

# 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!

Doug Speck  
DyeStatCal  
[dougspeck@aol.com](mailto:dougspeck@aol.com)

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<br>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  |
| Ned Tannenbaum     | JR | San Francisco<br>Universi | 16:21.5 | 56  |
| Nick Tammadge      | SR | Patrick Henry             | 16:23.5 | 38  |
| Chet Reyen         | JR | Carlmont                  | 16:23.6 | 58  |
| Andrew Ccapatina   | JR | Mt Carmel                 | 16:26.8 | 39  |
| 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  |
| Dennis Roth        | SR | La Jolla Country Day      | 16:41.8 | 42  |
| 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 |

**List of biggest improvers by School:**

| Name            | Gr | School               | 09 Time | Improvement |
|-----------------|----|----------------------|---------|-------------|
| Ryan Peabody    | SR | Aptos                | 16:03.5 | 36          |
| Ammar Moussa    | JR | Arcadia              | 14:59.0 | 40          |
| Kyle Rae        | JR | Bellarmino           | 15:47.1 | 65          |
| Tony Ferrari    | JR | Bellarmino           | 16:16.0 | 48          |
| Nathan Jackson  | JR | Big Valley Christian | 16:12.5 | 35          |
| Leo Banales     | SR | Brawley              | 16:02.9 | 31          |
| Brian King      | SR | Cardinal Newman      | 15:55.1 | 41          |
| Chet Reyen      | JR | Carlmont             | 16:23.6 | 58          |
| William Meyer   | SR | Carmel               | 16:41.1 | 44          |
| Ben Eversole    | JR | Castro Valley        | 15:49.6 | 39          |
| Alec Borsook    | JR | Chadwick             | 16:44.8 | 83          |
| Daniel Parker   | SR | Chico                | 15:46.2 | 43          |
| Tom Dowdin      | SR | Chico                | 16:20.3 | 44          |
| Daniel Strauss  | JR | Christian            | 17:02.1 | 37          |
| Kellen Levy     | SR | Clovis West-Fresno   | 15:38.8 | 61          |
| Tim Hunt        | SR | College Preparatory  | 17:12.9 | 46          |
| Trevor Halsted  | JR | Davis Sr.            | 15:31.8 | 43          |
| Corey Coates    | SR | Davis Sr.            | 15:54.9 | 60          |
| Dillon Shaw     | SR | Davis Sr.            | 16:06.0 | 35          |
| Jack Nevins     | JR | Del Campo            | 16:02.7 | 41          |
| Chris Kigar     | JR | El Camino            | 15:19.1 | 69          |
| Peter Chester   | SR | El Camino            | 16:46.1 | 32          |
| Kyle Carruthers | SR | El Toro              | 15:48.5 | 40          |
| Kris Frey       | JR | El Toro              | 16:01.1 | 38          |

|                    |    |                       |         |     |
|--------------------|----|-----------------------|---------|-----|
| Austin Lamkin      | JR | Enterprise            | 17:13.1 | 50  |
| Christian Gonzales | JR | Exeter Union          | 16:37.1 | 113 |
| Tre Smith          | JR | Fairfield             | 16:58.1 | 31  |
| Ryan Teesdale      | JR | Foothill-Pc           | 17:03.0 | 48  |
| Javert Solorzano   | SR | Granada Hills Charter | 15:23.5 | 40  |
| Sumit Misra        | SR | Granada Hills Charter | 16:30.7 | 32  |
| Hank Adleman       | JR | Harvard-Westlake      | 17:11.5 | 39  |
| Eric Causey        | SO | La Costa Canyon       | 15:57.9 | 54  |
| Dennis Roth        | SR | La Jolla Country Day  | 16:41.8 | 42  |
| Matt Neev          | JR | Laguna Beach          | 15:43.4 | 31  |
| Andrew Shapero     | SR | Laguna Beach          | 16:10.0 | 55  |
| Gavin Ramos        | SO | Las Lomas             | 16:34.0 | 44  |
| Philip Kostelnik   | JR | Loyola                | 15:42.4 | 33  |
| Luca Signore       | SR | Lynbrook              | 15:26.4 | 51  |
| Juan Navia         | SO | Madera South          | 16:54.4 | 39  |
| Cameron Barela     | JR | Mission Hills         | 15:41.3 | 32  |
| Bryan Carroll      | JR | Morro Bay             | 16:32.9 | 32  |
| P.J. VanBeurden    | SR | Morro Bay             | 16:55.5 | 33  |
| Ian Myjer          | SR | Mountain View         | 15:16.7 | 68  |
| Alex McGuirk       | SR | Mountain View         | 16:07.5 | 41  |
| Andrew Ccapatina   | JR | Mt Carmel             | 16:26.8 | 39  |
| Dylan Marx         | SR | Mt Miguel             | 15:30.2 | 41  |
| Robert Nguyen      | SR | Oakland               | 17:03.3 | 87  |
| Peter Wilson       | SR | Palo Alto             | 16:35.8 | 32  |
| Jonah Diaz         | SO | Palos Verdes          | 15:16.6 | 110 |
| Chase Zukerman     | SR | Palos Verdes          | 15:46.1 | 38  |
| Peter Cohen        | SR | Palos Verdes          | 15:48.1 | 74  |
| Robert Leija       | SO | Parlier               | 16:34.4 | 61  |
| Jesus Arceo        | SO | Parlier               | 16:44.1 | 45  |
| Eddie Ramos        | SR | Patrick Henry         | 16:03.8 | 47  |
| Nick Tammadge      | SR | Patrick Henry         | 16:23.5 | 38  |
| Hugh Dowdy         | SR | Petaluma              | 15:28.9 | 34  |
| Forrest Shaffer    | JR | Petaluma              | 15:50.9 | 56  |
| Luis Luna          | SO | Piner                 | 15:37.3 | 48  |
| Weston Strum       | SR | Pioneer               | 15:23.4 | 48  |
| Wesley DeVoll      | SR | Poly                  | 15:39.3 | 34  |
| Gordon Algermissen | SR | Poly                  | 17:11.6 | 67  |
| Osvaldo Albarran   | SR | Rancho Buena Vista    | 16:13.7 | 34  |
| Kyle Lynch         | JR | Rancho Buena Vista    | 16:41.5 | 34  |
| Calvin Davis       | SO | Rancho Cucamonga      | 15:57.9 | 66  |
| Wayne Smith        | SR | Redwood Christian     | 16:15.2 | 40  |
| Daniel Guerrero    | SR | Redwood-Visalia       | 16:18.7 | 95  |
| 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<br/>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>  |