

2004 season...

non league meet

sunset in the park run

Central Park - Huntington Beach

Distance - 2.8 miles

NAME	TIME	RACE PLACE
Mario Gonzalez	16:06	
Ryan Raya	16:56	
Josh Jackson	17:09	
Aaron Brown	17:19	
Alex Villanueva	17:20	
Dennis Momohara	18:03	
Jon Herrera	18:05	
Ryan Algenio	18:13	
Eleazar Franco	18:54	
Tim Froeligh	19:13	
Sean Mizokami	20:21	
Ryan Butt	21:10	
Chris Wight	21:57	
Carlos Mendoza	27:17	
Erica McPheeters	21:12	
Nicole Higashiyama	22:17	
Mary Sponaule	22:18	
Gysselle Rocha	22:56	
Heather Miyoshi	23:22	
Joy Joung	24:08	
Stephanie Picker	24:16	
Natasha Messer	25:33	
Michelle Angulo	26:13	
Jennifer Garcia	28:32	
Crystal Velasco	30:50	

2004 season...

non league meet

millikan invitational

Heartwell Park - Long Beach

Distance - 3 miles

September 11, 2004

SENIOR BOYS	TIME	PLACE
Ryan Raya	16:40	20
Ryan Algenio	18:36	78
Tim Froehlig	19:41	107
Chris Brackert	20:21	113
Kirk Baughfman	22:00	134
Greg Oden	23:59	145

SENIOR GIRLS



Chi Le	20:29	17
Erica McPheeters	20:58	24
Kady Lyons	21:28	32
Pamela Li	21:40	33
Nicole Higashiyama	21:43	36
Mary Sponaugle	22:24	50
Marielle Ramillano	25:28	93
Crystal Velasco	30:07	124

JUNIOR BOYS

Jon Herrera	17:56	39
Alex Villanueva	18:05	43
Brandon Heredia	18:31	55
Alex Salter	20:05	101
Eric Li	22:07	125

Henry Boule	23:36	138
Chris Wight	24:23	150
Kyle Goins	25:04	155

JUNIOR GIRLS

Heather Miyoshi	24:45	61
Michelle Angulo	25:57	67
Laura Yamashiro	27:34	74

SOPH BOYS

Kent Morikawa	16:38	3
Mario Gonzalez	16:49	8
Josh Jackson	17:36	21
Dennis Momohara	17:56	27
Aaron Brown	17:59	29
Patrick Treacy	19:34	89
Eric Son	19:38	92
Eleazar Franco	19:44	98
Russel Salinger	20:01	114
Sean Mizokami	21:21	147
Ryan Butt	21:28	151
Kevin Matsuoka	21:59	171
Troy Evans	24:50	212
Eric Baba	24:53	214
Samuel Barke	25:43	219
Carlos Mendoza	27:03	225



SOPH GIRLS

Rachael Lyons	21:02	11
Patti Sponaule	21:13	16
Gysselle Rocha	22:37	41
Christie Matsukawa	24:07	63
Caitlin Martin	25:27	84

Anastasia Romero	25:58	88
Natasha Messer	26:05	92
Kristin Iizuka	27:15	108
Jennifer Gonzales	28:23	113

FROSH GIRLS

Natalie Friess	22:23	29
Katie Redderson-Lear	22:54	37
Emi Ito	24:03	53

FROSH BOYS

Joshua Morris	19:11	41
Michael Suwa	19:24	52
Noah Lopez	22:13	131
Steven Reyes	22:19	135
Kyle Tuliglowski	27:07	191
Noah Ortega	29:52	200
Pat Lynch	no time	202

2004 season...

non league meet

woodbridge invitational

Woodbridge High School - Irvine

September 18, 2004

FROSH BOYS	Time	Place
Joshua Morris	18:38	33
Steven Reyes	19:41	63
Noah Lopez	19:52	69
Michael Cuellar	22:21	132
Sean Xia	23:34	153
Kyle Tuligowski	25:39	170
Noah Ortega	27:06	179
Patrick Lynch	29:17	184

16th Place Team Finish /18

SOPH BOYS



Mario Gonzalez	15:44	1
Kent Morikawa	15:49	2
Aaron Brown	17:00	14
Joshua Jackson	17:03	17
Dennis Momohara	17:28	26
Patrick Traecy	18:13	62
Eric Son	18:16	67
Russell Salinger	18:54	92
Sean Mizokami	19:36	112
Kevin Matsuoka	19:42	117
Elliot Young	19:55	132
Ryan Butt	19:58	134
Adam Stieber	20:58	177

1st Place Team Finish / 17

**JUNIOR BOYS**

Paul Brazeal	16:12	6
Alex Villanueva	16:55	18
Jon Herrera	17:13	27
Brandon Heredia	17:45	45
Alex Salter	18:41	74
Carlos Ramirez	19:54	107
Eric Li	20:56	127
Pauvid Choi	21:44	147
Henry Boule	21:55	153
Edwin Mathews	22:45	164
Chris Wight	22:59	167
Kyle Goins	23:34	169

2nd Place Team Finish /14

SENIOR BOYS

Ryan Raya	16:14	15
Ryan Algenio	18:04	76
Tim Froehlig	18:42	99
Chris Brackert	19:32	124
Kirk Baughfman	21:04	147
Greg Oden	22:53	165

14th Place Team Finish /16

FROSH GIRLS

Natalie Friess	21:10	13
Kate Redderson-Lear	22:53	35
Nina Yu	25:54	90

SOPH GIRLS

Gysselle Rocha	21:41	23
Kasey Osborn	21:42	25
Christie Matsukawa	22:00	33
Catilin Martin	23:44	73
Anastasia Romero	24:03	76

5th Place Team Finish /15

JV GIRLS

Mary Sponaugle	21:14	10
Michelle Angulo	24:50	94
Marielle Ramillano	25:07	99
Laura Yamashiro	27:02	136

VARSITY GIRLS

Rachael Lyons	19:13	12
Chi Le	19:47	32
Patti Sponaugle	20:30	58
Kady Lyons	20:33	60
McPheeters, Erica	20:35	63
Pamela Li	21:01	80
Nicole Higashiyama	22:03	112

7th Place Team Finish /25

2004 season...

Pioneer League

Torrance vs. Palos Verdes, North Torrance, Lawndale & Centennial

Peninsula Course

September 23, 2004

VARSITY BOYS

	TIME	PLACE	
Kent Morikawa	17:49	1	Torrance - 26
Paul Brazeal	18:51	4	Palos Verdes - 38
Mario Gonzalez	18:55	5	North Torrance - 62
Ryan Raya	19:29	7	Centennial - No Score
Alex Villanueva	19:36	9	Lawndale - No Score
Aaron Brown	19:59	13	
Dennis Momohara	20:08	14	

VARSITY GIRLS

Rachael Lyons	22:16	1	Torrance - 21
Chi Le	22:36	2	North Torrance 48
Erica McPheeters	22:45	4	Palos Verdes - 55
Kady Lyons	22:46	5	Centennial - No Score
Pamela Li	23:30	9	Lawndale - No Score
Patti Sponaule	24:01	12	
Mary Sponaule	24:39	17	

JV BOYS

Jon Herrera	20:01	1	Torrance - 18
Brandon Heredia	20:05	2	North Torrance - 41
Ryan Algenio	20:19	3	Palos Verdes -45
Alex Salter	20:31	4	Centennial - 65
Eric Son	21:22	8	Lawndale - No Score
Pat Treacy	21:25	9	
Tim Froehlig	21:29	10	
Jose Cruz	21:35	11	
Eleazar Franco	21:42	14	
Russell Salinger	21:51	15	
Chris Brackert	22:00	16	
Ramon Cruz	22:15	18	

Elliot Young	22:40	22
Kevin Matsukawa	22:51	24
Ryan Butt	22:54	25
Sean Mizokami	23:03	26
Charles Tamae	23:59	33
Carlos Ramirez	24:02	34
Eric Li	24:11	38
Kirk Baughfman	24:48	42
Pauvid Choi	25:08	43
Henry Boule	25:26	45
Adam Stieber	25:33	46
Chris Wight	25:54	49
Edwin Matthews	26:12	51
Brian Park	26:13	53
Greg Oden	26:14	54
Sam Barke	26:28	57
Kyle Goins	27:25	60
Eric Baba	29:08	68
Carlos Mendoza	31:51	70

JV GIRLS

Nicole Higashiyama	24:07	1	Torrance - 28
Gysselle Rocha	24:23	3	Palos Verdes 48
Natalie Friess	24:39	4	North Torrance 53
Katie Redderson-Lear	25:35	9	Lawndale - 112
Courtney Chiang	26:00	11	Centennial - No Score
Emi Ito	26:23	12	
Christie Matsukawa	26:39	16	
Heather Miyoshi	26:44	18	
Caitlin Martin	27:02	20	
Anastasia Romero	27:10	21	
Marielle Ramillano	27:44	24	
Natalie Messer	28:27	25	
Michelle Angulo	28:40	26	
Akari Sato	29:54	29	
Nina Yu	30:04	31	
Kristin Iizuka	30:46	32	
Ruby Gracia	31:16	34	
Laura Yamashiro	31:17	35	

Crystal Velasco	37:17	47
-----------------	-------	----

FROSH BOYS

Michael Suwa	21:34	4	Palos Verdes - 25
Josh Morris	22:03	8	North Torrance - 43
R. Lee	24:08	21	Torrance - 66
Michael Cuellar	25:24	26	Lawndale - No entries
Noah Lopez	25:33	27	Centennial - No entries
Lucas Oliveira	25:59	28	
Shintaro Kimura	27:32	33	
Jeffrey Ham	27:41	34	
R. Martinez	27:44	35	
Kyle Tuligowski	28:19	37	
Sean Xia	28:35	39	
Jared DeCastro	29:26	41	
Minho Han	33:08	44	
Pat Lynch	33:09	45	
Noah Ortega	33:53	46	

2004 season...

non league meet

south bay cup

Columbia Park

September 28, 2004

VARSITY GIRLS	TIME	PLACE
Rachael Lyons	18:53	9
Chi Le	19:23	14
Kady Lyons	19:55	23
Pamela Li	20:17	30
Erica McPheeters	20:22	31
Patti Sponaule	20:29	33
Nicole Higashiyma	21:02	42

Team Finish 3rd / 11



VARSITY BOYS

Kent Morikawa	15:26.89	7
Mario Gonzalez	15:31.07	9
Paul Brazeal	15:57.99	19
Ryan Raya	16:04.20	21
Aaron Brown	16:54.42	36
Alex Villanueva	17:07.43	42
Josh Jackson	18:22.66	77

Team Finish 3 / 13



JUNIOR VARSITY GIRLS

Kasey Osborn	20:59	10
Mary Sponaugle	20:59	11
Gysselle Rocha	20:59	12
Christie Matsukawa	21:42	17
Heather Miyoshi	22:30	32
Caitlin Martin	22:53	38
Courtney Chiang	23:14	44
Marielle Ramillano	23:29	50
Anastasia Romero	23:32	51
Stephanie Picker	24:00	58
Michelle Angulo	24:35	67
Kristin Iizuka	25:31	75
Laura Yamashiro	25:46	81
Jennifer Gonzales	26:02	90
Stephanie Hirai	27:49	115
Crystal Velasco	28:45	123
Sophia Mendoza	29:38	130
Crystal Ramirez	31:29	135



Team Finish 2nd / 10

JUNIOR VARSITY BOYS

Jon Herrera	17:07	3
Brandon Heredia	17:21	7



Ryan Algenio	17:37	12
Chris Brackert	18:17	20
Tim Froehlig	18:20	22
Alex Salter	19:34	51
Eric Li	20:18	71
Edwin Mathews	20:42	84
Kirk Baughfman	20:52	89
Pauvid Choi	20:56	92
Brian Park	21:34	109
Henry Boule	21:40	115
Greg Oden	21:42	117
Chris Wight	22:47	128
Kyle Goins	23:28	138



Team Finish 2nd / 13

SOPHOMORE BOYS

Ramon Cruz	16:46	5
Dennis Momohara	17:10	15
Jose Cruz	17:18	18
Patrick Treacy	17:39	22
Eric Son	18:08	36
Russell Salinger	18:30	47
Eleazar Franco	18:49	55
Adam Stieber	19:21	68
Kevin Matsuoka	19:22	69
Elliot Young	19:39	73
Ryan Butt	19:47	76
Charles Tamae	19:58	78
Sean Mizokami	20:30	95
Samuel Barke	22:02	116
Troy Evans	22:09	119
Eric Baba	23:02	124
Rudy Hernandez	26:07	134

Carlos Mendoza	26:15	135
Daryl Hennegan	29:52	136

Team Finish 4th / 9

FRESHMAN GIRLS

Natalie Friess	20:36	2
Kate Redderson-Lear	22:00	10
Emi Ito	22:20	12
Akari Sato	23:46	33
Niny Yu	25:45	51
Amy Coate	25:54	52
Michelle Cho	26:38	62



Team Finish 4th / 7

FRESHMAN BOYS

Michael Suwa	18:09	19
Josh Morris	19:06	42
Steven Reyes	19:14	44
Noah Lopez	19:23	48
Robert Lee	20:33	84
Michael Cuellar	20:40	89
Lucas Oliveira	20:50	94
Shintaro Kimura	21:58	122
Minho Han	22:04	128
Sean Xia	23:22	150
Jared DeCastro	23:37	155
Jeffrey Ham	24:48	166
Pat Lynch	26:26	174
Noah Ortega	26:36	175

Team Finish 7th / 10

2004 season...

non league meet

warren stauffer invitational...

Hollydale Park - South Gate

Distance - 3 miles

October 2, 2004

Boys Overall Team Finish 4th - out of 28 teams

Girls Overall Team Finish 3rd - out of 26 teams



SENIOR BOYS	TIME	PLACE
Ryan Raya	16:03	9
Ryan Algenio	17:37	38
Chris Brackert	18:58	65
Kirk Baughfman	20:56	89
Greg Oden	21:20	96
Team Finish - 12th /13		

SENIOR GIRLS



Chi Le	19:07	3
Kady Lyons	20:04	8
Erica McPheeters	20:27	10
Pamela Li	20:32	11
Mary Sponauble	20:55	18



Nicole Higashiyama	21:24	28
Marielle Ramillano	23:18	47
Jenessa Rocha	26:39	67
Crystal Velasco	27:45	74

JUNIOR BOYS



Paul Brazeal	15:58	4
Alex Villanueva	17:02	16
Jon Herrera	17:21	26
Brandon Heredia	17:46	39
Alex Salter	17:53	44
Carlos Ramirez	19:50	87
Eric Li	20:19	96
Edwin Mathews	20:31	100
Brian Park	21:00	105
Pauvid Choi	21:37	109
Jenry Boule	22:40	118
Kyle Goins	22:45	119
Fred Kim	23:00	122

JUNIOR GIRLS

Heather Miyoshi	22:19	36
Courtney Chiang	23:25	49
Michelle Angulo	24:28	54
Laura Yamashiro	27:50	82

SOPH BOYS



Kent Morikawa	16:04	1
Aaron Brown	17:07	15
Ramon Cruz	17:15	18
Dennis Momohara	17:15	19



Jose Cruz	17:20	20
Patrick Traecy	17:38	26
Eric Son	18:20	44
Russell Salinger	19:18	68
Ryan Butt	19:21	71
Adam Steiber	19:36	81
Elliot Young	19:53	88
Kevin Matsuoka	19:57	91
Charles Tamae	20:03	94
Eric Baba	22:41	135
Troy Evans	23:21	139
Carlos Menodza	24:00	147

SOPH GIRLS



Rachael Lyons	18:52	4
Patti Sponaugle	20:25	13
Gyselle Rocha	21:16	22
Kasey Osborn	21:20	23
Christie Matsukawa	22:21	41
Caitlin Martin	22:56	50
Natasha Messer	23:10	56
Anastasia Romero	23:38	59
Stephanie Picker	24:47	75
Sophia Mendoza	28:15	116
Crystal Romero	28:20	117

FROSH GIRLS

Natalie Friess	21:16	12
Nina Yu	25:05	59
Amy Coate	26:34	72
Michelle Cho	unk	82

FROSH BOYS

Michael Suwa	18:33	24
Joshua Morris	18:34	25
Steven Reyes	19:37	53
Michael Cuellar	21:10	71

Noah Lopez	21:35	76
Lucas Oliveira	22:20	85
Minho Han	22:30	87
Shintaro Kimura	23:55	104
Jared Decastro	24:45	114
Sean Xia	25:15	120
Kyle Tuligowski	25:25	122
Noah Ortega	26:10	131
Patrick Lynch	26:30	135
Team Finish 7th/12		

2004 season...

non league meet

Torrance vs. Beverly Hills and Mira Costa

Rancho Park

October 6, 2004

VARSITY BOYS

TIME

Kent Morikawa	15:51	Mira Costa 25
Mario Gonzalez	16:02	Torrance 54
Paul Brazeal	16:55	Beverly Hills 64
Jon Herrera	17:33	
Brandon Heredia	17:47	
Ryan Algenio	17:51	
Alex Villanueva	17:59	

VARSITY GIRLS

Rachael Lyons	19:19	Mira Costa 25
Chi Le	19:19	Torrance 42
Pamela Li	20:33	Beverly Hills 66
Natalie Friess	20:56	
Kady Lyons	21:24	
Erica McPheeters	dnf	

JV BOYS

Ramon Cruz	17:23	Mira Costa 21
Jose Cruz	17:26	Torrance 46
Patrick Tracey	17:50	Beverly Hills unk
Alex Salter	18:17	
Russell Salinger	18:35	
Eric Son	18:40	
Eleazar Franco	18:46	
Chris Brackert	19:06	
Kevin Matsuoka	19:27	
Ryan Butt	19:44	
Elliot Young	19:47	
Charles Tamae	19:47	
Edwin Mathews	20:19	

Carlos Ramirez	20:32
Kirk Baughfman	20:42
Adam Steiber	21:03
Eric Li	21:19
Brian Park	21:33
Henry Boule	21:38
Kyle Goins	22:14
Greg Oden	22:15
Troy Evans	22:15
Sam Barke	22:26
Pauvid Choi	22:30
Eric Baba	22:38
Carlos Menodza	26:15

JV GIRLS

Katie Redderson-Lear	21:39	Mira Costa 19
Emi Ito	22:49	Beverly Hills 43
Courtney Chiang	23:13	Torrance 59
Marielle Ramillano	23:58	
Michelle Angulo	24:35	
Akari Sato	24:38	
Janessa Rocha	24:44	
Kristin Iizuka	24:55	
Stephanie Picker	24:58	
Nina Yu	25:49	
Michelle Cho	27:22	
Laura Yamashiro	28:25	
Jennifer Gonzalez	29:21	
Anastasia Romero	29:21	
Kasey Osborn	29:24	
Crystal Ramirez	30:05	
Vanessa Angulo	32:17	

FROSH BOYS

Josh Morris	18:45	Mira Costa 35
Michael Suwa	19:21	Torrance 79
Steven Reyes	19:40	Beverly Hills 86
Michael Cuellar	20:44	
Bobby Lee	21:00	
Shintaro Kimura	21:25	

Noah Lopez	21:29
Minho Han	21:34
Andrew Kim	21:45
Kyle Tuligowski	22:54
Jared DeCastro	22:59
Sean Xia	24:07
Noah Ortega	25:52
Eric Hepperle (soph ran)	26:44
Pat Lynch	26:46

2004 season...

Pioneer League

Torrance vs. Palos Verdes, North Torrance, Lawndale & Centennial

Columbia Park

October 14, 2004

VARSITY BOYS

	TIME	PLACE	
Kent Morikawa	16:18	1	Torrance - 17
Ryan Raya	16:25	2	Palos Verdes - 43
Paul Brazeal	16:29	3	North Torrance - 64
Mario Gonzalez	16:30	4	Centennial - No Entries
Aaron Brown	17:19	7	Lawndale - No Score
Dennis Momohara	17:36	10	
Alex Salter	17:59	13	

VARSITY GIRLS

Rachael Lyons	19:59	1	Torrance - 31
Chi Le	20:00	2	Palos Verdes - 35
Pamela Li	20:42	7	North Torrance - 62
Kady Lyons	20:55	10	Centennial - No Score
Patti Sponaugle	21:08	11	Lawndale - No Score
Natalie Friess	21:10	12	
Gysselle Rocha	21:11	13	

JV BOYS

Alex Villanueva	17:40	1	Torrance - 15
Pat Treacy	17:45	2	North Torrance - 49
Jon Herrera	17:56	3	Palos Verdes - 86
Ramon Cruz	18:11	4	Lawndale - 106
Jose Cruz	18:11	5	Centennial - No Score
Ryan Algenio	18:26	8	
Eric Son	18:52	9	
Josh Jackson	19:07	10	
Kevin Matsukawa	19:19	13	
Russell Salinger	19:23	15	
Tim Froehlig	19:32	16	
Elliot Young	19:42	17	

Carlos Ramirez	19:43	18
Eleazar Franco	19:45	21
Ryan Butt	20:05	25
Adam Steiber	20:10	28
Charles Tamae	20:12	29
Kirk Baughfman	21:05	35
Brian Park	21:42	44
Chris Wight	21:46	45
Sean Mizokami	21:50	47
Samuel Barke	22:12	54
Henry Boule	22:15	55
Greg Oden	22:18	56
Eric Baba	22:36	58
Sean Xia	24:16	65
Troy Evans	24:51	67
Eric Hepperle	25:05	68
Carlos Mendoza	26:06	72

JV GIRLS

Mary Sponagle	22:00	1	Palos Verdes - 31
Kasey Osborn	22:14	3	Torrance - 32
Nicole Higashiyama	22:44	8	North Torrance - 72
Emi Ito	22:59	9	Lawndale - 112
Caitlin Martin	23:12	11	Centennial - No Entries
Tasha Messer	23:12	12	
Christie Matsokawa	23:15	13	
Joy Joung	23:36	15	
Anastasia Romero	23:43	16	
Stephanie Picker	24:11	18	
Courtney Chiang	24:16	20	
Janessa Rocha	24:48	25	
Michelle Angulo	24:55	27	
Kristin Iizuka	25:00	28	
Amy Coate	25:05	29	
Akari Sato	25:13	32	
Marielle Ramillano	25:28	34	
Jennifer Gonzalez	26:16	36	
Nina Yu	26:47	40	
Heather Miyoshi	27:08	41	

Stephanie Hirai	27:45	45
Crystal Velasco	28:41	46
Crystal Ramirez	29:21	49
Vanessa Angulo	33:33	53

FROSH BOYS

Josh Morris	19:04	5	Palos Verdes - 35
Steven Reyes	19:06	6	North Torrance - 37
Michael Suwa	19:15	8	Torrance - 54
Michael Cuellar	21:09	20	Lawndale - No entries
Lucas Oliveria	21:11	21	Centennial - No entries
Raul Martinez	21:13	23	
Minho Han	22:01	26	
Shintaro Kimura	22:33	29	
Jared DeCastro	23:59	30	
Jeff Ham	23:12	31	
Kyle Tuligowski	25:50	38	
Pat Lynch	26:11	39	
Noah Ortega	26:29	40	
Donald Shin	27:42	41	

2004 season...

non league meet

santa clarita invitational

Lake Castaic - 3.0 miles

October 16, 2004

VARSITY BOYS	Final Time	Place
Paul Brazeal	15:56	21
Ryan Raya	16:02	28
Mario Gonzalez	16:41	51
Aaron Brown`	17:00	61
Dennis Momohara	17:22	82
Brandon Heredia	17:31	118
Ryan Algenio	17:45	125

TEAM PLACE: 6th/21

VARSITY GIRLS

Chi Le	19:35	18
Erica McPheeters	20:14	34
Patti Sponaugle	20:39	43
Gysselle Rocha	20:49	48
Pamela Li	20:50	49
Kasey Osborn	21:07	57
Mary Sponaugle	21:17	60

TEAM PLACE 6th/13

JUNIOR VARSITY GIRLS

Emi Ito	22:20	40
Natasha Messer	22:23	41
Anastasia Romero	22:27	45
Christie Matsokawa	22:48	50
Marielle Ramillano	24:02	71
Janessa Rocha	24:14	77
Akari Sato	24:17	79
Amy Coate	24:39	88

Crystal Velasco	28:28	137
Sophia Mendoza	28:45	139

TEAM PLACE 5th / 11

JUNIOR VARSITY BOYS

Chris Brackert	18:39	52
Tim Froehlig	19:35	77
Carlos Ramirez	19:41	80
Kirk Baughfman	20:09	96
Greg Oden	21:55	110

TEAM PLACE: 8th/9th

FROSH/SOPH BOYS

Russell Salinger	18:07	52
Michael Suwa	18:54	77
Josh Morris	19:02	84
Sean Mizokami	19:20	103
Steven Reyes	19:44	124
Michael Cuellar	20:33	166
Minho Han	20:36	167
Shintaro Kimura	21:30	195
Jared DeCastro	22:18	215
Sean Xia	23:09	222
Kyle Tuligowski	23:56	227
Eric Hepperle	24:48	234
Carlos Mendoza	25:11	237

TEAM PLACE: 8th/16th

2004 season...

non league meet

mt sac invitational

WHERE: Mt. San Antonio College, Walnut

DISTANCE: 3 MI

DATE: October 23, 2004

BOYS VARSITY

	Time	Place
Kent Morikawa	15:54	7
Ryan Raya	16:35	27
Paul Brazeal	16:38	29
Alex Villanueva	17:10	67
Mario Gonzalez	17:11	69
Jon Herrera	17:23	84
Aaron Brown	17:54	118

Team Finish 4th /11

GIRLS VARSITY

Rachael Lyons	19:32	9
Chi Le	19:47	13
Kady Lyons	20:51	32
Erica McPheeters	21:23	49
Pamela Li	21:26	50
Patti Sponaugle	21:37	54
Gysselle Rocha	21:57	65

Team Finish 6th/17

BOYS JUNIOR VARSITY

Ryan Algenio	17:58	7
Brandon Heredia	18:03	8
Alex Salter	18:30	22
Chris Backert	18:47	30
Tim Froehlig	19:04	34
Kirk Baughfman	20:32	69

Brian Park	21:16 80
Kyle Goins	21:42 86
Chris Wight	21:45 87
Henry Boule	21:56 89
Greg Oden	22:02 90

Team Finish 4th/11

GIRLS JUNIOR VARSITY



Mary Sponaugle	21:55 7
Nicole Higashiyama	22:52 21
Heather Miyoshi	23:11 30
Courtney Chiang	23:38 40
Marielle Ramillano	24:10 53
Janessa Rocha	24:49 64
Michelle Angulo	26:00 86
Crystal Velasco	29:21 119
Laura Yamashiro	unk 133

Team Finish 3rd/14

BOYS SOPH



Dennis Momohara	17:54 9
Ramon Cruz	17:58 12
Patrick Treacy	18:26 24
Josh Jackson	18:36 28
Jose Cruz	18:52 30
Eric Son	19:01 34
Russell Salinger	19:01 35
Elliot Young	19:24 47
Eleazar Franco	19:33 53
Charles Tamae	19:41 58
Adam Steiber	19:42 59
Ryan Butt	19:46 63

Sean Mizokami	20:16	71
Kevin Matsuoka	20:23	75
Sam Barke	22:55	114
Eric Baba	23:04	116
Troy Evans	23:54	122
Carlos Mendoza	26:18	129
Eric Hepperle	26:46	131
Team Finish 2nd /11		

GIRLS SOPH



Caitlin Martin	23:02	31
Christie Matsukawa	23:08	33
Kasey Osborn	23:18	35
Joy Joung	23:47	42
Natalie Messer	23:51	45
Anastasia Romero	24:53	67
Stephanie Picker	25:23	72
Jennifer Gonzalez	27:35	105
Stephanie Hirai	28:15	115
Team Finish 2nd /12		

BOYS FROSH

Michael Suwa	19:34	33
Joshua Morris	19:43	37
Noah Lopez	20:08	52
Steven Reyes	21:53	88
Michael Cuellar	21:56	90
Lucas Oliveira	22:05	96
Raul Martinez	22:17	99
Jared Decastro	23:32	118
Kyle Tuliglowski	23:59	127
Sean Xia	24:00	128
Jeffrey Ham	24:09	129
Andrew Kim	25:13	146
Patrick Lynch	unk	154

Donald Shin

unk 156

Team Finish 8th /13

GIRLS FROSH

Natalie Friess

22:45 22

Amy Coate

26:22 76

Nina Yu

27:27 89

Michelle Cho

unk 102

No team score (less than 5)

2004 season...

Pioneer League

League Finals

Columbia Park

November 4, 2004

VARSITY BOYS	TIME	PLACE	
Kent Morikawa	17:06	1	Torrance - 21
Ryan Raya	17:25	2	Palos Verdes - 46
Mario Gonzalez	17:45	5	North Torrance - 67
Paul Brazeal	17:49	6	Centennial - 114
Dennis Momohara	18:23	7	Lawndale - No Score
Aaron Brown	18:56	9	
John Herrera	19:02	11	

VARSITY GIRLS	TIME	PLACE	
Rachael Lyons	20:47	1	Torrance - 25
Chi Le	20:48	2	Palos Verdes - 33
Pamela Li	21:39	6	North Torrance - 66
Kady Lyons	21:47	7	Centennial - 120
Erica McPheeters	21:54	9	Lawndale - No Score
Gysselle Rocha	22:31	12	
Christie Matsukawa	23:27	18	

JV BOYS	TIME	PLACE	
Alex Villanueva	18:19	1	Torrance - 17
Jose Cruz	18:24	2	North Torrance - 49
Ramon Cruz	18:28	3	Palos Verdes -73
Ryan Algenio	18:51	5	Lawndale - No Score
Brandon Heredia	18:54	6	Centennial - No Score
Patrick Traecy	19:02	7	
Josh Jackson	19:11	8	
Chris Brackert	19:35	10	
Eric Son	19:56	11	
Eleazar Franco	20:14	13	
Kevin Matsuoka	20:18	14	
Russell Salinger	20:27	16	

Tim Froehlig	20:29	17
Elliot Young	20:30	18
Ryan Butt	20:36	19
Charles Tamae	20:38	22
Carlos Ramirez	20:49	24
Alex Salter	21:06	25
Adam Stieber	21:12	26
Kirk Baughfman	21:28	28
Edwin Mathews	21:57	32
Sean Mizokami	22:09	39
Brian Park	22:34	45
Chris Wight	22:45	47
Samuel Barke	23:10	49
Henry Boule	23:13	50
Kyle Goins	23:24	51
Eric Li	23:39	55
Troy Evans	23:45	56
Eric Baba	23:48	57
Greg Oden	24:11	60
Rudy Hernandez	24:50	64
Eric Hepperle	25:37	67
Carlos Mendoza	26:28	69
Darryl Hennegan	28:37	73

JV GIRLS

Mary Sponaule	22:15	1	Palos Verdes - 34
Caitlin Martin	22:57	5	Torrance - 34 (6th place runner)
Nicole Higashiyma	23:10	7	North Torrance - 64
Emi Ito	23:29	10	Lawndale - 116
Joy Juong	23:32	11	Centennial - No Score
Kasey Osborn	24:03	15	
Stephanie Picker	24:09	17	
Natalie Messer	24:17	18	
Anastasia Romero	24:24	19	
Janessa Rocha	24:37	22	
Courtney Chiang	24:45	23	
Marielle Ramillano	25:13	25	
Heather Miyoshi	25:24	26	
Katie Redderson-Lear	25:26	27	

Nina Yu	25:43	30
Akari Sato	25:52	33
Amy Coate	26:14	34
Michelle Angulo	26:48	40
Jennifer Gonzalez	27:42	42
Crystal Ramirez	27:45	43
Stephanie Hirai	27:45	44
Michelle Cho	27:58	45
Laura Yamashiro	30:22	53
Crystal Velasco	30:47	56
Vanessa Angulo	34:14	59

FROSH BOYS

Noah Lopez	20:04	7	Palos Verdes - 31
Joshua Morris	20:06	8	North Torrance - 38
Steven Reyes	20:09	9	Torrance - 54
Michael Suwa	20:25	12	Lawndale - No score
Minho Han	21:22	18	Centennial - No score
Raul Martinez	21:33	19	
Michael Cuellar	21:39	21	
Robert Lee	22:16	27	
Andrew Kim	22:16	28	
Jared DeCastro	23:13	34	
Lucas Oliveira	23:13	35	
Shintaro Kimura	23:32	37	
Kyle Tuliglowski	23:33	38	
Jeffrey Ham	23:37	39	
Sean Xia	24:09	41	
Patrick Lynch	27:25	46	
Noah Ortega	27:43	47	

2004 season...

non league meet

cif prelims

Mt Sac College - Walnut

Distance - 2.91 miles

November 13, 2004

	Final Time	Place
Kent Morikawa	16:21	6
Mario Gonzales	16:37	12
Ryan Raya	16:45	18
Paul Brazeal	17:21	44
Alex Villanueva	17:25	48
Dennis Momohara	17:32	54
Aaron Brown	18:56	94

Finish 4th / 15 - **ADVANCE TO CIF FINALS**

Rachael Lyons	19:45	17
Chi Le	20:18	29
Kady Lyons	21:03	48
Erica McPheeters	21:28	55
Pamela Li	21:34	60
Patti Sponaule	21:56	70
Mary Sponaule	22:18	74
Finish 4th / 13		

2004 season...

non league meet

cif finals

Mt. Sac. College - Walnut

Distance - 2.91 miles

November 20, 2004

Name	Final Time	Place
Kent Morikawa	15:59	24
Ryan Raya	16:08	35
Mario Gonzalez	16:34	57
Alex Villanueva	16:43	67
Paul Brazeal	16:46	74
Dennis Momohara	17:06	94
Josh Jackson	17:27	109
Team Place 10th/16		