

Woodbridge XC Classic  
Sept. 15, 2017

Silverlakes Sports Park. Flat course. 3.0 miles.  
Cloudy, 75°F

The Woodbridge meet went exceptionally well for many of South's runners. 33 new PR's were made at the event, making this meet the most successful of the season so far. Overall, 89 runners from South made it to the meet healthy and ready to run. The athletes did not return home until midnight, Sept. 16, showing the dedication and passion the runners had for their sport. It was a shame that TA Andrew Leung was not allowed to attend because of unwavering concerns from his parents about the lateness of the event, and it was also sad that Asst. TA Khalid Mihlar had a scheduling conflict. Also, Girls JV runners Selina Brown and Catherine Roach were incapacitated for this race as a direct result of various ailments. They expressed their sadness at this. Of the healthy runners, though, many did exceptionally well, showing South's superiority to many of the other schools at the meet. Girls JV runner Amara Ugwu stated, "A lot of people pushed themselves and ended up PR-ing."

Of the boys, Hayden Johnson did an amazing job getting first place with a time just over 15 minutes. George Orduno followed with a 15:37.1. Alex Caballeros continued to show great strides in his ability, getting fifth place among South's runners and 25<sup>th</sup> place overall. This impressive time was strangely not surprising to the coaches, who, according to Head Coach Brian Tokuda, were "quite aware of Alex's ability." The novice race ended up being fast-paced and thrilling, with Danny Ma coming in, first in his division, at 23 minutes and 25 seconds. Many of the other boys came in within a few minutes of each other, showcasing the strong bond between many of the runners. All, though, put forth great effort throughout the long meet. Many of the varsity team placed in their race, leading to hopeful feelings for the Pioneer League Meet #1.

For the girls, many advancements in ability were seen. For example, Ashley Huang ended up getting an 18:59.5, showing the impressive ability of some of the girls. She was followed closely by Mia Trodden, who was slower by a tenth of a second. And though Coach Tokuda had stated that Carli Colditz "always runs in self-doubt and negativity," Colditz got a 20:42, fourth place in her sophomore division. Though Hannah Nakamoto had a "sporadic training program" and "nagging injuries," she came out and succeeded in running faster than eight other girls from South. Freshman Rania Gomaa did an impressive job, running a 20:28.6. Coach Tokuda's wish of Clara Chan running in front came true; she got a time of 19:38.8. Overall, the girls did an exceptional job of competing against the other schools at the meet, and many came home happy after their successful runs.

The next race for South is the Pioneer League Meet #1, hosted at Palos Verdes High School on Wednesday. Coach Tokuda hopes for continued success with the runners, ultimately wishing for continued PR's. TA's Andrew Leung and Khalid Mihlar both hope to be able to go; they are both eager to help the team out. And the injured people sure hope to get better before the event. But most importantly, the runners need to show continued success in their abilities. We'll get to see how good we really are Wednesday.

- TA Andrew Leung  
Sunday, Sept. 17, 2017