

## ALL-STATE PERFORMERS -- Women

<b>1990</b>	<b>Jean Harvey</b>
<b>1991</b>	<b>Jean Harvey (State Champion)</b>
<b>2003</b>	<b>Cassie Rameriz</b>

## ATHLETES OF THE YEAR -- Women

<b>1990</b>	<b>Jean Harvey</b>	<b>Foothill</b>
<b>1991</b>	<b>Jean Harvey</b>	<b>Foothill</b>
<b>1996</b>	<b>Shannon Earle</b>	<b>Foothill</b>
<b>2003</b>	<b>Cassie Rameriz</b>	<b>Foothill</b>
<b>2006</b>	<b>Jelani Carter</b>	<b>Foothill</b>
<b>2007</b>	<b>Melissa Olmos</b>	<b>Foothill</b>

## ALL TIME COURSE LISTS FOR ANTELOPE VALLEY COLLEGE WOMEN'S CROSS COUNTRY

1990-PRESENT

**AVC –  
30TH & P COURSE # 1**

NAME	TIME	YEAR
Jean Harvey	19:49	1990

**BALBOA PARK**

NAME	TIME	YEAR
Jean Harvey	17:48	1991
Jean Harvey	18:37	1991
Holly Ludwig	22:30	1991
Karen Harvey	24:12	1991

**BAKERSFIELD – SOCCER 3**

NAME	TIME	YEAR
Christy Gorman	21:27	2003
Brandi Ellis	21:52	2003
Joelle Barnard	29:16	2003

**AVC –  
1993 LANCASTER**

NAME	TIME	YEAR
Teresa Santana	19:29	1993
Rene Azevedo	20:13	1993
Teresa Santana	20:44	1993
Kristin Whitehead	21:13	1993
Rene Azevedo	21:18	1993
Melissa Tibbs	22:08	1993
Kristin Whitehead	23:02	1993
Amber Williams	23:31	1993
Melissa Tibbs	23:33	1996
Julie Sorenson	24:33	1996

**BAKERSFIELD – HART PARK**

NAME	TIME	YEAR
Teresa Santana	18:34	1992
Holly Ludwig	18:48	1992
Rene Azevedo	19:05	1992
Karen Harvey	19:33	1992
Kristin Whitehead	19:33	1992

**BAKERSFIELD – SOCCER 4**

NAME	TIME	YEAR
Maia Paris	24:42	2004

**BAKERSFIELD – SOCCER**

NAME	TIME	YEAR
Nicole Martin	20:38	1994
Jolene Argandor	21:18	1994
Joanna Potillo	21:48	1994
Shannon Earle	23:21	1996
Teresa Sanchez	24:16	1994
Kelly Horne	24:19	1996
Julie Sorenson	25:04	1996
Farrah Fenner	25:23	1996
Patricia Amend	26:21	1994
Stacy Sorenson	36:24	1996

**BAKERSFIELD – SOCCER 5**

NAME	TIME	YEAR
Jelani Carter	19:16	2006
Jelani Carter	22:04	2005
Stevie Henne	24:41	2005
Amanda O'Neal	25:24	2005
Joelle Barnard	25:49	2005
Krystal quinn	28:55	2005

**AVC –  
30TH & P COURSE # 2**

NAME	TIME	YEAR
Shannon Earle	23:04	1997
Shannon Earle	23:21	1997
Jennifer Dykstra	24:57	1997
Diana Russo	25:15	1997
Christina Wilson	25:15	1997
Christina Wilson	25:45	1997
Jennifer Dykstra	25:56	1997
Diana Russo	26:44	1997
Rosa MacTaggart	28:16	1997
Noelle Judge	29:53	1997

**BAKERSFIELD – SOCCER 2**

NAME	TIME	YEAR
Gina Villanueva	21:27	1999
Lona Cooper	21:44	1999
Leah Cattermole	22:10	1999

**BONNELLI PARK**

NAME	TIME	YEAR
Joanna Potillo	21:37	1994
Nicole Martin	22:55	1994
Jolene Argandor	23:08	1994
Jolene Argandor	23:49	1994
Melissa Tibbs	25:08	1994
Nicole Martin	25:11	1994
Teresa Sanchez	26:29	1994
Teresa Sanchez	28:08	1994
Patricia Amend	28:56	1994
Patricia Amend	30:29	1994



**CUESTA**

NAME	TIME	YEAR
Gina Villanueva	21:31	1999
Lona Cooper	22:39	1999

**CUESTA -- RAIN COURSE**

NAME	TIME	YEAR
Maia Paris	19:26	2004

**DEL MAR**

NAME	TIME	YEAR
Leah Cattermole	21:43	2000
Leah Cattermole	21:46	2000
Karrie Fuller	22:39	2000
Elaine Soos	29:32	2000
Karrie Fuller	29:34	2000

**DESERT**

NAME	TIME	YEAR
Teresa Santana	18:26	1992
Rene Azevedo	18:29	1992
Holly Ludwig	18:36	1992
Teresa Santana	18:53	1992
Kristin Whitehead	19:00	1992
Holly Ludwig	19:46	1992
Karen Harvey	19:50	1992
Rene Azevedo	19:59	1992
Sheila Boalen	20:16	1992
Kristin Whitehead	20:23	1992

**DESERT -- CAHIULLA PARK**

NAME	TIME	YEAR
Christy Gorman	21:33	2003
Brandi Ellis	22:25	2003

**FAIRVIEW PARK**

NAME	TIME	YEAR
Jolene Argandor	20:19	1995
Melissa Olmos	21:04	2007
Nicole Martin	21:09	1995
Jolene Argandor	21:17	1995
Nicole Martin	21:31	1995
Melanie Bedortha	21:37	1996
Kelly Horne	21:58	1995
Shannon Earle	22:01	1996
Kelly Horne	22:08	1996
Melanie Bedortha	22:43	1995
Kelly Horne	23:19	1995

**FRESNO****WOODWARD PARK**

NAME	TIME	YEAR
Cassie Ramirez	18:59	2002
Rene Azevedo	19:19	1992
Melissa Olmos	19:19	2007
Teresa Santana	19:23	1993
Holly Ludwig	19:35	1992
Teresa Santana	19:41	1993
Teresa Santana	19:52	1992
Nicole Martin	19:54	1994
Victoria Haynes	19:54	2002
Jolene Argandar	19:55	1994
Victoria Haynes	19:56	2002
Jolene Argandar	20:01	1995
Rene Azevedo	20:04	1993
Joanna Potillo	20:09	1994
Nicole Martin	20:12	1994
Amy Rice	20:16	2002
Joanna Potillo	20:21	1994
Melanie Bedortha	20:28	1996
Holly Ludwig	20:29	1992
Shannon Earle	20:35	1996
Rene Azevedo	20:42	1993

**FULLERTON --****CARBON CANYON PARK**

NAME	TIME	YEAR
Victoria Haynes	20:02	2002
Maia Paris	20:57	2004
Christy Gorman	23:07	2002
Megan Hall	23:08	2002

**GLENDORA**

NAME	TIME	YEAR
Gina Villanueva	22:20	1998
Diana Russo	26:41	1998
Tina Villanueva	27:12	1998

**GOLDEN GATE PARK**

NAME	TIME	YEAR
Teresa Santana	18:53	1993
Gina Villanueva	20:33	1998
Shannon Earle	20:42	1997
Kristin Whitehead	20:49	1993
Julie Sorenson	21:53	1993
Melissa Tibbs	22:21	1993
Jennifer Dykstra	23:15	1997
Diana Russo	23:15	1997
Diana Russo	23:35	1998
Teresa Sanchez	23:37	1993

**GOLDEN GATE PARK 2**

NAME	TIME	YEAR
Gina Villanueva	21:29	1999
Leah Cattermole	22:02	1999
Karrie Fuller	23:22	2001

**IRVINE PARK**

NAME	TIME	YEAR
Jean Harvey	19:12	1990
Jean Harvey	19:24	1990

**IRVINE PARK -1997**

NAME	TIME	YEAR
Melissa Olmos	21:14	2007
Shannon Earle	22:09	1997
Jennifer Dykstra	23:24	1997
Diana Russo	26:25	1997
Rosa MacTaggart	27:03	1997

**LANCASTER NSC -2007**

NAME	TIME	YEAR
Melissa Olmos	20:22	2007

**LEGG LAKE**

NAME	TIME	YEAR
Jolene Argandor	19:41	1995
Nicole Martin	19:59	1995
Jolene Argandor	20:12	1995
Kelly Horne	20:29	1995
Nicole Martin	20:46	1995
Gina Villanueva	21:01	1999
Kelly Horne	21:29	1995
Leah Cattermole	21:38	1999
Melanie Bedortha	21:50	1995
Lona Cooper	21:58	1999

**MIRACOSTA 2**

NAME	TIME	YEAR
Leah Cattermole	23:21	2000
Gina Villanueva	23:33	1999
Karrie Fuller	23:44	2000
Leah Cattermole	23:53	1999

**MOORPARK**

NAME	TIME	YEAR
Melissa Olmos	19:51	2007
Teresa Santana	20:09	1993
Teresa Santana	20:10	1992
Rene Azevedo	20:36	1992
Nicole Martin	20:47	1994
Holly Ludwig	20:52	1992
Joanna Potillo	20:57	1994
Rene Azevedo	21:09	1993
Kristin Whitehead	21:25	1992
Jolene Argandor	21:29	1994
Kristin Whitehead	22:22	1993

**MT. SAN ANTONIO**

NAME	TIME	YEAR
Jean Harvey	18:13	1990
Jean Harvey	19:22	1990
Melissa Olmos	19:44	2007
Gina Villanueva	20:40	1998
Christy Gorman	21:38	2003
Diana Russo	23:07	1998
T. Villanueva	25:37	1998

**OCEANSIDE PARK**

NAME	TIME	YEAR
Diana Russo	26:23	1998
Tina Villanueva	26:33	1998

**RIVERSIDE CITY**

NAME	TIME	YEAR
Cassie Ramirez	19:36	2002
Cassie Ramirez	21:24	2002
Victoria Haynes	21:25	2002
Amy Rice	21:34	2002
Victoria Haynes	21:41	2002
Amy Rice	23:41	2002
Christy Gorman	23:45	2002
Megan Hall	24:29	2002
Megan Hall	25:19	2002
Christy Gorman	25:49	2002

**SAN BERNARDINO V –  
CAL STATE SB COURSE**

NAME	TIME	YEAR
Jean Harvey	17:55	1991
Cassie Ramirez	19:17	2002
Holly Ludwig	19:55	1992
Teresa Santana	20:15	1992
Rene Azevedo	20:17	1992
Teresa Santana	20:22	1993
Victoria Haynes	20:28	2002
Nicole Martin	20:38	1994
Shannon Earle	20:39	1997
Jolene Argandar	20:43	1995

**SAN BERNARDINO V –  
CRAFTON HILLS**

NAME	TIME	YEAR
Jelani Carter	22:47	2005
Stevie Hennen	23:34	2005
Amanda O'Neal	24:49	2005
Joelle Barnard	26:22	2005
Krystal Quinn	26:33	2005

**SAN BERNARDINO V –  
GLEN HELEN PARK**

NAME	TIME	YEAR
Leah Cattermole	23:02	2000
Elaine Soos	32:54	2000
Karrie Fuller	28:01	2000

**SAN BERNARDINO V –  
LL COURSE**

NAME	TIME	YEAR
Shannon Earle	20:53	1996
Melanie Bedortha	21:37	1996
Melanie Bedortha	21:53	1996
Julie Sorenson	22:34	1996
Kelly Horne	23:05	1996
Julie Sorenson	23:54	1996
Bridget Worth	24:03	1996
Bridget Worth	24:05	1996
Farrah Fenner	25:25	1996
Stacy Sorenson	34:20	1996

**SAN BERNARDINO V –  
CAMPUS #2**

NAME	TIME	YEAR
Jelani Carter	21:46	2005
Stevie Hennen	22:12	2005
Amanda O'Neal	24:07	2005
Krystal Quinn	24:23	2005
Joelle Barnard	25:10	2005

**SANTA BARBARA CITY**

NAME	TIME	YEAR
Jean Harvey	17:55	1991
Holly Ludwig	19:55	1992
Teresa Santana	20:15	1992
Rene Azevedo	20:17	1992
Teresa Santana	20:22	1993
Nicole Martin	20:38	1994
Shannon Earle	20:39	1997
Jolene Argandar	20:43	1995
Kristin Whitehead	21:01	1992
Joanna Potillo	21:03	1994

**SANTA BARBARA CITY #2**

NAME	TIME	YEAR
Jelani Carter	19:59	2007
Jelani Carter	21:46	2005
Stevie Hennen	22:12	2005
Amanda O'Neal	24:07	2005
Krystal Quinn	24:23	2005
Joelle Barnard	25:10	2005

**SIERRA COLLEGE**

NAME	TIME	YEAR
Jean Harvey	17:16	1991
Jean Harvey	17:39	1991
Holly Ludwig	21:48	1991
Karen Harvey	21:50	1991

**VENTURA – ARROYO PARK**

NAME	TIME	YEAR
Christy Gorman	23:36	2003
Gina Villanueva	24:54	1999
Brandi Ellis	25:51	2003
Leah Cattermole	26:58	1999

**VENTURA**

NAME	TIME	YEAR
Jolene Argandar	21:05	1995
Nicole Martin	22:26	1995
Kelly Horne	23:08	1995
Shannon Earle	23:19	1997
Melanie Bedortha	24:26	1995
Diana Russo	25:30	1997
Shannon Sheldon	25:32	1995
Jennifer Dykstra	25:34	1997

**VICTOR VALLEY -- SOCCER**

NAME	TIME	YEAR
Jelani Carter	21:41	2006

## ALL-STATE PERFORMERS -- Men

<b>1992</b>	<b>Mark Sinderson</b>
<b>1993</b>	<b>Mark Sinderson</b>
<b>1994</b>	<b>Manuel Perales</b>
<b>1996</b>	<b>Joey Montelongo</b>
<b>1998</b>	<b>Mike Barkhuff</b>
<b>2002</b>	<b>Dan Miller</b>
<b>2003</b>	<b>Ryan Rogers</b>
<b>2006</b>	<b>Irvin Garcia</b>

## ATHLETES OF THE YEAR -- Men

<b>1993</b>	<b>Mark Sinderson</b>	<b>Foothill</b>
<b>1994</b>	<b>Manuel Perales</b>	<b>Foothill</b>
<b>2000</b>	<b>Daniel Cobian</b>	<b>Foothill</b>
<b>2002</b>	<b>Ryan Rogers</b>	<b>Foothill</b>
<b>2003</b>	<b>Ryan Rogers</b>	<b>Foothill</b>

## ALL TIME COURSE LISTS FOR ANTELOPE VALLEY COLLEGE MEN'S CROSS COUNTRY

### 1990-PRESENT

AVC —  
LANCASTER NSC 2007

NAME	TIME	YEAR
Irvin Garcia	20:49	2007
Kurtis Rohrenback	21:41	2007
Marco Quevedo	22:08	2007
Austin Rice	22:11	2007
Davey Ramos	22:22	2007
Juan Quevedo	23:49	2007
Joey Whiting	24:30	2007
Aaron Wright	25:02	2007

AVC —  
30TH & P COURSE # 1

NAME	TIME	YEAR
Mark Harvey	22:14	1990
Erik Scudmore	24:58	1990
Greg Willocks	25:57	1990

AVC —  
30TH & P COURSE # 2

NAME	TIME	YEAR
Mike Barkhuff	23:29	1997
Geoff Thurber	23:54	1997
Mike Barkhuff	24:13	1997
Aaron Williams	25:01	1997
Aaron Williams	25:09	1997
Luis Monge	25:14	1997
Josh Stiles	25:41	1997
Luis Monge	25:52	1997
Josh Stiles	26:03	1997
Geoff Thurber	27:26	1997

AVC —  
LANCASTER NSC

NAME	TIME	YEAR
Kurtis Rohrenback	23:00	2006
Irvin Garcia	23:14	2006
Daniel Miller	23:28	2001
Daniel Miller	23:29	2001
Kurtis Rohrenback	23:47	2006
Zack Schroeder	23:58	2001
Zack Schroeder	24:09	2001
Irvin Garcia	24:40	2006
Zack Schroeder	24:41	2001
Dan Bauder	24:42	2001

AVC — 1993 Lancaster

NAME	TIME	YEAR
Mark Sinderson	20:20	1993
Dave Hensley	20:47	1993
Joe Bedortha	20:49	1993
Dave Hensley	20:52	1993
Joe Bedortha	21:13	1993
Mark Sinderson	21:25	1993
Kris Klausmeier	21:31	1993
Kris Klausmeier	22:24	1993
Larry Layman	22:28	1993
Larry Layman	23:16	1993

BAKERSFIELD — HART PARK

NAME	TIME	YEAR
Louie Rudziewicz	19:59	1992
Mark Sinderson	20:39	1992
Kris Klausmeier	21:27	1992
Brice Jarvi	23:07	1992

**BAKERSFIELD — SOCCER**

NAME	TIME	YEAR
Manuel Perales	21:44	1994
Angel Bennington	23:04	1994
Joey Montelongo	23:33	1996
Matthew Jacobs	24:06	1994
Josh Stiles	24:21	1996
Matthew Bessette	24:28	1994
Andrew Brandt	25:35	1996
Josh Millard	25:58	1996
Aaron Magnuson	26:16	1994
Dan Harvey	26:38	1996

**BAKERSFIELD SOCCER PK 2**

NAME	TIME	YEAR
Daniel Cobian	20:07	1999
Richard Butler	20:36	1999
Francis Weu	21:04	1999
Jake McLemore	21:29	1999
Seth Lantz	22:14	1999
Sal Koutsis	22:37	1999

**BAKERSFIELD SOCCER PK 3**

NAME	TIME	YEAR
Ryan Rogers	21:01	2003
Jose Burrola	21:40	2003
Sam Torres	22:58	2003
Nico Colin	23:48	2003
Chris Barber	24:10	2003
Frank Sherwood	24:46	2003
Travis Sanders	24:58	2003
Willy Garcia	25:09	2003
Anthony Layao	26:38	2003
Anthony Cardone	27:22	2003

**BAKERSFIELD SOCCER PK 4**

NAME	TIME	YEAR
Jose Burrola	23:51	2004

**BAKERSFIELD SOCCER PK 5**

NAME	TIME	YEAR
Kurtis Rohrenback	20:37	2006
Irvin Garcia	21:23	2006
Marco Quevedo	21:50	2006
Kritter Schroeder	22:47	2006
Jose Navarro	23:44	2005
Kritter Schroeder	24:16	2005
Tim Jarvines	24:34	2006
Christian Navarro	26:25	2005
Chris Gonzaga	27:17	2005
Miles Almazar	33:51	2005

**BALBOA PARK**

NAME	TIME	YEAR
Louie Rudziewicz	22:32	1991
David Rhodes	23:13	1991
Miguel Solorzano	24:29	1991

**BONNELLI PARK**

NAME	TIME	YEAR
Manuel Perales	21:40	1994
Manuel Perales	22:07	1994
Aaron Magnuson	22:22	1994
Angel Bennington	22:38	1994
Matthew Jacobs	23:08	1994
Angel Bennington	23:29	1994
Matthew Bessette	23:47	1994
Aaron Magnuson	24:51	1994
Matthew Jacobs	25:04	1994
Matthew Bessette	26:59	1994

**CUESTA**

NAME	TIME	YEAR
Jose Burrola	22:47	2004
Richard Butler	22:59	1999
AGUINGA	23:20	2004
Francis Weu	23:44	1999
Daniel Cobian	23:59	1999
Nico Colin	24:16	2004
Willy Garcia	24:16	2004

**CUESTA -- RAIN COURSE**

NAME	TIME	YEAR
Jose Burrola	25:11	2004

**DEL MAR**

NAME	TIME	YEAR
Daniel Cobian	20:45	2000
Zach Scroeder	21:30	2000
Zach Schroeder	21:31	2000
Daniel Cobian	22:09	2000
Chris Covert	22:59	2000
Sal Koutsis	23:06	2000
Casey McAndrew	24:02	2000
Devon Zemp	24:05	2000
Sal Koutsis	24:29	2000
Caleb Schroeder	24:55	2000

**DESERT**

NAME	TIME	YEAR
Mark Sinderson	19:47	1992
Louie Rudziewicz	20:19	1992
Manuel Perales	20:34	1992
Louie Rudziewicz	21:04	1992
Mark Sinderson	21:30	1992
Kris Klausmeier	21:50	1992
Manuel Perales	22:08	1992
Brice Jarvi	22:51	1992
Kris Klausmeier	24:14	1992
Brice Jarvi	25:15	1992

**DESERT -- CAHIULLA PARK**

NAME	TIME	YEAR
Ryan Rogers	19:56	2003
Jose Burrola	20:17	2003
Sam Torres	21:16	2003
Chris Barber	21:18	2003
Nico Colin	21:30	2003
Frank Sherwood	23:26	2003
Travis Sanders	24:21	2003
Anthony Cardone	25:19	2003

**FAIRVIEW PARK**

NAME	TIME	YEAR
Irvin Garcia	20:44	2007
Joey Montelongo	21:04	1996
Kurtis Rohrenback	21:32	2007
Matthew Jacobs	21:34	1995
Austin Rice	21:38	2007
Matthew Jacobs	21:38	1995
Bobby Bacon	21:43	1995
Bobby Bacon	21:47	1995
Marco Quevedo	21:55	2007
Scott Gonzales	21:58	1995

**FRESNO****WOODWARD PARK**

NAME	TIME	YEAR
Mark Sinderson	19:59	1993
Mark Sinderson	20:17	1992
Manuel Perales	20:35	1994
Dave Hensley	20:47	1993
Manuel Perales	21:11	1992
Manuel Perales	21:17	1994
Kris Klausmeier	21:22	1992
Kris Klausmeier	21:26	1993
Mark Sinderson	21:29	1993
Manuel Perales	21:30	1992