Ramon Valley	2001

Top Team Times

62:49	Castro Valley	10/26/77	Larry Guinee 11:55	Dave Anderson 12:22	Rich Leisgold 12:43	Dave Shea 12:48	Scott Craig 13:01
62:54	Castro Valley	10/19/77	Doug Rogers 12:06	Steve Stevenson 12:23	DaveAnderson 12:40	Larry Guinee 12:43	Scott Craig 13:02
63:34	DeLaSalle	10/9/99	Stewart Harwell 11:59	Mark Richeson 12:30	Andrew Loecher 12:53	Mario Sanchez 13:01	Tony Sala 13:11
63:41	Castro Valley	10/16/86	Paul Denzler 11:56	Todd Saunders 12:20	Matt Guerino 12:38	Mark Wallace 12:58	Tony Bazzano 13:39
63:52	Castro Valley	10/30/86	Paul Denzler 11:56	Matt Guerino 12:15	Todd Saunders 12:35	Tony Bazzano 13:18	Cliff DeYoung 13:48
63:53	Castro Valley	9/28/77	Larry Guinee 12:19	Doug Rogers 12:37	Dave Shea 12:42	Dave Anderson 12:59	Rich Leisgold 13:16
63:57	Castro Valley	10/24/91	John Atwood 12:03	Kevin Strnarsky 12:37	Mike Furuyama 12:58	Danny Furuyama 13:03	Edmond Tam 13:16
64:35	Lincoln	10/10/98	Vutthy Phan 12:46	John Kluve 12:54	Evan Falat 13:04	Bosco Li 13:11	Javier Fernandez 13:40
64:55	College Park	10/14/00	Henry Kent 12:32	Mitch Steves 12:48	Shaun Werner 12:58	Bean Cazy 13:13	Brady Pivrotto 13:24
64:57	Castro Valley	10/18/79	Kyle Kessler 11:49	Steve Mayberry 12:19	Dave Brehmer 13:20	Delmar Bodin 13:29	John Vertrees 14:09

11:05 GIRLS' JUNIOR VARSITY 2.1 MILES

AWARDS: TOP 3 TEAMS, TOP 20 INDIVIDUALS

Sponsored By:

**Fremont Firefighters
Local 1689**

Previous Winners:

	<u>Team Champions</u>	<u>Individual Champions</u>			
1993	Castro Valley	Amy	Clark	Castro Valley	16:54
1994	Tokay	Christine	Castelanelli	Tokay	15:04
1995	James Logan	Kristine	Musante	Clayton Valley	15:04
1996	Carondelet	Melissa	Harvey	Rancho Coatate	15:26
1997	Northgate	Leslie	Chandler	Lincoln (Stockton)	14:56
1998	Lincoln (Stockton)	Susan	Chan	Monte Vista	14:03
1999	Lincoln (Stockton)	Christina	Oliver	Lincoln (Stockton)	15:08
2000	Clayton Valley	Carolyn	Parsons	San Ramon Valley	15:33
2001	San Ramon Valley	Margaret	Finnega	Foothill	14:57

Top Individual Times:

1	14:03	Susan	Chan	Monte Vista	1998
2	14:56	Leslie	Chandler	Lincoln (Stockton)	1997
3	14:57	Margaret	Finnegan	Foothill	2001
4	15:04	Christine	Castelanelli	Tokay	1994
5	15:05	Kristine	Musante	Clayton Valley	1995
6	15:08	Christina	Oliver	Lincoln	1999
6	15:08	Kristen	Bonn-Nitoff	Castro Valley	2000
8	15:10	Mindy	Eastman	Ygnacio Valley	1999
9	15:12	Rebecca	Zamolo	Alhambra	1999
10	15:22	Lisa	Bostjanich	Acalanes	1996
11	15:23	Amy	Hilliard	Antioch	1997
12	15:24	Alison	Wheeler	Carondelet	1999
13	15:26	Melissa	Hawley	Rancho Cotate	1996
14	15:29	Ana	Lopez	Antioch	1996
15	15:30	Tenaya	Dubar	San Ramon Valley	2001
16	15:31	Caitlin	Smith	St. Joseph's	1998
17	15:33	Carolyn	Parsons	San Ramon Valley	2000
18	15:35	Nancy	Beigel	Ygnacio Valley	1995
18	15:35	Karen	Chan	Oakland	1997
18	15:35	Jesselle	Loss	Castro Valley	1996
21	15:36	Trish	Chung	Castro Valley	1996
21	15:36	Jody	Nickolopoulos	Castro Valley	1997
23	15:39	Colleen	McGrellis	Castro Valley	1997
23	15:39	Sherry	Duong	Oakland	1998
23	15:39	Katie	Pasquale	Monte Vista	1998

Top Team Times:

79:27	Lincoln	10/9/99	Christina Oliver 15:08	Kaitlyn Shipe 15:49	Shannon Alvarez 15:51	Anne Conway 16:06	Becky Lee 16:33
81:17	Antioch	10/9/99	Jennifer Townsend 15:24	Sondra Ciaramitaro 15:55	Lisa Ingroff 16:13	Jennifer Fortney 16:39	Gina Richman 17:02
81:10	Lincoln	10/10/98	Kaitlyn Shipe 15:51	Christina Oliver 15:57	Katie Conway 16:13	Ashley Frush 16:27	Becky Lee 16:42
82:12	Castro Valley	10/31/96	Jesselle Loss 15:35	Trish Chung 15:36	Allissa Horejsi 16:15	Teresa Ko 16:29	Nicole Watt 18:17
83:21	San Ramon Valley	10/13/01	Tenaya Dunbar 15:30	Bobbi Annal 16:12	Kristina Lucas 16:17	Katie Kistner 17:18	Hayley Krevohela 18:04
83:52	Antioch	10/10/98	Stefanie Nunez 15:45	Jenna Bedwell 16:25	Lisa Ingroff 16:42	Jennifer Rich 17:26	Marissa Suoter 17:37
84:02	Clayton Valley	10/14/00	Katie Nieman 16:19	Molli Hartwig 16:20	Anna Farrar 16:54	Megan Craig 17:03	Tracy Alvarez 17:26
84:22	Clayton Valley	10/14/95	Kristine Musante 15:05	Marisa Ghiglieri 15:54	Mancela Villalobos 16:27	Marle Littomo 18:28	Rayna Kamerzoli 18:28
84:58	Castro Valley	9/16/92	Andrea Comer 15:48	Dana Matranga 16:42	Kristy Rodillas 16:54	Rachelle Cohen 17:01	Alicia Lim 18:33
85:20	Carondelet	10/12/96	Carolyn King 16:15	Melanie Pascual 16:38	Karen Hilliard 17:23	Amanda Scott 17:26	Brionne Dawson 17:35

11:35 BOYS' JUNIOR VARSITY 2.1 MILES

AWARDS: TOP 3 TEAMS, TOP 20 INDIVIDUALS

Sponsored By:

Me'l's Shoe Clinic

Previous Winners:

	<u>Team Champions</u>	<u>Individual Champions</u>			
1993	Montgomery	Vincent	Perry	Pittsburg	13:19
1994	Castro Valley	Dan	Ambrose	San Ramon	13:13
1995	DeLaSalle	Adam	Davis	Clayton Valley	12:55
1996	James Logan	Justin	Coffeen	Castro Valley	12:28
1997	DeLaSalle	Mike	Caranci	DeLaSalle	12:32
1998	College Park	Brian	Grist	Antioch	12:50
1999	College Park	Baltimore	Alas	DeLaSalle	12:30
2000	College Park	Anthony	Gladstein	San Ramon Valley	12:14
2001	San Ramon Valley	Jonathan	Hart	San Ramon Valley	12:41

Top Individual Times:

1	12:14	Paul	Warrin	Castro Valley	1979
1	12:14	Anthony	Gladstein	San Ramon Valley	2000
3	12:25	Bryan	Quick	Castro Valley	1980
4	12:28	Justin	Coffeen	Castro Valley	1996
4	12:28	Shaun	Farr	College Park	2000
6	12:30	Scott	Craig	Castro Valley	1979
6	12:30	Tom	Vertrees	Castro Valley	1979
6	12:30	Baltimore	Alas	DeLaSalle	1999
9	12:32	Mike	Cranci	DeLaSalle	1997
10	12:33	Charles	Naranung	Florin	2000
11	12:34	Jordan	Jarosz	St. Mary's	1992
11	12:34	Connor	Dunn	San Ramon Valley	2000
13	12:38	Chase	Phivirotto	College Park	2000
14	12:39	BJ	Kirk	San Ramon Valley	2000
15	12:40	Delmar	Bodin	Castro Valley	1980
15	12:40	Kevin	Dickson	Castro Valley	2000
17	12:41	Jonathan	Hart	San Ramon valley	2001
18	12:44	Andrew	Ostler	Mission San Jose	1996
18	12:44	Greg	Varni	DeLaSalle	1999
20	12:45	Justin	Griffin	San Leandro	1996
20	12:45	Kenpei	Yamamoto	Castro Valley	1997
20	12:45	Alex	Kramer	DeLaSalle	1997
23	12:48	Damien	Dulaney	Castro Valley	1996
23	12:48	Saul	Hurtado	Hayward	2000
23	12:48	Dahlin	Rosdahl	San Ramon Valley	2001

Top Team Times:

64:22	San Ramon	10/13/01	Jonathan hart 12:41	Dallin Rosdahl 12:48	Nick Degolia 12:52	BJ Kirk 13:00	Jo rihel 13:01
64:31	San Rramon	10/14/00	Anthony Gladstein 12:14	Connor Dunn 12:34	BJ Kirk 12:39	Adam Brodenck 13:24	Greg Chance 13:40
64:44	DeLaSalle	10/11/97	Mike Caranci 12:32	Calvin Becerra 12:53	Matt Green 13:01	Dan Olson 13:09	Henry Martinez 13:09
65:19	College Park	10/14/00	Shaun Farr 12:28	Chase Phivirotto 12:38	Jeff Belezzuoi 13:02	Gustavo Lezama 13:17	Joe Kestlen 13:26
65:48	Castro Valley	10/30/80	Delmar Bodin 12:40	Steve Stevenson 12:50	John Davidson 12:53	Chns Colby 13:17	Rich Speckner 14:08
65:53	Castro Valley	9/25/80	Brian Quick 12:25	Dave Brehmer 12:54	Gene Boies 13:10	John Davidson 13:36	Steve Stevenson 13:48
66:07	DeLaSalle	9/22/81	Clint McClellan 12:58	Brian Amador 12:59	John Fitzsimmons 13:16	Jamie Fowler 13:26	Sean Fottrell 13:28
66:07	Castro Valley	10/14/00	Kevin Dickson 12:40	Nate Fernsten 13:09	Ben Draper 13:1	Todd Bartlow 13:26	Dan Groom 13:36
66:30	Castro Valley	10/13/78	Scott Craig 12:52	Tom Vertrees 13:12	Robert Hordyk 13:20	Phil Duncan 13:25	Dave Quigley 13:41
66:30	Castro Valley	10/13/01	TJ Miller 13:08	Jeff Ribeira 13:10	Ryan Albonico 13:10	Jordan Mar 13:15	Nate Fernsten 13:47

12:00 GIRLS' VARSITY 3.0 MILES

AWARDS: TOP 5 TEAMS, TOP 30 INDIVIDUALS

Sponsored By:

Cardino Produce
"Workouts Work!"

Previous Winners:

	<u>Team Champions</u>	<u>Individual Champions</u>			
1993	Castro Valley	Sara	Jakel	Sonoma Valley	20:03
1994	Castro Valley	Rachel	Moser	San Leandro	20:37
1995	College Park	Senhit	Dirar	James Logan	20:34
1996	Carondelet	Kristen	Gordon	Carondelet	18:13
1997	Santa Rosa	Sarah	Bei	Montgomery	18:33
1998	Santa Rosa	Trina	Cox	Santa Rosa	18:39
1999	Antioch	Janie	Nolan	Antioch	18:55
2000	Montgomery	Sara	Bei	Montgomery	18:16
2001	Montgomery	Lindsay	Allen	College Park	19:39

Top Individual Times:

1	18:13	Kristin	Gordon	Carondelet	1996	25	20:20	Elice	Patterson	Castro Valley	1989
2	18:16	Sara	Bei	Montgomery	2000	27	20:21	Sky	Bambauch	James Logan	1997
3	18:35	Trina	Cox	Santa Rosa	1997	28	20:22	Megan	Andrade	Carondelet	1998
4	18:55	Janie	Nolan	Antioch	1999	29	20:26	Katie	Stafford	Santa Rosa	1998
5	18:57	Amy	Loper-Riley	Alhambra	1998	30	20:27	Lisa	Gillis	Moreau Catholic	1996
6	19:16	Katie	Hotchkiss	Mission San Jose	1997	31	20:28	Monique	Melara	College Park	1997
7	19:21	Jennie	Ewing	Castro Valley	1996	31	20:28	Holly	Post	Irvington	2000
8	19:39	Lindsay	Allen	College Park	2001	33	20:29	Jill	Ellingson	Hayward	1981
9	19:44	Susan	Chan	Monte vista	1999	34	20:30	Kerri	Bock-Williams	Carondelet	1996
10	19:48	Amy	O'Connell	University	1994	34	20:30	Kelly	Piantinesi	Carondelet	1996
11	19:51	Erica	Holland	College park	2000	34	20:30	Anna	Shaver	Santa Rosa	1998
12	19:55	Katie	Martin	Irvington	1997	37	20:31	Kirsten	Odegaard	Benicia	1996
13	19:58	Melissa	Ackermann	Castro Valley	1991	38	20:33	Courtney	Stewart	Castro Valley	1999
13	19:58	Jennie	Essser	Foothill	2000	39	20:34	Senhit	Dirar	James Logan	1995
15	20:00	Tammy	Foley	Mission San Jose	1986	40	20:36	Abigail	Galloway	Irvington	2000
16	20:01	Elisa	Reidy	Mission San Jose	1994	41	20:39	Rosie	Toney	Castro Valley	2000
16	20:01	Christine	Perez	Antioch	2001	42	20:40	Susana	Ochea	Fairfield	1995
18	20:03	Sara	Jakel	Sonoma Valley	1993	43	20:41	Elisa	Pederson	Montgomery	2001
19	20:07	Kim	Conley	Montgomery	2001	44	20:42	Alison	Lambert	Northgate	1994
20	20:10	Lindsay	Johnson	Santa Rosa	1996	44	20:42	Brenda	Trevillian	Florin	2000
21	20:11	Megan	Newton	Foothill	1998	46	20:47	Luana	Espana	Moreau Catholic	1996
22	20:13	Jessica	Neu	Alhambra	1998	46	20:47	Christy	Sweaney	Montgomery	2001
23	20:14	Lori	Reidy	Mission San Jose	1994	48	20:48	Ali	Nicolas	Lincoln	1998
23	20:14	Christy	Brown	Monte Vista	2000	49	20:50	Katie	Wallace	Antioch	1998
25	20:20	Val	Knafecc	Carondelet	1981	50	20:52	Sarah	Walker	Alameda	1998
						50	20:52	Jen	Saura	Miramonte	2001

Top Team Times:

101:29	Montgomery	10/14/00	Sara Bei 18:16	Elisa Pederson 20:41	Christy Sweaney 20:48	Kim Conley 20:50	Joy Terrabilini 20:54
102:10	Antioch	10/9/99	Janie Nolan 18:55	Christine Perez 20:17	Angela Flood 20:53	Katie Wallace 20:56	Laura Simoncini 21:09
102:37	Carondelet	10/12/96	Kristen Gordon 18:13	Kelly Piantinesi 20:30	Kerri Bock-Williams 20:30	Kristen Hart 21:40	Katie Nash 21:40
103:09	Santa Rosa	10/10/98	Trina Cox 18:39	Katie Stafford 20:26	Anna Shaver 20:30	Lindsay Johnson 21:06	Jackie White 22:27
103:34	Antioch	10/14/00	Janie Nolan 19:14	Christine Perez 20:01	Laura Simoncini 21:04	Angela Flood 21:27	Jennifer Fortney 21:48
104:38	Montgomery	10/13/01	Kim conley 20:07	Christy Sweaney 20:47	Emma Conley 20:57	KateBlake 21:21	Kim Handel 21:26
105:08	Antioch	10/10/98	Janie Nolan 19:46	Katie Wallace 20:50	Angela Flood 21:11	Laura Simoncini 21:17	Jennifer Townsend 22:04
105:36	Santa Rosa	10/11/97	Trina Cox 18:35	Lindsay Johnson 21:14	Jackie Prange 21:15	Katie Stafford 22:09	Anathea Meade 22:23
106:20	College Park	10/14/00	Erica Holland 19:51	Gina Tow 21:19	Patty Paik 21:29	Lindsay Allen 21:40	Betsy Sale 22:01
106:45	Montgomery	10/11/97	Sarah Bei 18:33	Shewit Haile 21:24	Diana Rancourt 21:36	April Malvino 22:13	Alisha McCon 22:59

12:35 BOYS' VARSITY 3.0 MILES

AWARDS: TOP 5 TEAMS, TOP 30 INDIVIDUALS

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Previous Winners:

	<u>Team Champions</u>	<u>Individual Champions</u>			
1993	Montgomery	Keith	Kennedy	San Leandro	16:29
1994	Mission San Jose	Keith	Kennedy	San Leandro	17:14
1995	Mission San Jose	Mike	Prindiville	DeLaSalle	16:10
1996	DeLaSalle	David	Rodriguez	Mission San Jose	16:03
1997	College Park	Jon	Stevens	Mission San Jose	15:57
1998	Antioch	Celedonio	Rodriguez	Elsie Allen	16:00
1999	Mission San Jose	Anthony	Lopez	Ygnacio Valley	16:37
2000	Montgomery	Yon-Sung	Leal	Arroyo	15:57
2001	College Paark	Tom	Getchell	Del Campo	16:42

Top Individual Times:

1	15:25	Calvin	Gaziano	Castro Valley	1984	26	16:30	Mohammed	Abdul	Westmoor	1997
2	15:57	Jon	Stevens	Mission San Jose	1997	27	16:36	Tom	Getchel	DelCampo	2000
3	15:57	Yong-Sung	Leal	Arroyo	2000	28	16:37	Anthony	Lopez	Ygnacio Valley	1999
4	16:00	Celedonio	Rodriguez	Elsie Allen	1998	28	16:37	Abdullah	Jamali	Ygnacio Valley	2000
5	16:02	Beau	Bettinger	Castro Valley	2000	30	16:38	Matt	Owen	college park	2000
6	16:03	David	Rodriguez	Mission San Jose	1996	31	16:40	Efeson	Yosief	San Leandro	1999
7	16:04	John	Bass	Castro Valley	1982	32	16:41	Alex	Cardiasmenos	Castro Valley	2000
8	16:05	Dave	Shea	Castro Valley	1980	33	16:43	Mekkonen	Fekadu	Santa Rosa	1995
9	16:10	Tom	Prindiville	DeLaSalle	1995	34	16:44	Todd	Martinez	Castro Valley	1982
10	16:13	Larry	Guinee	Castro Valley	1979	35	16:45	John	Atwood	Castro Valley	1993
11	16:14	Kyle	Kessler	Castro Valley	1981	36	16:46	Chris	Hernandez	Antioch	1997 & 98
11	16:14	Jay	Marden	Mission San Jose	1979	36	16:46	Tim	Layden	DeLaSalle	1997
13	16:15	Jeremy	Seven	DeLaSalle	1989	38	16:46	Jeff	Stordahl	San Ramon	1997
14	16:16	Rich	Read	Mission San Jose	1979	39	16:47	John	Kelly	DeLaSalle	1993
15	16:19	Dave	Anderson	Castro Valley	1980	39	16:47	Zac	Fitch	Montgomery	2000
16	16:20	Mike	Spencer	Castro Valley	1982	41	16:48	Craig	Lee	College Park	1997
16	16:20	Steve	Strangio	Mission San Jose	1977	42	16:49	Manuel	Mendoza	Westmoor	1997
18	16:21	Micheil	Jones	Livermore	1995	43	16:50	Chad	Foster	James Logan	1996
19	16:23	Kevin	Berkowitz	Hayward	1989	43	16:50	Anthony	Lopez	Ygnacio Valley	1998
19	16:23	Steve	Mayberry	Castro Valley	1981	45	16:51	Zach	Ardell-Smith	San Leandro	1999
21	16:25	Ken	Romiguere	Canyon	1977	46	16:52	David	Cardenas	James Logan	1986
21	16:25	Mike	Wojciechowski	Clayton Valley	1995	46	16:52	Todd	Hunt	Novato	1996
23	16:27	John	Marden	Mission San Jose	1977	48	16:54	Brian	Engleton	DeLaSalle	1997
23	16:27	Dave	Vigil	College Park	1997	49	16:55	Chris	Hoepker	Encinal	1985
25	16:29	Keith	Kennedy	San Leandro	1993	49	16:55	Alex	Mason	St. Joseph's	1998

Top Team Times:

83:41	Castro Valley	10/30/80	Dave Shea	16:05	Dave Anderson	16:19	Kyle Kessler	16:25	Steve Mayberry	17:17	Brian Quick	17:35
84:31	Mission San Jose	9/29/77	Steve Strangio	16:20	John Marden	16:27	Mike Chastaine	17:02	Scott Rugging	17:17	Rich Reed	17:25
84:50	College Park	10/11/97	David Vigil	16:27	Craig Lee	16:48	Jeff Wang	17:00	Chris Rust	17:15	Sina Aboutalebik	17:20
85:20	DeLaSalle	10/11/97	Tim Layden	16:46	Brian Engleton	16:54	Ryan Stanton	17:03	Darren Silmi	17:06	Chris Wheeler	17:31
85:46	Castro Valley	9/18/80	Dave Anderson	16:38	Dave Shea	16:59	Steve Mayberry	17:02	Kyle Kessler	17:26	Brian Quick	17:41
85:55	Castro Valley	10/25/77	Ken Romiguere	16:26	Charlie Harb	17:15	Dave Fisher	17:17	Scott Flagg	17:27	Tom Jensen	17:30
86:11	Castro Valley	10/18/79	Larry Guinee	16:13	Dave Anderson	17:25	Phil Duncan	17:25	Dave Shea	17:25	Tom Vertrees	17:43
86:11	Montgomoery	10/14/00	Zac Fitch	16:47	Nick Millar	17:09	Regan Masi	17:13	Jon Fitch	17:15	Andrew Gallagher	17:47
86:12	Castro Valley	10/15/81	Kyle Kessler	16:14	Steve Mayberry	16:23	Mike Spencer	17:31	Sasa Illjin	17:38	Dave Brehmer	18:26
86:18	Mission San Jose	9/19/79	Jay Marden	16:14	Rich Reed	16:16	John Carey	17:10	Bruce Muleahy	18:17	Steve Wogsland	18:21



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