

Mid-Term Results: 11 Team Wins 8 Individual wins			RUHS Alumni XC Race <i>Sea Hawk Bowl - Redondo Beach</i> Aug. 28, 2010 2.8 Mile Course				The Great Cow Run <i>Cerritos Regional Park - Cerritos</i> Sept. 11, 2010 3 Mile Course					Woodbridge XC Classic <i>Estancia High School - Costa Mesa</i> Sept. 18, 2010 3 Mile Course					Bay League #1 <i>Entradero Park - Torrance</i> Sept. 23, 2010 5K Course					Nike Pre-Nationals <i>Portland Meadows- Portland, OR</i> Sept. 25, 2010 5K Course					South Bay Cup <i>Columbia Park - Torrance</i> Sept. 29, 2010 3 Mile Course					Warren Stauffer Invitational <i>Hollydale Park - South Gate</i> Oct. 2, 2010 3 Mile Course					
#	Name	GR	Alumni Rank	Alumni Time	Alumni Place	Alumni Avg Mile	GCR Team	GCR Rank	GCR Time	GCR Place	GCR Avg Mile	WXCC Team	WXCC Rank	WXCC Time	WXCC Place	WXCC Avg Mile	BL#1 Team	BL#1 Rank	BL#1 Time	BL#1 Place	BL#1 Avg Mile	Nike Team	Nike Rank	Nike Time	Nike Place	Nike Avg Mile	SB Cup Team	SB Cup Rank	SB Cup Time	SB Cup Place	SB Cup Avg Mile	WS Team	WS Rank	WS Time	WS Place	WS Avg Mile	
1	David Alexander	10	45	20:10	49	07:12.1	S-B	13	19:56	122	06:38.7	S-B	6	18:35	137	06:11.7	JV-B	8	20:59	52	06:46.1						S-B	5	18:07.7	26	06:02.6	S-B	5	17:38	36	05:41.3	
2	Elijah Aquilina	9	46	20:11	50	07:12.5						F-B	17	20:33	213	06:51.0	F-B	15	23:32	58	07:35.5						F-B	15	19:39.8	71	06:33.3	F-B	13	19:32	74	06:30.7	
3	Ruth Barry	10	62	21:53	67	07:48.9	FS-G	7	22:51	93	07:37.0	S-G	1	23:24	103	07:48.0	JV-G	9	26:39	36	08:35.8						JV-G	5	21:48.8	43	07:16.3	S-G	6	21:44	33	07:00.6	
4	Adrian Benoit	9	26	18:30	30	06:36.4	JV-B	8	19:17	115	06:25.7						JV-B	17	21:55	77	07:04.2						JV-B	1	18:02.0	38	06:00.7	JR-B	6	18:13	62	06:04.3	
5	Mikela Bettles	9	72	23:34	78	08:25.0	FS-G	4	21:30	49	07:10.0	F-G	6	23:15	104	07:45.0	F-G	3	26:02	20	08:23.9						F-G	3	21:55.9	21	07:18.6	F-G	1	20:49	15	06:56.3	
6	Tyler Bird	9	47	20:12	51	07:12.9	F-B	7	18:34	37	06:11.3	F-B	7	18:31	76	06:10.3	F-B	7	21:03	17	06:47.4						F-B	7	18:06.8	23	06:02.3	F-B	9	18:55	55	06:18.3	
7	Dezhan Bland	12	4	15:11	4	05:25.4	V-B	4	15:57	39	05:19.0	V-B	4	16:30	118	05:30.0	V-B	7	18:53	28	06:05.5	V-B	2	16:43.8	62	05:23.8	V-B	2	15:24	5	05:08.0	V-B	2	15:24	5	05:08.0	
8	Paul Bodin	9	27	18:35	31	06:38.2	F-B	6	18:12	25	06:04.0	F-B	6	18:27	66	06:09.0	F-B	6	21:03	16	06:47.4						F-B	6	18:06.4	21	06:02.1	F-B	5	17:50	29	05:56.7	
9	Sam Bodin						F-B	21	22:02	160	07:20.7	F-B	19	20:52	239	06:57.3	F-B	21	25:13	70	08:08.1						F-B	20	20:38.2	97	06:52.7	F-B	14	19:42	81	06:34.0	
10	Patrick Borgerding	11	3	14:47	3	05:16.8	V-B	3	15:36	28	05:12.0	V-B	3	16:26	108	05:28.7	V-B	3	17:59	10	05:48.1	V-B	4	17:12.3	109	05:33.0	V-B	4	17:12.3	109	05:33.0	V-B	4	17:12.3	109	05:33.0	
11	Bridget Boyle	9	86	28:22	93	10:07.9	FS-G	9	23:11	108	07:43.7	F-G	12	24:58	153	08:19.3	NOV	3	28:18	31	09:07.7						F-G	16	25:08.3	63	08:22.8	F-G	9	23:23	47	07:47.7	
12	Jessica Bradford	9	78	25:27	85	09:05.4	FS-G	11	23:13	112	07:44.3	F-G	8	23:42	114	07:54.0	F-G	5	26:42	24	08:36.8						F-G	6	22:13.6	27	07:24.5	F-G	4	21:48	23	07:16.0	
13	Sara Burgos	10	93	30:50	100	11:00.7	FS-G	25	27:01	225	09:00.3						NOV	7	34:52	81	11:14.8						NOV	7	32:51.3	140	10:57.1	S-G	8	28:58	110	09:20.6	
14	Rachel Bush	11	12	16:22	15	05:50.7	V-G	1	17:25	1	05:48.3						V-G	1	19:59	2	06:26.8						V-G	4	19:05.7	13	06:09.6	JR-G	2	17:36	2	05:52.0	
15	Tyler Caracoza	11	1	14:41	1	05:14.6	V-B	6	15:26	23	05:08.7						V-B	1	17:24	2	05:36.8						V-B	3	16:43.9	63	05:23.8	V-B	1	15:23	4	05:07.7	
16	Branden Castillo	9	40	20:04	44	07:10.0						SR-B	3	18:30	139	06:10.0	JV-B	16	21:52	76	07:03.2																
17	Jake Castrillon	9	67	22:31	72	08:02.5																															
18	Jideofof Chikeruba	9	34	19:11	38	06:51.1																															
19	Tanner Childs						F-B	4	17:41	12	05:53.7	F-B	25	Injured	DNF																						
20	Ryan Colescott	9	60	21:26	65	07:39.3	S-B	9	19:09	94	06:23.0	S-B	10	19:29	194	06:29.7	JV-B	21	22:40	86	07:18.7						S-B	9	19:46.8	64	06:35.6						
21	Abby Connelly						FS-G	24	26:57	222	08:59.0	F-G	18	26:20	182	08:46.7	NOV	5	29:27	45	09:30.0						F-G	14	24:33.8	53	08:11.3	F-G	14	24:37	70	08:12.3	
22	Janie Connelly						FS-G	20	24:37	174	08:12.3	F-G	14	25:28	161	08:29.3	NOV	6	29:27	46	09:30.0						F-G	15	24:34.1	54	08:11.4	F-G	15	24:37	71	08:12.3	
23	Emily Conway						FS-G	12	23:15	117	07:45.0																										
24	Sebastian Coronel	9	56	20:38	61	07:22.1	S-B	12	16:56	121	05:38.7						JV-B	29	23:49	107	07:41.0						S-B	13	20:18.9	72	06:46.3	S-B	13	20:23	122	06:34.5	
25	Elizabeth de la Torre	10	32	18:54	36	06:45.0	FS-G	1	19:28	11	06:29.3	V-G	4	19:26	58	06:28.7	JV-G	2	22:40	3	07:18.7	V-G	2	21:03.0	54	06:47.4	F-B	24	22:56.8	136	07:38.9	F-B	23	24:13	153	08:04.3	
26	Eriq Deng	9	90	30:24	97	10:51.4	F-B	24	24:45	188	08:15.0	F-B	24	24:24	321	08:08.0	NOV	9	DNF								F-B	2	21:33.5	16	07:11.2	F-G	7	22:17	31	07:25.7	
27	Josie Desir	9	75	24:22	81	08:42.1											F-G	2	25:55	18	08:21.6						F-G	2	21:33.5	16	07:11.2	F-G	7	22:17	31	07:25.7	
28	Demarco Duran																										S-B	15	23:10.0	97	07:43.3						
29	Hector Echavarria						JV-B	5	18:31	88	06:10.3	JR-B	4	18:42	171	06:14.0	JV-B	9	21:01	54	06:46.8						JV-B	4	18:16.0	46	06:05.3	JR-B	2	17:31	41	05:50.3	
30	Eric Emdee	11	20	17:42	23	06:19.3	JV-B	3	18:09	70	06:03.0	JR-B	3	18:03	123	06:01.0	JV-B	13	21:21	63	06:53.2						JV-B	3	18:14.0	44	06:04.7	JR-B	3	17:47	49	05:55.7	
31	Kayla Ferron	10	14	17:08	17	06:07.1	V-G	6	17:37	7	05:52.3	V-G	1	18:26	9	06:08.7	V-G	5	20:33	6	06:37.7	V-G	1	18:44.7	5	06:02.8	S-B	1	17:30	1	05:38.7	S-G	1	17:30	1	05:38.7	
32	Arthur Fontana	10	18	17:00	21	10:21.4	S-B	3	17:27	33	05:49.0	S-B	2	17:37	83	05:52.3	JV-B	3	20:16	33	06:32.3						S-B	4	17:37.6	20	05:52.5	S-B	4	17:27	25	05:37.7	
33	Esias Gallardo	10	69	22:50	74	08:09.3	S-B	17	22:23	165	07:27.7	S-B	14	21:31	272	07:10.3	JV-B	30	24:52	117	08:01.3						S-B	15	21:32	143	06:56.8	S-B	15	21:32	143	06:56.8	
34	Serge Ganous	9	51	20:34	56	07:20.7	S-B	5	17:55	45	05:58.3	S-B	4	17:59	104	05:59.7	JV-B	7	20:30	40	06:36.8						S-B	3	17:21	23	05:35.8	S-B	3	17:21	23	05:35.8	
35	Zoe Gantner	9	76	24:26	82	08:43.6	FS-G	13	23:23	123	07:47.7						NOV	4	28:20	32	09:08.4						F-G	10	23:58.3	42	07:59.4	F-G	10	23:33	51	07:51.0	
36	Mya Gelber	9	66	22:22	71	07:59.3	FS-G	5	22:05	61	07:21.7	F-G	4	23:14	102	07:44.7											F-G	13	24:23.8	49	08:07.9	F-G	8	23:09	45	07:43.0	
37	Vera Gold	9	84	28:21	91	10:07.5	FS-G	17	24:08	154	08:02.7	F-G	5	23:14	103	07:44.7	F-G	4	26:38	23	08:35.5						F-G	8	23:12.5	36	07:44.2	F-G	3	21:47	22	07:15.7	
38	Alex Guzman	11	7	15:48	9	05:38.6	V-B	7	16:36	65	05:32.0	V-B	6	16:58	153	05:39.3	V-B	6	18:46	27	06:03.2	V-B	6	17:51.2	167	05:45.5	F-G	19	29:21.4	92	09:47.1	V-B	6	16:23	24	05:27.7	
39	Alexandria Hanson	9	89	29:48	96	10:38.6	FS-G	26	27:46	234	09:15.3	F-G	19	28:48	197	09:36.0	NOV	8	35:01	82	11:17.7						F-G	18	28:34	89	09:31.3	F-G	18	28:34	89	09:31.3	
40	Andrew Hazeltine	11	11	16:15	14	05:48.2	JV-B	1	17:03	30	05:41.0	JR-B	1	17:06	65	05:42.0	JV-B	1	19:42	19	06:21.3						JV-B	1	18:15.4	27	05:53.4	JR-B	1	16:49	18	05:36.3	
41	Danielle Hazeltine						JV-G	1	22:06	77	07:22.0																										
42	Dustin Herold	9	10	16:14	13	05:47.9	F-B	1	16:40	1	05:33.3	F-B	4	18:06	49	06:02.0	F-B	1	19:00	1	06:07.7						F-B	1	16:16.0	1	05:25.3	F-B	1	16:19	5	05:26.3	
43	Nick Herold	12	5	15:17	5	05:27.5	V-B	6	16:03	44	05:21.0	V-B	5	16:44	140	05:34.7	V-B	5	18:41	26	06:01.6	V-B	7	17:56.4	174	05:47.2	V-B	5	15:31	11	05:10.3	V-B	5	15:31	11		

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#	Name	GR	Alumni Rank	Alumni Time	Alumni Place	Alumni Avg Mile	GCR Team	GCR Rank	GCR Time	GCR Place	GCR Avg Mile	WXCC Team	WXCC Rank	WXCC Time	WXCC Place	WXCC Avg Mile	BL#1 Team	BL#1 Rank	BL#1 Time	BL#1 Place	BL#1 Avg Mile	Nike Team	Nike Rank	Nike Time	Nike Place	Nike Avg Mile	SB Cup Team	SB Cup Rank	SB Cup Time	SB Cup Place	SB Cup Avg Mile	WS Team	WS Rank	WS Time	WS Place	WS Avg Mile	
59	Cameron Lindquist	10	22	18:01	26	06:26.1	S-B	4	17:55	44	05:58.3	S-B	8	19:07	180	06:22.3	JV-B	19	22:34	84	07:16.8						S-B	7	18:47.9	41	06:16.0	S-B	8	18:56	81	06:06.5	
60	Ally Lopez	9	81	26:09	88	09:20.4	FS-G	6	22:46	90	07:35.3	F-G	9	24:08	128	08:02.7	F-G	7	27:10	27	08:45.8						F-G	9	23:34.5	38	07:51.5						
61	Andrew Lopez	9	25	18:11	29	06:29.6	JV-B	2	17:40	50	05:53.3	JR-B	2	17:47	110	05:55.7	JV-B	6	20:29	39	06:36.5						JV-B	2	18:02.8	39	06:00.9	JR-B	5	17:58	57	05:59.3	
62	Olivia Loveland											V-G	6	20:08	99	06:42.7	JV-G	4	23:48	7	07:40.6	V-G	4	21:48.6	91	07:02.1	V-G	3	19:26	8	06:28.7						
63	Isiah Madison	10	63	21:54	68	07:49.3	S-B	7	18:51	77	06:17.0	V-B	1	15:46	45	05:15.3	JV-B	18	22:29	83	07:15.2						S-B	10	19:56.0	65	06:38.7	S-B	9	19:15	87	06:12.6	
64	Evan Malone-White	10	2	14:43	2	05:15.4	V-B	2	15:34	26	05:11.3	V-B	1	15:46	45	05:15.3	V-B	2	17:28	5	05:38.1	V-B	1	16:42.9	61	05:23.5	V-B	3	15:28	9	05:09.3	V-B	3	15:28	9	05:09.3	
65	Jenna Marshall	9	83	26:22	90	09:25.0	FS-G	10	23:12	109	07:44.0	F-G	3	23:13	101	07:44.3	F-G	6	27:09	26	08:45.5						F-G	7	22:53.2	31	07:37.7	F-G	11	23:42	58	07:54.0	
66	Nicholas McCarthy						F-B	22	22:44	163	07:34.7	F-B	23	23:34	307	07:51.3	NOV	2	27:59	26	09:01.6						F-B	23	22:54.2	135	07:38.1	F-B	22	23:25	149	07:48.3	
67	Ben McLaughlin	11	39	20:03	43	07:09.6	JV-B	11	20:57	159	06:59.0	JR-B	7	19:52	224	06:37.3	JV-B	27	23:33	103	07:35.8						JV-B	9	20:30.5	88	06:50.2	JR-B	7	19:24	98	06:28.0	
68	Caitlin McMartin	9	82	26:21	89	09:24.6	FS-G	16	23:57	149	07:59.0	F-G	10	24:10	129	08:03.3											F-B	7	19:24	98	06:28.0						
69	Robert Meadows	9	28	18:40	32	06:40.0	F-B	12	19:01	60	06:20.3	F-B	8	18:32	77	06:10.7	F-B	5	20:45	13	06:41.6						F-B	5	17:34.3	15	05:51.4	F-B	6	17:51	30	05:57.0	
70	Claudia Mehranbod	9	94	30:50	101	11:00.7	FS-G	23	25:07	187	08:22.3	F-G	16	26:12	177	08:44.0											F-G	17	25:14.2	66	08:24.7	F-G	16	25:31	77	08:30.3	
71	Lyndsey Mull	11	9	16:14	12	05:47.9	V-G	2	17:25	1	05:48.3						V-G	7	21:04	11/DQ	06:47.7	V-G	2	18:45.2	6	06:03.0	V-G	2	17:06.6	14	05:42.2	JR-G	1	17:33	1	05:51.0	
72	Robert Mushaney	9	91	30:36	98	10:55.7	S-B	2	17:18	26	05:46.0	S-B	3	17:38	84	05:52.7	JV-B	4	20:21	36	06:33.9						S-B	1	17:06.6	14	05:42.2	S-B	1	17:08	17	05:31.6	
73	Anthony Nasrrollary						F-B	17	20:48	117	06:56.0	F-B	14	19:56	163	06:38.7	F-B	10	22:38	45	07:18.1						F-B	12	19:09.3	52	06:23.1	F-B	17	19:52	87	06:37.3	
74	Daniel Nunes						F-B	15	20:35	110	06:51.7	F-B	15	20:17	192	06:45.7	F-B	20	24:22	66	07:51.6						F-B	18	20:27.7	91	06:49.2	F-B	15	19:43	82	06:34.3	
75	Zach Omar-Amrani	9	35	19:32	39	06:58.6	JV-B	7	18:46	98	06:15.3	JR-B	5	18:59	183	06:19.7	JV-B	23	22:43	89	07:19.7						JV-B	8	20:28.5	86	06:49.5	JR-B	4	17:55	54	05:58.3	
76	Laura O'Neill	12	13	17:01	16	06:04.6	V-G	4	17:31	4	05:50.3						V-G	3	20:18	4	06:32.9	V-G	3	18:54.4	10	06:05.9	V-G	3	19:12.6	56	06:24.2	V-G	2	17:33	2	05:51.0	
77	Michael O'Neill	9	41	20:05	45	07:10.4	F-B	11	18:46	52	06:15.3	F-B	11	19:44	152	06:34.7	F-B	8	21:45	29	07:01.0						F-B	12	19:12	63	06:24.0	F-B	12	19:12	63	06:24.0	
78	Eva Pace						FS-G	2	21:06	32	07:02.0						JV-G	8	26:06	34	08:25.2						JV-G	2	21:41.9	37	07:14.0	S-G	5	21:30	26	06:56.1	
79	Katie Parkinson	9	73	23:44	79	08:28.6	FS-G	18	24:20	162	08:06.7	S-G	2	23:26	104	07:48.7	JV-G	10	28:26	47	09:10.3						JV-G	6	23:55.8	91	07:58.6	S-G	7	24:19	77	07:50.6	
80	Waseem Radi	9	55	20:38	60	07:22.1						F-B	18	24:14	64	07:49.0	F-B	18	24:14	64	07:49.0						F-B	21	20:41.9	99	06:54.0	F-B	21	21:02	113	07:00.7	
81	Gunner Rieth						JV-B	31	26:29	119	08:32.6	JV-B	31	26:29	119	08:32.6	JV-B	31	26:29	119	08:32.6						S-B	16	23:24.9	99	07:48.3	S-B	16	22:17	152	07:11.3	
82	Bubba Robinson	9	71	23:22	77	08:20.7	F-B	18	21:11	135	07:03.7	F-B	16	20:30	208	06:50.0	F-B	19	24:18	65	07:50.3						F-B	16	20:04.3	83	06:41.4	F-B	19	20:06	93	06:42.0	
83	Zac Rodgers	9	49	20:14	53	07:13.6	S-B	8	19:09	93	06:23.0	S-B	7	18:40	???	06:13.3	JV-B	14	21:36	70	06:58.1						S-B	6	18:09.2	27	06:03.1	S-B	6	17:47	43	05:44.2	
84	Jonathon Rodriguez	12	31	18:47	35	06:42.5	JV-B	4	18:27	83	06:09.0	JV-B	11	21:04	57	06:47.7	JV-B	11	21:04	57	06:47.7						JV-B	5	18:17.0	48	06:05.7	SR-B	1	17:57	62	05:59.0	
85	Francis Ronkowski	9	77	24:29	83	08:44.6	F-B	23	24:38	187	08:12.7	F-B	22	22:47	300	07:35.7	F-B	22	27:51	75	08:59.0						F-B	22	21:42.7	122	07:14.2	F-B	24	25:50	158	08:36.7	
86	Jhonathon Ruiz						JV-B	10	20:49	156	06:56.3	SR-B	1	18:23	133	06:07.7	JV-B	25	23:13	96	07:29.4						JV-B	7	19:42.2	72	06:34.1	SR-B	4	19:02	84	06:20.7	
87	Deric Ryan	9	92	30:47	99	10:59.6	S-B	19	28:20	185	09:26.7	S-B	15	30:25	296	10:08.3	S-B	15	30:25	296	10:08.3						S-B	17	30:08.1	110	10:02.7	S-B	17	26:51	169	08:39.7	
88	Kelly Ryan	12	21	17:47	24	06:21.1	V-G	5	17:32	5	05:50.7						V-G	4	20:29	5	06:36.5	V-G	5	19:06.5	14	06:09.8	V-G	5	19:06.5	14	06:09.8	V-G	1	17:24	1	05:48.0	
89	Cole Sakamoto	9	43	20:08	47	07:11.4	S-B	15	20:39	139	06:53.0						F-B	9	22:36	43	07:17.4						F-B	10	18:45.3	41	06:15.1	F-B	11	19:11	62	06:23.7	
90	Evan Schermerhorn	9	36	19:32	40	06:58.6	F-B	10	18:43	46	06:14.3	F-B	12	19:46	156	06:35.3	F-B	9	22:36	43	07:17.4						F-B	10	18:45.3	41	06:15.1	F-B	11	19:11	62	06:23.7	
91	Pammie Sherman	12	33	18:59	37	06:46.8	JV-G	1	20:16	4	06:45.3	V-G	5	19:55	87	06:38.3	JV-G	3	23:06	5	07:27.1	V-G	3	21:48.2	90	07:02.0	V-G	3	21:48.2	90	07:02.0	V-G	4	19:27	9	06:29.0	
92	Andrew Shook	9	37	19:36	41	07:00.0	S-B	11	19:40	108	06:33.3	S-B	9	19:23	191	06:27.7	JV-B	24	22:43	90	07:19.7						S-B	8	19:04.2	45	06:21.4	S-B	12	19:31	100	06:17.7	
93	Julian Singer						JV-B	6	18:38	91	06:12.7	SR-B	2	18:29	138	06:09.7	JV-B	12	21:20	62	06:52.9						JV-B	6	18:36.0	53	06:12.0	SR-B	2	18:06	63	06:02.0	
94	Brenna Sopp	11	38	19:42	42	07:02.1	JV-G	2	20:49	17	06:56.3						JV-G	5	24:13	13	07:48.7	V-G	5	23:26.0	139	07:33.6	V-G	5	23:26.0	139	07:33.6	JR-G	4	20:28	10	06:49.3	
95	Erin South	10	64	22:14	69	07:56.4	FS-G	8	22:58	101	07:39.3						JV-G	11	28:54	49	09:19.4						JV-G	1	21:13.8	23	07:04.6	S-G	4	21:18	23	06:52.3	
96	Justin Steele	9	68	22:32	73	08:02.9	F-B	19	21:12	136	07:04.0	F-B	20	21:01	252	07:00.3	F-B	17	24:06	62	07:46.5						F-B	17	20:09.0	85	06:43.0	F-B	20	20:27	100	06:49.0	
97	Nick Steinke	12	8	16:07	10	05:45.4	V-B	7	17:15	168	05:45.0	V-B	7	17:15	168	05:45.0	JV-B	2	19:50	23	06:23.9						V-B	7	16:32	27	05:30.7	V-B	7	16:32	27	05:30.7	
98	Robert Swartwout	10	74	23:51	80	08:31.1	S-B	18	24:12	179	08:04.0																										
99	Jared Sweatman	11	15	17:11	18	06:08.2																															
100	Will Tait	9	17	17:14	20	06:09.3	F-B	2	16:58	4	05:39.3	F-B	1	17:10																							