

CROSS COUNTRY NOTEBOOK

Teams do test run on Riverside course

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Two city teams attacked the course in Riverside instead of competing at the famous Mt. SAC Invitational on Saturday.

And for good reason.

The CIF prelims and CIF finals, which are normally at Mt. San Antonio College in Walnut, will not be held at the location this year.

Improvements to the neighboring football stadium start in the next two weeks and will wipe out access to the course.

The Riverside course was also used for CIF prelims last year. It is a dirt-filled, 3-mile course that takes some getting used to.

Northwood and Woodbridge had success on the course last weekend at the Riverside Showcase.

The Northwood girls team, which is ranked No. 4 in Orange County after

its standout showing at the Orange County Championships last week, continued its form in placing second in the large-schools varsity race with 76 points.

Yucaipa, one of the top teams in the state, won with 36 points.

Woodbridge finished 11th with 321 points.

For the second week, Northwood senior Erika Adler finished second individually. She was second in a time of 17 minutes, 22.5 seconds. Lauren Peurifoy of M.L. King won in 17:07.

Northwood had all five of its scoring runners in the top 25.

Freshman Aleks Crampton finished ninth in 18:19.9, freshman Mary King was 21st in 18:44, Chloe Muller took 22nd in 18:44.3 and Hailey Villaflor was 25th in 18:48.6.

Northwood also had Jazmin Esparza finish 27th in 18:49.1 and Sami Murphy

place 31st in 18:56.9.

For Woodbridge, Meagan Oefelein was 30th in 18:53.8 and Mariam Masud placed 33rd in 19:02.2.

Northwood also ran away with the junior varsity race at the event, ending with 33 points.

Micaela O'Connell won in 19:01.3 with Autumn Clarke taking fourth in 19:08.4. O'Connell, a sophomore, ran 20:37 on the same course last year.

The Woodbridge boys team, which is ranked No. 10 in the county, finished fifth out of 16 teams in the boys large-schools race with 144 points. It was a solid field, with Mission Viejo taking first with Dana Hills second, Ayala third and Yucaipa fourth.

Northwood came in 13th with 394 points.

Ryuya Souther finished 14th in a time of 15:29.6 to pace Woodbridge.

Drew Arguelles was 18th

in 15:39.7, Sean McConville came in 27th in 15:47.9, Brett Knutson was 41st in 16:06.2 and Benjamin Choi took 44th in 16:08.7 to round out Woodbridge's scoring runners. Woodbridge's Chad Gibbon finished right after in 47th (16:10.9).

Top results at Mt. SAC

The Brooks Mt. SAC Cross Country Invitational, the biggest high school event in the nation, did go on and University sophomore Cecilia Langlois turned in a great performance at the two-day meet.

She helped University take seventh in a Division 1 varsity race with 164 points on Saturday.

Langlois finished the challenging course in a time of 18:56. Annika Paylow, a freshman from Los Gatos, won in 18:32.

Sara Sussman was 30th



BRENT SHAVER, CONTRIBUTING PHOTOGRAPHER

Northwood freshman Aleks Crampton, who finished ninth in a time of 18:19.9 at the Riverside Showcase on Saturday, helped the Timberwolves to a second-place finish in the large-schools varsity race.

in 21:03 and Avery Klauke took 36th in 21:08 for the Trojans.

CIF rankings update

The Northwood girls team continues to move up the board not only in the Orange County rankings, but also in the important CIF poll.

Northwood is now

ranked No. 6 in CIF Division 2.

The only teams ahead of Northwood are Claremont, Canyon, Saugus, Capistrano Valley and Mira Costa.

On the boys side, Woodbridge has moved back into contention and is ranked No. 13 in Division 2 this week.