

NORTH COAST SECTION, CIF

Cross Country Championships Top Ten

Ukiah High School – 3.10 miles

Boys Division I

1.	Yosef Ghebray	James Logan H.S.	15:46	2003
2.	Carey Matthews	De La Salle H.S.	16:19	2003
3.	Gilliat Ghebray	James Logan H.S.	16:31	2000
4.	Alex Enscoe	Berkeley H.S.	16:37	2003
5.	John Yano	Castro Valley H.S.	16:40	2003
6.	Beau Bettinger	Castro Valley H.S.	16:41	2000
7.	Alex Harkins	De La Salle H.S.	16:47	2003
8.	James McGuire	De La Salle H.S.	16:55	2003
9.	Nathan Brassmasonry	Alameda H.S.	16:58	2000
9.	Esayas Gebrekidan	James Logan H.S.	16:58	2003

Boys Division II

1.	Scott Bauhs	San Ramon Valley H.S.	16:01	2003
1.	Carl Dambkowski	Granada H.S.	16:01	2000
3.	Yong-Sung Leal	Arroyo H.S.	16:10	2000
4.	Tristan Blair	San Ramon Valley H.S.	16:24	2003
5.	Dale Kih	Eureka H.S.	16:32	2000
5.	Mitchell Steves	College Park H.S.	16:32	2003
7.	Braden Pivirotto	College Park H.S.	16:39	2003
8.	Robbie Boyle	Granada H.S.	16:42	2000
9.	Kent Henry	College Park H.S.	16:46	2003
10.	Jared Oubre	College Park H.S.	16:49	2003

Boys Division III

1.	Jake Schmitt	Redwood H.S.	15:55	2003
2.	Joel Buscheck	Miramonte H.S.	16:29	2003
3.	Chris Wong	Bishop O'Dowd H.S.	16:32	2003
4.	Chris Vizcaino	Campolindo H.S.	16:35	2003
5.	Tyler Pines	Campolindo H.S.	16:35	2003
6.	Daniel Mejia	Miramonte H.S.	16:37	2003
7.	Harlan Lopez	Acalanes H.S.	16:39	2003
8.	Ryan Mason	Concord H.S.	16:41	2003
9.	Daryl Zalan	Miramonte H.S.	16:47	2003
10.	Abdullah Jamali	Ygnacio Valley H.S.	16:50	2000

Boys Division IV

1.	John Figueiredo	Arcata H.S.	16:10	2003
2.	J.K. Withers	Cardinal Newman H.S.	16:43	2003
3.	Rudy Vasquez	St. Mary's College H.S.	16:50	2000
4.	Ian Mason	St. Joseph's H.S.	16:52	2000
5.	Crosby Freeman	Piedmont	16:55	2000
6.	Sean Carey	Albany H.S.	17:01	2003
7.	Jared Wohlwend	Fortuna H.S.	17:01	2003
8.	Galen Aymar	Cardinal Newman H.S.	17:02	2003
9.	Ricky Griffith	Piedmont H.S.	17:04	2003
10.	Eric Roberts	Alhambra H.S.	17:11	2000

Boys Division V 2003

1.	Aaron Megazzi	Ferndale H.S.	16:33	2003
2.	Ben Good	S.F. University H.S.	17:06	2000
3.	Sean Drake	S.F. University H.S.	17:09	2000
4.	Jonah Platt-Ross	S.F. University H.S.	17:18	2003
5.	Dan Fischer	College Prep H.S.	17:20	2000
6.	Dillon Wyant	South Fork H.S.	17:21	2000
7.	Ken Akiha	Head Royce School	17:27	2003
8.	Steve Mindrup	Berean Christian H.S.	17:39	2003
9.	Robbie Hagbom	S.F. University H.S.	17:41	2003
10.	Todd Rabkin-Golden	Lick Wilmerding H.S.	17:45	2000

Girls Division I

1.	Susan Chan	Monte Vista H.S.	19:21	2000
2.	Janie Nolan	Antioch H.S.	19:33	2000
3.	Trina Cox	Santa Rosa H.S.	19:44	1997
4.	Emily McGregor	Monte Vista H.S.	19:51	2003
5.	Adiam Yonas	James Logan H.S.	19:58	2003
6.	Erica Holland	College Park H.S.	20:07	2000
7.	Tamara Torlakson	Deer Valley H.S.	20:08	2003
8.	Jenna Carvajal	Deer Valley H.S.	20:12	2003
9.	Christina Perez	Antioch H.S.	20:13	2000
10.	Ashley Allen	College Park H.S.	20:21	2000

Girls Division II

1.	Amber Trotter	Ukiah H.S.	17:58	2000
2.	Sarah Bei	Montgomery H.S.	18:12	2000
3.	Lindsay Allen	College Park H.S.	18:16	2003
4.	Kim Conley	Montgomery H.S.	18:24	2003
5.	Phyllis Blanchard	Rancho Cotate H.S.	18:46	2003
6.	Nicole Pennes	College Park H.S.	18:53	2003
7.	Kelsey Dallara	College Park H.S.	19:10	2003
8.	Shelby Leland	Ukiah H.S.	19:17	2003
9.	Amy Robinson	Maria Carrillo H.S.	19:22	2003
10.	Kendall Nemeth	Amador Valley H.S.	19:26	2003

Girls Division III

1.	Vera Ross	Campolindo H.S.	18:39	2003
2.	Jenny Bergren	Miramonte H.S.	18:51	2003
3.	Mo Huber	Acalanes H.S.	18:53	2003
4.	Sara Bei	Montgomery H.S.	19:09	1997
5.	Jillian Ochs	Campolindo H.S.	19:16	2003
6.	Ariel Wright	Bishop O'Dowd H.S.	19:27	2003
7.	Rebecca Yau	Miramonte H.S.	19:35	2003
8.	Jenny Aldridge	Maria Carrillo H.S.	19:42	2000
8.	Lisa Gillis	Moreau Catholic H.S.	19:42	1997
10.	Catherine Murillo	Campolindo H.S.	19:43	2003

Girls Division IV

1.	Katelyn Calvelli	Sir Francis Drake H.S.	19:09	2003
2.	Thea Sutton	San Rafael H.S.	19:23	2003
3.	Jehan Sparks	Piedmont H.S.	19:25	2003
4.	Bridget Duffy	St. Mary's College H.S.	19:29	2000
5.	Kelly Rogers	Healdsburg H.S.	19:43	2000
6.	Gabi Rios-Sotelo	St. Mary's College H.S.	20:07	2003
7.	Amanda Atkinson	Healdsburg H.S.	20:08	2003
8.	Naomi Sparks	Piedmont H.S.	20:14	2003
9.	Danila Musante	Bishop O'Dowd H.S.	20:20	2000
10.	Sarah Hallas	Ursuline H.S.	20:29	1997

Girls Division V

1.	Clara Horowitz	Head Royce School	18:49	2000
2.	Grace Hunter	S.F. University H.S.	20:10	2003
3.	Elizabeth Gill	Branson School	20:18	2003
4.	Andrea Imhof	S.F. University H.S.	20:36	2003
5.	Yfa Kretschmar	S.F. University H.S.	20:42	2000
6.	Linden Bader	S.F. University H.S.	20:43	1997
7.	Kira Morser	S.F. University H.S.	20:53	1997
8.	Vicki Blohm	S.F. University H.S.	20:57	2003
9.	Morgan McGovern	Convent Sacred Heart	21:05	2003
10.	Aliza Cohen	S.F. University H.S.	21:10	1997
10.	Diana Trump	College Prep H.S.	21:10	2003