

# ESPN RISE/DyeStatCal 2009 State Meet Stats Package

## Most Improved Boys

Sorry to be so tardy with this, but we wanted to once again honor those athletes in a major competition who managed a significant, quality improvement since last year at the same meet.

Today, we take Boys who raced 17:15 or better in 2009 at the state meet, and who improved at least 30 seconds (roughly ten seconds per mile on the 5k course) since their 2008 appearance at Woodward Park, Now, there are the usual restrictions here, led by the fact that you needed to be in Fresno both years (2008 and 2009) and many quality athletes did not make it both years. We rounded up to the next full second the 2009 times to match what we were supplied with in 2008.

We imagine we missed a few as usual, with name spelling changes from year to year, etc. so inform us please of anyone we did with their stats and we will add them. Girls coming up soon!

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DyeStatCal  
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List of biggest improvers at 2009 State Meet who raced at least 17:15 and improved 30 seconds from their 2008 performance at Woodward Park in that competition.

NAME	GR	SCHOOL	09 TIME	Improvement
Billy Gaudreau	SO	St. Margaret's	16:08.9	125
Christian Gonzales	JR	Exeter Union	16:37.1	113
Jonah Diaz	SO	Palos Verdes	15:16.6	110
Daniel Guerrero	SR	Redwood-Visalia	16:18.7	95
Robert Nguyen	SR	Oakland	17:03.3	87
Alec Borsook	JR	Chadwick	16:44.8	83
Xavier Uranga	SR	Redwood-Visalia	16:44.9	75
James Palaniuk	JR	The York School	16:30.7	74
Peter Cohen	SR	Palos Verdes	15:48.1	74
Brandon Pugh	SO	San Juan Hills	15:41.5	72
Chris Kigar	JR	El Camino	15:19.1	69
Ian Myjer	SR	Mountain View	15:16.7	68
Andrew Zellman	SR	Ukiah	15:39.3	67
Gordon Algermissen	SR	Poly	17:11.6	67
Calvin Davis	SO	Rancho Cucamonga	15:57.9	66
Kyle Rae	JR	Bellarmine	15:47.1	65
Kellen Levy	SR	Clovis West-Fresno	15:38.8	61
Robert Leija	SO	Parlier	16:34.4	61
Corey Coates	SR	Davis Sr.	15:54.9	60
Andrew Lantz	SR	Webb	16:09.4	58
Chet Reyen	JR	Carlmont	16:23.6	58
Allan Hetke	SR	S.L.V.	16:35.5	56

Forrest Shaffer	JR	Petaluma	15:50.9	56
Ned Tannenbaum	JR	San Francisco Universi	16:21.5	56
Andrew Shapero	SR	Laguna Beach	16:10.0	55
Kevin Jorgensen	SR	Yreka	16:08.5	55
Reese Byers	SR	Santa Rosa	15:22.6	55
Eric Causey	SO	La Costa Canyon	15:57.9	54
Luca Signore	SR	Lynbrook	15:26.4	51
Spencer Corwin	SR	St. Margaret's	16:56.8	51
Austin Lamkin	JR	Enterprise	17:13.1	50
Lucas Talavan	SR	St. Ignatius	16:09.8	49
Luis Luna	SO	Piner	15:37.3	48
Ryan Teesdale	JR	Foothill-Pc	17:03.0	48
Tony Ferrari	JR	Bellarmine	16:16.0	48
Weston Strum	SR	Pioneer	15:23.4	48
Eddie Ramos	SR	Patrick Henry	16:03.8	47
Tim Hunt	SR	College Preparatory	17:12.9	46
Carlos Martinez	SR	St. John Bosco	15:18.2	45
Jesus Arceo	SO	Parlier	16:44.1	45
Gavin Ramos	SO	Las Lomas	16:34.0	44
Tom Dowdin	SR	Chico	16:20.3	44
Will Travis	SR	St. Margaret's	17:01.3	44
William Meyer	SR	Carmel	16:41.1	44
Daniel Parker	SR	Chico	15:46.2	43
Trevor Halsted	JR	Davis Sr.	15:31.8	43
Dennis Roth	SR	La Jolla Country Day	16:41.8	42
Alex McGuirk	SR	Mountain View	16:07.5	41
Brian King	SR	Cardinal Newman	15:55.1	41
Dylan Marx	SR	Mt Miguel	15:30.2	41
Jack Nevins	JR	Del Campo	16:02.7	41
Ammar Moussa	JR	Arcadia	14:59.0	40
Javert Solorzano	SR	Granada Hills Charter	15:23.5	40
Kyle Carruthers	SR	El Toro	15:48.5	40
Wayne Smith	SR	Redwood Christian	16:15.2	40
Andrew Ccapatina	JR	Mt Carmel	16:26.8	39
Ben Eversole	JR	Castro Valley	15:49.6	39
Hank Adleman	JR	Harvard-Westlake	17:11.5	39
Juan Navia	SO	Madera South	16:54.4	39
Chase Zukerman	SR	Palos Verdes	15:46.1	38
Kris Frey	JR	El Toro	16:01.1	38
Nick Tammadge	SR	Patrick Henry	16:23.5	38
Daniel Strauss	JR	Christian	17:02.1	37
Ryan Peabody	SR	Aptos	16:03.5	36
Kyle Plutchak	SR	Westview	16:36.6	36
Dillon Shaw	SR	Davis Sr.	16:06.0	35

Nathan Jackson	JR	Big Valley Christian	16:12.5	35
Hugh Dowdy	SR	Petaluma	15:28.9	34
Kyle Lynch	JR	Rancho Buena Vista	16:41.5	34
Osvaldo Albarran	SR	Rancho Buena Vista	16:13.7	34
Wesley DeVoll	SR	Poly	15:39.3	34
P.J. VanBeurden	SR	Morro Bay	16:55.5	33
Philip Kostelnik	JR	Loyola	15:42.4	33
Bryan Carroll	JR	Morro Bay	16:32.9	32
Cameron Barela	JR	Mission Hills	15:41.3	32
Peter Chester	SR	El Camino	16:46.1	32
Peter Wilson	SR	Palo Alto	16:35.8	32
Sumit Misra	SR	Granada Hills Charter	16:30.7	32
Trevor Ehlenbach	JR	San Rafael	16:15.3	32
Leo Banales	SR	Brawley	16:02.9	31
Matt Neev	JR	Laguna Beach	15:43.4	31
Tre Smith	JR	Fairfield	16:58.1	31
Ricardo Penalozza	JR	Redwood-Visalia	17:12.1	30

#### List of Biggest Improvers by Best Times at 2009 State competition

Name	Gr	School	2009	Improvement
Ammar Moussa	JR	Arcadia	14:59.0	40
Jonah Diaz	SO	Palos Verdes	15:16.6	110
Ian Myjer	SR	Mountain View	15:16.7	68
Carlos Martinez	SR	St. John Bosco	15:18.2	45
Chris Kigar	JR	El Camino	15:19.1	69
Reese Byers	SR	Santa Rosa	15:22.6	55
Weston Strum	SR	Pioneer	15:23.4	48
Javert Solorzano	SR	Granada Hills Charter	15:23.5	40
Luca Signore	SR	Lynbrook	15:26.4	51
Hugh Dowdy	SR	Petaluma	15:28.9	34
Dylan Marx	SR	Mt Miguel	15:30.2	41
Trevor Halsted	JR	Davis Sr.	15:31.8	43
Luis Luna	SO	Piner	15:37.3	48
Kellen Levy	SR	Clovis West-Fresno	15:38.8	61
Andrew Zellman	SR	Ukiah	15:39.3	67
Wesley DeVoll	SR	Poly	15:39.3	34
Cameron Barela	JR	Mission Hills	15:41.3	32
Brandon Pugh	SO	San Juan Hills	15:41.5	72
Philip Kostelnik	JR	Loyola	15:42.4	33
Matt Neev	JR	Laguna Beach	15:43.4	31
Chase Zukerman	SR	Palos Verdes	15:46.1	38
Daniel Parker	SR	Chico	15:46.2	43
Kyle Rae	JR	Bellarmino	15:47.1	65
Peter Cohen	SR	Palos Verdes	15:48.1	74

Kyle Carruthers	SR	El Toro	15:48.5	40
Ben Eversole	JR	Castro Valley	15:49.6	39
Forrest Shaffer	JR	Petaluma	15:50.9	56
Corey Coates	SR	Davis Sr.	15:54.9	60
Brian King	SR	Cardinal Newman	15:55.1	41
Calvin Davis	SO	Rancho Cucamonga	15:57.9	66
Eric Causey	SO	La Costa Canyon	15:57.9	54
Kris Frey	JR	El Toro	16:01.1	38
Jack Nevins	JR	Del Campo	16:02.7	41
Leo Banales	SR	Brawley	16:02.9	31
Ryan Peabody	SR	Aptos	16:03.5	36
Eddie Ramos	SR	Patrick Henry	16:03.8	47
Dillon Shaw	SR	Davis Sr.	16:06.0	35
Alex McGuirk	SR	Mountain View	16:07.5	41
Kevin Jorgensen	SR	Yreka	16:08.5	55
Billy Gaudreau	SO	St. Margaret's	16:08.9	125
Andrew Lantz	SR	Webb	16:09.4	58
Lucas Talavan	SR	St. Ignatius	16:09.8	49
Andrew Shapero	SR	Laguna Beach	16:10.0	55
Nathan Jackson	JR	Big Valley Christian	16:12.5	35
Osvaldo Albarran	SR	Rancho Buena Vista	16:13.7	34
Wayne Smith	SR	Redwood Christian	16:15.2	40
Trevor Ehlenbach	JR	San Rafael	16:15.3	32
Tony Ferrari	JR	Bellarmino	16:16.0	48
Daniel Guerrero	SR	Redwood-Visalia	16:18.7	95
Tom Dowdin	SR	Chico	16:20.3	44
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James Palaniuk	JR	The York School	16:30.7	74
Sumit Misra	SR	Granada Hills Charter	16:30.7	32
Bryan Carroll	JR	Morro Bay	16:32.9	32
Gavin Ramos	SO	Las Lomas	16:34.0	44
Robert Leija	SO	Parlier	16:34.4	61
Allan Hetke	SR	S.L.V.	16:35.5	56
Peter Wilson	SR	Palo Alto	16:35.8	32
Kyle Plutchak	SR	Westview	16:36.6	36
Christian Gonzales	JR	Exeter Union	16:37.1	113
William Meyer	SR	Carmel	16:41.1	44
Kyle Lynch	JR	Rancho Buena Vista	16:41.5	34
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Jesus Arceo	SO	Parlier	16:44.1	45

Alec Borsook	JR	Chadwick	16:44.8	83
Xavier Uranga	SR	Redwood-Visalia	16:44.9	75
Peter Chester	SR	El Camino	16:46.1	32
Juan Navia	SO	Madera South	16:54.4	39
P.J. VanBeurden	SR	Morro Bay	16:55.5	33
Spencer Corwin	SR	St. Margaret's	16:56.8	51
Tre Smith	JR	Fairfield	16:58.1	31
Will Travis	SR	St. Margaret's	17:01.3	44
Daniel Strauss	JR	Christian	17:02.1	37
Ryan Teesdale	JR	Foothill-Pc	17:03.0	48
Robert Nguyen	SR	Oakland	17:03.3	87
Hank Adleman	JR	Harvard-Westlake	17:11.5	39
Gordon Algermissen	SR	Poly	17:11.6	67
Ricardo Penalozza	JR	Redwood-Visalia	17:12.1	30
Tim Hunt	SR	College Preparatory	17:12.9	46
Austin Lamkin	JR	Enterprise	17:13.1	50

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Gordon Algermissen	SR	Poly	17:11.6	67
Osvaldo Albarran	SR	Rancho Buena Vista	16:13.7	34
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Xavier Uranga	SR	Redwood-Visalia	16:44.9	75

<b>Ricardo Penaloza</b>	<b>JR</b>	<b>Redwood-Visalia</b>	<b>17:12.1</b>	<b>30</b>
<b>Allan Hetke</b>	<b>SR</b>	<b>S.L.V.</b>	<b>16:35.5</b>	<b>56</b>
<b>Ned Tannenbaum</b>	<b>JR</b>	<b>San Francisco Universi</b>	<b>16:21.5</b>	<b>56</b>
<b>Brandon Pugh</b>	<b>SO</b>	<b>San Juan Hills</b>	<b>15:41.5</b>	<b>72</b>
<b>Trevor Ehlenbach</b>	<b>JR</b>	<b>San Rafael</b>	<b>16:15.3</b>	<b>32</b>
<b>Reese Byers</b>	<b>SR</b>	<b>Santa Rosa</b>	<b>15:22.6</b>	<b>55</b>
<b>Lucas Talavan</b>	<b>SR</b>	<b>St. Ignatius</b>	<b>16:09.8</b>	<b>49</b>
<b>Carlos Martinez</b>	<b>SR</b>	<b>St. John Bosco</b>	<b>15:18.2</b>	<b>45</b>
<b>Billy Gaudreau</b>	<b>SO</b>	<b>St. Margaret's</b>	<b>16:08.9</b>	<b>125</b>
<b>Spencer Corwin</b>	<b>SR</b>	<b>St. Margaret's</b>	<b>16:56.8</b>	<b>51</b>
<b>Will Travis</b>	<b>SR</b>	<b>St. Margaret's</b>	<b>17:01.3</b>	<b>44</b>
<b>James Palaniuk</b>	<b>JR</b>	<b>The York School</b>	<b>16:30.7</b>	<b>74</b>
<b>Andrew Zellman</b>	<b>SR</b>	<b>Ukiah</b>	<b>15:39.3</b>	<b>67</b>
<b>Andrew Lantz</b>	<b>SR</b>	<b>Webb</b>	<b>16:09.4</b>	<b>58</b>
<b>Kyle Plutchak</b>	<b>SR</b>	<b>Westview</b>	<b>16:36.6</b>	<b>36</b>
<b>Kevin Jorgensen</b>	<b>SR</b>	<b>Yreka</b>	<b>16:08.5</b>	<b>55</b>