

SOUTHFIELD HIGH SCHOOL

CROSS COUNTRY



1990 SEASON SUMMARY



P R X F A C X

" Y O U A R X A K X Y P X R S O N "

Xvxn though my typxwritxr is an old modx1, it works quitx wx11 xxcxpt for onx of thx kxys. I havx wishxd many timxs that it workxd pxrfxctly. It is trux that thxrx arx forty-onx kxys that function wx11 xnough, but just onx kxy not working makxs thx diffxnxncx.

Somxtimxs it may sxxm that your txam is somxwhat likx my typxwritxr -- not all thx kxys arx working propxry.

You may say to yoursxlf, "Wx11, I am only onx pxrson. I won't makx or brxak thx txam." Howxvvr, it doxs makx a diffxrxncx bxcausx any txam, to bx xffxctivx, nxxds thx activx participation of xvxy mxmbr.

So thx nxxt timx you think you arx only onx pxrson and that your xfforts arx not nxxdxd, rxmmbxr my typxwritxr and say to yoursxlf, I am a kxy pxrson on our txam and I am nxxdxd vxry much.

Southfield Cross Country

1990 Boys Awards

Kevin Jones	Senior	3rd year VARSITY	All Time Runners List - 8th (2,875)	1990 SHS 'Top Runner Award'	All League SMA - 9th	Median Time: 18:08 [11 races]	Best Time: 17:14 [Inglenook Park]
Randy Mckelton	Senior	3rd year VARSITY	All Time Runners List - 23rd (5,750)	Median Time: 18:24 [10 races]	Best Time: 17:35 [Inglenook Park]		
Nathan Williams	Junior	2nd year VARSITY	All Time Runners List - 34th (7,500)	1990 SHS 'Most Improved Award'	Median Time: 18:54 [10 races]	Best Time: 17:53 [Inglenook Park]	
Gary Emms	Junior	2nd year VARSITY	Median Time: 19:09 [9 races]	Best Time: 18:16 [Inglenook Park]			
David Chapman	Junior	2nd year VARSITY	Median Time: 20:09 [7 races]	Best Time: 19:43 [Inglenook Park]			
Thyrone Henderson	Junior	2nd year VARSITY	Median Time: 22:30 [9 races]	Best Time: 21:38 [Inglenook Park]			
Lomtie Venegar	Senior	1st year VARSITY	Median Time: 22:51 [9 races]	Best Time: 21:31 [Inglenook Park]			
Roland Crain	Junior	1st year JV	Median Time: 24:41 [8 races]	Best Time: 22:30 [Marshbank Park]			
Ethan Smith	Freshman	1st year JV	Median Time: 24:46 [10 races]	Best Time: 22:20 [Inglenook Park]			

Southfield Cross Country

1990 Girls Awards

Nicole Ducette	Senior	2nd year VARSITY	All Time Runners List - 23rd (12,625)	Median Time: 26:08 [7 races]	Best Time: 24:29 [Inglenook Park]		
Heather Sutton	Senior	2nd year VARSITY	All Time Runners List - 14th (9,875)	Median Time: 25:32 [9 races]	Best Time: 23:29 [Inglenook Park]		
Brooke Reaves	Freshman	1st year VARSITY	All Time Runners List - 1st	1990 SHS 'Top Runner Award'	All League SMA - 3rd	All Oakland County - 6th	State Qualifier - 14th Individual Race
			Median Time: 20:42 [10 races]	Best Time: 20:00 [Inglenook Park]			

1990 Performances

BOYS RACES

Location:	Marsh	Marsh	LolaV	Roose	RCK	Ingn	Ingn	Marsh	MarRd	Ingnk	RCK	Marsh	UofM
Date:	08-23	08-31	09-11	09-18	09-22	09-27	10-02	10-06	10-11	10-17	10-20	10-27	11-03
Kevin Jones	13:08	18:58	18:25	17:52	18:25	17:23	17:14	19:50	18:29	17:30	18:05	18:08	-
Randy McKelton	-	18:58	19:03	17:58	18:41	17:35	17:36	-	18:41	17:52	18:53	18:07	-
Nathan Williams	13:27	-	19:45	18:57	19:45	18:07	17:53	18:51	18:49	18:14	18:43	18:59	-
Gary Ennis	13:37	20:15	19:55	18:44	19:16	-	18:56	-	19:25	18:16	19:09	18:45	-
David Chapman	16:15	22:35	21:53	20:53	-	20:29	20:35	-	21:21	19:43	-	-	-
Thyrone Henderson	-	-	-	22:30	24:21	22:21	22:24	24:05	23:40	21:38	23:11	22:06	-
Lonnie Venegar	15:56	26:16	23:01	21:32	22:51	21:31	-	23:47	-	22:20	22:46	23:30	-
Roland Crain	19:30	-	26:16	25:55	24:30	24:59	23:23	-	24:53	22:43	-	22:30	-
Ethan Smith	-	26:43	26:25	25:56	30:41	24:43	23:25	-	24:50	23:01	23:15	22:20	-

Southfield All-Time Cross Country Listing
Boys - Established in 1960

Athlete	Year	Avg Place	SMA Meet	State Place
1 Kim Hartman	1966	1.000	2,1	2,2
2 Dan Henry	1972	1.666	6,5,2	51,32,3
3 Bob Church	1977	1.000	5,1	8
4 Frank Wilkerson	1988	1.500	18,8,3	47,16,14
5 Scott Stone	1975	1.000	2,1	16,26
6 Ed Davis	1961	1.666	-2-	24
7 John Yuchas	1979	2.333	7,7	68,66
8 Kevin Jones	1990	2.875	9	
9 Brad Holst	1969	3.000	3	19
10 Gary Andrew	1969	2.666	6	58
11 Gary Sayers	1966	3.666	6	30
12 Doug Craig	1962	2.666	-5-	
13 Gary Levenson	1981	3.125	6	
14 Vern LaBenne	1960	3.500	-5-	
15 John McAndrew	1967	4.000	14	
16 Ron Aho	1983	4.500	16,10,27	114t,29
17 John Houser	1982	4.500	14	154t
18 Jeff Gibson	1988	4.625	13	dnr
19 Rob Alexander	1978	4.833	8	
20 Bob Heffner	1982	5.166	-16-	
21 James Robinson	1989	5.250	14	dnr
22 Jim Vandenberg	1980	5.375	13	
23 Randy McKelton	1990	5.750	21	
24 Shawn Rowley	1978	6.000	13	
25 Jerry Shipp	1966	6.250	10	
26 Sean Allen	1989	6.375	17	
27 Jeff Dienes	1982	6.625	4	108t,84
28 Rick Feinberg	1963	7.000	-22-	
29 Ray Gaffney	1987	7.125	26	
30 Chris Sorensen	1969	7.166	13	
31 Scott Brandon	1977	7.166	15	
31 Bill Bangert	1972	7.166	15	
33 Brian Paul	1982	7.375	17	131t
34 Nate Williams	1990	7.500	17	
35 John Diehl	1961	7.500	-13-	
36 Mark Volante	1975	7.500	24	
37 Art Hundiak	1975	7.750	24	
38 Galen Duncan	1969	8.125	23	
39 Bob Corcoran	1970	8.333	21	
40 Joe Meisner	1979	8.666	19	
41 Tony Hollamon	1984	8.875	22	
42 Kevin Charnesky	1972	9.000	32	
43 Roger Ovink	1968	9.166	21	
44 Andy Smith	1983	9.625	37	
45 Ray Isaacson	1960	9.666	-19-	
46 Mike Bryan	1975	9.833	23	
47 Dick Daltch	1961	9.833	-27-	
48 Brian Flynn	1986	9.875	35	
49 Steve Hyman	1977	10.000	22	
50 Curt Nielsen	1981	10.125	36	
51 Rob Meyerson	1982	10.375	27	141t
52 Marc St. Angelo	1985	11.125	34	
53 Ray Weierman	1961	11.500	-25-	
54 Rob Hyman	1978	11.666	31	
55 Bruno Podlisek	1966	11.833	28	

To arrive at Avg Place

Add place finishes for all SMA dual meets
& the SMA Championship meet & divide by 8.
Before 1980, divide by 6.

Southfield All-Time Cross Country Listing
Girls - Established in 1975

Athlete	Year	Avg Place	SMA Meet	State Place
1 Brooke Reaves	1980	"	3	14
2 Crissy Stabile	1984	1.625	20,3	31,83
3 Kris Courter	1982	5.625	16	72
4 Maxine Halperin	1975	"	"	"
5 Jennifer Worthy	1978	2.500	dnr	
6 Suzi Gubow	1979	3.833	4	
7 Lisa Budyk	1978	4.500	6	
8 Liz Kargilis	1982	4.625	11	
9 Tupper Lysaght	1984	5.000	8	
10 Diane Klompner	1976	"	8	
11 Colette Goga	1977	5.166	6	
12 Cris Ayala	1980	5.625	18	
13 Theresa Kopach	1977	6.666	9	
14 Heather Sutton	1990	9.875	35	
15 Michelle Gagner	1978	10.000	24	
16 Sheri Drenfield	1979	10.000	dnr	
17 Christy Sanders	1980	10.250	30	
18 Beth Wireman	1982	10.500	33	
19 Janice Alexander	1980	10.625	23	
20 Stephanie Furman	1984	11.250	29	
21 Melissa Adelson	1984	11.750	31	
22 Katie Peacock	1979	12.500	27	
23 Nicole Ducette	1999	12.625	37	

To arrive at Avg Place

Add place finishes for all SMA dual meets
& the SMA Championship meet & divide by 8.
Before 1980, divide by 6.

(*) Girls' SMA dual meet
schedule began in 1977.

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 T H E
 V E R N L A B E N N E A W A R D

Southfield Senior High School
 Varsity Cross Country

State Meet Team Appearances

The Vern LaBenne Award is presented each year to an athlete who has shown loyalty, dedication, and exemplary leadership in the track and cross-country programs of Southfield High School.

The award is named for 1960 cross-country captain Vernon LaBenne. After his tragic death in 1963, Vern's family donated a trophy in his name to Southfield High School. Each year, at our track & field awards banquet, a deserving athlete is honored in Vern's name.

1 9 5 5

6	Richard Holliday	10:50
82	Jack Low	12:01
84	Harry McCleod	12:03
89	Gerald Watson	12:12.8
97	Douglas Mathews	12:16.5
108	David Krause	12:33

Race Distance - 2 Miles
 Team Total - 358 points
 Final Place - 13th
 Coach - Buermann Brewbaker

P A S T A W A R D W I N N E R S

1964	... Jim Larsen
1965	... Dave Warford
1966	... Dave Eastin
1967	... Kim Hartman
1968	... John McAndrew
1969	... Chris Jarvis & Barry Watts
1970	... Chris Sorensen
1971	... Greg Olson
1972	... Roger Hibbard
1973	... Kevin Charnesky
1974	... Ken McNamee
1975	...
1976	...
1977	... Marvin Miles
1978	... Scott Brandon
1979	... Shawn Rowley
1980	... David Segal
1981	... Gary Levenson
1982	... Curt Nielsen
1983	... John Fundukian
1984	... Ron Aho
1985	... Tony Hollamon
1986	... Marc St. Angelo
1987	... Frank Wilkerson
1988	... Eric Blievernicht
1989	... Jeff Gibson & James Robinson
1990	... Mike Diaz

1 9 8 2

109	Jeff Dienes	17:13
114	Ron Aho	17:19
131	Brian Paul	17:31
139	John Fundukian	17:38
141	Rob Meyerson	17:40
154	John Houser	17:59
164	Greg Williams	18:52

Race Distance - 5 Kilometers
 Team Total - 624 points
 Final Place - 24th
 Coach - Tom Eschmann

SOUTHFIELD X-C NEWSLETTER
VOL. V: No 1
08-23-90

Course: Marshbank Park <2+ MI>
Conditions: Dry - Solid
Weather: Overcast - 74 8mph - HI Hum

Boys Varsity Results

[Record: 0-0]

Non-Scoring Practice Meet
[2 Mile Time Trial]

PLACE	TIME	Southfield [08]	Brother Rice [11]
1	11:14		1 J Cowan
2	12:34		2 N Hannawa
3	13:03		3 T Gass
4	13:08	4 Kevin Jones	
5	13:19		5 J Neudorfer
6	13:27	6 Nate Williams	
7	13:34		7 J Gunnigle
8	13:37	8 Gary Ennis	
9	13:41		9 S Krajca
10	13:58		10 G Murphy
11	14:14		11 B Hitz
12	14:43		12 B Sadler
13	15:15	13 Dave Chapman	
14	15:20		14 N Norton
15	15:22		15 A Sincic
16	19:16	16 Lonnie Venegar	
17	19:30	17 Roland Crain	

SOUTHFIELD X-C NEWSLETTER
 VOL V: No 2
 09-01-90

Course: Marshbank Metro Park <5 Km>
 Conditions: Dry - Solid
 Weather: P Cloudy - 76, 5mph HI Hum

Boys Varsity Results

[Record: 0-0]

Non-Scoring Practice Meet
 [5 Km Time Trial]

Seaholm [06]		Southfield [06]		Ferndale [11]	
27 Flatter	19:52	12 McKelton	18:58	3 Scharaswak	17:18
29 Green	19:56	13 Jones	18:58	17 Ivory	19:22
41 Gorski	20:36	35 Ennis	20:15	37 Ratala	20:23
63 Craighead	22:05	67 Chapman	22:35	39 Hollie	20:31
68 Kim	23:01	86 Venegar	26:16	48 Hunt	20:51
73 Finocchio	23:50	87 Smith	26:43	53 Redmon	21:05
				54 Boyd	21:10
				58 Vaurek	21:35
				60 Truong	21:45
				66 Bastien	22:32
				78 Rodgers	24:44

Pontiac Central [11]		Lahser [05]		Groves [12]	
25 Garcia	19:46	8 McClorey	18:12	4 Hauser	17:24
46 Chapa	20:46	30 DiNoble	20:02	9 Rillema	18:20
51 Gallardo	21:04	49 McClorey	20:59	11 Povirk	18:24
61 Graves	21:55	59 Pearce	21:35	23 Pomeratz	19:41
69 Gracey	23:16	74 Mauck	24:00	31 Skinner	20:09
72 Caulk	23:39			47 Shogun	20:47
79 Kirkland	24:45			56 Keough	21:24
80 Kirkland	24:48			57 Schmidt	21:25
85 Garvin	25:54			65 Trachman	22:20
89 Trejo	27:04			81 Woodworth	25:00
92 Caulk	28:20			84 Chung	25:32
				93 Merrick	29:16

Dearborn [14]		Brother Rice [14]		Stevenson [11]	
2 Button	17:06	1 Cowen	16:37	14 Jenkins	19:09
5 Bartel	18:03	10 Hannawaerk	18:21	16 Kurek	19:20
6 Smith	18:06	21 Burnside	19:27	18 Beirne	19:24
7 Boruta	18:07	26 Gunnigie	19:51	19 Sigler	19:25
15 Brenton	19:20	38 Neudoerffer	20:27	28 Talerico	19:56
20 Sheren	19:26	40 Krajck	20:32	32 Billicki	20:11
22 Stadtmiller	19:34	43 Boker	20:42	34 Gibala	20:14
24 Stoffel	19:44	44 Hitz	20:45	36 Giotkowski	20:16
33 Megyest	20:12	45 Garvin	20:46	42 Kimiec	20:36
62 Welhusen	21:55	52 Sadler	21:04	50 Richery	21:00
76 Gbabe	24:28	55 Murphy	21:10	64 Fox	22:16
77 Scoboria	24:29	70 Burrey	23:17		
90 Frankas	27:07	71 Herb	23:27		
91 Friske	27:51	75 Richard	24:24		

SOUTHFIELD X-C NEWSLETTER
 VOL V: No 3
 09-11-90

Course: Lola Valley Park <5K>
 Conditions: Dry, Solid, Hilly
 Weather: Sunny - 79, 5 mph Med Hum

Boys Varsity Results

[Record: 1-0]

Southfield 2 4 5 6 10 - 27
 Redford Union 1 3 7 8 9 - 28

PLACE	TIME	Southfield [08]	Redford Union [07]
1	18:06		1 Padina
2	18:25	2 Kevin Jones	
3	18:51		3 Collins
4	19:03	4 Randy McKelton	
5	19:45	5 Nate Williams	
6	19:55	6 Gary Ennis	
7	20:33		7 Edwards
8	20:43		8 Provensoia
9	21:30		9 Boynton
10	21:53	10 David Chapman	
11	21:55		11 Hall
12	23:01	12 Lonnie Venegar	
13	23:04		13 Roy
14	26:16	14 Roland Crain	

Boys JV Results

[Record: 0-0]

Southfield 1 nts
 Redford Union nts

PLACE	TIME	Southfield [01]	Redford Union [00]
1	26:25	1 Ethan Smith	

SOUTHFIELD X-C NEWSLETTER
 VOL V: No 3
 09-11-90

Course: Lola Valley Park [5K]
 Conditions: Dry, Solid, Hilly
 Weather: Sunny - 79, 5 mph Med Hum

Girls Varsity Results

[Record: 0-1]

Redford Union 1 3 4 5 6 - 19 Farm Mercy 2 3 4 5 9 - 23
 Southfield 2 9 10 11 12 - 44 Southfield 1 6 7 8 10 - 32

Redford Union 1 3 4 5 6 - 19
 Farm Mercy 2 9 10 11 12 - 44

PLACE	TIME	Southfield [08]	Redford Union [15]	Farm Mercy [07]
1	21:37		1 Wackeridge	
2	21:41	2 Brooke Reaves		
3	21:47			3 Lombardi
4	22:35		4 Daraban	
5	23:00		5 Still	
6	23:07		6 Sturdivandt	
7	23:42		7 Murray	
8	23:43		8 Johnson	
9	23:44		9 Wedge	
10	24:08			10 Prasad
11	24:30			11 Cook
12	25:32			12 Neun
13	26:25	13 Ayana Horton		
14	27:21	14 Sylvia Stoney		
15	28:07	15 Nicole Ducette		
16	28:42			16 Holliday
17	28:55	17 Heather Sutton		
18	33:44			18 Zimmerman
19	36:45	19 Wendy Stabrava		
20	38:32			20 Miller

SOUTHFIELD X-C NEWSLETTER
VOL V: No 4
09-18-90

Course: Roosevelt Park <5 Km>
Conditions: Dry & Solid, Flat
Weather: Sunny 65 - 9 mph - Low Hum

SOUTHFIELD X-C NEWSLETTER
VOL V: No 4
09-18-90

Course: Roosevelt Park <5 Km>
Conditions: Dry & Solid, Flat
Weather: Sunny 65 - 9 mph - Low Hum

Boys Varsity Results

[Record: 2-1]

Southfield 1 2 5 6 12 - 26
Kimball 3 4 7 8 9 - 31

Ferndale 1 3 4 5 7 - 20
Kimball 2 6 8 10 11 - 37

Ferndale 1 4 5 6 8 - 24
Southfield 2 3 7 9 12 - 33

Girls Varsity Results

[Record: 0-3]

Kimball 2 3 4 5 8 - 15
Southfield 1 6 7 - - - 50

Ferndale 1 2 4 8 9 - 24
Kimball 3 5 6 7 11 - 32

Ferndale 2 3 4 6 7 - 15
Southfield 1 5 9 - - - 50

PLACE	TIME	Southfield [07]	RO Kimball [07]	Ferndale [07]
1	16:53			1 D Scharaswak
2	17:52	2 Kevin Jones		
3	17:58	3 Randy McKelton		
4	18:09		4 E Demont	
5	18:15			5 P Soh
6	18:28			6 K Hunt
7	18:35			7 B Ivory
8	18:36		8 J Deblen	
9	18:44	9 Gary Ennis		
10	18:55			10 P Holly
11	18:57	11 Nate Williams		
12	19:02		12 M Colley	
13	19:03			13 J Rajala
14	19:10		14 T Karew	
15	19:11		15 J Kemp	
16	19:14		16 B Kennedy	
17	19:16			17 J Vavrek
18	19:24		18 D Runk	
19	20:53	19 David Chapman		
20	21:32	20 Lonnie Veneger		
21	22:30	21 Thyrona Henderson		

PLACE	TIME	Southfield [03]	RO Kimball [05]	Ferndale [06]
1	20:46	1 Brooke Reaves		
2	22:35			2 S Shalmers
3	23:28			3 J Adair
4	23:37		4 B Smith	
5	23:57			5 A Williams
6	24:47		6 C George	
7	25:11		7 A VanSickle	
8	25:29		8 S Custons	
9	25:32	9 Heather Sutton		
10	25:36			10 A Beaupride
11	26:08			11 K Coombs
12	26:33			12 M Chen
13	31:26	13 Wendy Strabrava		
14	34:49		14 A Antonazzo	

Boys JV Results

[Record: 0-1]

Southfield 4 5 - - - nts
Kimball 1 2 3 - - - nts

Ferndale 1 2 6 7 8 - 15
Kimball 3 4 5 - - - 50

Ferndale 1 2 3 4 5 - 15
Southfield 6 7 - - - 50

PLACE	TIME	Southfield [02]	RO Kimball [03]	Ferndale [05]
1	19:27			1 M Redman
2	20:07			2 C Bastian
3	20:29		3 P Carey	
4	21:14		4 S Granke	
5	21:17		5 J Robertson	
6	22:29			6 M Adler
7	22:42			7 A Rodgers
8	22:47			8 J Hughes
9	25:55	9 Roland Crain		
10	25:56	10 Ethan Smith		

SOUTHFIELD X-C NEWSLETTER
VOL V: No 6
09-22-90

Course: RO Kimball HS Campus <S Kap>
Conditions: Wet, Buggy, Slippery
Weather: Sunny 61 - 84ph - Med Hum

19th Annual SMA-USA Cross Country Meet
MSA 1 2 4 6 8 - 20
SMA 3 6 7 10 11 - 37

Boys Results

1	RO Dondero	1	10	17	21	22	39	51	-	71
2	Rochester Adams	4	6	15	19	33	38	49	-	77
3	Berkley	11	12	14	20	30	35	70	-	87
4	West Bloomfield	8	16	26	31	44	71	91	-	125
5	Troy Athens	2	24	42	47	59	68	82	-	174
6	Troy	13	32	34	50	56	67	74	-	185
7	BH Andover	5	23	43	54	69	72	83	-	194
8	Birm Groves	3	18	27	55	85	104	106	-	199
9	Rochester	25	41	48	52	77	80	98	-	241
10	Ferndale	7	45	60	68	75	81	87	-	285
11	Southfield	28	37	53	61	108	--	--	-	297
12	Hazel Park	40	48	54	65	76	85	92	-	293
13	Birm Seaholm	9	57	59	88	101	102	103	-	313
14	RO Kimball	62	63	78	79	80	84	--	-	362
15	Sfid Lathrup	29	73	86	89	97	99	105	-	374
16	BH Lahser	38	93	94	98	100	107	109	-	421

SOUTHFIELD X-C NEWSLETTER
VOL V: No 6
09-22-90

Course: RO Kimball HS Campus <S Kap>
Conditions: Wet, Buggy, Slippery
Weather: Sunny 61 - 84ph - Med Hum

19th Annual SMA-USA Cross Country Meet
MSA 1 2 5 7 9 - 24
SMA 3 4 6 8 10 - 31

Girls Results

1	West Bloomfield	4	5	6	25	47	74	--	-	87
2	Troy Athens	10	14	21	24	42	44	46	-	111
3	Hazel Park	2	22	32	34	37	50	66	-	127
4	BH Andover	13	18	18	38	43	51	78	-	127
5	Rochester	9	19	30	35	36	53	78	-	129
6	Troy	3	20	27	41	50	59	72	-	141
7	Birm Groves	7	17	26	45	60	67	--	-	155
8	Birm Seaholm	12	33	54	59	79	83	--	-	226
9	Rochester Adams	11	48	55	64	68	91	--	-	244
10	Berkley	16	23	62	73	75	82	--	-	249
11	Ferndale	28	29	63	68	71	--	--	-	259
12	RO Kimball	31	40	52	60	67	--	--	-	290
np	BH Lahser	39	77	81	84	--	--	--	-	nts
np	RO Dondero	1	61	70	--	--	--	--	-	nts
np	Southfield	8	65	69	--	--	--	--	-	nts
np	Sfid Lathrup	57	65	--	--	--	--	--	-	nts

Individual Medal Winners -- Top 15 Places

1	Ed Reilly	RO Dondero	16:42
2	Scott Glasgow	Troy Athens	17:09
3	Mark Houser	Birm Groves	17:20
4	Jeff Kowalak	Roch Adams	17:25
5	Scott Paulinski	BH Andover	17:37
6	Jeff Doyle	Roch Adams	17:40
7	Don Scharaswak	Ferndale	17:41
8	Terry Price	W Bloomfield	17:43
9	Matt Frankel	Birm Seaholm	17:46
10	Brandon Balis	RO Dondero	17:46
11	Shawn Dupis	Berkley	17:46
12	Scott Kopriya	Berkley	17:46
13	Alec All	Troy	17:50
14	Den Sainitsky	Berkley	17:58
15	Mike Vagnetti	Roch Adams	17:58

Individual Medal Winners -- Top 15 Places

1	Elke Thompson	RO Dondero	20:11
2	Shannon McCabe	Hazel Park	20:27
3	Amy Parker	Troy	21:15
4	Beghan Flaherty	W Bloomfield	21:22
5	Amy Fideiman	W Bloomfield	21:27
6	Karen Reed	W Bloomfield	21:29
7	Jennifer Kearney	Birm Groves	21:42
8	Brooke Reaves	Southfield	22:07
9	Jenny Weed	Rochester	22:14
10	Rachel Secroft	Troy Athens	22:17
11	Tracy Robinson	Roch Adams	22:22
12	Maggie Derthick	Birm Seaholm	22:34
13	Karyn Anders	BH Andover	22:41
14	Andrea Messer	Troy Athens	22:43
15	Mary Wirthlin	BH Andover	22:44

Southfield Varsity Performances

28	Kevin Jones	18:25
37	Randy Eckelton	19:41
53	Gary Ennis	19:16
61	Nate Williams	19:45
109	Lonnie Venegar	22:51
np	David Chapman	d n r
np		d n r

Southfield Reserves

79	Thy Henderson	24:21
80	Roland Crain	24:30
86	Ethan Smith	30:41

Southfield Varsity Performances

8	Brooke Reaves	22:07
85	Nicole Ducette	26:08
69	Heather Sutton	26:16
np		d n r
np		d n r
np		d n r
np		d n r

Southfield Reserves

SOUTHFIELD X-C NEWSLETTER
VOL. V: No 6
09-27-90

Course: Ingleook Park, Sfld <5 Km>
Conditions: Dry & Solid
Weather: Sunny 78 - 8 mph - Hi Hum

Boys Varsity Results

[Record: 2-3]

Berkley 1 2 5 5 6 - 18
Southfield 3 7 9 11 12 - 42

Seaholm 1 5 6 7 8 - 27
Southfield 2 3 4 11 12 - 32

Berkley 2 3 4 5 6 - 20
Seaholm 1 8 9 11 12 - 41

PLACE	TIME	Southfield [07]	Berkley [07]	Seaholm [07]
1	16:57			1 M Frankel
2	16:58		2 D Salinsky	
3	17:11		3 A Canto	
4	17:23	4 Kevin Jones		
5	17:23		5 J Griffith	
6	17:27		6 S Dupuis	
7	17:34		7 D Deighton	
8	17:35	8 Randy McKelton		
9	17:40		9 S Kopriva	
10	18:07	10 Nate Williams		
11	18:23			11 R Green
12	18:25			12 W Cooper
13	18:39		13 K Kozloff	
14	18:45			14 B Flatter
15	19:14			15 B Gorski
16	19:48			16 R Frankel
17	19:50			17 B Craighead
18	20:29	18 David Chapman		
19	21:31	19 Lonnie Venegar		
20	22:21	20 Thyron Henderson		
21	24:43	21 Ethan Smith		

Boys JV Results

[Record: 0-4]

Berkley 1 2 3 4 5 - 15
Southfield 8 - - - - - 50

Seaholm 1 2 3 4 5 - 15
Southfield 8 - - - - - 50

Berkley 1 2 3 4 5 - 15
Seaholm 6 9 10 11 12 - 48

PLACE	TIME	Southfield [01]	Berkley [13]	Seaholm [07]
1	18:52		1 Werber	
2	18:55		2 Warren	
3	19:20		3 Horton	
4	19:26		4 Thomasson	
5	19:35		5 McCall	
6	19:51			6 Kim
7	19:52		7 Diperrri	
8	19:52		8 Martin	
9	19:59			9 Aguto
10	19:59		10 Faulks	
11	20:38		11 Kayes	
12	20:40			12 Finocchio
13	20:51		13 Sheckles	
14	20:55			14 Shuster
15	21:04		15 Bowdich	
16	21:30		16 Weisner	
17	21:32			17 Jeffries
18	21:39			18 Cooper
19	22:00			19 Vert
20	24:59	20 Roland Crain		
21	27:17		21 Sheckles	

SOUTHFIELD X-C NEWSLETTER
VOL. V: No 6
09-27-90

Course: Ingleook Park, Sfld <5 Km>
Conditions: Dry & Solid
Weather: Sunny 78 - 8 mph - Hi Hum

Girls Varsity Results

[Record: 0-5]

Berkley 2 3 4 8 9 - 26
Southfield 1 5 6 7 11 - 30

Seaholm 2 3 4 5 9 - 23
Southfield 1 6 7 8 12 - 34

Seaholm 1 4 5 7 9 - 26
Berkley 2 3 6 8 11 - 30

PLACE	TIME	Southfield [05]	Berkley [06]	Seaholm [07]
1	20:00	1 Brooke Reaves		
2	21:26			2 Derthick
3	21:51		3 Pittman	
4	22:31		4 Karchnick	
5	23:17			5 Parks
6	24:01			6 Jeziorski
7	24:10		7 Case	
8	24:41			8 Evans
9	24:56	9 Ayana Horton		
10	25:30	10 Heather Sutton		
11	25:48	11 Nicole Ducette		
12	26:12		12 Rauschert	
13	26:22			13 Lawson
14	26:49			14 Bruton
15	27:50		15 Lauchlan	
16	28:37			16 Dobosenski
17	29:53		17 Kopriva	
18	31:47	18 Wendy Strabrava		

SOUTHFIELD X-C NEWSLETTER
VOL V: No 7
10-02-90

Course: Inglenook Park, Sfid <5Km>
Conditions: Dry -- Firm
Weather: Sunny 68 - 10mph - Low Hum

Boys Varsity Results

[Record: 2-4]

Troy 1 4 6 7 8 - 26
Southfield 2 3 5 11 12 - 33

PLACE	TIME	Southfield [07]	Troy [07]
1	17:07		1 Aleem Ali
2	17:14	2 Kevin Jones	
3	17:36	3 Randy McKeilton	
4	17:51		4 Joe Seiner
5	17:53	5 Nate Williams	
6	18:00		6 Joe Tavarozzi
7	18:20		7 Brian Stockard
8	18:27		8 Dave Jaworski
9	18:30		9 Jeff Colwander
10	18:38		10 Arvid Swan
11	18:56	11 Gary Ennis	
12	20:35	12 David Chapman	
13	22:24	13 Thyrone Henderson	
14	23:23	14 Roland Crain	

SOUTHFIELD X-C NEWSLETTER
VOL V: No 7
10-02-90

Course: Inglenook Park, Sfid <5Km>
Conditions: Dry -- Firm
Weather: Sunny 68 - 10mph - Low Hum

Girls Varsity Results

[Record: 0-6]

Troy 2 3 4 7 8 - 15
Southfield 1 5 6 11 -- - 50

PLACE	TIME	Southfield [04]	Troy [10]
1	20:03	1 Brooke Reaves	
2	21:17		2 Amy Parker
3	22:05		3 Johanna Sist
4	23:56		4 Ellen Marson
5	24:07	5 Ayana Horton	
6	24:09	6 Heather Sutton	
7	24:09		7 Renuka Kher
8	24:40		8 Kathy Himes
9	24:47		9 Stacey Beltz
10	25:55		10 Jasmine Nicholls
11	26:36	11 Nicole Ducette	
12	26:56		12 Jahna Otterbaudner
13	27:20		13 Beth Wiles
14	32:15		14 Lindsay Toghil

Boys JV Results

[Record: 0-5]

Troy 1 2 3 4 5 - 15
Southfield 12 - - - - - 50

PLACE	TIME	Southfield [01]	Troy [13]
1	18:42		1 J Thompson
2	18:49		2 M Caruso
3	19:02		3 K Fitzpatrick
4	19:06		4 B Muller
5	19:09		5 A Kopchick
6	19:13		6 T Barnard
7	19:20		7 C Treba
8	19:28		8 M Howrylak
9	19:40		9 D Meyers
10	19:48		10 R Anderson
11	20:06		11 C Beattie
12	20:07		12 B Lee
13	23:25	13 Ethan Smith	
14	26:31		14 J Hoot

SOUTHFIELD X-C NEWSLETTER
VOL V: No 8
10-06-90

Course: Marshbank Metro Park <5 Km
Conditions: Dry/Solid - Rolling
Weather: Sunny 75 -- 20mph - Med Hum

31st Annual All Oakland County Cross Country Championships

FINAL BOYS TEAM STANDINGS

1 Milford	110	21 Brother Rice	580
2 Walled Lake Western	124	22 Farmington Harrison	623
3 Milford Lakeland	190	23 Hazel Park	623
4 Clarkston	193	24 Avondale	632
5 Royal Oak Dondero	211	25 Cranbrook	665
6 Brandon	261	26 Birm Seaholm	674
7 Novi	284	27 Ferndale	675
8 Rochester Adams	292	28 Rochester	723
9 Oxford	348	29 Waterford Mott	748
10 Troy Athens	358	30 Royal Oak Kimball	812
11 Birmingham Groves	380	31 Walled Lake Central	821
12 Holly	396	32 Bloomfield Lahser	864
13 Berkley	402	33 Sfld Christian	871
14 Lake Orion	420	34 Pontiac Central	924
15 Farmington	437	35 Madison Ht Lamphere	984
16 Bloomfield Andover	451	36 Southfield Lathrup	1036
17 Troy	487	37 Country Day	1037
18 Pontiac Northern	499	np Waterford Kettering	nts
19 West Bloomfield	532	np Oak Park	nts
20 North Farmington	580	np Southfield	nts

BOYS ALL-COUNTY RUNNERS

1 John Cowan	Brother Rice	15:50
2 Ben Goba	Farmington	16:02
3 Bill Crosby	WL Western	16:31
4 Brian Pickl	Milford	16:27
5 Dionne Finney	Pont Northrn	16:45
6 Jeff Grosso	WL Western	16:49
7 Brian Malloy	Novi	16:50
8 Scott Glasgow	Troy Athens	16:53
9 Brigg Cobb	Sfld Christn	16:57
10 Brodie Laduc	Wat Ketterng	16:57
11 Mark Houser	Birm Groves	17:05
12 Jason Runnels	Wil Lakeland	17:06
13 Bill Dietrich	Milford	17:06
14 Marzuki Stevens	Cranbrook	17:09
15 Tom Shank	Lake Orion	17:11
16 Edward Reilly	RO Dondero	17:14
17 Rob Herman	Novi	17:18
18 Jim Niestroy	Wil Lakeland	17:21
19 Todd Wozniak	Clarkston	17:22
20 Jeff Doyle	Roch Adams	17:23

SFLD VARS RACE PERFORMANCES

104 Nate Williams	18:51
174 Kevin Jones	19:50

SFLD OPEN RACE PERFORMANCES

157 Lonnie Venegar	23:47
165 Thy Henderson	24:05

SOUTHFIELD X-C NEWSLETTER
VOL V: No 8
10-06-90

Course: Marshbank Metro Park <5 Km
Conditions: Dry/Solid - Rolling
Weather: Sunny 75 -- 20mph - Med Hum

15th Annual All Oakland County Cross Country Championships

FINAL GIRLS TEAM STANDINGS

1 Sfld Christian	125	21 Rochester Adams	553
2 Milford	134	22 Ferndale	600
3 Holly	146	23 Novi	652
4 Farmington	201	24 Country Day	676
5 Walled Lake Western	236	25 Avondale	709
6 Walled Lake Central	280	26 Berkley	728
7 Bloomfield Andover	291	27 Farmington Harrison	732
8 North Farmington	324	28 Milford Lakeland	769
9 Lake Orion	327	np Royal Oak Kimball	nts
10 Hazel Park	348	np Bloomfield Lahser	nts
11 Rochester	355	np Waterford Kettering	nts
12 Farmington Mercy	398	np West Bloomfield	nts
13 Birmingham Groves	407	np Royal Oak Dondero	nts
14 Troy Athens	435	np Southfield	nts
15 Oxford	459	np Clawson	nts
16 Clarkston	492	np Madison Ht Lamphere	nts
17 Troy	495	np Pontiac Northern	nts
18 Birmingham Marian	523	np Brandon	nts
19 Birmingham Seaholm	531	np Southfield Lathrup	nts
20 Pontiac Central	539		

GIRLS ALL-COUNTY RUNNERS

1 Elke Thompson	RO Dondero	19:38
2 Jennifer Ray	WL Western	19:58
3 Wendy Proos	WL Western	20:18
4 Joy Wright	Sfld Christn	20:35
5 Jenny Weisdorfer	Holly	20:38
6 Brooke Reaves	Southfield	20:39
7 Shannon McCabe	Hazel Park	20:40
8 Amy Fidelman	W Bloomfield	20:48
9 Tabitha Belcher	WL Central	20:57
10 Karen Reed	W Bloomfield	20:58
11 Erika Mackey	Clawson	21:04
12 Jenny Kearney	Birm Groves	21:08
13 Jenny Weh	N Farmington	21:09
14 Tracy Robinson	Roch Adams	21:14
15 Jenna DeWaeltsche	Holly	21:14
16 Tina Schivley	Milford	21:18
17 Amy Parker	Troy	21:20
18 Kristen Karchnik	Berkley	21:20
19 Anna Karftson	Sfld Christn	21:22
20 Charleen Long	Sfld Christn	21:24

SFLD VARS RACE PERFORMANCES

6 Brooke Reaves	20:39
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SFLD OPEN RACE PERFORMANCES

19 Ayana Horton	25:56
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SOUTHFIELD X-C NEWSLETTER
VOL V: No 9
10-11-90

Course: Martin Road Park <5 Km>
Conditions: 60% under water; 40% wet
Weather: Sunny - 61 8mph Med Hum

Boys Varsity Results

[Record: 2-6]

Hazel Park 1 5 6 7 9 - 28
Southfield 2 3 4 8 12 - 29

Andover 1 3 5 7 8 - 24
Southfield 2 4 6 9 12 - 33

Andover 1 3 4 5 7 - 20
Hazel Park 2 6 8 9 10 - 35

PLACE	TIME	Southfield [07]	Hazel Park [07]	Andover [07]
1	18:04			1 S Paulinski
2	18:15		2 S Mullens	
3	18:29	3 Kevin Jones		
4	18:39			4 M Sakwa
5	18:41	5 Randy McKelton		
6	18:45			6 J Leigh
7	18:49	7 Nate Williams		
8	18:52			8 M Sessoms
9	19:02		9 I Marchand	
10	19:12			10 R Jefferson
11	19:19		11 S Rowe	
12	19:24		12 C Fry	
13	19:25	13 Gary Ennis		
14	19:32		14 D Martin	
15	19:38		15 J Makela	
16	19:44		16 C Reily	
17	19:55			17 E Kim
18	20:48			18 H Vchida
19	21:21	19 David Chapsan		
20	23:40	20 Thyrone Henderson		
21	24:50	21 Ethan Smith		

Boys JV Results

[Record: 0-6]

Hazel Park 1 2 3 4 5 - 15
Southfield 8 -- -- -- -- 50

Andover 1 2 3 5 -- -- --
Southfield 4 -- -- -- -- 50

Hazel Park 1 2 3 4 5 - 15
Andover 8 9 10 11 -- -- 50

PLACE	TIME	Southfield [01]	Hazel Park [19]	Andover [04]
1	20:09		1 T Kue	
2	20:25		2 M Lillis	
3	20:44		3 B Sheak	
4	21:07		4 T Witmoth	
5	21:26		5 T Kauffman	
6	21:45		6 T Reithez	
7	21:52		7 S Stradley	
8	22:11			8 S Reizen
9	22:13		9 J Alford	
10	22:15		10 J Stamos	
11	22:45		11 S Sloan	
12	23:11			12 J Freedland
13	23:20		13 L Champagne	
14	23:22			14 A Schwarz
15	24:52		15 B England	
16	24:53	16 Roland Crain		
17	25:17		17 T Dilbeck	
18	25:52		18 A Howard	
19	26:28		19 J Duncan	
20	26:59		20 J Bowers	
21	27:40		21 G Steelman	
22	27:51			22 D Shogan
23	28:06		23 W Castator	
24	29:32		24 J Hindholm	

SOUTHFIELD X-C NEWSLETTER
VOL V: No 9
10-11-90

Course: Martin Road Park <5 Km>
Conditions: 60% under water; 40% wet
Weather: Sunny - 61 8mph Med Hum

Girls Varsity Results

[Record: 0-9]

Andover 1 2 3 4 5 - 15
Southfield 7 8 -- -- -- 50

Hazel Park 1 2 3 4 5 - 15
Southfield 7 8 -- -- -- 50

Hazel Park 1 3 5 8 10 - 27
Andover 2 4 6 7 9 - 28

PLACE	TIME	Southfield [02]	Hazel Park [11]	Andover [10]
1	20:59		1 S McCabe	
2	22:47			2 M Wirthlin
3	22:57		3 K Jacobs	
4	23:07			4 C Anders
5	23:16		5 S Fingers	
6	23:30			6 K Leigh
7	23:34			7 A Wirthlin
8	23:58		8 S Jacobs	
9	24:02			9 A Morris
10	24:04		10 J Jacobs	
11	24:53		11 J Beck	
12	25:36			12 J Taylor
13	25:41	13 Heather Sutton		
14	26:11	14 Niccole Doucette		
15	26:15		15 C Smith	
16	26:46			16 M Herrick
17	27:03			17 K Koenig
18	27:04			18 L Durbec
19	27:11		19 M Wagner	
20	27:38		20 M Wittla	
21	28:17		21 B Lewis	
22	28:59			22 J Leathers
23	29:23		23 M Kofman	

SOUTHFIELD X-C NEWSLETTER
VOL V: No 10
10-17-89

Course: Sfld Ingleook Park <5Km>
Conditions: Dry/Solid - Muddy Woods
Weather: Cloudy-60 - 12mph - Med Hum

Boys Varsity Results

[Record: 4-6]

Southfield 1 2 3 4 9 - 19
Sf-Lathrup 5 6 7 8 10 - 36

Southfield 1 2 3 4 11 - 21
Avondale 5 6 7 8 9 - 35

Avondale 1 2 4 5 7 - 19
Sf-Lathrup 3 6 9 10 12 - 40

PLACE	TIME	Southfield [07]	Sf-Lathrup [07]	Avondale [07]
1	17:30	1 Kevin Jones		
2	17:52	2 Randy McKelton		
3	18:14	3 Nate Williams		
4	18:16	4 Gary Ennis		
5	18:18			5 M Walcuk
6	18:19			6 J Nutt
7	18:21		7 D Downs	
8	18:27			8 H Dinh
9	18:38			9 B Antonak
10	18:57		10 R Cosey	
11	19:13			11 R Bennett
12	19:21			12 B Reddaway
13	19:30		13 J Hall	
14	19:43		14 J Blakeslee	
15	19:43	15 David Chapman		
16	20:17			16 P Cox
17	20:22		17 T Jones	
18	20:53		18 B Fizer	
19	20:53		19 J Williams	
20	21:38	20 Thyrone Henderson		
21	22:20	21 Lonnie Venegar		

Boys JV Results

[Record: 0-6]

Sf-Lathrup 1 2 -- -- -- nts
Southfield 3 4 -- -- -- nts

Avondale 1 2 3 -- -- -- nts
Southfield 4 5 -- -- -- nts

Avondale 1 3 5 -- -- -- nts
Sf-Lathrup 2 4 -- -- -- nts

PLACE	TIME	Southfield [02]	Sf-Lathrup [02]	Avondale [03]
1	20:28			1 V Garlapaty
2	21:04		2 M Mathers	
3	21:27			3 J Cox
4	21:48		4 J Levi	
5	22:27			5 D Lake
6	22:43	6 Roland Crain		
7	23:01	7 Ethan Smith		

SOUTHFIELD X-C NEWSLETTER
VOL V: No 10
10-17-89

Course: Sfld Ingleook Park <5Km>
Conditions: Dry/Solid - Muddy Woods
Weather: Cloudy-60 - 12mph - Med Hum

Girls Varsity Results

[Record: 0-10]

Avondale 2 4 5 6 8 - 15
Southfield 1 3 7 -- -- -- 50

Southfield 1 3 4 -- -- -- nts
Sf-Lathrup 2 5 -- -- -- nts

Avondale 1 3 4 5 6 - 15
Sf-Lathrup 2 8 -- -- -- 50

PLACE	TIME	Southfield [03]	Sf-Lathrup [02]	Avondale [06]
1	20:25	1 Brooke Reaves		
2	23:07			2 S Wilder
3	23:28		3 R Britton-Gipson	
4	23:29	4 Heather Sutton		
5	23:39			5 J Haddon
6	23:45			6 L Desmet
7	23:45			7 K McCann
8	24:29	8 Nicole Doucette		
9	24:47			9 O Caulk
10	27:30			10 D Crawford
11	30:01		11 C McCarthan	

SOUTHFIELD X-C NEWSLETTER
VOL V: No 11
10-20-90

Course: RO Kimball HS <5 Km>
Conditions: Wet - Soft - Mud
Weather: Sunny - 60 12mph Med Hum

SOUTHFIELD X-C NEWSLETTER
VOL V: No 11
10-20-90

Course: RO Kimball HS <5 Km>
Conditions: Wet - Soft - Mud
Weather: Sunny - 60 12mph Med Hum

1990 SMA Boys Cross Country Championships

1st	Berkley	3	4	7	10	13	14	16	-	37
2nd	Troy	5	12	15	20	25	29	49	-	77
3rd	Hazel Park	6	11	22	30	33	40	46	-	102
4th	BH Andover	1	19	23	26	34	39	48	-	103
5th	Southfield	9	17	21	28	52	53	--	-	127
6th	Seaholm	2	18	32	41	43	44	--	-	136
7th	RO Kimball	8	27	35	36	38	42	45	-	144
8th	Ferndale	24	31	37	47	50	51	--	-	189

1990 SMA Girls Cross Country Championships

1st	Seaholm	5	6	8	13	26	36	44	-	58
2nd	Hazel Park	4	10	12	18	20	24	39	-	64
3rd	BH Andover	7	14	15	16	23	34	41	-	75
4th	Troy	1	17	21	22	27	33	38	-	88
5th	Ferndale	11	19	28	29	30	37	--	-	117
6th	Berkley	2	9	32	40	45	46	--	-	128
np	RO Kimball	25	42	43	47	--	--	--	-	nts
np	Southfield	3	31	35	--	--	--	--	-	nts

BOYS ALL-LEAGUE RUNNERS

1	Merrek Sakwa	BHAn	17:29
2	Matt Frankel	Seah	17:34
3	Shawn Dupuis	Berk	17:41
4	Scott Kopriva	Berk	17:49
5	Aleem Ali	Troy	17:50
6	Scott Mullins	HZPK	17:59
7	Dan Deighton	Berk	18:02
8	Eric DeMont	ROK1	18:04
9	Kevin Jones	SfId	18:05
10	Dan Salinsky	Berk	18:05
11	Irvin Marchand	HZPK	18:10
12	Matt Caruso	Troy	18:13
13	Aaron Canto	Berk	18:16
14	Jason Griffith	Berk	18:22
15	Joe Seiner	Troy	18:40

GIRLS ALL-LEAGUE RUNNERS

1	Amy Parker	Troy	20:44
2	Kristen Karchnick	Berk	21:02
3	Brooke Reaves	SfId	21:08
4	Shannon McCabe	HZPK	21:27
5	Allison Dain	Seah	21:35
6	Maggie Derthick	Seah	21:49
7	Mary Wirthlin	BHAn	21:55
8	Hthr Constantine	Seah	22:35
9	Heidi Pittman	Berk	22:41
10	Cathy Jacobs	HZPK	22:50
11	Shanon Chalmers	Fernd	22:50
12	Sarah Finger	HZPK	23:00
13	Jennifer Parks	Seah	23:02
14	Alison Wirthlin	BHAn	23:04
15	Gary Anders	BHAn	23:15

SfId Varsity Performances

9	Kevin Jones	18:05
17	Nathan Williams	18:43
21	Randy McKelton	18:53
28	Gary Ennis	19:09
52	Lonnie Venegar	22:46
53	Thyrone Henderson	23:11
--		d n r

SfId Reserve Performances

50	Ethan Smith	23:15
--	Roland Crain	d n f

SfId Varsity Performances

3	Brooke Reaves	21:08
31	Niccole Doucette	25:06
35	Heather Sutton	25:49
--		d n r
--		d n r
--		d n r
--		d n r

SfId Reserve Performances

1990 Final Standings
Boys SMA Cross Country

BOYS FINAL STANDINGS	DUAL MEET RECORD	DUAL MEET POINTS	SMA MEET SCORE	SMA MEET POINTS	TOTAL POINTS	
1	Berkley	7 - 0	8	37	8	16
2	Troy	5 - 2	6	77	7	13
3	BH Andover	6 - 1	7	103	5	12
4	Hazel Park	4 - 3	5	102	6	11
5	Seaholm	3 - 4	4	136	3	7
6	Southfield	1 - 6	2	127	4	6
7	Ferndale	2 - 5	3	189	1	4
8	RO Kimball	0 - 7	1	144	2	3

1990 Final Standings
Girls SMA Cross Country

GIRLS FINAL STANDINGS	DUAL MEET RECORD	DUAL MEET POINTS	SMA MEET SCORE	SMA MEET POINTS	TOTAL POINTS	
1	Hazel Park	7 - 0	8	64	7	15
2	Seaholm	4 - 3	5	58	8	13
3	Troy	6 - 1	7	88	5	12
3	BH Andover	5 - 2	6	75	6	12
5	Ferndale	3 - 4	3.5	117	4	7.5
6	Berkley	3 - 4	3.5	128	3	6.5
7	RO Kimball	1 - 6	2	nts	0	2
8	Southfield	0 - 7	1	nts	0	1

SOUTHFIELD X-C NEWSLETTER
VOL V: No 12
10-27-90

Course: Marshbank Park <5 Km>
Conditions: Very Good, Solid
Weather: P Clou 60 20 mph - Low Hum

1990 MHSAA Region 4 Cross Country Run

FINAL BOYS TEAM RESULTS

1	Plymouth Salem	7	11	13	23	27	43	44	-	81	<Team Qualifier>
2	Novi	2	10	14	28	33	50	57	-	87	<Team Qualifier>
3	Plymouth Canton	3	8	20	31	38	49	81	-	98	<Team Qualifier>
4	Catholic Central	18	19	21	24	26	32	34	-	108	
5	Liv Franklin	5	37	41	45	77	91	09	-	202	
6	Farmington	1	62	67	76	90	01	--	-	220	
7	Northville	9	48	52	58	64	68	98	-	227	
8	BH Andover	12	35	54	69	85	00	--	-	242	
9	West Bloomfield	15	16	25	92	08	16	--	-	253	
10	Redford Union	6	42	78	80	82	89	06	-	284	
11	Wayne Memorial	22	29	53	72	19	--	--	-	291	
12	N Farmington	46	56	60	68	73	74	97	-	296	
13	Liv Stevenson	4	65	70	79	83	99	05	-	297	
14	Southfield	38	39	55	71	15	20	--	-	314	
15	Detroit Redford	30	47	63	87	02	04	10	-	324	
16	Liv Churchill	61	69	75	84	86	94	11	-	370	
17	Westind J Glenn	51	88	07	13	17	18	--	-	468	
18	Garden City	95	98	03	12	14	--	--	-	512	
np	Detroit H Ford	40	93	--	--	--	--	--	-	nts	

Top 25 Performances

1	Ben Goba	Farmington	16:19
2	Brian Kolloy	Novi	16:25
3	Mike Reams	Plymouth Canton	16:46
4	Rodney Westlake	Liv Stevenson	16:49
5	Eric Curnow	Liv Franklin	16:55
6	Ken Podina	Redford Union	16:59
7	John Thomas	Plymouth Salem	17:00
8	Jason Crain	Plymouth Canton	17:05
9	Steve Coon	Northville	17:08
10	Rob Herman	Novi	17:08
11	Derek Cudini	Plymouth Salem	17:09
12	Merrek Sakwa	BH Andover	17:10
13	Mike Patterson	Plymouth Salem	17:10
14	John Crawford	Novi	17:11
15	Price Terry	W Bloomfield	17:12
16	Jon Baker	W Bloomfield	17:16
17	Dave Clinard	Farmington	17:23
18	Jami Fitzgerald	Cath Central	17:32
19	Jon Borke	Cath Central	17:32
20	Dave Yack	Plymouth Canton	17:33
21	Jack Massarello	Cath Central	17:34
22	Aaron Simpson	Wayne Memorial	17:34
23	Andy Hellmers	Plymouth Salem	17:35
24	Mike McDonald	Cath Central	17:37
25	Ben Keidan	W Bloomfield	17:40

SFLD VARSITY PERFORMANCES

39	Randy McKelton	18:07
39	Kevin Jones	18:08
65	Gary Ennis	18:45
71	Nate Williams	18:59
115	Thy Henderson	22:06
120	Lonnie Venegar	23:30

SFLD RESERVE PERFORMANCES

--	Ethan Smith	22:20
--	Roland Crain	22:30

SOUTHFIELD X-C NEWSLETTER
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10-27-90

Course: Marshbank Park <5 Km>
Conditions: Very Good, Solid
Weather: P Clou 60 20 mph - Low Hum

1990 MHSAA Region 4 Cross Country Run

FINAL GIRLS TEAM RESULTS

1	Redford Union	4	13	20	21	28	38	67	-	82	<Team Qualifier>
2	Liv Stevenson	3	5	8	31	60	63	70	-	103	<Team Qualifier>
3	Plymouth Salem	7	12	27	29	39	49	53	-	110	<Team Qualifier>
4	West Bloomfield	2	6	10	17	88	05	--	-	115	<Team Qualifier>
5	Plymouth Canton	14	16	22	32	42	55	66	-	120	
6	Farmington	19	28	30	48	51	54	61	-	163	
7	Northville	25	34	45	57	58	82	90	-	206	
8	N Farmington	18	24	35	79	86	--	--	-	225	
9	Farmington Mercy	15	23	59	74	81	84	--	-	233	
10	Liv Franklin	9	48	56	72	77	78	95	-	242	
11	BH Andover	41	47	68	69	71	99	03	-	273	
12	Detroit Redford	33	50	64	73	83	87	97	-	281	
13	Liv Ladywood	1	36	85	91	07	09	--	-	295	
14	Novi	37	43	75	98	00	01	06	-	334	
15	Liv Churchill	80	89	94	02	04	--	--	-	426	
np	Detroit H Ford	44	52	92	96	--	--	--	-	nts	
np	Westind J Glenn	65	93	08	10	--	--	--	-	nts	
np	Southfield	11	78	--	--	--	--	--	-	nts	
np	Garden City	40	61	--	--	--	--	--	-	nts	

Top 25 Performances

1	Malia Dixon	Liv Ladywood	20:02
2	Amy Fideiman	W Bloomfield	20:22
3	Stacy Prais	Liv Stevenson	20:34
4	Tracey James	Redford Union	20:40
5	Ann J Koritnik	Liv Stevenson	20:41
6	Karen Reed	W Bloomfield	20:49
7	C A Gulkewicz	Plymouth Salem	20:51
8	Carrie Creehan	Liv Stevenson	20:51
9	Stacy Hewett	Liv Franklin	20:52
10	Meghan Flaherty	W Bloomfield	20:55
11	Brooke Reaves	Southfield	21:00
12	Stacy Witthoff	Plymouth Salem	21:01
13	Jenn Sturdevant	Redford Union	21:07
14	Amy Smith	Plymouth Canton	21:09
15	Shamila Prasad	Farm Mercy	21:09
16	Heather Meyer	Plymouth Canton	21:10
17	Jami Curella	W Bloomfield	21:11
18	Tracy Mitchell	N Farmington	21:11
19	Allison Davis	Farmington	21:17
20	Melissa Still	Redford Union	21:23
21	Michele Daraban	Redford Union	21:23
22	Lana Boroditsch	Plymouth Canton	21:27
23	Kathryn Cook	Farm Mercy	21:29
24	Jenny Weh	N Farmington	21:30
25	Cheryl Wittman	Northville	21:33

SFLD VARSITY PERFORMANCES

11	Brooke Reaves	21:00
76	Heather Sutton	23:45

SFLD RESERVE PERFORMANCES

ACKNOWLEDGEMENTS

Once again, I am fortunate to have had the opportunity to work with the type of young people that are attracted to cross-country.

I am grateful to my wife, Pam, for her continued support and for assuming most of the home duties during both the cross-country and track seasons.

To the staff of Southfield High School, thanks for the many words of encouragement and/or attending our meets. The attention goes a long way toward motivating our team in a sport where large numbers of spectators are not common.

In particular to Mr. Bob Harding, who supported us at practices & meets, and to Athletic Director Mr. Art Carinci, who took an interest in the well-being of our athletes.

Again, to Mr. Dave Blievernicht, whose support over the years has meant very much. His help at meets when coaching responsibilities required more than 2 hands is deeply appreciated.

A final note to the parents of our athletes. The many re-arrangements of schedules to accomodate cross-country as well as your presence at our meets was deeply appreciated.

Tom Eschmann
Coach