

# BIG8 CONFERENCE

Week #5-October 3, 2008

## Men-Anthony Costales-ARC

Meet: Brubaker Invitational, Bakersfield, CA



Antony Costales of American River is nominated once more for his sterling effort vs. Southern California competition where he posted a 20:39 over the 4-mile course. His 4<sup>th</sup> place finish aided his team in earning 2<sup>nd</sup> place team honors.

## Women- Claire Jenkins-ARC

Meet: Crystal Springs Invitational, Belmont, CA



Claire has been the first female finisher for ARC in all 6 X/C competitions this season. While a student at Pioneer High School in Woodland, she was running her 5K's somewhere in the mid 21 minutes. Early this season her goal was to break 20 min, which she accomplished at the Crystal Springs Invitational on Oct 3 where she placed 2<sup>nd</sup> overall in 19:34 over the 2.95 mile rugged course.

Note: She has also secured her slot on the second generation record board with both her mom (who competed for College of San Mateo) and her dad (who competed for West Valley College).

Parents: Kathleen (Prentice)-Jenkins 20:25 and Greg Jenkins 21:08, both ran at crystal springs at the Golden Gate Conference finals on Nov. 2, 1979