

SPORTS



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Gunn, Paly sweep team and individual cross-country titles

Palo Alto junior Kent Slaney and Gunn senior Gillian Meeks ran to individual titles and helped their respective teams win crowns at the third SCVAL cross-country meet of the season on Tuesday.

Slaney and Meeks wound up winning all three league meets and helping their squads to team titles in all three.

Slaney ran 15:31.9 over the 3.1-mile course at Baylands Park in Sunnyvale to hold off Justin Robison of Lynbrook (15:45.7).

Slaney's time blew away the course record of 15:47.2 set in 2001 by Yohaness Estifanos of Milpitas. It also surpassed the previous best by a Paly runner (16:08.2 by Lucas Matison in 2013) in addition to being a huge improvement over Slaney's previous best on the course, a 16:59 in 2013.

Meeks clocked 17:47.6 to just miss the course record by 2.6 seconds after she took a wrong turn near the end of the race. She still ranks No. 3 all-time on the course after improving upon last year's time of 17:54.9.

Former Gunn standout Sarah Robinson holds the course record of 17:45 (2013) with Menlo grad Lizzie Lacy No. 2 at 17:46.9 (2014).

With Slaney leading the way, the Paly boys tallied 38 points to easily win the team crown in the 14-school race. Los Gatos (95) and Lynbrook (120) trailed the Vikings.

Paly junior Naveen Pai was fourth in 16:21.5, sophomore Sam Craig was ninth in 16:39.3, sophomore Reed Foster was 11th in 16:51.7 and freshman Henry Saul was 13th in 16:54.4. Paly had the fastest times for juniors, sophomores and freshmen.

Gunn was fourth with 125 points as Reid Kovacs ran 10th in 16:45.7 and Jonas Enders took 14th in 16:54.9.



Palo Alto junior Kent Slaney won the boy's title and Gunn senior Gillian Meeks took the girls' individual crown at the SCVAL Meet No. 3 on Tuesday in Sunnyvale.



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