



Cross Country Runners of the Week
Week #4-September 25, 2008

Men-Jake Enemark, Diablo Valley College

Meet: Lou Vasquez Invitational, San Francisco, CA



Jake Enemark-DVC's #1 runner, freshman Enemark, in only his 3rd cross-country meet since his junior year in HS ran an impressive race at the ever-competitive Lou Vasquez Meet and came away with a 13th place finish and a personal best over a 4-mile course, running 21:08.

Women- Sable Browning, Modesto JC

Meet: Lou Vasquez Invitational, San Francisco, CA



Sable Browning-MJC. Last week Sable was the top runner from the Big 8 conference running 3rd overall at the Lou Vasquez Meet. Last rankings, she was 4th in Nor-Cal and she ran 19:22 at Golden Gate Park on the 5K course.