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Ryan healthy and ready to lead Uni

BY BRENT SHAVER

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University High cross country runner Daniel Ryan had a junior season to remember last year.

Ryan edged Corona del Mar's Thomas Dialynas for the Pacific Coast League title, finishing in 15:02.42.

But Ryan's track season in the spring wasn't so memorable. He suffered a stress fracture in his foot and the year was cut short.

"I am sure he is looking forward to the cross country season again," University coach Dan Wroblicky said.

Wroblicky said Ryan took it easy this summer, easing into his routine and slowly building up the mileage.

And he looks as good as new.

"He should challenge for that league," Wroblicky said.

Ryan leads a Uni team that also features returners James Bachelor, Alex Kipperman and Shyusaku Matsuoka. Freshmen Phillip Norton and Jake Brouwer could be in the team's top five as well.

"There is some potential there," Wroblicky said.

The Pacific Coast League team race should be up for grabs with Beckman being in the mix.

The Patriots return most of their top runners from last season, including senior Jimmy Shiba, junior Aaron Perry, sophomore Elijah Wells, senior Andrew Allen and sophomore Jared Allison. Shiba was ninth at league finals last year and Allison won the frosh/soph title.

Irvine will look to build on its momentum from the track and field season this past spring.

Ryan Torres returns as the one of the league's top runners. He was sixth at league finals a year ago and followed that up with a strong track campaign.

Coach Brenton Youngren is also expecting Neil Saez, Andy Palm and Roni Palm to have solid seasons after a hard summer of work.

Dennis Cook, Logan Ma and Emmanuel Chang also return.

"I believe we have a strong team this season that might compete for a CIF slot," Youngren said. "I look forward to the next few races to see how we size up against the league."

Northwood hopes to push for a CIF spot in the always tough Sea View League.

The Timberwolves have a solid five runners in senior brothers Ian and Stefan Howard, sophomores Paul Gill and Ryan Purcell and junior Kevin Griffith.

"They have all been been putting in the miles and pushing the pace," Northwood coach Charles Gates said. "Stefan is the team leader and is

poised to have a great senior year. This is a team that has the potential to surprise some people if we can stay healthy and focused and continue to push themselves to get better."

Meanwhile, Woodbridge might have one of its best boys teams ever.

At the team trials last Saturday, the Warriors recorded the fastest team time that coach George Varvas could remember.

"Our fifth runner was faster than our top guy last year," Varvas said.

The Warriors will be led by Shane Berglas, who finished eighth at the league finals a year ago in a time of 15:32.

"He is a senior and one of our top 10 all-time at Woodbridge," Varvas said.

Backing up Berglas will be junior Michael Evans, sophomore Scott Dillon, junior Derrick Fleming and then senior Bryan ten Bosch, junior Cameron Mahon and sophomores Josh Kingsland and Andrew Burde.

"There is a lot of talent there," Varvas said.