

SPORTS

LAMORINDA'S LOCAL SPORTS NEWS

St. Monica's CYO Track Team Brings Home 20 Medals

Submitted by Laura Foxworthy, Head STMO Track and Field Coach and Athletic director



(left to right) Zach Foxworthy, Philip Rei, Tim Duckworth, Alex Sheiman, Kieran Fara, Kristen Chan Photo submitted

The St. Monica's CYO Track Team (STMO) is coming down to the end of their season, and they are still tearing up the track. Twenty-six athletes qualified for the Sectional meet this year by placing in the top three in their events at the qualifying meet on April 26 at Freedom High School in Brentwood.

At the Sectional meet held in Livermore on Saturday, May 3, 17 track teams from Contra Costa County were all competing for the top three spots in each event.

Amazingly, 11 of the 26 St. Monica's athletes accomplished this feat bringing home 20 medals. These 11 runners, jumpers and throwers moved onto the Diocesan Championship meet on May 10, again, in Livermore.

The Diocesan Championship meet included 36 CYO teams from Contra Costa and Alameda coun-

ties.

First year participant Arden Creson, a third grader from Orinda, was the youngest qualifying Athlete this year. She qualified as an alternate in both the 50m and the 100m. Two fourth grade boys, who are known to frequently run side by side in their races, are Matthew Kline from Rheem and Kieran Fara from Los Perales. Matthew qualified in the 800m while Kieran qualified in the Long Jump and in the 1600m.

Claire Manrique and Sophie Settle, two more fourth graders who have been on the team for 2 years, both qualified in the 1600m this year.

A brand new fifth grader on STMO who has been has been a great addition to the team in many ways is Jake Buchanan, who qualified in the 1600m. Kristen Chan, who has been on the team for three

years, keeps getting faster and faster each year. This year she qualified in the 50m.

The sixth grade boys had quite a day at sectionals not only qualifying by taking first in both the 4x100 relay and the Sprint medley relay, but also breaking two STMO records in both events.

These four blazing fast boys are Tim Duckworth (from OIS) and Zach Foxworthy, Philip Rei and Alex Shieman (all from JM). Alex Shieman also qualified in the softball throw and the 800m, his second year running the 800m at Diocesan. Tim Duckworth, who will be missed next year when he moves to Arizona over the summer, qualified in the 100m, 400m and Long jump. Phillip Rei qualified for the fourth year in a row in the 400m and also qualified in the 100m. Zach Foxworthy qualified for the 1600m for the fourth time.

And last, but definitely not least, Leland Wong, the resident veteran and role model for STMO's younger athletes, will be running his last race on the STMO CYO track team in the 400m and the long jump. He will continue his running and jumping career as a Campolindo freshman next year.

All 50 athletes worked very hard this year and a lot of personal records were broken. The STMO track athletes celebrated their achievements at their end of the year Track Party at St. Monica Church's gathering room on May 18 with pizza, soda and awards.

Moraga Resident Wins Bronze at International Karate Championships

Submitted by Thomas Westernoff



After long hours of training and success at State and Regional tournaments, Chris Wellbrook qualified for the 2007 National Karate Championships held in Winston-Salem, N.C. and placed third in the nation.

Based on his performance, he was invited to the AAU-USA National Team trials in hopes of making the world team.

In August, he was told he would represent the 13-year-old black belt division for the National Team at the International Karate-Do Championships, held in Osaka, Japan on March 23, 2008.

After 16 hours of travel, he arrived at the competition. With more than 700 competitors at the event, including 29 in Chris's single elimination sparring division, he successfully powered his way through his first four fights, making it to the final four. He fought hard in his next round, but was defeated. The next fight was for third place. He came out very aggressive, and was able to overpower his competitor, winning the Bronze medal for the U.S., and having the experience of a lifetime.

Other Karate News

A Total of 17 Karate & Fitness Place USA Team Members, lead by Sensei Thomas Westernoff, returned home from the AAU 1st Round Qualifier held in Chico, Calif., with 29 Medals: 9 Gold, 11 Silver, 9 Bronze.

Team Members Results

Name	KATA	KUMITE	KOBUDO
Brandon Tokuyama	Gold	Gold	
John Krakowski	Silver	Bronze	
Michael Doucet	Silver	Silver	
Chris Wellbrook	Gold	Gold	Silver
Mykaela Lewis	Silver	Bronze	
Cole Jeter	Gold		
Ryan Jeter	Bronze	Silver	
Edward Chen	Silver	Bronze	
Victor Chen	Silver	Silver	
JD McPhee	Gold	Bronze	
Jospeh Tsuboi			
Nick Luckenbach	Bronze	Bronze	
Haze Mach	Bronze	Bronze	
Jacob Plutt	Gold	Gold	
Omid Boozarpour	Gold		
Nate Oto	Silver		
Morgan Langstaff	Silver		

(Jacob, Edward and Ryan swept the Kata division by taking 1st, 2nd and 3rd - a great team showing. Congratulations to our Team, first timers and some of our youngsters who have been training with us for nearly 2 to 4 months and came back home victorious!)

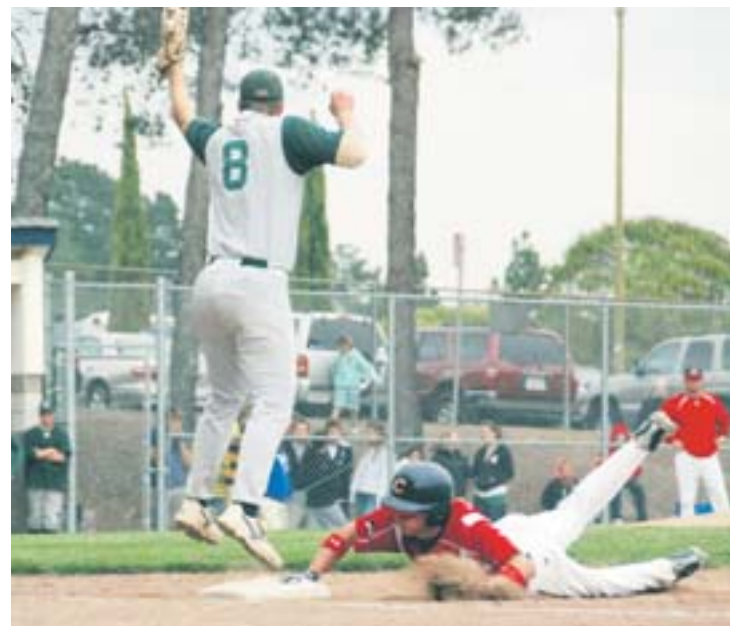
Cougars Head to Third Round Following Victory Over Mats

... continued from page 1

Coleman was forced into a full count but was able to draw the walk to reach first base. Stephens then laid down a bunt, but the third baseman inexplicably let the ball stop, allowing Stephens to reach safely. Wirth then tried to sacrifice the runners over but the third baseman could not throw to first in time and Wirth reached.

Gregory came up with another key hit in the game with the bases loaded. With one strike on him, Gregory drove a deep fly ball into the right-center gap over the heads of the Miramonte outfielders. Gregory raced around the bases for a stand-up triple. Gregory was then driven in on a single by Fadelli.

The Matadors tried to make a comeback in the seventh, but the Cougars were able to hold on. After giving up a single and two walks, junior Jeff Gold gave up a



Anthony Fadelli safe Photo Gavin Schlissel

short fly ball to right field. Sophomore Corbin Chase sprinted in and made a terrific diving catch to save the game.

This victory has sent the

Cougars into the third round to face the Cinderella of the playoffs: the Piedmont Highlanders.

Miramonte rallies to beat Campolindo

By Jack Fernbacher

The Miramonte Baseball team finished up the regular season on May 15 by making a tremendous comeback to defeat Campolindo 13-7. The Mats were down 5-0 after four innings, but then the Mats started teeing off of Campolindo's pitchers.

Juniors Joey Epperson and John Vacarro started the pounding in the fifth inning by hitting back-to-back home runs and pulled the Mats within two runs. Then in the top of the sixth inning the Mats made a remarkable 1-out rally.

The Mats scored seven runs on seven consecutive hits in the top of the sixth inning to take a 10-6 lead. The batter who finished the rally was junior Matt Lloyd, who went 4-5 in the game with two RBIs.

The Mats continued the rally into the seventh inning and scored three more runs with the scorching hot bats of Epperson, Lloyd, and Vacarro.

Out on the mound for the Mats, junior pitcher Andrew Kjar got rattled early on in the game allowing four runs in the second inning, but settled down later in the game and got the job done to win the game. Kjar pitched a complete

game, allowing seven runs and striking out three batters.

The win meant a lot for the Miramonte program as the Mats have not been very successful against the Cougars in the past couple of years. Miramonte had been 0-7 in the last four years, with three of the losses having been decided by only one run.

"It felt awesome to beat Campolindo," said senior pitcher Tim Fong, who has never seen Miramonte's varsity team beat Campolindo during his career at Miramonte. "Our program has been good the last couple of years, but we were not able to play well against Campo. I think it shows how good our team is this year that we were able to come back and beat Campo."

For Campolindo, junior shortstop Anthony Fadelli had another great game at the plate as he went 3-3 with one home run and four RBIs. Senior pitcher David Wirth started the game for the Cougars and was lined up for the win when he left the game. Wirth pitched 4 2/3 inning and only gave up three earned runs as he struck out 12 batters.

Classified • Classified • Classified • Classified • Classified • Classified •

Classes Offered	Volunteers needed	Services	Services
Contra Costa Adventure Boot Camp Get fit in these Fun, Fast Paced, One hour, Outdoor Classes for Adults. All fitness levels. Early morning classes available. You know you want it! 925-457-4587, www.ContraCostaBootCamp.com	Need volunteers preferred bilingual, teachers, professionals, trades people, etc., to help in the development of Kids Academy for Health and Wealth. Min. 6hrs/wk. Call 925-946-1875, Tessie or email tessie@emerynetwg.com	kathleen b. kolman landscape design 925.787.3261 kbkolman@comcast.net orinda.ca residential . commercial patios . paths . walls decks . arbors . fences water features . lighting native gardens . restoration	Senior Helpers™ Caring In-Home Companions Pre-screened caregivers to help seniors remain independent in their own homes: errands, meal prep., housekeeping, bathing, medication reminders etc. Call for free assessment. 925-376-8000
House Cleaning Brazil's Cleaning Weekly, bi-weekly, monthly Reliable, great references 510-684-2159	Service BANK FORECLOSURES FREE List www.freelocaleastbayhomeinfo.com 1-800-913-5530 #1042	Terry's Painting Company Decks, Fences, Interior, Exterior Repairs and Pressure Washing Lic # 851058. bonded. Call 925-788-1663	GG Home Improvements Repair, Remodeling & general repairs. 925.787.6234, Local references
Child Care Preschool Directory/Family Resource Serving Lamorinda www.contracostapreschools.com	SWARTS CONSTRUCTION Slide repair, retainings walls additions, stone work, decks etc. Gen. Contractor, Lic #613717 Serving the Lamorinda Area for 25 years, call 254-1494	PAINT YOUR PLACE FOR PEANUTS! Beautify and add value to your home for the lowest imaginable investment... Give me a chance to give you a bid. 925.934.3323 Jeff McFarland!	Brush Cut for Fire Safety Experienced Orinda resident References, Charless 925.254.5533 or 925.528.9385
Help wanted Sales Service Position Representative and Direct Sales Agent needed at Carpet and Tiles Shop. A great opportunity to earn an income for yourself now. Computer skills is compulsory and 1 to 2 years job experience needed. Monthly salary of \$3,000 and advantages of commission. Best way to contact us is: richardsonbailey93@gmail.com. If interested email now!	Problems with your Computer? Previous IBM Helpdesk Experience software, hardware, internet \$60 per Hour call Joey 925 408 1425	Reliable Window Cleaning Friendly service and remarkable results! (Gutter & Pressure Washing) www.ReliableWindowService.com (925) 254-7622	Affordable Classified ads. www.lamorindaweekly.com
	T & T PAINTING CO 27 Years Experience Int & Ext Our Workmanship & References Speak for Themselves CA Lic # 616357 BONDED Steve Thaw 376-3380 Moraga	Myles' Hauling (925)360-2779 Affordable Dependable Serving Lamorinda for 10 years	