

# ANNUAL INDIVIDUAL CHAMPIONS BY DIVISION

## CIF STATE CROSS COUNTRY CHAMPIONSHIPS

### BOYS - DIVISION I

1987	Bryan Dameworth (Agoura)	15:12
1988	Bryan Dameworth (Agoura)	15:03
1989	<i>Bryan Dameworth (Agoura)</i>	14:45
1990	Luis Quintana (Arroyo Grande)	14:47
1991	Angel Martinez (San Gabriel)	15:06
1992	Margarito Casillas (Hoover, Glendale)	15:03
1993	Mebrahtom Keflezighi (San Diego)	15:02
1994	Jason Balkman (Lynbrook)	15:15
1995	Larry Henderson (Mira Mesa)	15:41
1996	Michael Kasahun (Fresno)	15:16
1997	Chad Durham (Poly, Long Beach)	15:24
1998	Justin Willingham (Beyer)	15:18
1999	Travis Laird (San Marcos)	15:21
2000	JJ Duke (Clovis)	15:26
2001	Eric Maldonado (Don Lugo)	15:38
2002	Mike Poe (Etiwanda)	15:06
2003	Yosef Ghebray (James Logan)	15:15
2004	Brandon Bethke (El Toro)	15:06
2005	A.J. Acosta (El Camino)	15:15
2006	Michael Cybulski (Royal)	15:04
2007	Chris Schwartz (Foothill, Bakersfield)	15:13
2008	Tyler Valdes (Dana Hills)	15:05

### BOYS - DIVISION II

1987	Scott Hempel (Walnut)	15:22
1988	Scott Hempel (Walnut)	15:15
1989	Kevin Berkowitz (Hayward)	15:19
1990	Robert Walker (San Pasqual)	15:25
1991	Daniel Das Neves (Helix)	15:08
1992	Ryan Wilson (Agoura)	15:13
1993	Matt Farley (Jesusit)	15:06
1994	Antonio Arce (Palmdale)	15:25
1995	Daniel Sikiric (Leland)	15:23
1996	David Rodriguez (Mission)	15:21
1997	Mark Gleason (Mission Viejo)	15:16
1998	Ryan Mack (Ukiah)	15:23
1999	Augie Escobar (Villa Park)	15:27
2000	Yong-Sung Leal (Arroyo, San Lorenzo)	15:22
2001	Yong-Sung Leal (Arroyo, San Lorenzo)	15:17
2002	<i>Phillip Reid (Rio Mesa)</i>	15:01
2003	Mark Matusak (Loyola)	15:08
2004	Mark Matusak (Loyola)	15:09
2005	Riley Booker (University City)	15:27
2006	Mikel Thomas (Clovis)	15:08
2007	James Tracy (Del Campo)	15:23
2008	<i>Elias Gedyon (Loyola)</i>	15:01

### BOYS - DIVISION III

1987	Reggie Williams (River City)	15:29
1988	Matt Metzger (SF University)	16:00
1989	Oscar Perez (Pater Noster)	15:52
1990	Jeff Wilson (Newbury Park)	15:15
1991	Jeff Wilson (Newbury Park)	15:15
1992	Jason Balkman (Lynbrook)	15:38
1993	Mark Hauser (St. Augustine)	15:22
1994	Micheil Jones (Livermore)	15:25
1995	Joe Smith (Livermore)	15:37
1996	Jason Hart (Sonora)	15:40
1997	Justin Willingham (East Union)	15:37
1998	Celedonio Rodrigue (Elsie Allen)	15:25
1999	Daniel Rojas (South El Monte)	15:45
2000	Stuart Eastman (Placer)	15:27
2001	William Kraemer (Saratoga)	15:57
2002	Alex Dunn (San Lorenzo Valley)	15:18
2003	Dan Nunn (San Luis Obispo)	15:15
2004	Jake Schmitt (Redwood)	15:14
2005	<i>Michael Coe (Cabrillo)</i>	15:04
2006	Mohamed Abdalla (Willow Glen)	15:26
2007	James Attarian (Dublin)	15:17
2008	Mac Fleet (University City)	15:08

### BOYS - DIVISION IV

1990	Brian Singleton (Bret Harte)	15:41
1991	Mike Katri (Fortuna)	15:35
1992	Steve Brown (Piedmont)	15:48
1993	Galvan Gonzalez (McFarland)	15:30
1994	Galvan Gonzalez (McFarland)	15:31
1995	Aaron Gillen (Yreka)	15:51
1996	Isiah Festa (Morro Bay)	15:33
1997	Isiah Festa (Morro Bay)	15:18
1998	Alberto Munoz (Estancia)	15:53
1999	Ryan Hall (Big Bear)	15:24
2000	Ryan Hall (Big Bear)	14:50
2001	Billy Nelson (Taft)	15:22
2002	Mohamed Trafef (Duarte)	15:13
2003	Mohamed Trafef (Duarte)	15:16
2004	Dylan Fitzpatrick (Carmel)	15:45
2005	German Fernandez (Riverbank)	15:14
2006	Chad Hall (Big Bear)	15:06
2007	<i>German Fernandez (Riverbank)</i>	14:24
2008	Tyre Johnson (Palma)	15:32

### BOYS - DIVISION V

1996	Ryan Downey (St. Margaret's)	15:55
1997	Aaron Sharp (Santa Clara, Oxnard)	15:59
1998	Jeff Tomlinson (Crossroads)	15:55
1999	Tom Kubler (Viewpoint)	15:51
2000	<i>Tim Nelson (Liberty Christian)</i>	15:31
2001	Tim Nelson (Liberty Christian)	15:35
2002	Tim Nelson (Liberty Christian)	15:39
2003	Tony Arredondo (Santa Clara)	15:33
2004	Austin Fritzke (Mt. Shasta)	16:06
2005	Austin Fritzke (Mt. Shasta)	15:56
2006	Robbie Knorr (Valley Chr., Dublin)	15:49
2007	Aric Van Halen (Oakwood)	15:59
2008	Jake Jeanson (Woodcrest Christian)	15:46

### GIRLS - DIVISION I

1987	Deena Drossin (Agoura)	17:35
1988	Kira Jorgensen (Rancho Buena Vista)	17:42
1989	Deena Drossin (Agoura)	17:27
1990	Deena Drossin (Agoura)	17:29
1991	Milena Glusac (Fallbrook)	17:13
1992	Milena Glusac (Fallbrook)	17:14
1993	Amy Skieresz (Agoura)	17:49
1994	Julia Stamps (Santa Rosa)	17:07
1995	Julia Stamps (Santa Rosa)	16:45
1996	<i>Julia Stamps (Santa Rosa)</i>	16:43
1997	Trina Cox (Santa Rosa)	17:46
1998	Lauren Fleshman (Canyon)	17:38
1999	Anita Siraki (Hoover, Glendale)	17:35
2000	Anita Siraki (Hoover, Glendale)	16:59
2001	Amber Trotter (Ukiah)	17:01
2002	Rachel Bryan (Laguna Creek)	17:41
2003	Rachel Bryan (Laguna Creek)	17:29
2004	Alma Escobar (Corona)	17:33
2005	Shannon Murakami (Saugus)	17:43
2006	Elizabeth Coe (Fountain Valley)	17:40
2007	Lauryne Chetelat (Davis Sr.)	17:18
2008	Alex Dunne (San Clemente)	17:27

### GIRLS - DIVISION II

1987	Kira Jorgensen (Rancho Buena Vista)	17:34
1988	Karen Hecox (South Hills)	18:01
1989	Sarah Riley (Campolindo)	18:01
1990	Jeannie Rothman (Westlake)	17:28
1991	Shelley Taylor (Edison)	17:28
1992	Michelle Cox (Escondido)	18:26
1993	Carrie Garritson (Buena Park)	18:04
1994	Amy Skieresz (Agoura)	18:12
1995	Annie Ebner (St. Lucy's)	17:51
1996	Andrea Neipp (Highland)	17:33

1997	Katie Hotchkiss (Mission San Jose)	18:16
1998	Jamie Witt (Folsom)	18:19
1999	Sara Bei (Montgomery, Santa Rosa)	17:25
2000	Sara Bei (Montgomery, Santa Rosa)	17:13
2001	Ruth Graham (Gunn)	18:08
2002	Caitlin Chock (Granite Bay)	17:30
2003	Caitlin Chock (Granite Bay)	17:21
2004	Kauren Tarver (Serrano)	17:48
2005	Kauren Tarver (Serrano)	17:36
2006	Christine Babcock (Woodbridge)	17:20
2007	<i>Christine Babcock (Woodbridge)</i>	17:04
2008	Kaylin Mahoney (Saugus)	17:34

### GIRLS - DIVISION III

1987	Katy McCandless (Castilleja)	17:51
1988	Rachel Lewis (Santa Catalina)	18:50
1989	Laura Hamady (Urban)	18:47
1990	Carrie Garritson (Rim of World)	18:01
1991	Donna Mills (Newport Harbor)	18:45
1992	Miesha Marzell (Bishop O'Dowd)	18:02
1993	Annie Ebner (St. Lucy's)	18:32
1994	Heather Garritson (Buena Park)	18:01
1995	Elaine Canchola (Nordhoff)	17:36
1996	<i>Kristen Gordon (Carondelet)</i>	17:17
1997	Sara Bei (Montgomery, Santa Rosa)	18:11
1998	Sara Bei (Montgomery, Santa Rosa)	17:22
1999	Alejandra Barrientos (San Lornzo Vly)	17:37
2000	Lindsey Owen (Nordhoff)	17:46
2001	Jenna Timinski (San Dieguito)	18:24
2002	Melissa Grelli (Presentation)	17:59
2003	Alicia Follmar (Saratoga)	17:40
2004	Shelby Buckley (Rosary)	18:10
2005	Annie St. Geme (Corona del Mar)	17:20
2006	Sarah Cummings (Corona del Mar)	17:58
2007	Katy Daly (St. Ignatius)	18:13
2008	Sammy Silva (Our Lady of Peace)	17:35

### GIRLS - DIVISION IV

1990	Jennifer Lacovara (Morro Bay)	18:05
1991	Maribella Aparicio (Fillmore)	17:47
1992	Karen Bockel (Nordhoff)	18:12
1993	Kristen Schreiber (Miramonte)	19:04
1994	Kristen Schreiber (Miramonte)	19:11
1995	Shaluinn Fullove (Louisville)	18:39
1996	Sarah Ellis (La Canada)	18:01
1997	Elaine Canchola (Nordhoff)	18:19
1998	Angela Sanchez (Capuchino)	18:33
1999	Rae Stumbough (Nordhoff)	18:25
2000	Bridget Duffy (St. Mary's, Berkeley)	18:15
2001	Bridget Duffy (St. Mary's, Berkeley)	18:33
2002	Lauren Meyers (Maranatha)	18:21
2003	Amanda Moreno (Escalon)	18:27
2004	Ariel Wright (Bishop O'Dowd)	18:04
2005	Maritza Garcia (Riverbank)	18:14
2006	Kate Grace (Marlborough)	18:24
2007	<i>Sarah Sumpter (Healdsburg)</i>	17:26
2008	Sabrina Lopez (Sacred Heart of Jesus)	18:09

### GIRLS - DIVISION V

1996	Kat Saxton (College Prep)	19:06
1997	Kira Morser (SF University)	18:47
1998	Kira Morser (SF University)	18:20
1999	Clara Horowitz (Head Royce)	18:26
2000	Clara Horowitz (Head Royce)	17:43
2001	Clara Horowitz (Head Royce)	17:55
2002	Bessie Hatch (Thacher)	18:58
2003	Tani Brown (Brentwood)	19:08
2004	Katie Fritzke (Mt. Shasta)	18:49
2005	Jordan Hasay (Mission Prep)	17:11
2006	Jordan Hasay (Mission Prep)	17:15
2007	<i>Jordan Hasay (Mission Prep)</i>	17:05
2008	Jordan Hasay (Misison Prep)	17:18

*italics indicates top performer in each division*