



LA SALLE

2023

Cross Country

AWARDS CEREMONY

SUNDAY, DECEMBER 3, 2023

DINING HALL

12:30 P.M.

2023 Cross Country Team Photo Compilation



COACHING STAFF



Assistant Joe Blackman, Head Coach Austin Williams, Assistant Duane Norris

2023 Coaching Staff

Head Coach	Austin Williams '09
Assistant Coach	Joseph Blackman '89
Assistant Coach	Duane Norris



Boys' Varsity

(from l to r)

Top Row - Coach Williams

Nathan Grabias '24

William Hu '27

Keanu Widjaja '24

Daniel Alvarez '25

Bottom Row -

Oliver Chow '27

Joshua Garza '24

Lucas LeDuff '26

<u>Varsity Boys School</u>	<u>Don Knabe Regional Park</u>	<u>Hollydale</u>	<u>Finals - Santa Fe Dam</u>	<u>Total Points</u>
Cathedral	5	4	5	14
Don Bosco Tech	4	3	4	11
Salesian	3	2	3	8
Bishop Amat	2	1	2	5
La Salle	1	0	1	2



JUNIOR VARSITY BOYS' -

(Top Row), Luke Copeland '25,

Avery Kachmarksky '24,

Bryce Patterson '27, Ari

Zhang '27, Edward (Teddy)

Miller (Bottom Row) Grant Demers

'27, Zade Abernathy '26,

Roan Murray '27, Daniel

Farias '27, Ryan Almond '25

<u>Junior Varsity Boys School</u>	<u>Don Knabe Regional Park</u>	<u>Hollydale</u>	<u>Finals - Santa Fe Dam</u>	<u>Total Points</u>
Don Bosco Tech	4	Unk	4	8
Cathedral	3	Unk	3	6
Salesian	2	Unk	2	4
La Salle	1	0	1	2
Bishop Amat	0	0	0	0



Girls' Cross Country

(from l to r):

Raquel Rios '27
 Santana Simon '24
 Giulia Bhatia '24*
 Jessica Frias '24
 Abigail Pesja '24
 Taibitha Frumento '25

Captain Princess Olivia
 Bohanec '24 (on the Rose Court)

* = all Camino Real League

Varsity Girls Camino Real LEAGUE Standing

<u>School</u>	<u>Don Knabe Regional Park</u>	<u>Hollydale</u>	<u>Finals - Santa Fe Dam</u>	<u>Total Points</u>
Cantwell Sacred Heart of Mary	5	6	5	16
Ramona Convent	2	5	4	11 (6 th Runner)
Sacred Heart of Jesus	4	4	3	11
La Salle	3	3	2	8
St. Monica	1	3	1	5
St. Pius X - St. Mathias	0	1	0	1
St. Anthony	0	0	0	0



Junior Varsity Girls Ashley Hong '26, Itsiana Estrada '27, Farrah McGarry '25, Emily Fong

Junior Varsity Girls Camino Real LEAGUE Standing

<u>School</u>	<u>Don Knabe Regional Park</u>	<u>Hollydale</u>	<u>Finals - Santa Fe Dam</u>	<u>Total Points</u>
Ramona Convent	6	Unk	6	12
Sacred Heart of Jesus	5	Unk	5	10
Cantwell Sacred Heart of Mary	0	Unk	0	0
La Salle	0	Unk	0	0
St. Monica	0	Unk	0	0
St. Pius X-St. Mathias	0	Unk	0	0
St. Anthony	0	Unk	0	0

Rosemead (Based on 3 mile course)

TOP 10 FEMALE PERFORMERS		TIME	YEAR	TOP 10 MALE PERFORMERS		TIME	YEAR
1	Samantha Knapp '18	19:23.5	2017	1	Alexandro Alvarez '23	15:09.8	2022
2	Ashley Mayo '18	19:42.0	2015	2	Daniel Piesik '21	16:24.6	2018
3	Makenna Maucher '18	20:04.6	2015	3	Daniel Costello '18	16:50.9	2017
4	Emily Fong '26	21:12.5	2022	4	Nicholas Reynolds '19	16:52.6	2018
5	Olivia Bohanec '24	21:19.3	2021	5	Keanu Widjaja '24	17:32.7	2023
6	Abigail Pejsa '24	21:44.6	2022	6	Michael Brennan '18	17:33.8	2015
7	Giulia Bhatia '24	21:57.2	2022	7	Marcos Vargas '20	17:34.0	2018
8	Maya Magluyan '23	21:57.3	2021	8	Nathan Arellano '25	18:13.8	2022
9	Keanna Lazaro '19	22:12.5	2015	9	Bryan Dionisio '18	18:29.8	2017
10	Maggie O'Hagan '20	22:41.7	2018	10	Max Esquivel '20	18:30.7	2017

Fresno Woodward Park (5K)

1	Shannon Skager '02	19:28	2001	1	Daniel De La Torre '13	15:30	2012
2	Hannah Miller '97	19:32	1995	2	Austin Williams '09	15:40	2008
3	Margaret Sitker '07	19:43	2005	3	Alexandro Alvarez '23	15:42.8	2021
4	Bettina Lee '16	19:49	2013	4	Neil Kalra '00	16:01	1999
5	Makenna Maucher '18	20:20	2014	5	Geoff Wullschlager '93	16:27	1992
6	Gina Clayton '01	20:21	1999	6	Steve Mullen '96	16:36	1995
7	Ashley Mayo '18	20:30	2014	7	Kevin Delaney '89	16:49	1987
8	Nicole Boroumand '01	20:31	1999	8	Marcus Van Doren '91	16:58	1989
9	Abigail Marich '16	20:34	2013	9	Brian Conroy '09	17:04	2008
9	Allison Hutchcraft '01	20:34	1999	10	Aron Miller '90	17:22	1989

For information related to the top ten times go to: [XC Top Ten \(frejoytf.com\)](http://www.frejoytf.com)

South Gate Hollydale Park (3 miles)

1	Olivia Bohanec '24	18:41.9	2022	1	Alexandro Alvarez '23	14:52.7	2021
2	Makenna Maucher '18	18:46.7	2014	2	Daniel Costello '18	16:34.0	2017
3	Hannah Howard '16	19:13.2	2014	3	Daniel Piesek '21	16:38.0	2018
4	Samantha Knapp '18	19:15.7	2014	4	Noah Sisson '16	16:43.0	2014
5	Abigail Marich '16	19:24.9	2014	5	Michael Brennan '18	16:48.0	2014
6	Ashley Mayo '18	19:32.8	2014	6	Nicholas Reynolds '19	17:09.0	2018
7	Giula Bhatia '24	20:40.5	2023	7	Keanu Widjaja '24	17:14.4	2022
8	Maya Magluyan '23	20:50.4	2021	8	Nathan Arellano '25	17:15.9	2022
9	Abigail Pejsa '24	21:15.9	2022	9	Michael Gibbs '17	17:19.0	2016
10	Jacqueline Tooley '16	21:40.3	2014	10	Marcos Vargas '20	17:29.0	2018

For Top Ten Lists related to Cal Poly Pomona, College of the Canyons, La Mirada County, Mt. SAC, Edgewood, Creekside Park, Fastback Shootout and other courses please go to this page: <http://www.frejoytf.com/xc-boys-records.html>

Award	Girls	Boys
Most Valuable Runner		
Most Inspirational		
Most Improved		
Coaches		

