

SPORTS



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Locals run to team and individual honors at section finals

Palo Alto senior Lucas Matison started it off and Pinewood senior Nicole Colonna finished it at the 2014 Central Coast Section Championships in cross country at Saturday at Toro Park in Salinas.

From the first race to the last, three local teams qualified for the CIF State Meet and eight runners earned trips as individuals. In addition, there were four individual champions and Menlo School senior Lizzie Lacy clocked the No. 2 all-time mark for girls over the 3.0-mile layout.

State meet team qualifiers included the Palo Alto boys (second in Division I), the Sacred Heart Prep boys (third in Division IV) and the Priory girls (second in Division V).

Palo Alto and Priory had the best program finishes with a second- and fourth-place finish.

"Today truly was amazing," said Paly coach Kelsey Feeley. "I can't describe how proud I am of the boys. We set the goal to make it to the state meet at the beginning of the season and the boys rose to the occasion. The boys all had a game plan for the race and executed it perfectly."

The Vikings were led by senior Lucas Matison, who took home individual honors in Division I with a 15:39.9 clocking. He is Paly's first individual champion since Philip MacQuitty won Division II in 2007.

Matison's time was the fourth-fastest overall among all divisions on Saturday. The victory was especially rewarding since Matison missed last year's race due to injury. He qualified for the state meet as a sophomore while running for Carlmont.

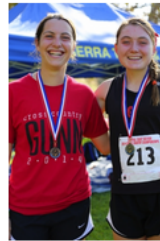
"Lucas finishing first in the race was obviously the biggest factor in us taking second, but all seven of the boys are responsible for this feat," said Feeley. "Again, I am so very proud of the work the boys put into this season and am so happy they are being rewarded for it by moving on to the state meet."

Bellarmine took the Division I boys' title with 47 points with Palo Alto (116) holding off San Benito (121) as all three teams advanced. It was Paly's highest finish at CCS since 2008.

Matison continued his excellent season -- he also won the SCVAL El Camino Division title -- by posting a seven-second victory. Paly sophomore Kent Slaney really came through with a ninth-place finish of 16:06 after being seeded only 21st. Slaney has been running for only 3 1/2 weeks after breaking a toe at the start of the season.



The Palo Alto boys finished second in Division I and earned a trip to the CIF State Meet. Senior Lucas Matison (holding trophy) was the individual winner at the CCS Championships.



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