

Rancho Bernardo High School Cross Country 2019



rancho bernardo high school cross country A small silhouette of a horse's head facing right, enclosed in a circle.

Team Roster

Boys	Grade
Luis Barron	12
Cameron Hankinson	12
Jake Hankinson	12
Justin Lim	12
Max Mascardo	12
Peter Munsch	12
Gautham Prabhakar	12
Patric Randolph	12
Ethan Skousen	12
Yung-Yi Sun	12
Ryan Trecker	12
Jacob Lostetter	11
Sean Day	11
Chris Fan	11
Jonah Hershorn	11
Miles Jones	11
Madden Lai	11
Mathew Learn	11
Arian Mazdeh	11
Owen Meyers	11
Jacob Ryan	11
Marc Walsh	11



Boys (continued)	Grade
Zachary Sherman	10
Liam Wirth	10
Cody Balazs	10
Benjamin Barrero	10
Brayden Concepcion	10
Jonathan Ho	10
Vaughn Lacour	10
Herman Malik	10
Krishna Rastogi	10
Sebastian Smits	10
Georgi Andreev	9
Hudson Blattman	9
Brandon Day	9
Mark Fares	9
Nolan Flores	9
Blaize Fonseca	9
Ian Kendrick	9
Jack Marsh	9
Rowan Nicholas	9
Andrew Park	9
Marwan Salem	9
Ryan Sommer	9
Evan Stup	9
Nathan Williamson	9
Aaron Zhang	9
Jared den Hartog	9



Girls	Grade
Elyssa Abbott	12
Victoria Dinov	12
Sophia Gonzalez	12
Eve Helbock	12
Kayley McMichael	12
Ashlyn Withers	12
Jordan Beach	11
Rowan Buzo	11
Cassie Koyamatsu	11
Ashley Learn	11
Gina Lee	11
Parmis Mazdeh	11
Jaden Nguyen	11
Samantha Ryan	11
Emily Stallman	11
Mia Stephenson	11
Audrey Street	11
Marissa Castro	10
Jacey Farmer	10
Megha Kataki	10
Camille Koller	10
Hannah Lefstein	10
Kylie Maynard	10
Dakota Reljic	10
Lilah Rogers	10
Tina Tebyanian	10
Zankar Vaishnav	10
Amy Wigley	10
Emma George	9
Elle Maglalang	9
Audree Mendoza	9
Audrey Stoffel	9
Audra Sutherland	9
Mia Whitman	9
Katelyn Winkleblech	9



2019 Season Summary

Date	Event	Course	Number of Runners	New PR's
23-Nov	San Diego Section Finals	Morley Field	14	1
16-Nov	NCC Finals	Kit Carson Park	24	9
8-Nov	Palomar JV Cluster	Kit Carson Park	50	34
31-Oct	Palomar Cluster #2	Mt. Carmel HS	65	0
26-Oct	Mt. Sac Invitational	Mt. Sac	13	1
25-Oct	Kit Carson Invitational	Kit Carson Park	51	13
12-Oct	Southern Cal Invitational	Guajome Park	56	18
4-Oct	Palomar Cluster #1	Kit Carson Park	66	20
28-Sep	Dana Hills Invitational	Dana Hills HS	63	21
21-Sep	Mt. Carmel/Movin Shoes	Morley Field	64	24
7-Sep	Bronco Round-Up	Kit Carson Park	73	26



Bronco Round-Up Girls Results

Kit Carson Park, Escondido, CA

September 7th, 2019

2.0 miles Varsity, JV 10 - 12, JV Frosh/Novice

2 Miles D1 Varsity

Official Team Scores

1	Mt Carmel	44
2	Cathedral Catholic	82
3	Rancho Bernardo	82
4	Torrey Pines	109
5	El Camino (Oceanside)	116

PL	NAME	TIME
1	Jacey Farmer	11:39.8
2	Ashley Learn	11:44.0
19	Victoria Dinov	12:32.0
41	Mia Stephenson	13:23.4
46	Samantha Ryan	13:31.5
63	Gina Lee	13:57.6



2 Miles D1 JV 10-12

Official Team Scores

1	La Costa Canyon	36
2	El Camino (Oceanside)	38
3	Cathedral Catholic	73
4	Del Norte	111
5	Rancho Bernardo	159

PL	NAME	TIME
22	Hannah Lefstein	14:29.6
24	Cassie Koyamatsu	14:32.7
40	Ashlyn Withers	15:22.5
42	Sophia Gonzalez	15:31.8
43	Rowan Buzo	15:37.1
44	Amy Wigley	15:42.1
45	Emily Stallman	15:46.6
49	Kylie Maynard	15:49.8
50	Jaden Nguyen	15:50.2
61	Kayley McMichael	16:07.0
67	Eve Helbock	16:28.2
70	Jordan Beach	16:31.6
71	Audrey Street	16:32.7
87	Elyssa Abbott	17:35.4

2 Miles D1 9 Novice

Official Team Scores

1	Canyon Crest Academy	63
2	Rancho Bernardo	66
3	La Costa Canyon	76
4	Del Norte	84
5	University City	92

PL	NAME	TIME
4	Emma George	12:47.8
8	Audra Sutherland	13:26.7
16	Lilah Rogers	14:08.2
24	Audree Mendoza	14:33.7
25	Elle Maglalang	14:34.0
40	Dakota Reljic	15:07.7
43	Tina Tebyanian	15:28.0
55	Audrey Stoffel	16:14.6
59	Megha Kataki	16:43.6
64	Camille Koller	17:06.1
81	Zankar Vaishnav	19:49.0



Bronco Round-Up Boys Results

Kit Carson Park, Escondido, CA

September 7th, 2019

2.0 miles Varsity, JV 10 - 12, JV Frosh/Novice

2 Miles D1 Varsity

Official Team Scores

1	Torrey Pines	46
2	La Costa Canyon	56
3	Patrick Henry	63
4	Cathedral Catholic	144
5	Del Norte	147
6	Westview	155
7	Mt Carmel	203
8	Rancho Bernardo	245

PL	NAME	TIME
24	Luis Barron	10:25.4
52	Miles Jones	10:45.8
57	Yung-Yi Sun	10:47.8
58	Jacob Ryan	10:48.2
63	Max Mascardo	10:52.7
66	Ryan Trecker	10:57.1
84	Cody Balazs	11:17.3
89	Zachary Sherman	11:21.8
91	Mathew Learn	11:22.9

2 Miles D1 JV 10-12

Official Team Scores

8	Rancho Bernardo	201
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PL	NAME	TIME
32	Herman Malik	11:42.5
34	Chris Fan	11:43.6
36	Jacob Lostetter	11:45.2
46	Jake Hankinson	11:56.4
69	Peter Minsch	12:17.3
70	Gautham Prabhakar	12:18.2
72	Cameron Hankinson	12:23.3
115	Sean Day	13:16.8
118	Marc Walsh	13:18.4
128	Owen Meyers	13:27.4
139	Ethan Skousen	13:38.3
160	Arian Mazdeh	14:36.3
163	Jonah Hershorn	14:47.6



2 Miles D1 9 Novice

Official Team Scores

1	Mt Carmel	26
2	Canyon Crest Academy	97
3	El Camino (Oceanside)	119
4	Del Norte	133
5	Patrick Henry	138
6	Rancho Bernardo	145

PL	NAME	TIME
25	Andrew Park	12:19.0
27	Nathan Williamson	12:23.9
36	Aaron Zhang	12:35.4
39	Jack Marsh	12:37.0
40	Hudson Blattman	12:37.5
41	Georgi Andreev	12:38.4
47	Brayden Concepcion	12:44.3
61	Ian Kendrick	13:09.0
62	Jonathan Ho	13:09.6
63	Evan Stup	13:10.0
69	Krishna Rastogi	13:16.5
73	Benjamin Barrero	13:30.5
81	Brandon Day	13:39.1
82	Sebastian Smits	13:40.1
88	Rowan Nicholas	13:48.1
89	Jared den Hartog	13:48.8
99	Mark Fares	14:14.5
110	Ryan Sommer	14:42.7
119	Blaize Fonseca	15:06.6
122	Nolan Flores	15:18.8



Mt. Carmel/Movin Shoes Girls Results

Morley Field, San Diego, CA

September 21st, 2019

2.75 miles, Races by grade level



2.75 Miles D-2 Senior Girls

PL	NAME	TIME
18	Victoria Dinov	17:30.6
102	Ashlyn Withers	22:06.5
107	Eve Helbock	22:55.2

2.75 Miles D-2 Junior Girls

Official Team Scores

1	Burroughs (Burbank)	63
2	Los Alamitos	72
3	Steele Canyon	79
4	Martin Luther King	119
5	Rancho Bernardo	123

PL	NAME	TIME
1	Ashley Learn	16:18.8
8	Samantha Ryan	17:41.7
24	Mia Stephenson	18:36.5
60	Gina Lee	19:43.1
92	Cassie Koyamatsu	21:23.5
93	Rowan Buzo	21:26.8
94	Jaden Nguyen	21:35.3
107	Jordan Beach	22:36.0
110	Emily Stallman	22:57.9
114	Audrey Street	23:09.0

2.75 Miles D-2 Soph Girls

Official Team Scores

1	Aliso Niguel	38
2	Del Norte	69
3	Steele Canyon	128
4	Tesoro	132
5	Scripps Ranch	153
6	Rancho Bernardo	164

PL	NAME	TIME
27	Hannah Lefstein	19:25.2
35	Lilah Rogers	19:41.9
55	Dakota Reljic	20:38.4
70	Tina Tebyanian	21:22.0
96	Megha Kataki	23:07.2
106	Camille Koller	24:11.6
115	Zankar Vaishnav	26:28.3

2.75 Miles D-2 Frosh Girls

PL	NAME	TIME
4	Emma George	17:24.4
8	Audra Sutherland	18:02.4
26	Elle Maglalang	19:11.3

Mt. Carmel/Movin Shoes Boys Results

Morley Field, San Diego, CA

September 21st, 2019

2.95 miles, Races by grade level

2.95 Miles D-2 Senior Boys

Official Team Scores

9 Rancho Bernardo 241

PL	NAME	TIME
22	Luis Barron	16:46.2
38	Ryan Trecker	17:12.7
52	Max Mascardo	17:26.4
103	Jake Hankinson	19:01.8
114	Cameron Hankinson	19:11.6
118	Peter Munsch	19:20.9
131	Gautham Prabhakar	19:37.5
139	Justin Lim	19:58.8
179	Patric Randolph	22:46.7
180	Ethan Skousen	22:59.2

2.95 Miles D-2 Junior Boys

Official Team Scores

13 Rancho Bernardo 321

PL	NAME	TIME
17	Miles Jones	17:04.6
56	Jacob Ryan	17:57.7
100	Mathew Learn	19:00.8
102	Jacob Lostetter	19:02.8
110	Chris Fan	19:17.8
165	Sean Day	21:17.8
168	Owen Meyers	21:30.5
169	Marc Walsh	21:38.2
193	Jonah Hershorn	24:14.0
199	Arian Mazdeh	25:00.7

2.95 Miles D-2 Soph Boys

Official Team Scores

15 Rancho Bernardo 372

PL	NAME	TIME
60	Zachary Sherman	18:29.8
61	Cody Balazs	18:30.4
71	Herman Malik	18:46.7
130	Brayden Concepcion	20:42.9
169	Jonathan Ho	21:45.8
181	Benjamin Barrero	22:35.6
194	Sebastian Smits	23:27.1



2.95 Miles D-2 Frosh Boys

Official Team Scores

14 Rancho Bernardo 364

PL	NAME	TIME
67	Andrew Park	19:38.1
85	Jack Marsh	20:13.7
92	Nathan Williamson	20:27.4
95	Georgi Andreev	20:30.5
100	Ian Kendrick	20:40.9
101	Brandon Day	20:43.9
109	Hudson Blattman	20:52.1
152	Evan Stup	22:00.8
158	Rowan Nicholas	22:24.9
166	Nolan Flores	22:43.7
188	Jared den Hartog	23:43.7
190	Ryan Sommer	23:54.3
219	Mark Fares	25:52.7
222	Blaize Fonseca	26:17.9

Mt. Carmel Movin Shoes



Dana Hills Invitational Girls Results

Dana Hills HS, Dana Point, CA
September 28th, 2019
3 miles



3 Miles D-2 Senior Girls

Official Team Scores

1	Steele Canyon	35
2	Foothill (Santa Ana)	46
3	Oceanside	66
4	San Juan Hills	97
5	Rancho Bernardo	125

PL	NAME	TIME
14	Victoria Dinov	19:22.9
68	Sophia Gonzalez	22:28.1
82	Ashlyn Withers	23:21.8
92	Kayley McMichael	24:31.2
99	Elyssa Abbott	26:23.8

3 Miles D-2 Soph Girls

Official Team Scores

11	Rancho Bernardo	225
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PL	NAME	TIME
45	Lilah Rogers	21:13.8
56	Hannah Lefstein	21:44.3
82	Tina Tebyanian	22:34.1
121	Megha Kataki	24:34.1
127	Camille Koller	24:53.5
140	Marissa Castro	25:38.0
149	Zankar Vaishnav	27:00.3

3 Miles D-2 Junior Girls

Official Team Scores

1	Steele Canyon	55
2	San Jacinto	113
3	Rancho Bernardo	126
4	Foothill (Santa Ana)	136
5	Rancho Verde	144

PL	NAME	TIME
1	Ashley Learn	17:42.3
26	Mia Stephenson	19:53.0
32	Samantha Ryan	20:10.4
63	Rowan Buzo	21:33.0
79	Jaden Nguyen	22:11.0
82	Cassie Koyamatsu	22:32.7
90	Emily Stallman	22:57.6
101	Jordan Beach	23:47.8
112	Audrey Street	24:17.3
114	Parmis Mazdeh	24:22.8

3 Miles D2 Frosh Girls

PL	NAME	TIME
3	Emma George	18:23.8
9	Audra Sutherland	19:30.9
30	Elle Maglalang	20:45.2

Dana Hills Invitational Boys Results

Dana Hills HS, Dana Point, CA
 September 28th, 2019
 3 miles



3 Miles D-2 Senior Boys

Official Team Scores

1	San Jacinto	65
2	Steele Canyon	70
3	Otay Ranch	71
4	Rancho Bernardo	95
5	University Irvine	108

PL	NAME	TIME
8	Luis Barron	16:07.7
28	Ryan Trecker	16:28.6
31	Max Mascardo	16:33.1
35	Yung-Yi Sun	16:38.0
59	Peter Munsch	17:41.7
68	Cameron Hankinson	17:53.1
75	Justin Lim	18:06.4
92	Patric Randolph	18:55.2
128	Ethan Skousen	20:21.0

3 Miles D-2 Soph Boys

Official Team Scores

1	Capistrano Valley	69
2	Foothill (Santa Ana)	78
3	El Toro	93
4	Valley View	167
5	San Juan Hills	192
6	Rancho Bernardo	239

PL	NAME	TIME
30	Cody Balazs	16:59.6
39	Herman Malik	17:15.4
41	Zachary Sherman	17:16.9
111	Krishna Rastogi	18:40.8
130	Brayden Concepcion	19:02.1
184	Benjamin Barrero	20:27.6
209	Sebastian Smits	21:06.8

3 Miles D2 Junior Boys

Official Team Scores

1	Valley View	57
2	Murrieta Mesa	121
3	Rancho Bernardo	141
4	Santa Ana Valley	167

PL	NAME	TIME
8	Miles Jones	15:56.8
30	Jacob Ryan	16:24.7
37	Mathew Learn	16:35.4
75	Jacob Lostetter	17:30.5
76	Chris Fan	17:30.6
117	Marc Walsh	18:47.6
156	Owen Meyers	19:51.3
184	Jonah Hershorn	21:45.8

3 Miles D2 Frosh Boys

Official Team Scores

8 Rancho Bernardo 245

PL	NAME	TIME
41	Andrew Park	18:10.1
62	Jack Marsh	18:42.3
64	Georgi Andreev	18:43.9
66	Hudson Blattman	18:47.6
68	Nathan Williamson	18:48.6
73	Ian Kendrick	18:58.5
110	Mark Fares	19:40.7
116	Brandon Day	19:45.4
123	Jared den Hartog	20:02.8
140	Evan Stup	20:26.0
163	Rowan Nicholas	21:05.0
167	Nolan Flores	21:12.2
187	Ryan Sommer	21:58.8
215	Blaize Fonseca	23:21.0

Dana Hills Invitational



Palomar Cluster #1 Girls Results

Kit Carson Park, Escondio, CA
October 4th, 2019
3 miles



3 Miles Varsity

Official Team Scores

1	Del Norte	50
2	Poway	51
3	Rancho Bernardo	62
4	Mt Carmel	71
5	Westview	129

PL	NAME	TIME
4	Ashley Learn	18:30.1
8	Jacey Farmer	19:34.1
10	Emma George	19:36.7
19	Samantha Ryan	20:09.5
21	Audra Sutherland	20:23.7
22	Victoria Dinov	20:24.6
33	Mia Stephenson	20:59.4
45	Sophia Gonzalez	23:36.8
48	Kayley McMichael	26:37.6
51	Elyssa Abbott	33:05.9

2.75 Miles Junior Varsity

Official Team Scores

1	Mt Carmel	30
2	Del Norte	38
3	Poway	63
4	Rancho Bernardo	106
5	Westview	123

PL	NAME	TIME
11	Hannah Lefstein	19:28.3
17	Lilah Rogers	20:07.8
24	Audree Mendoza	20:25.9
27	Cassie Koyamatsu	20:29.1
29	Rowan Buzo	20:33.5
31	Jaden Nguyen	20:37.8
37	Tina Tebyanian	21:11.1
43	Emily Stallman	21:37.3
44	Jordan Beach	21:38.4
47	Audrey Street	22:10.5
50	Parmis Mazdeh	22:25.2
51	Megha Kataki	22:27.1
59	Marissa Castro	23:39.8
60	Amy Wigley	23:42.5
62	Katelyn Winkleblech	24:02.5
63	Camille Koller	24:29.4
66	Zankar Vaishnav	26:06.9

Palomar Cluster #1 Boys Results

Kit Carson Park, Escondio, CA
October 4th, 2019
3 miles

3 Miles Varsity

Official Team Scores

1	Poway	27
2	Westview	43
3	Del Norte	71
4	Mt Carmel	100
5	Rancho Bernardo	111

PL	NAME	TIME
12	Luis Barron	16:29.0
18	Miles Jones	16:44.3
19	Ryan Trecker	16:47.2
31	Jacob Ryan	17:14.1
35	Yung-Yi Sun	17:22.3
38	Jake Hankinson	17:30.1
39	Max Mascardo	17:40.6
47	Peter Minsch	18:10.6
49	Cameron Hankinson	18:45.9
52	Gautham Prabhakar	19:19.1
55	Patric Randolph	20:10.3



3 Miles Frosh

Official Team Scores

1	Poway	30
2	Mt Carmel	30
3	Rancho Bernardo	97
4	Del Norte	104
5	Westview	127

PL	NAME	TIME
16	Georgi Andreev	18:34.8
18	Jack Marsh	18:49.4
19	Hudson Blattman	18:51.9
22	Andrew Park	19:02.1
24	Ian Kendrick	19:09.2
35	Brandon Day	19:58.6
36	Jared den Hartog	20:05.6
43	Nathan Williamson	20:43.5
49	Evan Stup	21:04.5
52	Rowan Nicholas	21:27.4
55	Nolan Flores	21:40.1
56	Ryan Sommer	21:44.1
69	Blaize Fonseca	23:18.7
70	Mark Fares	23:21.9

3 Miles Junior Varsity

Official Team Scores

1	Mt Carmel	35
2	Poway	58
3	Del Norte	62
4	Rancho Bernardo	66
5	Westview	126

PL	NAME	TIME
8	Herman Malik	17:44.4
11	Cody Balazs	17:49.5
13	Chris Fan	17:59.6
14	Mathew Learn	18:00.9
20	Jacob Lostetter	18:29.5
23	Zachary Sherman	18:40.3
44	Owen Meyers	19:56.6
45	Sean Day	19:57.8
55	Marc Walsh	20:35.4
58	Jonathan Ho	20:46.9
66	Benjamin Barrero	21:31.3
75	Sebastian Smits	22:43.3
77	Arian Mazdeh	23:26.4
78	Jonah Hershorn	23:29.9



Palomar Cluster #1

Southern Cal Invitational Girls Results

Guajome Park, Vista, CA

October 12th, 2019

5K Varsity Races: Top 3, 4-5, and 5-7 Runners



5,000 Meters Div. 1 Varsity Girls 1-3

PL	NAME	TIME
12	Emma George	19:36.5
25	Samantha Ryan	20:22.5
29	Audra Sutherland	20:38.9

5,000 Meters Div. 1 Varsity Girls 4 & 5

PL	NAME	TIME
24	Gina Lee	22:23.3
25	Hannah Lefstein	22:47.1

5,000 Meters Div. 1 Varsity Girls 6 & 7

PL	NAME	TIME
10	Elle Maglalang	21:45.6
34	Rowan Buzo	24:19.3

5,000 Meters Div. 1 Novice Girls

PL	NAME	TIME
12	Tina Tebyanian	23:48.3
17	Dakota Reljic	24:21.0
31	Camille Koller	26:06.1
35	Megha Kataki	26:43.8

5,000 Meters Div. 1 JV

PL	NAME	TIME
41	Cassie Koyamatsu	24:25.9
57	Sophia Gonzalez	25:24.4
62	Eve Helbock	26:03.8
64	Audrey Street	26:22.4
65	Emily Stallman	26:25.8
66	Marissa Castro	26:27.6
68	Kayley McMichael	26:48.7

5,000 Meters Div 1 JV Girls

Official Team Scores

1	Del Norte	18
2	El Camino (Oceanside)	86
3	La Costa Canyon	88
4	Westview	102
5	Poway	104
6	San Marcos	130
7	Torrey Pines	185
8	Rancho Bernardo	216

Southern Cal Invitational Boys Results

Guajome Park, Vista, CA

October 12th, 2019

5K Varsity Races: Top 3, 4-5, and 5-7 Runners



5,000 Meters Div. 1 Varsity Boys 1-3

PL	NAME	TIME
26	Miles Jones	16:51.2
28	Luis Barron	16:57.7
34	Ryan Trecker	17:07.2

5,000 Meters Div. 1 Varsity Boys 4 & 5

PL	NAME	TIME
11	Yung-Yi Sun	17:15.5
16	Jacob Ryan	17:35.4

5,000 Meters Div. 1 Varsity Boys 6 & 7

PL	NAME	TIME
18	Herman Malik	18:24.5
36	Jake Hankinson	19:11.8

5,000 Meters Div. 1 Novice Boys

Official Team Scores

7 Rancho Bernardo 163

5,000 Meters Div. 1 Novice Boys

PL	NAME	TIME
25	Hudso Blattman	19:17.3
26	Andrew Park	19:18.1
28	Georgi Andreev	19:21.9
30	Jack Marsh	19:32.1
70	Brandon Day	21:05.2
71	Ian Kendrick	21:12.5
77	Evan Stup	21:38.8
80	Mark Fares	21:57.5
96	Nolan Flores	22:51.3
97	Jared den Hartog	22:54.8
117	Blaize Fonseca	27:09.7

5,000 Meters Div. 1 JV Boys

Official Team Scores

1	Del Norte	33
2	Martin Luther King	87
3	Poway	91
4	El Camino (Oceanside)	114
5	Rancho Bernardo	121

5,000 Meters Div. 1 JV Boys

PL	NAME	TIME
15	Mathew Learn	18:26.4
18	Cody Balazs	18:32.2
28	Chris Fan	18:47.2
29	Jacob Lostetter	18:47.2
31	Zachary Sherman	18:50.9
33	Peter Minsch	18:53.1
61	Gautham Prabhakar	19:43.1
62	Krishna Rastogi	19:48.0
79	Cameron Hankinson	20:12.1
102	Justin Lim	20:38.8
105	Marc Walsh	20:48.2
132	Sean Day	21:51.0
134	Owen Meyers	22:00.9
140	Ethan Skousen	22:15.5
141	Sebastian Smits	22:16.4
146	Rowan Nicholas	22:21.8
147	Patric Randolph	22:22.9
150	Benjamin Barrero	22:34.1
153	Jonah Hershorn	22:43.1
162	Arian Mazdeh	23:28.0

Southern Cal Invitational



Jaguar Kit Carson Invitational Girls Results

Kit Carson Park, Escondido
October 25th, 2019
2.75 miles



2.75 Miles Black Division Varsity

Official Team Scores

1	Trabuco Hills	23
2	Mission Vista	97
3	Mater Dei	126
4	Poway	129
5	Carlsbad	133
6	Mt Carmel	140
7	Sage Creek	160
8	Steele Canyon	186
9	Paloma Valley	222
10	Rancho Bernardo	231

2.75 Miles Black Division JV

Official Team Scores

1	Trabuco Hills	29
2	Mater Dei	57
3	Oceanside	109
4	Poway	139
5	Westview	147
6	Steele Canyon	170
7	Maranatha Christian	191
8	Scripps Ranch	197
9	Mission Vista	252
10	Calvin Christian	256
11	Rancho Bernardo	282

PL	NAME	TIME
27	Elle Maglalang	19:30.8
53	Hannah Lefstein	20:28.2
56	Gina Lee	20:37.3
65	Cassie Koyamatsu	21:04.5
69	Lilah Rogers	21:27.1
74	Audree Mendoza	21:48.1
88	Rowan Buzo	22:55.9

PL	NAME	TIME
55	Jaden Nguyen	21:58.5
62	Mia Whitman	22:13.7
68	Tina Tebyanian	22:29.4
75	Marissa Castro	22:41.2
82	Eve Helbock	22:59.5
96	Amy Wigley	23:21.7
117	Megha Kataki	24:11.0
119	Audrey Street	24:19.9
121	Kayley McMichael	24:24.7
124	Audrey Stoffel	24:36.6
135	Katelyn Winkleblech	25:26.8
139	Camille Koller	25:57.4
144	Zankar Vaishnav	26:36.4

Jaguar Kit Carson Invitational

Boys Results

Kit Carson Park, Escondido
October 25th, 2019
3.05 miles

3.05 Miles Black Division Varsity

Official Team Scores

1	Carlsbad	59
2	Paloma Valley	83
3	Mt Carmel	118
4	Poway	125
5	Vista	142
6	Sage Creek	192
7	Steele Canyon	227
8	Rancho Bernardo	232

PL	NAME	TIME
43	Jake Hankinson	18:38.4
49	Cody Balazs	18:45.5
54	Mathew Learn	18:51.4
56	Chris Fan	18:55.3
59	Zachary Sherman	18:58.4
67	Peter Munsch	19:08.8
79	Jacob Lostetter	19:24.9
98	Cameron Hankinson	20:01.9
106	Justin Lim	20:12.2
117	Gautham Prabhakar	20:52.4

3.05 Miles Black Teal Division Frosh

Official Team Scores

1	Poway	28
2	Mt Carmel	69
3	Del Norte	140
4	Otay Ranch	144
5	San Dieguito Academy	160
6	Scripps Ranch	169
7	Point Loma	180
8	Rancho Bernardo	204

PL	NAME	TIME
16	Hudson Blattman	19:24.1
39	Andrew Park	20:20.9
45	Georgi Andreev	20:43.9
59	Ian Kendrick	21:09.9
70	Rowan Nicholas	21:39.2
80	Brandon Day	21:50.5
114	Nolan Flores	22:59.1
115	Evan Stup	23:00.7
120	Mark Fares	23:12.5
150	Ryan Sommer	25:05.3
165	Blaize Fonseca	26:57.6



3.05 Miles Black Division JV

Official Team Scores

1	Sage Creek	42
2	Mater Dei	53
3	Paloma Valley	122
4	Carlsbad	123
5	Westview	156
6	Steele Canyon	164
7	Poway	189
8	Hemet	243
9	Mt Carmel	257
10	Calvin Christian	273
11	Rancho Bernardo	276

PL	NAME	TIME
18	Krishna Rastogi	19:28.0
46	Sean Day	20:15.6
63	Patric Randolph	20:36.7
74	Ethan Skousen	20:52.5
75	Jonathan Ho	20:56.8
107	Marc Walsh	21:42.7
116	Benjamin Barrero	22:02.4
122	Owen Meyers	22:12.3
155	Arian Mazdeh	23:32.2
159	Sebastian Smits	23:44.0

Jaguar Kit Carson Invitational



Mt. Sac Invitational Results

Walnut, CA
October 26th, 2019
3 miles



Girls Results

Race 60 - Girls D1&2 Individual Sweepstakes - 3 Miles

Official Team Scores

1	Alico Niguel	123
2	Del Norte (SD)	126
3	Xavier College Prep (AZ)	150
4	Burbank	155
5	J.J.North	175
6	Rancho Bernardo	179

PL	NAME	TIME
14	Ashley Learn	18:35
17	Emma George	18:55
46	Audra Sutherland	20:13
50	Victoria Dinov	20:19
57	Samantha Ryan	20:33
76	Mia Stephenson	21:18

Boys Results

Race 63 - Boys D1&D2 Varsity - 3 Miles

Official Team Scores

1	Rancho Cucamonga	67
2	Simi Valley	102
3	Clovis West	125
4	Monta Vista (CUP)	133
5	Anyon Crest Academy	136
6	Hart	181
7	Homestead	183
8	Chino Hills	194
8	Granada Hills	235
10	Mira Costa	266
11	Woodsie	266
12	Rancho Bernardo	279

PL	NAME	TIME
36	Luis Barron	16:43
40	Miles Jones	16:48
61	Ryan Trecker	17:08
69	Yung-Yi Sun	17:18
83	Herman Malik	17:43
91	Max Mascardo	17:54
94	Jacob Ryan	18:00



MT. SAC  **GXC INVITE**
THE WORLD'S LARGEST CROSS COUNTRY COMPETITION



Palomar Cluster #2 Girls Results

Mt. Carmel HS, San Diego, CA
October 31st, 2019
3 miles



3 Miles Varsity

Official Team Scores

1	Rancho Bernardo	51
2	Poway	56
3	Del Norte	57
4	Mt Carmel	58
5	Westview	132

PL	NAME	TIME
3	Ashley Learn	17:42.8
8	Jacey Farmer	18:27.1
9	Emma George	18:31.0
12	Victoria Dinov	18:54.4
19	Audra Sutherland	19:10.1
32	Samantha Ryan	20:00.6
34	Mia Stephenson	20:03.7
48	Elyssa Abbott	22:51.2
50	Kayley McMichael	22:58.8
51	Sophia Gonzalez	23:40.7

3 Miles Junior Varsity

Official Team Scores

1	Mt Carmel	43
2	Del Norte	46
3	Westview	65
4	Rancho Bernardo	81
5	Poway	101

PL	NAME	TIME
6	Elle Maglalang	20:18.4
13	Hannah Lefstein	20:58.1
16	Gina Lee	21:04.1
20	Lilah Rogers	21:33.3
27	Jaden Nguyen	22:22.4
35	Cassie Koyamatsu	22:38.0
36	Rowan Buzo	22:38.8
40	Tina Tebyanian	22:54.8
44	Dakota Reljic	23:08.8
47	Amy Wigley	23:32.4
49	Marissa Castro	23:48.6
51	Emily Stallman	24:01.7
52	Audrey Stoffel	24:05.0
53	Audrey Street	24:07.0
56	Jordan Beach	24:21.6
60	Megha Kataki	24:39.6
62	Camille Koller	25:07.5
68	Zankar Vaishnav	26:56.1

Palomar Cluster #2 Boys Results

Mt. Carmel HS, San Diego, CA
October 31st, 2019
3 miles

3 Miles Junior Varsity

Official Team Scores

1	Rancho Bernardo	32
2	Del Norte	68
3	Westview	68
4	Mt Carmel	70
5	Poway	118

PL	NAME	TIME
3	Chris Fan	17:14.7
4	Zachary Sherman	17:18.7
7	Mathew Learn	17:23.4
8	Jacob Lostetter	17:24.1
10	Cody Balazs	17:29.7
12	Krishna Rastogi	17:45.4
15	Herman Malik	17:54.5
37	Sean Day	19:09.5
51	Owen Meyers	19:50.5
59	Benjamin Barrero	20:31.9
65	Arian Mazdeh	21:41.5
66	Sebastian Smits	21:47.8

3 Miles Varsity

Official Team Scores

1	Poway	42
2	Westview	43
3	Mt Carmel	78
4	Rancho Bernardo	83
5	Del Norte	104

PL	NAME	TIME
5	Luis Barron	15:51.9
12	Miles Jones	16:06.2
16	Yung-Yi Sun	16:22.0
17	Ryan Trecker	16:24.6
41	Jacob Ryan	16:57.0
42	Jake Hankinson	16:58.4
46	Peter Minsch	17:03.4
49	Max Mascardo	17:20.4
57	Cameron Hankinson	17:56.5
61	Justin Lim	18:05.2
65	Gautham Prabhakar	18:59.4
68	Patric Randolph	19:22.1
70	Ethan Skousen	19:46.9



3 Miles Boys Frosh

Official Team Scores

1	Poway	27
2	Mt Carmel	31
3	Del Norte	88
4	Rancho Bernardo	98
5	Westview	145

PL	NAME	TIME
11	Georgi Andreev	17:30.1
17	Andrew Park	17:55.1
21	Hudson Blattman	18:26.2
25	Ian Kendrick	18:38.4
33	Rowan Nicholas	19:13.3
34	Brandon Day	19:13.9
45	Jack Marsh	19:45.7
47	Evan Stup	19:50.0
49	Jared den Hartog	19:54.8
57	Mark Fares	20:40.5
58	Nolan Flores	20:41.1
63	Ryan Sommer	21:22.3

Palomar Cluster #2



Palomar League Junior Varsity Results

Kit Carson, Escondido, CA
November 8th, 2019
2.85 miles



Girls Results

2.85 Miles Palomar Seniors

PL	NAME	TIME
4	Sophia Gonzalez	24:22.3

2.85 Miles Palomar Junior Varsity

Official Team Scores

1	Del Norte	42
2	Mt Carmel	56
3	Westview	67
4	Poway	83
5	Rancho Bernardo	83

PL	NAME	TIME
7	Elle Maglalang	19:47.3
15	Hannah Lefstein	20:42.0
18	Gina Lee	20:47.5
19	Lilah Rogers	20:58.8
24	Audree Mendoza	21:46.9
32	Dakota Reljic	22:23.4
37	Jaden Nguyen	22:39.2
38	Cassie Koyamatsu	22:48.6
40	Amy Wigley	23:01.4
41	Tina Tebyanian	23:04.9
46	Emily Stallman	23:15.6
47	Marissa Castro	23:18.5
48	Jordan Beach	23:27.7
49	Rowan Buzo	23:32.9
54	Audrey Street	24:17.5
59	Megha Kataki	24:46.1
63	Katelyn Winkleblech	25:14.1
64	Parmis Mazdeh	25:34.2
67	Audrey Stoffel	26:33.7

Boys Results

2.85 Miles Palomar Junior Varsity

Official Team Scores

1	Rancho Bernardo	42
2	Mt Carmel	56
3	Del Norte	77
4	Westview	82
5	Poway	85

PL	NAME	TIME
5	Cody Balazs	16:40.5
6	Chris Fan	16:42.4
7	Herman Malik	16:43.8
9	Mathew Learn	16:48.8
15	Jacob Lostetter	17:15.5
19	Zachary Sherman	17:27.0
33	Sean Day	18:11.4
41	Krishna Rastogi	18:28.4
50	Owen Meyers	19:11.9
52	Marc Walsh	19:17.6
63	Sebastian Smits	20:17.2
64	Benjamin Barrero	20:39.1
68	Arian Mazdeh	21:51.1
69	Jonah Hershorn	22:02.4

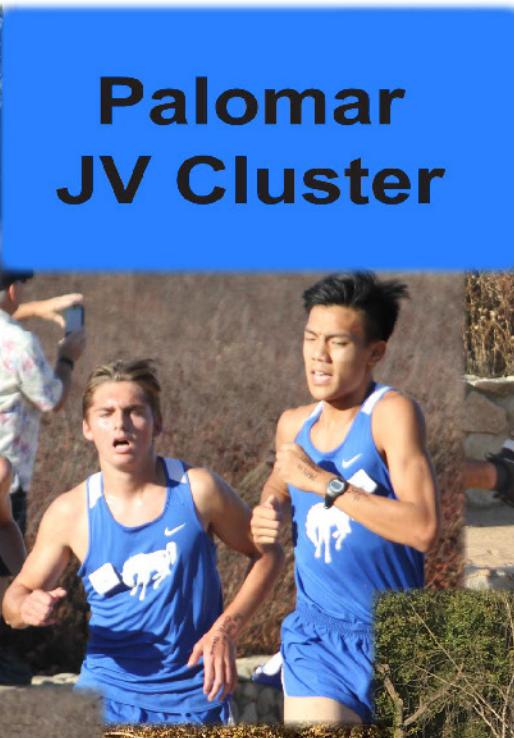
2.85 Miles Palomar Frosh

Official Team Scores

1	Poway	30
2	Mt Carmel	47
3	Del Norte	73
4	Rancho Bernardo	94
5	Westview	127

PL	NAME	TIME
10	Andrew Park	17:38.2
11	Hudson Blattman	17:41.8
20	Georgi Andreev	18:32.8
26	Ian Kendrick	19:05.0
29	Jack Marsh	19:16.3
30	Rowan Nicholas	19:18.2
33	Evan Stup	19:24.5
42	Brandon Day	20:38.0
43	Nolan Flores	20:40.0
48	Mark Fares	21:36.8
49	Ryan Sommer	21:39.1
50	Blaize Fonseca	21:40.0

Palomar JV Cluster



NCC Finals Results

Kit Carson, Escondido, CA
November 16th, 2019
5K



Girls 5K Palomar League

Official Team Scores

1	Poway	49
2	Mt Carmel	52
3	Del Norte	55
4	Rancho Bernardo	66
5	Westview	132

PL	NAME	TIME
5	Ashley Learn	18:56.0
8	Emma George	19:31.8
16	Audra Sutherland	20:07.8
18	Samantha Ryan	20:20.1
19	Victoria Dinov	20:24.0
30	Jacey Farmer	21:01.0
32	Mia Stephenson	21:10.8
40	Elle Maglalang	21:27.9
51	Hannah Lefstein	22:23.9
53	Gina Lee	22:37.7
56	Audree Mendoza	23:44.5
57	Lilah Rogers	25:27.6

FINAL LEAGUE STANDINGS

1	Poway	14 - 2
2	Del Norte	10 - 6
3	Rancho Bernardo	8 - 8
3	Mt Carmel	8 - 8
5	Westview	0 - 16

Boys 5K Palomar League

Official Team Scores

1	Poway	34
2	Westview	53
3	Mt Carmel	70
4	Del Norte	91
5	Rancho Bernardo	113

PL	NAME	TIME
10	Miles Jones	17:08.7
15	Max Mascardo	17:11.2
23	Luis Barron	17:29.8
40	Herman Malik	17:57.9
46	Cody Balazs	18:09.7
47	Ryan Trecker	18:10.5
49	Jacob Ryan	18:14.8
51	Chris Fan	18:20.1
55	Mathew Learn	18:48.8
57	Peter Minsch	19:16.3
58	Yung-Yi Sun	19:30.0
59	Jake Hankinson	19:32.6

FINAL LEAGUE STANDINGS

1	Poway	16 - 0
2	Westview	12 - 4
3	Mt Carmel	7 - 9
4	Del Norte	4 - 12
5	Rancho Bernardo	1 - 15



Palomar League Championship



San Diego CIF Finals Results

Morley Field, San Diego, CA
November 23rd, 2019
2.96 miles



2.96 Miles Girls D-1 Varsity

Official Team Scores

1	Canyon Crest Academy	46
2	Del Norte	78
3	Rancho Bernardo	103
4	Eastlake	120
5	El Camino (Oceanside)	128
6	Torrey Pines	201
7	Westview	203
8	San Marcos	223
9	Otay Ranch	227
10	Olympian	251
11	Mira Mesa	277
12	Helix	318
13	Mission Hills	350
14	Carlsbad	418
15	San Diego	445
16	Sweetwater	458
17	Calexico	458
18	Chula Vista	459
19	Patrick Henry	511
20	Vista	516

2.96 Miles Boys D-1 Varsity

Official Team Scores

1	Torrey Pines	100
2	San Marcos	130
3	Patrick Henry	137
4	Mira Mesa	145
5	San Diego	180
6	El Camino (Oceanside)	187
7	Westview	195
8	Canyon Crest Academy	198
9	Otay Ranch	201
10	Vista	225
11	Sweetwater	228
12	Del Norte	295
13	Olympian	324
14	Rancho Bernardo	349
15	Eastlake	365
16	Carlsbad	400
17	Helix	455
18	Calexico	553
19	Chula Vista	614
20	Mission Hills	626

PL	NAME	TIME
5	Ashley Learn	18:19.1
8	Emma George	18:38.9
18	Victoria Dinov	19:20.5
33	Samantha Ryan	20:10.0
39	Audra Sutherland	20:20.8
44	Mia Stephenson	20:27.8
58	Jacey Farmer	20:49.6

PL	NAME	TIME
44	Miles Jones	16:36.3
48	Luis Barron	16:40.4
81	Max Mascardo	17:16.4
92	Jacob Ryan	17:25.6
94	Herman Malik	17:33.8
96	Ryan Trecker	17:37.7
97	Cody Balazs	17:38.1



State Finals Results

Fresno, CA
November 30th, 2019
5K

PL	NAME	TIME
29	Ashley Learn	18:18.4
103	Emma George	19:27.3



RBHS Cross Country History Girls

YEAR	LEAGUE	COACH	RECORD	PLACE
1990	AVOCADO	DON JONES	5 WINS - 2 LOSSES	3RD
1991	AVOCADO	DON JONES	5 WINS - 2 LOSSES	3RD
1992	PALOMAR	DON JONES	3 WINS - 4 LOSSES	4TH
1993	PALOMAR	DON JONES	3 WINS - 4 LOSSES	5TH
1994	PALOMAR	DON JONES	4 WINS - 3 LOSSES	3RD
1995	PALOMAR	DON JONES	6 WINS - 1 LOSSES	2ND
1996	PALOMAR	DON JONES	4 WINS - 3 LOSSES	5TH
1997	PALOMAR	DON JONES	5 WINS - 2 LOSSES	2ND
1998	PALOMAR	DON JONES	5 WINS - 0 LOSSES	1ST
1999	PALOMAR	DON JONES	5 WINS - 0 LOSSES	1ST
2000	PALOMAR	TERRY DOCKERY	3 WINS - 2 LOSSES	3RD
2001	PALOMAR	TERRY DOCKERY	4 WINS - 1 LOSSES	2ND
2002	PALOMAR	TERRY DOCKERY	7 WINS - 3 LOSSES	2ND
2003	PALOMAR	TERRY DOCKERY	10 WINS - 0 LOSSES	1ST (TIE)
2004	PALOMAR	TERRY DOCKERY	9 WINS - 1 LOSSES	1ST
2005	PALOMAR	TERRY DOCKERY	4 WINS - 6 LOSSES	4TH
2006	PALOMAR	TERRY DOCKERY	6 WINS - 4 LOSSES	3RD
2007	PALOMAR	TERRY DOCKERY	6 WINS - 3 LOSSES	2ND
2008	PALOMAR	TERRY DOCKERY	10 WINS - 0 LOSSES	1ST
2009	PALOMAR	TERRY DOCKERY	9 WINS - 1 LOSSES	1ST
2010	PALOMAR	TERRY DOCKERY	6 WINS - 4 LOSSES	3RD
2011	PALOMAR	TERRY DOCKERY	6 WINS - 4 LOSSES	3RD
2012	PALOMAR	TERRY DOCKERY	9 WINS - 1 LOSSES	1ST (TIE)
2013	PALOMAR	TERRY DOCKERY	16 WINS - 4 LOSSES	2ND
2014	PALOMAR	TERRY DOCKERY	11 WINS - 9 LOSSES	3RD
2015	PALOMAR	TERRY DOCKERY	15 WINS - 5 LOSSES	2ND
2016	PALOMAR	TERRY DOCKERY	14 WINS - 6 LOSSES	3RD
2017	PALOMAR	TERRY DOCKERY	20 WINS - 0 LOSSES	1ST
2018	PALOMAR	TERRY DOCKERY	14 WINS - 2 LOSSES	1ST (TIE)
2019	PALOMAR	TERRY DOCKERY	8 WINS - 8 LOSSES	3RD (TIE)

OVERALL RECORD : 232 WINS - 85 LOSSES (.732%)

RBHS Cross Country History

Boys

YEAR	LEAGUE	COACH	RECORD	PLACE
1990	AVOCADO	DON JONES	3 WINS -4 LOSSES	6TH
1991	AVOCADO	DON JONES	3 WINS -4 LOSSES	3RD
1992	PALOMAR	DON JONES	4 WINS -3 LOSSES	3RD
1993	PALOMAR	DON JONES	6 WINS -1 LOSSES	2ND
1994	PALOMAR	DON JONES	5 WINS -2 LOSSES	2ND
1995	PALOMAR	DON JONES	2 WINS -5 LOSSES	5TH
1996	PALOMAR	DON JONES	7 WINS -0 LOSSES	2ND
1997	PALOMAR	DON JONES	3 WINS -4 LOSSES	5TH
1998	PALOMAR	DON JONES	0 WINS -5 LOSSES	5TH
1999	PALOMAR	DON JONES	1 WIN -4 LOSSES	5TH
2000	PALOMAR	TERRY DOCKERY	0 WINS -5 LOSSES	6TH
2001	PALOMAR	TERRY DOCKERY	0 WINS -5 LOSSES	6TH
2002	PALOMAR	TERRY DOCKERY	4 WINS -6 LOSSES	4TH
2003	PALOMAR	TERRY DOCKERY	5 WINS -5 LOSSES	3RD
2004	PALOMAR	TERRY DOCKERY	3 WINS -7 LOSSES	4TH
2005	PALOMAR	TERRY DOCKERY	9 WINS -1 LOSSES	1ST
2006	PALOMAR	TERRY DOCKERY	8 WINS -2 LOSSES	2ND
2007	PALOMAR	TERRY DOCKERY	7 WINS -2 LOSSES	2ND
2008	PALOMAR	TERRY DOCKERY	6 WINS -4 LOSSES	3RD
2009	PALOMAR	TERRY DOCKERY	6 WINS -4 LOSSES	3RD
2010	PALOMAR	TERRY DOCKERY	10 WINS -0 LOSSES	1ST
2011	PALOMAR	TERRY DOCKERY	3 WINS -7 LOSSES	4TH
2012	PALOMAR	JAYSON FULTZ	1 WIN -9 LOSSES	5TH (T)
2013	PALOMAR	JOHN COLSON	0 WIN -20 LOSSES	6TH
2014	PALOMAR	JOHN COLSON	11 WINS -9 LOSSES	3RD
2015	PALOMAR	JOHN COLSON	17 WINS -3 LOSSES	1ST
2016	PALOMAR	JOHN COLSON	9 WINS -11 LOSSES	4TH
2017	PALOMAR	JOHN COLSON	8 WINS -12 LOSSES	4TH
2018	PALOMAR	JOHN COLSON	6 WINS -10 LOSSES	3RD (T)
2019	PALOMAR	JOHN COLSON	1 WIN -15 LOSSES	5TH

OVERALL RECORD : 148 WINS - 169 LOSSES (.467%)

RBHS Cross Country History

All League Selections

Girls	Boys
LEAH BROWN (1991, 1992) LAURA LEECH (1992) KAREN RICHTER (1993) SARAH WILKINS (*1995, 1996, 1998) CHRISTINE KITCHEN (1995) JULIE MANSON (1996, 1997, *1998, *1999) KALEENA YEE (1997, 1999, 2000) KATIE BOYD (1997, 1998) ALLISON HALL (1998, 1999, 2000, 2001) JAMIE DOYLE (1999) LINDSAY DELAMONTAIGNE (*2001, 2002, 2003, 2004) AIMEE BRADLEY (2002) AMY SONNENBURG (2002) AHNALISE DRAPER (2002) DANA GERSTEN (2003) KIYARA IRAVANIAN (2004) KRISTA EGENSE (2004, 2005, 2006) CAROLINE DRAPER (2006, 2007, 2008) MOLLY GRABILL (2007, *2008, *2009,*2010) MICHELLE LEROUX (2008, 2009) DARINA DINOV (2008, 2009) ELISA KARHU (2009) DANIELLE VOYLES (2011,2012) LAUREN VOYLES (2011. 2012) NIA AKINS (2012, *2013, 2014, *2015) KATIE SAMMER (2013) BRYANNA FULLER (2014) KASSADY LEARN (2014,2016) SYDNEY PRESNELL (2015) ALI HARPER (2016) ALYSSA TIVADAR (2017) ALLISON BOAZ (2017) ASHLEY LEARN (2017, 2018, 2019) JACEY FARMER (*2018) EMMA GEORGE (2019)	SCOTT KOLENIC (1990, 1991, 1992) JOSE LUNA (1992) JEFF MEISNER (1993, 1994) RYAN SANDERS (1993) RYAN SHORT (1994) ERON TELLO (1995, 1996) MATT GALAVIZ (1996) SEAN RICKETTS (1996, 1997, *1998, 1999) MATT LEETCH (2002) BRETT THOMASON (2002) MATT SCHUBERT (2003) COLTON TULLY-DOYLE (2004, 2005) CARL DARGITZ (2005) PARKER STINSON (2006, *2007) JARED FENLASON (2006) JAKE WERTNER (2006) SEAN PROEHL (2007) NOAH RESTO (2007, 2008, 2009) ANTHONY GIROLAMO (2008, 2010) KEVIN MIHALIK (2010, 2011) DIMITRI VOYTILLA (2011) BRENDAN GEE (2012) ALEX GRIGORIEV (2012) WYATT HILL (2014) JEFFREY STEWART (2014) FUYUKI KUROIWA (2015, 2016) TRISTAN CAPARAS (2015) SENRI KUROIWA (2016) BOBBY SANTOS (2017) TREVOR BOAZ (2018) MILES JONES (2019)

* League Champion

RBHS All Time Top 10 List

Girls

Boys

BRONCO ROUND-UP KIT CARSON 2 MILE (RECORDS START 2005 DUE TO CHNAGE OF COURSE)

RANK	NAME	TIME	YEAR
1	MOLLY GRABILL	10:53	2009
2	DANIELLE VOYLES	11:23	2012
3	NIA AKINS	11:34	2015
4	JACEY FARMER	11:39	2019
5	ASHLEY LEARN	11:44	2019
6	LAUREN VOYLES	11:44	2012
7	CAROLINE DRAPER	11:47	2007
8	KATIE SAMMER	12:00	2013
9	KRISTA EGENSE	12:02	2005
10	MICHELLE LEROUX	12:06	2010

RANK	NAME	TIME	YEAR
1	DIMITRI VOYTILLA	9:53	2011
2	GEOFF BOGAN	9:53	2009
3	BRENDAN GEE	10:01	2012
4	NOAH RESTO	10:02	2009
5	FUYUKI KUROIWA	10:02	2016
6	PARKER STINSON	10:03	2007
7	MIKIO KUROIWA	10:03	2014
8	SENRI KUROIWA	10:05	2016
9	WYATT HILL	10:06	2014
10	KEVIN MIHALIK	10:07	2010

MT. SAC COURSE

RANK	NAME	TIME	YEAR
1	MOLLY GRABILL	16:41	2009
2	NIA AKINS	18:01	2015
3	DANIELLE VOYLES	18:03	2012
4	JACEY FARMER	18:03	2018
5	BRYANNA FULLER	18:08	2014
6	CAROLINE DRAPER	18:20	2008
7	ASHLEY LEARN	18:25	2017
8	LAUREN VOYLES	18:27	2011
9	MICHELLE LEROUX	18:35	2009
10	DARINA DINOV	18:42	2009

RANK	NAME	TIME	YEAR
1	PARKER STINSON	15:12	2007
2	COLTON TULLY-DOYLE	15:17	2005
3	KEVIN MIHALIK	15:23	2011
4	GEOFF BOGAN	15:29	2010
5	NOAH RESTO	15:32	2009
6	CARL DARGITZ	15:33	2005
7	BRENDAN GEE	15:39	2012
8	DIMITRI VOYTILLA	15:42	2010
9	BURAK TUFEKCI	15:44	2015
10	ANTHONY GIROLAMO	15:54	2010

MORLEY FIELD CIF COURSE (2.96 MILES) **NEW COURSE AS OF 2017**

RANK	NAME	TIME	YEAR
1	JACEY FARMER	18:12	2018
2	ASHLEY LEARN	18:14	2018
3	EMMA GEORGE	18:39	2019
4	ALLISON BOAZ	19:04	2017
5	ALYSSA TIVADAR	19:11	2017
6	VICTORIA DINOV	19:21	2019
7	IMOGEN BLEAKLEY	19:33	2017
8	CHLOE CHOSE	19:45	2017
9	MIA STEPHENSON	19:46	2018
10	ALI HARPER	20:04	2017

RANK	NAME	TIME	YEAR
1	TREVOR BOAZ	15:43	2018
2	LUIS BARRON	15:46	2018
3	JUSTIN FERGUSON	16:11	2018
4	BOBBY SANTOS	16:13	2017
5	TREVOR HODGES	16:36	2018
6	MILES JONES	16:37	2019
7	ASHTIN BRANTLEY	16:37	2017
8	LUIS BARRON	16:41	2017
9	JOEY ROBERTS	16:55	2017
10	YUNG-YI SUN	16:58	2018

WOODWARD PARK STATE MEET COURSE

RANK	NAME	TIME	YEAR
1	MOLLY GRABILL	17:06	2009
2	LINDSAY DELAMONTAIGNE	17:57	2004
3	JACEY FARMER	18:01	2018
4	CAROLINE DRAPER	18:14	2008
5	NIA AKINS	18:15	2015
6	ASHLEY LEARN	18:18	2019
7	KATIE SAMMER	18:22	2013
8	ELISA KARHU	18:25	2009
9	KALEENA YEE	18:30	1997
10	JULIE MANSON	18:31	1999

RANK	NAME	TIME	YEAR
1	SEAN RICKETTS	15:37	1999
2	PARKER STINSON	15:38	2007
3	KEVIN MIHALIK	15:40	2011
4	ANTHONY GIROLAMO	15:52	2010
5	GEOFF BOGAN	15:58	2010
6	FUYUKI KUROIWA	16:00	2015
7	DIMITRI VOYTILLA	16:01	2010
8	WYATT HILL	16:01	2014
9	FUYUKI KUROIWA	16:04	2016
10	SENRI KUROIWA	16:05	2016

MORLEY FIELD CIF COURSE (GIRLS 2.75 MILES, BOYS 3.04 MILES) *course record

RANK	NAME	TIME	YEAR
1	MOLLY GRABILL	*15:25	2009/10
2	LINDSAY DELAMONTAIGNE	16:03	2001
3	JULIE MANSON	16:23	1999
4	KATIE SAMMER	16:25	2013
5	DANIELLE VOYLES	16:33	2012
6	ALLISON HALL	16:36	1999
7	NIA AKINS	16:40	2015
8	CAROLINE DRAPER	16:41	2008
9	ELISA KARHU	16:45	2009
10	LAUREN VOYLES	16:48	2011

RANK	NAME	TIME	YEAR
1	KEVIN MIHALIK	15:54	2011
2	SEAN RICKETTS	15:55	1998
3	COLTON TULLY-DOYLE	16:04	2005
4	DIMITRI VOYTILLA	16:15	2011
5	JEFF MEISNER	16:16	1994
6	PARKER STINSON	16:22	2007
7	FUYUKI KUROIWA	16:31	2016
8	JEFF STEWARD	16:32	2014
9	RYAN SHORT	16:33	1994
10	WYATT HILL	16:35	2014

RBHS Cross Country San Diego Section All-CIF Selections

Girls	Boys
LEAH BROWN (1992) LAURA LEECH (1992) KAREN RICHTER (1993) SARAH WILKINS (1995, 1996) JULIE MANSON (1996, 1997, 1998, 1999) KALEENA YEE (1997, 1999) ALLISON HALL (1998, 1999, 2001) JAMIE DOYLE (1999) LINDSAY DELAMONTAIGNE (2001, 2002, 2003, 2004) CAROLINE DRAPER (2005, 2006, 2007, 2008) MOLLY GRABILL (2007, 2008, 2009, 2010) ELISA KARHU (2009) MICHELLE LEROUX (2009) DANIELLE VOYLES (2011, 2012) KATIE SAMMER (2013) BRYANNA FULLER (2014) KASSADY LEARN (2014,2016) SYDNEY PRESNELL (2015) NIA AKINS (2013, 2014, 2015) ALI HARPER (2016) ALYSSA TIVADAR (2016,2017) ASHLEY LEARN (2017, 2018, 2019) ALLISON BOAZ (2017, 2018) JACEY FARMER (2018) VICTORIA DINOV (2018, 2019) EMMA GEORGE (2019)	SCOTT KOLENIC (1990) JEFF MEISNER (1994) MATT GALAVIZ (1995) SEAN RICKETTS (1996, 1997, 1998, 1999) COLTON TULLY-DOYLE (2004, 2005) SEAN PROEHL (2007) PARKER STINSON (2007) GEOFF BOGAN (2010) KEVIN MIHALIK (2010, 2011) JEFFREY STEWART (2014) FUYUKI KUROIWA (2015,2016) SENRI KUROIWA (2016) BOBBY SANTOS (2017) TREVOR BOAZ (2018) LUIS BARRON (2018)

SAN DIEGO SECTION CIF CHAMPIONSHIP

LINDSAY DELAMONTAIGNE (2001, 2004)
MOLLY GRABILL (2007, 2008, 2009, 2010)
SARAH WILKINS (1995)
NIA AKINS (2014, 2015)

CIF TEAM CHAMPIONSHIP DIVISION 1 GIRLS (1999, 2004, 2018)

CIF TEAM CHAMPIONSHIP DIVISION 1 BOYS (2005, 2010)

RBHS Cross Country 2019 Coaching Team and Support Team

Head Coach
Terry Dockery

Assistant Coaches
John Colson
Ian Cable

Principal
David LeMaster

Athletic Director
Peggy Brose

Athletic Assistant
Rhonda Ewald

Athletic Trainer
Robbie Bowers

Team Coordinator
Kristi Learn



**Thank you for supporting
RBHS Cross Country**