Course: 2.2 miles
Conditions: warm
JUNIOR-VARSITY RACE
Lynbrook and Half Moon Bay were tied with 34 points. Lynbrook wins because of a faster sixth place runner, who was Pierre Abdul-Malak. Good going Pierre.

1. Park, Sam 11 11:36
2. Gunby, Lee 12 11:37
3. Kessel, Shawn 10 12:04
4. Pardini, Mike 12 12:13
5. Hsia, Eric 12 12:13.5 85 time ll:54.6

84 time 13:22.0
other Lynbrook runners

| Abdul- Malak, Pierre | 10 | $12: 17$ |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Braunstein, Jeff, | 11 | $12: 19$ |  |  |  |
| O'Brien, Dennis | 11 |  | $12: 22$ | 85 | time $12: 22$ |
| Dennis, Don | 11 |  | $12: 36$ |  |  |
| Lee, Daryl | 11 |  | $12: 46$ | 85 | time $13: 18$ |
| Thayer, John | 10 | $12: 50$ |  |  |  |
| Stein, David | 10 | $13: 13$ |  |  |  |
| Elliott, Bryan | 12 | $13: 15$ | 85 | time $13: 17$ |  |
| Perasco, John | 10 | $\underline{13: 16}$ | 85 | time $13: 22$ |  |
| Blumstein, Greg | 11 | $\underline{13: 41}$ | 85 | time $13: 17$ |  |
| Lamasney, Pat | 10 | $13: 51$ | 85 | time $13: 50$ |  |
| Feltman, John | 11 | $14: 32$ |  |  |  |
| Ochoa, John | 10 | $14: 58$ |  |  |  |
| Hsia, Curtis | 10 | $15: 48$ |  |  |  |

## BOYS VARSITY RACE

Lynbrook finished second behind Half Moon Bay. HMB has an excellent team, and may be the \# two team in the section; however, we were too far back. Los Altos was third and Palo Alto fourth. Other teams were Menlo-Atherton, Menlo, Wilcox, Santa Clara and Sequoia. Several varsity runners ran very well, while several had a very poor race. We still have a long way to go yet, if we hope to compete with Homestead.

| Miller, Joel | 12 | 11:00.7 | 85 | time | 11:44 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Utter, Garth | 11 | 11:04.8 |  |  |  |
| filatt, Eric | 11 | 11:06.4 | 85 | time | 11:17 |
| Pietrowicz, Steve | 12 | 11:43.3 | 85 | time | 11:01 |
| McElravey, Toby | 12 | 11:44.2 | 85 | time | 11:54.7 |
| Yuen, Mark | 11 | 11:45.8 | 85 | time | 11:49 |
| Seck, Matt | 10 | 11:59.2 | 85 | time | 12:36 |

Underlined times mean improvement over last year's time on the course. Joel Miller has to be the runner of the week. Great job after being beaten
last week.

Lynbrook was fourth behind, Palo Alto, M-A \& Wilcox.

| Hurd, Colleen | 12 | $13: 44.2$ |  |  |
| :--- | :--- | :--- | :--- | :--- |
| Maloney, Kieran | 10 | $14: 38.1$ |  |  |
| Thayer, Janice | 12 | $15: 13.9$ | 85 | time $15: 08$ |
| Yacoub, Rosie | 12 | $15: 43.2$ | 85 |  |
| Srikantiah, Padimi 10 | $19: 02.5$ | 85 time NT Short |  |  |

The girls run better than they did at Leigh. If we can get everyone running, we will continue to improve. Colleen's time was the fourth best on that course behind Seck, Danning, \& Membreno.

## FROSH RACE

Lynbrook was the winner with 46 points, because we were the only school to have a complete team. $M-A$ and $P-A$ had some good runners, but you need five across the finish line for a team score. The frosh team should be much much much better when everyone is running. Let's get it together for the Foothill meet on Friday, October l7th.

| O'Jea, Amil | $12: 41.9$ |
| :--- | :--- |
| Carpenter, Lew | $12: 48.0$ |
| Likins, Krag | $12: 52.6$ |
| Moyer, Bill | $14: 17.4$ |
| Hetrick, Tim | $14: 40.4$ |

Amil ran very well. He looked as if he was racing the entire race. The coaches hope that all our other cross country runners were watching him, because there are several that need to copy his style of racing the entire distance.

The varsity team for stanford is as follows: Miller, Utter, Hiatt, Park, Gunby, Pietrowicz, \& McElravey.

The junior varsity team for Stanford are the following:
Yuen, Seck, Kessel, Pardini, Hsia, Abdul-Malak, and Braunstein. O'Brien and Allen are next in line if anyone becomes ill.

The teams for the Serra Invitational on October llth will be made up after the stanford meet.
EACH RUNNER TO STANFORD NEEDS TO PICK AN INFORMATION SHEET THIS WEEK. EACH RUNNER NEEDS TO KNOW JUST
EXACTLY WHAT IS HAPPENING AND WHEN.
Foothill (St. Francis) is Friday October l7th, which is homecoming. Frosh at 2:30 pm; F/S girls at 3:00pm; Sophs at $3: 30 \mathrm{pm}$; juniors at 4:00pm; Junior/Senior girls at 4:30pm and Seniors at 5:00pm. Awards at 5: 30 pm . We will need parents to pick up frosh \& f/S girls after their races.

