

# West Catholic Athletic League

Archbishop Mitty Archbishop Riordan Bellarmine Junipero Serra Notre Dame Presentation Sacred Heart Prep Sacred Heart  
Cathedral Saint Francis Saint Ignatius Valley Christian

Ed Ravenscroft Commissioner

Phone: (408) 782-9212

FAX: (408) 782-9202

Pat Segurson Statistician

Phone: 415 337-9172

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E-Mail: [WCALstatman@prodigy.net](mailto:WCALstatman@prodigy.net)

## W. C. A. L. CROSS COUNTRY STANDINGS

October 21st, 2004

### VARSIITY STANDINGS

	<u>Points</u>
Junipero Serra	8
Saint Francis	7
Saint Ignatius	6
Bellarmino	5
Sacred Heart Cathedral	4
Archbishop Mitty	3
Archbishop Riordan	2
Valley Christian	1

### THIS WEEKS RESULTS

**Host:** Bellarmine      **Date:** October 20th  
**Distance:** 2.7 miles      **At:** Alum Rock Park      **Level:** Varsity

<u>School</u>	<u>Score</u>	<u>Points</u>
Junipero Serra	49	8
Saint Francis	62	7
Saint Ignatius	63	6
Bellarmino	69	5
Sacred Heart Cathedral	141	4
Archbishop Mitty	146	3
Archbishop Riordan	198	2
Valley Christian	234	1

<u>Name of Runner</u>	<u>School</u>	<u>Time</u>
1 Ben Sitler	St Fran	14:34
2 Kareem Barghouti	Serra	14:43
3 Paul Nedean	St Ignt	14:55
4 Danny Smith	Bell	14:59
5 Brian Fisher	St Fran	15:09
6 Nicholas Alvarado	St Ignt	15:12
7 Michael Borg	Serra	15:17
8 Robert Alvarado	St Ignt	15:20
9 Alex Bease	St Fran	15:22
10 Mike Bullard	S. H. C.	15:26

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## W. C. A. L. CROSS COUNTRY STANDINGS

October 21st, 2004

### JUNIOR VARSITY STANDINGS

	<u>Points</u>
Junipero Serra	8
Saint Ignatius	7
Bellarmino	6
Saint Francis	5
Sacred Heart Cathedral	4
Archbishop Mitty	3
Archbishop Riordan	2
Valley Christian	-

### THIS WEEKS RESULTS

**Host:** Bellarmine

**Date:** October 20th

**Distance:** 2.7 miles

**At:** Alum Rock Park

**Level:** Junior Varsity

<u>School</u>	<u>Score</u>	<u>Points</u>
Junipero Serra	30	8
Saint Ignatius	35	7
Bellarmino	77	6
Saint Francis	110	5
Sacred Heart Cathedral	139	4
Archbishop Mitty	160	3
Archbishop Riordan	201	2
Valley Christian	INC	-

<u>Name of Runner</u>	<u>School</u>	<u>Time</u>
1 Kevin Aguirre	St Ignt	16:11
2 Paul Zmuda	St Ignt	16:16
3 David Parker	Serra	16:29
4 Will Fennie	St Ignt	16:30
5 J. D. Smiley	Serra	16:36
6 Steven Powell	Serra	16:37
7 Alex London	Serra	16:38
8 Bret Donnelly	Bell	16:53
9 J. P. Rastrullo	Serra	16:54
10 Ian Randolph	St Ignt	16:58

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October 21st, 2004

### SOPHOMORE STANDINGS

	<u>Points</u>
Saint Ignatius	7
Saint Francis	6
Junipero Serra	5
Bellarmino	4
Sacred Heart Cathedral	3
Archbishop Mitty	2
Archbishop Riordan	1

### THIS WEEKS RESULTS

**Host:** Bellarmine      **Date:** October 20th  
**Distance:** 2.7 miles      **At:** Alum Rock Park      **Level:** Sophomore

<u>School</u>	<u>Score</u>	<u>Points</u>
Saint Ignatius	38	7
Saint Francis	58	6
Junipero Serra	73	5
Bellarmino	88	4
Sacred Heart Cathedral	127	3
Archbishop Mitty	157	2
Archbishop Riordan	185	1

<u>Name of Runner</u>	<u>School</u>	<u>Time</u>
1 Matt Snyder	St Ignt	16:10
2 Eric Baum	Bell	16:19
3 Gino Leonio	Serra	16:22
4 Kevin Murphy	St Fran	16:30
5 Philip Pompei	St Fran	16:32
6 David Polhemus	St Ignt	16:47
7 Jiean Li	St Ignt	16:55
8 Casey Roche	St Fran	17:00
9 Anthony Hu	Serra	17:13
10 Colby Chambers	St Ignt	17:14

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## W. C. A. L. CROSS COUNTRY STANDINGS

October 21st, 2004

### FRESHMAN STANDINGS

	<u>Points</u>
Junipero Serra	8
Saint Ignatius	7
Bellarmino	6
Saint Francis	5
Archbishop Mitty	4
Sacred Heart Cathedral	3
Archbishop Riordan	2
Valley Christian	-

### THIS WEEKS RESULTS

**Host:** Bellarmine      **Date:** October 20th  
**Distance:** 2.7 miles      **At:** Alum Rock Park      **Level:** Freshman

<u>School</u>	<u>Score</u>	<u>Points</u>
Junipero Serra	17	8
Saint Ignatius	48	7
Bellarmino	66	6
Saint Francis	122	5
Archbishop Mitty	134	4
Sacred Heart Cathedral	155	3
Archbishop Riordan	208	2
Valley Christian	INC	-

<u>Name of Runner</u>	<u>School</u>	<u>Time</u>
1 Cole Jones	Serra	16:53
2 Patrick Sullivan	Serra	16:58
3 Dominic Chelini	Serra	17:02
4 Myles Swanton	Serra	17:10
5 Sean Cotter	St Ignt	17:40
6 David Page	Mitty	17:53
7 Christopher Yarran	Serra	18:02
8 John Hietter	St Ignt	18:03
9 Matt Leland	St Ignt	18:04
10 Daniel Houck	Bell	18:06

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## W. C. A. L. CROSS COUNTRY STANDINGS

October 21st, 2004

### TOP VARSITY RUNNERS FOR EACH SCHOOL

1.	49	<b>JUNIPERO SERRA</b>	(15:19 76:31)
=====			
1	2	KAREEM BARGHOUTI	SR 14:43
2	7	MICHAEL BORG	JR 15:17
3	11	ROBERT BRODERICK	SO 15:26
4	13	STEVEN BORG	JR 15:31
5	16	JASON CHORPENING	JR 15:34
6	( 19)	RUSSELL MEGOWAN	JR 15:43
7	( 22)	CARLOS RAMIREZ	SR 15:49
2.	62	<b>ST. FRANCIS</b>	(15:23 76:54)
=====			
1	1	BEN SITLER	JR 14:34
2	5	BRIAN FISHER	SR 15:09
3	9	ALEX BLEASE	SO 15:22
4	20	KYLE STEWART	SO 15:44
5	27	SAM POMPEI	JR 16:05
6	( 30)	MIKE ROHRS	SR 16:11
7	( 31)	ERIC JOHNSON	JR 16:16
3.	63	<b>ST. IGNATIUS</b>	(15:27 77:11)
=====			
1	3	PAUL NEDEAU	SR 14:55
2	6	NICHOLAS ALVARADO	JR 15:12
3	8	ROBERT ALVARADO	JR 15:20
4	17	MATT PECK	SR 15:36
5	29	LUKE PULASKI	JR 16:08
6	( 35)	DANIEL HARRINGTON	JR 16:32
7	( 53)	DANIEL MORTHOLE	JR 18:39

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October 21st, 2004

### TOP VARSITY RUNNERS FOR EACH SCHOOL

( continued )

4. 69 **BELLARMINE** (15:30 77:28)

=====

1	4	DANNY SMITH	SR	14:59
2	12	ANDREW HARADA	JR	15:30
3	14	MATT BEJAR	JR	15:32
4	18	TYLER CLAYTON	SR	15:41
5	21	KYLE WULFF	JR	15:46
6	( 23 )	COLBY MOORE	JR	15:54
7	( 24 )	BRIAN BENSCH	SR	15:56

5. 141 **SACRED HEART CATHEDRAL** (16:18 81:28)

=====

1	10	MIKE BULLARD	SO	15:26
2	25	NICHOLAS CANNATA-BOWMAN	SO	16:00
3	32	BRIAN CONWAY	SR	16:31
4	36	ETHAN WICKLUND	SO	16:39
5	38	JOSHUA LING	JR	16:52
6	( 39 )	BRYAN TOLENTINO	JR	16:53
7	( 47 )	EDDIE HYNSON	JR	17:35

6. 146 **ARCHBISHOP MITTY** (16:17 81:22)

=====

1	15	MICHAEL HERNANDEZ	JR	15:33
2	26	MENSO DEJONG	SO	16:03
3	28	KYLE CRONNIN	JR	16:06
4	37	JOSEPH HORIUCHI	JR	16:42
5	40	KYLE UEUNTEN	JR	16:58
6	( 46 )	BRIAN DUNLAY	SO	17:32

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### TOP VARSITY RUNNERS FOR EACH SCHOOL

( continued )

7. 198 **ARCHBISHOP RIORDAN** (16:58 84:46)

=====

1	33	ALEJANDRO MURILLO	SO	16:31
2	34	NATHANIEL CALHOUN	FR	16:32
3	42	JESUS RAMIREZ	SO	17:06
4	44	ABEL ESQUIVEL	SO	17:10
5	45	CHRIS CORGAS	JR	17:27
6	( 48 )	ADAM MUNGIA	SR	17:52

8. 234 **VALLEY CHRISTIAN** (17:47 88:52)

=====

1	41	JUSTIN CATES	SR	17:04
2	43	KOLE TANOUYE	JR	17:09
3	49	KENNY GUERTIN	SR	18:05
4	50	ANDREW JOY	FR	18:09
5	51	JUSTIN KLEIN	SR	18:25
6	( 52 )	SCOTT CONNOLLY	SO	18:27

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## W. C. A. L. CROSS COUNTRY STANDINGS

October 21st, 2004

### TOP 30 VARSITY FINSHERS

Place	Name	Yr	High School	Bvar	Pace
1	BEN SITLER	JR	ST. FRANCIS	14:34	5:24
2	KAREEM BARGHOUTI	SR	SERRA	14:43	5:27
3	PAUL NEDEAU	SR	ST. IGNATIUS	14:55	5:32
4	DANNY SMITH	SR	BELLARMINE	14:59	5:33
5	BRIAN FISHER	SR	ST. FRANCIS	15:09	5:37
6	NICHOLAS ALVARADO	JR	ST. IGNATIUS	15:12	5:38
7	MICHAEL BORG	JR	SERRA	15:17	5:40
8	ROBERT ALVARADO	JR	ST. IGNATIUS	15:20	5:41
9	ALEX BLEASE	SO	ST. FRANCIS	15:22	5:42
10	MIKE BULLARD	SO	SHC	15:26	5:43
11	ROBERT BRODERICK	SO	SERRA	15:26	5:43
12	ANDREW HARADA	JR	BELLARMINE	15:30	5:45
13	STEVEN BORG	JR	SERRA	15:31	5:45
14	MATT BEJAR	JR	BELLARMINE	15:32	5:46
15	MICHAEL HERNANDEZ	JR	MITTY	15:33	5:46
16	JASON CHORPENING	JR	SERRA	15:34	5:46
17	MATT PECK	SR	ST. IGNATIUS	15:36	5:47
18	TYLER CLAYTON	SR	BELLARMINE	15:41	5:49
19	RUSSELL MEGOWAN	JR	SERRA	15:43	5:50
20	KYLE STEWART	SO	ST. FRANCIS	15:44	5:50
21	KYLE WULFF	JR	BELLARMINE	15:46	5:51
22	CARLOS RAMIREZ	SR	SERRA	15:49	5:52
23	COLBY MOORE	JR	BELLARMINE	15:54	5:54
24	BRIAN BENSCH	SR	BELLARMINE	15:56	5:54
25	NICHOLAS CANNATA-B	SO	SHC	16:00	5:56
26	MENSO DEJONG	SO	MITTY	16:03	5:57
27	SAM POMPEI	JR	ST. FRANCIS	16:05	5:58
28	KYLE CRONNIN	JR	MITTY	16:06	5:58
29	LUKE PULASKI	JR	ST. IGNATIUS	16:08	5:59
30	MIKE ROHRS	SR	ST. FRANCIS	16:11	6:00
31	ERIC JOHNSON	JR	ST. FRANCIS	16:16	6:02