

GIRLS CROSS COUNTRY

TEAM CHAMPIONS

CLASS 3A

Date	Winner	Coach	Score	Runner-up	Coach	Score
11/22/78	Valhalla	Mark Gabler	55	Helix	Mike Muirhead	61
11/28/79	Monte Vista	Bill Clauder	61	Helix	Mike Muirhead	65
11/26/80	Mt.Carmel	Dennis McClanahan	64	Monte Vista	Bill Clauder	80
11/25/81	Monte Vista	Bill Clauder	63	Valhalla	Don Roberson	70
11/24/82	Mt.Carmel	Dennis McClanahan	64	Valhalla	Manuel Guaderama	72
11/23/83	Vista	Ed Matheus	64	Mt.Carmel	Dennis McClanahan	94
11/21/84	Vista	Ed Matheus	44	Bonita Vista	Dewey Matthews	58
11/27/85	Vista	Ed Matheus	38	Mira Mesa	Terry Hollisten	81
11/26/86	Vista	Ed Matheus	43	El Capitan	Dave Storm	67
11/21/87	Poway	Dan Schaitel	60	San Dieguito	Mike Davis	65
11/11/88	Poway	Dan Schaitel	47	Mt.Carmel	Dennis McClanahan	47
11/10/89	Mt.Carmel	Dennis McClanahan	35	Poway	Dan Schaitel	51

CLASS 2A

Date	Winner	Coach	Score	Runner-up	Coach	Score
11/23/77	Helix	Mike Muirhead	27	Monte Vista	Rudi Friberg	88
11/22/78	Mt.Carmel	Dennis McClanahan	78	El Capitan	Dave Storm	81
11/28/79	El Capitan	Dave Storm	56	Serra	Bob Oliver	93
11/26/80	El Capitan	Dave Storm	54	Serra	Bob Oliver	73
11/25/81	Torrey Pines	Jim Temples	52	San Pasqual	Will Wester	75
11/24/82	San Pasqual	Will Wester	47	Sweetwater	Tim Tyler	74
11/23/83	Valhalla	Don Roberson	72	Bonita Vista	Dewey Matthews	74
11/21/84	San Pasqual	Will Wester	41	Hilltop	Dale Fleet	71
11/27/85	San Pasqual	Will Wester	49	El Camino	Martin Nolasco	59
11/26/86	San Pasqual	Will Wester	40	Valhalla	Don Roberson	88
11/21/87	La Jolla	Bill Stock	35	Fallbrook	Gary Lugendorf	56
11/11/88	RB Vista	Ed Matheus	79	Helix	John Geary	83
11/10/89	El Capitan	Bill Cleaves	80	Monte Vista	Javier Sandoval	85

CLASS 1A

Date	Winner	Coach	Score	Runner-up	Coach	Score
11/23/77	Mt.Carmel	Dennis McClanahan	70	Ramona	Dan Matheny	93
11/22/78	Fallbrook	Walt Parry	51	Coronado	Dick Satterlee	66
11/28/79	Fallbrook	Walt Parry	54	Coronado	Dick Satterlee	67
11/26/80	USDHS	Brian Bigley	33	Coronado	Carolyn Satterlee	67
11/25/81	Coronado	Carolyn Satterlee	53	Southwest	Fred Sills	60
11/24/82	Clairemont	Pat Osmon	48	La Jolla	Chuck Boyer	59
11/23/83	El Camino	Dayle Mazzarella	66	Coronado	Kathy Langdoc	77
11/24/84	El Camino	Dayle Mazzarella	49	Ramona	Dave Wilson	59
11/27/85	La Jolla	Bill Stock	44	Ramona	Dave Wilson	63
11/26/86	El Camino	Dayle Mazzarella	47	Coronado	Melvin Bechtel	68
11/20/87	San Pasqual	Will Wester	40	Coronado	Melvin Bechtel	
11/11/88	La Jolla	Bill Stock	31	San Pasqual	Will Wester	33
11/10/89	San Pasqual	Will Wester	23	La Jolla	Bill Stock	96

CLASS 1AA

Date	Winner	Coach	Score	Runner-up	Coach	Score
11/10/89	Coronado	Mel Bechtel	42	Calvin Christian	William Stout	63

GIRLS CROSS COUNTRY

DIVISION I

Date	Winner	Coach	Score	Runner-up	Coach	Score
11/17/90	Mt.Carmel	Dennis McClanahan	27	Poway	Dan Schaitel	66
11/23/91	Mt.Carmel	Dennis McClanahan	23	Poway	Dan Schaitel	112
11/21/92	Mt.Carmel*	Dennis McClanahan	34	Fallbrook	Gary Lutgendorf	84
11/20/93	Mt.Carmel	Dennis McClanahan	35	Poway	Dan Schaitel	82
11/19/94	Vista	Paul Kinder	80	Poway	Dan Schaitel	113
11/18/95	Orange Glen	Mike Cummings	51	Vista	Paul Kinder	66
11/23/96	Fallbrook	Gary Lutgendorf	51	Orange Glen	Mike Cummings	70
11/22/97	Valhalla	Randy Montesanto	62	Rancho Bernardo	Don Jones	80
11/21/98	Mt.Carmel	Dennis McClanahan	67	Torrey Pines	Brent Thorne	83
11/20/99	Rancho Bernardo	Don Jones	83	Carlsbad	Keith Van Asdalan	131
11/18/00	Mt.Carmel	Dennis McClanahan	63	Torrey Pines	Brent Thorne	83
11/17/01	Fallbrook	Gary Lutgendorf	79	Carlsbad	Keith Van Asdalan	129
11/23/02	Torrey Pines	Brent Thorne	93	Fallbrook	Gary Lutgendorf	101
11/22/03	El Camino	Jeremey Gee	65	Rancho Bernardo	Terry Dockery	97
11/20/04	Rancho Bernardo	Terry Dockery	55	El Camino	Jeremey Gee	80
11/19/05	Torrey Pines	Brent Thorne	43	La Costa Canyon	Bill Vice	82
11/18/06	Torrey Pines	Brent Thorne	39	Vista	Ed Matheus	97
11/17/07	Torrey Pines	Brent Thorne	39	La Costa Canyon	Bill Vice	103
11/22/08	Torrey Pines	Brent Thorne	44	RB Vista	Tom Lux	61
11/21/09	Torrey Pines*	Brent Thorne	48	Rancho Bernardo	Terry Dockery	74
11/20/10	La Costa Canyon	Bill Vice	45	Torrey Pines	Brent Thorne	65

*State CIF Divisional Champion

DIVISION II

Date	Winner	Coach	Score	Runner-up	Coach	Score
11/17/90	San Pasqual	Will Wester	23	El Capitan	Bill Cleves	84
11/23/91	San Pasqual	Will Wester	20	El Capitan	Dick Wilkins	78
11/21/92	San Pasqual	Tim Whitehead	79	El Capitan	Dick Wilkins	111
11/20/93	El Capitan	Bill Cleves	63	Torrey Pines	Brent Thorne	77
11/19/94	Torrey Pines	Brent Thorne	45	El Capitan	Bill Cleaves	102
11/18/95	Scripps Ranch	Bob Oliver	45	Valhalla	Randy Montesanto	72
11/23/96	Valhalla Randy	Montesanto	54	Scripps Ranch	Bob Oliver	75
11/22/97	Scripps Ranch	Bob Oliver	71	West Hills	Bill Cleves	74
11/21/98	Ramona	Dave Wilson	79	Scripps Ranch	Bob Oliver	80
11/20/99	La Jolla	Tom Dorman	49	University City	Jim McCarthy	112
11/18/00	San Pasqual	Patrick King	57	Ramona	Dave Wilson	107
11/17/01	San Pasqual*	Patrick King	21	Helix	Ray Mounts	74
11/23/02	San Pasqual	Patrick King	27	Helix	Ray Mounts	69
11/22/03	San Pasqual	Patrick King	27	Scripps Ranch	Bob Oliver	74
11/20/04	Westview	Lori Ammonette	66	Scripps Ranch	Bob Oliver	
11/19/05	West Hills	Bill Cleaves	78	University City	Jim McCarthy	79
11/18/06	University City	Jim McCarthy	44	Mt. Carmel	Dennis McClanahan	87
11/17/07	Mt. Carmel	Nate Boyer	52	Westview	John Colson	58
11/22/08	Valhalla	Carter Yarbrough	60	Westview	John Colson	90
11/21/09	Valhalla	Carter Yarbrough	46	Mission Hills	Ryan Sharp	75
11/20/10	Westview	John Colson	53	Valhalla	Kasey Shemwell	67

*State CIF Divisional Champion

DIVISION III

Date	Winner	Coach	Score	Runner-up	Coach	Score
11/17/90	La Jolla	Bill Stock	17	USDHS	Robert Ertl	51
11/23/91	USDHS	Rob Ertl	40	La Jolla	Bill Stock	41
11/21/92	OLP	Ernest Borunda	51	La Jolla	Tom Dorman	79
11/20/93	OLP	Ernest & Carol Borunda	51	La Jolla	Tom Dorman	57
11/19/94	USDHS	Robert Winters	63	Ramona	Dave Wilson	65
11/18/95	La Jolla	Tom Dorman	31	Santana	Dave Harper	58
11/23/96	Santana	Dave Harper	27	Ramona	Dave Wilson	51
11/22/97	Santana	Dave Harper	34	USDHS	Rob Winters	60
11/21/98	University City	Jim McCarthy	35	La Jolla	Tom Dorman	41
11/20/99	OLP	Dan Keays	33	USDHS	Dan Geiger	52
11/18/00	University City	Jim McCarthy	37	La Jolla	Tom Dorman	43
11/17/01	University City	Jim McCarthy	44	Valley Center	Mike Cummings	83
11/23/02	University City	Jim McCarthy	50	Valley Center	Mike Cummings	74
11/22/03	Valley Center	Mike Cummings	66	USDHS	Dan Geiger	91
11/20/04	Valley Center	Mike Cummings	23	USDHS	Dan Geiger	68
11/19/05	Valley Center	Mike Cummings	49	La Jolla	Roger Karnopp	65
11/18/06	OLP	Dan Keays	50	La Jolla	Roger Karnopp	55
11/17/07	University City	Jim McCarthy	42	Cathedral Catholic	Dan Geiger	64
11/22/08	Cathedral Catholic	Dan Geiger	64	University City	Jim McCarthy	87
11/21/09	Clairemont	Sean Stevenson	22	Cathedral Catholic	Dan Geiger	39
11/20/10	Clairemont	Sean Stevenson	52	Cathedral Catholic	Dan Geiger	55

GIRLS CROSS COUNTRY

DIVISION IV

Date	Winner	Coach	Score	Runner-up	Coach	Score
11/17/90	Coronado	Melvin Bechtel Jr.	20	Calvin Christian	Bill Stout	58
11/23/91	Coronado	Melvin Bechtel Jr.	21	Calvin Christian	Bill Stout	46
11/21/92	Coronado	Mel Bechtel	23	Bishop's	Mark Tibbetts	53
11/20/93	Bishop's	Vince Stumpo	31	Coronado	Mel Bechtel	61
11/19/94	Bishop's	Vince Stumpo	19	Coronado	Mel Bechtel	64
11/18/95	Bishop's	Wendy Svatek	35	Coronado	Mel Bechtel	44
11/23/96	USDHS	Bob Winters	27	Coronado	Mel Bechtel	35
11/22/97	Coronado	Mel Bechtel	15	No runner-up		
11/21/98	Valley Center	Mike Cummings	34	Coronado	Mel Bechtel	56
11/20/99	Valley Center	Mike Cummings	25	Clairemont	Sean Stevenson	75
11/18/00	Coronado	Mel Bechtel	42	Palo Verde	Troy Freese	59
11/17/01	LJCD	S. Bakhiet/S. Sanders	27	Mountain Empire	Bill LeBlanc	64
11/23/02	LJCD	S. Bakhiet/S. Sanders	31	Mountain Empire	Bill LeBlanc	73
11/22/03	LJCD	S. Sanders/S. Tadder	31	Coronado	Mel Bechtel	53
11/20/04	LJCD	S. Sanders/S. Tadder	40	Bishop's	Mary Fran Cullen	54
11/19/05	LJCD	Scott Sanders	39	Bishop's	Mary Fran Cullen	57
11/18/06	Bishop's	Mary Fran Cullen	35	LJCD	Scott Sanders	65
11/17/07	Bishop's	Mary Fran Cullen	31	Francis Parker	Matt Schellenberg	50
11/22/08	Coronado	George Green	28	Bishop's	Adam Weiner	38
11/21/09	Coronado	George Green	18	Bishop's	Adam Weiner	64
11/20/10	Del Norte	Jake McNeeley	42	Coronado	George Green	44

DIVISION V

Date	Winner	Coach	Score	Runner-up	Coach	Score
11/23/96	LJCD	Renee Milton	38	Francis Parker	John Lown	38
11/22/97	Bishop's	Wendy Svatek	49	Francis Parker	John Lown	52
11/21/98	Calvin Christian	Bill Stout	69	LJCD	Renee Milton	78
11/20/99	Calvin Christian	Bill Stout	38	Bishop's	Wendy Svatek	52
11/18/00	LJCD	Sarah Bakhiet	47	Calvin Christian	Bill Stout	72
11/17/01	Julian	Bill Porter	21	Calvin Christian	Bill Stout	57
11/23/02	Julian	Bill Porter	27	SF Christian	Paul Lyons	51
11/22/03	SF Christian	Paul Lyons	28	Julian	Bill Porter	35
11/20/04	SF Christian	Paul Lyons	26	Julian	Bill Porter	36
11/19/05	SF Christian	Jill Gregson	36	Calvin Christian	Bill Stout	54
11/18/06	Julian	Bill Porter	20	Calvary Christian	G.W. Damron	43
11/17/07	Julian	Bill Porter	26	Calvin Christian	Bill Stout	36
11/22/08	Calvin Christian	John Gregor Macdougall	37	Tri-City Christian	Cheri Wengronowitz	50
11/21/09	Calvin Christian	John Gregor Macdougall	27	Pacific Ridge	Steve Edwards	32
11/20/10	Pacific Ridge	Steve Edwards	15	Julian	Rich Wolf	62

GIRLS CROSS COUNTRY

INDIVIDUAL CHAMPIONS

CLASS 3A

1978 — Cheryl Flowers, Valhalla (12:58 Time)
1979 — Susan Gelley, Monte Vista (13:26)
1980 — Sheli Lachel, Monte Vista (12:32.2)
1981 — Sheli Lachel, Monte Vista (13:24.1)
1982 — Sandy Blakeslee, Vista (13:28.3)
1983 — Leslie Noll, Mt.Carmel (12:00)
1984 — Darci Arreola, Grossmont (14:22)
1985 — Darci Arreola, Grossmont (14:39)
1986 — Kira Jorgensen, Vista (16:13.3)
1987 — Jaime Butler, San Dieguito (15:15)
1988 — Tara Barnhart, Poway (15:14.1)
1989 — Milena Glusac, Fallbrook (15:12)

CLASS 2A

1977 — Carol Keller, Helix (13:08.7 Time)
1978 — Anne Zampardo, Hilltop (13:11)
1979 — Teresa Foskett, El Capitan (13:54)
1980 — Terri Brown, San Pasqual (13:44.1)
1981 — Sally Moyer, Serra (13:42.2)
1982 — Sharon Lewis, San Pasqual (14:23.6)
1983 — Pauline Stehly, Orange Glen (11:50)
1984 — Kerry Panno, San Pasqual (15:20)
1985 — Laura Chapel, University City (14:53)
1986 — Nicole Nugent, Torrey Pines (16:05.7)
1987 — Allison Maxwell, University City (14:58)
1988 — Kira Jorgensen, RB Vista (14:10.5)
1989 — Milena Glusac, Fallbrook (15:12)

CLASS 1A

1977 — Terri Brown, San Pasqual (13:43.8 Time)
1978 — Terri Brown, San Pasqual (13:13)
1979 — Terri Brown, San Pasqual (13:24)
1980 — Ruthie Truscott, Santa Fe Christian (13:46.7)
1981 — Kim Sterton, Coronado (13:49.9)
1982 — Jerri Frost, University City (14:42.3)
1983 — Katherine Riddle, Coronado (12:21)
1984 — Mona Cross, El Camino (15:50)
1985 — Karen Karcher, Ramona (15:41)
1986 — Karen Karcher, Ramona (16:37.7)
1987 — Kira Jorgensen, RB Vista (14:08)
1988 — Deanna Hadley, San Pasqual (15:02.1)
1989 — Deanna Hadley, San Pasqual (14:52)

CLASS 1AA

1989 — Viviana Reza, Coronado (16:19 Time)

DIVISION I

1990 — Susan Scott, Mt.Carmel (15:09 Time)
1991 — Milena Glusac, Fallbrook (14:31.6)
1992 — *Milena Glusac, Fallbrook (14:19)
1993 — Claire Becker, Bonita Vista (15:16.4)
1994 — Nicole Caster, Granite Hills (15:09)
1995 — Sarah Wilkins, Rancho Bernardo (15:09)
1996 — Tricia Matson, Fallbrook (15:15)
1997 — Andrea Clemens, Valhalla (15:06.6)
1998 — Courtney Baird, Helix (16:09)
1999 — Julie Komosinski, Torrey Pines (16:04)
2000 — Julie Komosinski, Torrey Pines (16:20)
2001 — Lindsay de la Montaigne, Rancho Bernardo (16:03)
2002 — Sariah St.Laurent, El Camino (16:31)
2003 — Sariah St.Laurent, El Camino (16:04)
2004 — Lindsay de la Montaigne, Rancho Bernardo (16:08)
2005 — Katy Andrews, La Costa Canyon (16:23)
2006 — Katy Andrews, La Costa Canyon (16:23)
2007 — Molly Grabill, Rancho Bernardo (16:02)
2008 — Molly Grabill, Rancho Bernardo (15:50)
2009 — *Molly Grabill, Rancho Bernardo (15:25 - course record)
2010 — Molly Grabill, Rancho Bernardo (15:25)

DIVISION II

1990 — Milena Glusac, Fallbrook (14:30 Time)
1991 — Melissa Kim, San Pasqual (15:17.3)
1992 — *Michele Cox, Escondido (14:44)
1993 — Stephanie Nelle, Valhalla (15:29.4)
1994 — DeVon Straitiff, Torrey Pines (15:18)
1995 — DeVon Straitiff, Torrey Pines (15:10.2)
1996 — Emily McFarland, Scripps Ranch (15:15)
1997 — Desiree Davila, Hilltop (14:48.7)
1998 — Desiree Davila, Hilltop (16:30)
1999 — Desiree Davila, Hilltop (16:12)
2000 — Loretta Kilmer, Ramona (16:15)
2001 — Clare Rethmeier, San Pasqual (16:16)
2002 — Clare Rethmeier, San Pasqual (16:04)
2003 — Claire Rethmeier, San Pasqual (15:28)
2004 — Brooke Kerby, San Pasqual, (16:21)
2005 — Missy Barclay, Westview (16:34)
2006 — Sarah Vitug, University City (16:52)
2007 — Elizabeth Apgar, Lincoln (16:25)
2008 — Elizabeth Apgar, Lincoln (16:38)
2009 — Erin Menefee, Mt. Carmel (16:21)
2010 — Meghan Breadmore, Point Loma (16:29)

DIVISION III

1990 — Julie Schoene, La Jolla (15:40 Time)
1991 — Jennifer Stuart, West Hills (16:27.4)
1992 — Michelle O'Connor, Our Lady of Peace (15:42)
1993 — Michelle O'Conner, Our Lady of Peace (15:55.0)
1994 — Veronica Clark, Ramona (15:20)
1995 — Courtney Baird, USDHS (15:10.3)
1996 — Kim Pace, Santana (15:57)
1997 — Kim Pace, Santana (15:45.7)
1998 — Michelle Barrack, USDHS (16:48)
1999 — Rosa Serna, Mission Bay (17:30)
2000 — Jenna Timinsky, San Dieguito Academy (16:16)
2001 — *Jenna Timinsky, San Dieguito Academy (15:37)
2002 — Jessie Ooms, University City (16:26)
2003 — Marie Raffray, San Dieguito Academy (16:30)
2004 — Alicia Nugent, Valhalla (16:51)
2005 — Bridie McCarey, Clairemont (16:49)
2006 — Sammy Silva, OLP (16:58)
2007 — Sammy Silva, OLP (16:24)
2008 — *Sammy Silva, OLP (15:55)
2009 — Caitlin Krol, Cathedral Catholic (16:48)
2010 — Caitlin Krol, Cathedral Catholic (16:20)

*State CIF Individual Divisional Champion

GIRLS CROSS COUNTRY

DIVISION IV

1990 — Zuryash Nebyelul, Lincoln Prep (16:48 Time)
1991 — Anjie Hansen, Coronado (17:17.3)
1992 — Marissa Hurwitz, Bishop's (15:50)
1993 — Jessica Lunt, Coronado (16:46.6)
1994 — Marissa Hurwitz, Bishop's (16:04)
1995 — Marissa Hurwitz, Bishop's (15:35.8)
1996 — Courtney Baird, USDHS (16:09)
1997 — Alexis Clarke, Coronado (16:44.7)
1998 — Jenna Timinsky, San Dieguito (16:48)
1999 — Jenna Timinsky, San Dieguito (17:05)
2000 — Judy Jimenez, Clairemont (18:29)
2001 — Lauren Swigert, LJCD (17:29)
2002 — Lauren Swigert, LJCD (17:07)
2003 — LaToya Cunningham, LJCD (17:17)
2004 — Robin Kuntz, Bishop's (17:19)
2005 — Valerie Christy, LJCD (17:13)
2006 — Lauren Pischel, LJCD (17:12)
2007 — Elizabeth Schulze, Bishop's (17:39)
2008 — Sallie Privett, Coronado (17:38)
2009 — Annie Lovering, Coronado (17:30)
2010 — Lauren Collins, Bishop's (17:28)

DIVISION V

1996 — Lindsay Weinberg, LJCD (16:42 Time)
1997 — Angela Petersen, Francis Parker (15:13)
1998 — Angela Petersen, Francis Parker (16:17)
1999 — Kaili Shumilak, Bishop's
2000 — Angela Petersen, Francis Parker (17:39)
2001 — Nicole Bastian, Julian (19:27)
2002 — Serena Gannon, Julian (18:34)
2003 — Serena Gannon, Julian (18:24)
2004 — Jaclyn Christopher, Santa Fe Christian (18:25)
2005 — Elizabeth Apgar, Calvary Christian (17:37)
2006 — Elizabeth Apgar, Calvary Christian (17:57)
2007 — Chelsea Servi, Tri-City Christian (19:32)
2008 — Keely Craig, Calvin Christian (19:24)
2009 — Keely Craig, Calvin Christian (18:35)
2010 — Delaney Miller, Pacific Ridge (17:58)

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