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Community Sports

## CCS cross country championships: St. Francis sweeps Division II titles



Menlo senior Eliza Crowder paced the girls cross country team to a third-place finish at CCS and a berth in the state meet. Robert Tomkinson

By JOHN REID | Bay Area News Group  
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**BELMONT** – It was a boys and girls sweep for St. Francis of Mountain View at Saturday's Central Coast Section cross country championships in Belmont. The Lancers ran away with the tiebreaker over Willow Glen to take home

The feature race of the day was Division I boys, in which defending individual champ Kent Slaney of Palo Alto was competing. This time around, Slaney finished second behind Bellarmine's Meika Beaudoin-Rosse, who ran 14:58 to Slaney's 15:10.9, a personal-best. The Vikings are off to state as a team, taking second with 67 points. The Bells set a team-record for scoring with 25 points, winning their fourth straight section crown.

Last year at CCS, Slaney held off Beaudoin-Rosse to capture the CCS individual crown.

"It was a good race," Slaney said. "We moved hard in the second mile. I stuck with him until the last 400 meters. He took me on that downhill. I'll see him again at state, so we'll see what I can do there."

Slaney compared Crystal Springs to the Woodward Park Course in Fresno, site of the state meet on Nov. 26.

"This course is hilly like Woodward," Slaney said. "It gives us an idea what state is going to be like."

The Vikings had all runners placing in the top 20.

"One of our runners had a hamstring at the start and had to drop out," Slaney said. "Everyone else stepped up. We finished strong. We'll be better at state because we've gone there the last couple of years and have experience. We know what we're getting into."

Los Altos tied for fourth in the Division I race with 185 points, sharing that spot with Cupertino. Top Eagle was sophomore Owen Mackenzie, ninth in 15:57.0. Mackenzie is off to the state meet. Henry Saul, Spencer Morgenfeld and Naveen Pai finished 10-through-12 for the Vikings.

Palo Alto placed fifth in the Division I girls race, totaling 201 points. Carlmont was seventh with 252 points. Paly's Miranda Jiminez was ninth in 19:56.1 to lead the Vikings.

Sacred Heart Prep's Natalie Novitsky held off a tough field to win the CCS Division IV individual title. Novitsky, a senior, ran a personal-best 17:42 to beat section distance stars Mari Friedman of Santa Cruz and Niki Iyer of Harker School.

"I needed to run my own race and not get carried away in that first mile," Novitsky said. "Niki and Mari are incredible athletes. I knew I had to bring it if I was to win. I let them take it away the first mile and a half. I got Mari with 800 to go."

Menlo School earned a trip to the state meet, taking third in Division IV with 100 points. Eliza Crowder ran a 12:07.3 to lead the Knights.