

er Johnson sophomore Ashley St. Denis won the 3A West Region girls Cross Country title yesterday at Rockville Civic Center, while ...

# Enough crowns to go around

## Pulliam and St. Denis take titles in 4A/3A West Region meet

**IM CROWLEY**  
nal staff writer

ss than a week after battling each other for  
ty supremacy, Quince Orchard's Karen Pull-  
and Walter Johnson's Ashley St. Denis ruled  
r respective fields in the 4A/3A West Region

### 4A/3A WEST REGION

championships Thursday at the Rockville Civic Center.

Pulliam led the QO girls to a 4A West Region championship by winning her third consecutive individual region title. Pulliam dominated the

field in 18:40.10, 46 seconds faster than her cl  
est opponent, as the Cougars took the title with  
points, besting second-place Churchill with 84.

Pulliam has now completed two of three go  
since undergoing offseason surgery on her he  
The QO senior captured her third straight Mo  
gomery County title last Saturday, and has p  
ven that she's back to where she left off last s  
son.

"It's good to do it twice," Pulliam said of ba  
to-back wins. "When you do it once, it's great  
people say, 'Cool, she's back.' But I wanted  
prove that I am back."

St. Denis had beaten Pulliam in a dual m  
earlier this season before finishing second  
counties.

"I think Karen deserved that [the county cha  
pionship]," St. Denis said. "Karen worked re  
hard to get in shape for counties. I knew she'  
ready for counties."

Their friendly part of their rivalry shi  
through yesterday. Pulliam and fellow senior  
teammate Lindsey Schneider cheered St. De  
along as the WJ sophomore tore up her field.

St. Denis finished in 19:17.84, winning the  
West Region title in more than half a minute,  
helping the girls county champion Wildcats t  
second-place finish (55 points) to 3A West cha  
pion North Carroll (47).

St. Denis had added inspiration yesterday.  
scribed on the heels of her cleats was BSD —  
initials of her older brother, Brendan, who pas  
away this summer. Brendan had inspired Ash  
to get into running, and to win every meet she  
tered, she said. St. Denis paid a fitting tribut  
her brother's memory yesterday.

"When I heard people cheering my name, it'  
like Brendan was right there cheering as w  
St. Denis smiled.

Inspiration fueled St. Denis' WJ boys te  
mate Fanuel Chageza and Magruder's Awit

Please see RUN,

gruder Awit Yohannes, right, won the 4A West Region title in his first year of running cross  
ntry. Churchill's Matt Hard, middle, finished runner-up and county champion Eric Pauley of  
hershburg placed third.

# 'burg hopes to buck history; and make some

## Trojans enter postseason undefeated but wary of Wootton, QC

**KEVIN DUNLEAVY**  
nal staff writer

### GIRLS VOLLEYBALL

it's Dillingham's team that's unde  
feated. She doesn't want to see histo  
ry repeat — except, of course, for the  
celebrating.

When the West Region tourna  
ment starts today, top-seeded Gai  
thersburg (14-0) has a bye. The Tro  
jans open Monday against the win  
ner of the Springbrook-Whitman  
match.

In the regular season Gaithers-

burg was virtually unchallenged.  
The Trojans only tough match came  
against Quince Orchard 16 days  
ago. Gaithersburg won in five  
games. In their 13 other regular-  
season matches, the Trojans didn't  
lose a game. It's the kind of run that  
instills confidence, or perhaps over-  
confidence.

Two years ago, Watkins Mill had a  
perfect regular season, but lost in  
the region semifinals to Blair. Last  
year, Quince Orchard reeled off 16

straight matches before losing  
stunning fashion, 15-2, 15-10, 1  
to the Trojans.

"I haven't told them anytl  
about that," said Dillingham. "W  
having so much fun. They c  
have taken the attitude that the  
a lot of pressure. But that's not  
style of these girls. They're just l  
ing a good time."

The 4A West Region — whic

Please see SPIKE,

athersburg volleyball coach Mi-  
le Dillingham knows the recent  
tory all too well. The last two  
ns that have entered the Class  
West Region girls volleyball tour-  
nament undefeated have lost.

ast year s... as part of ...  
n celebrated an upset of ...  
Quince Orchard in the region  
mpionship game. But this year

# QO girls, Northwest and Gaithersburg

**RUN from B1**

hannes.

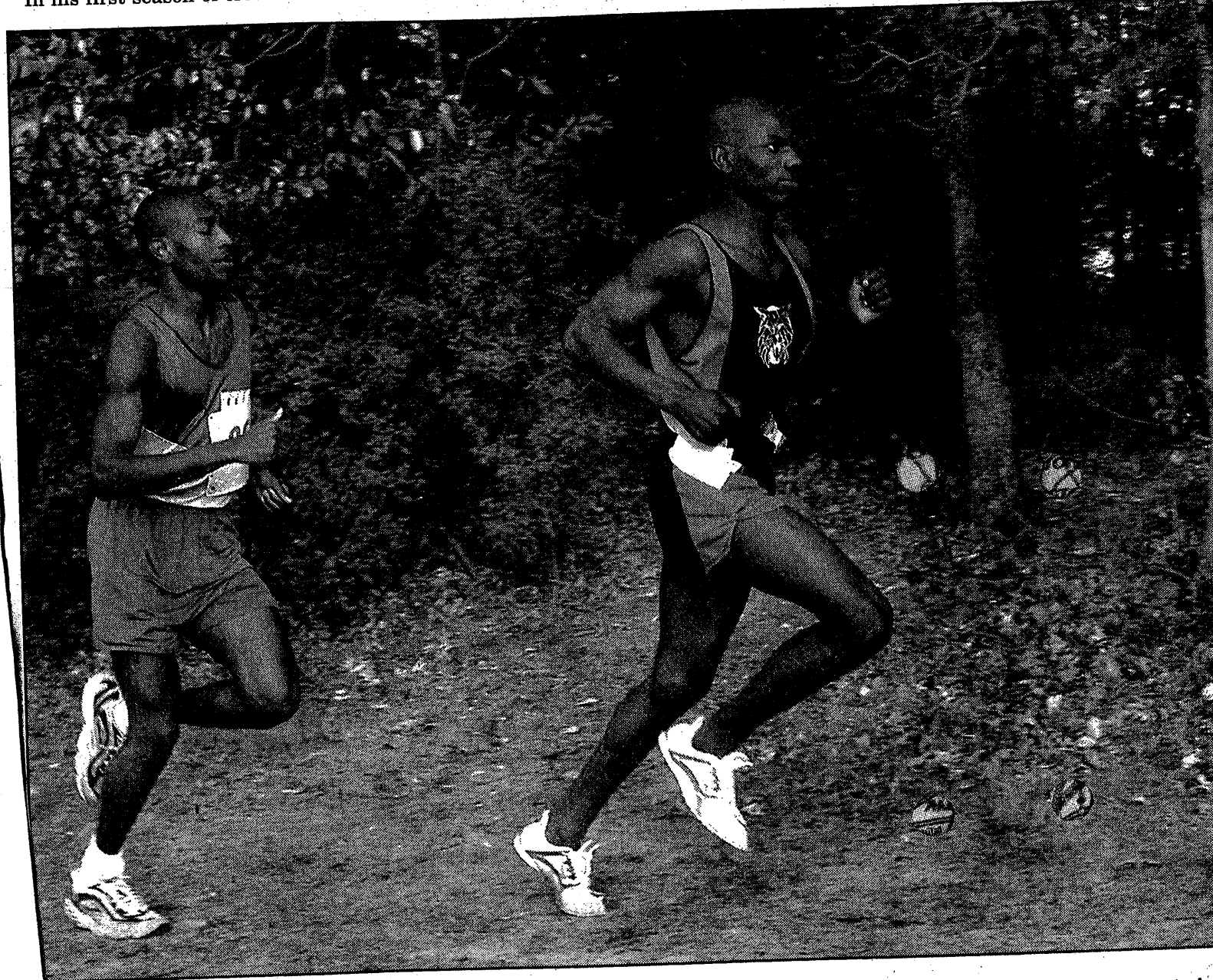
In his first season of cross

country, Yohannes regained his early season flair by beating Churchill's Matt Hard for the 4A West Region

boys title. Yohannes finished in 16:22.44, 10 seconds ahead of Hard (16:32.99), who took also second last

Saturday at the county championships. Yohannes finished eighth at counties, and needed to make a state-

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Samuel Chadoza improved upon a fourth-place finish in the Montgomery County championship last Saturday by capturing

# st and Gaitnersburg boys win titles

ys title. Yohannes finished 16:22.44, 10 seconds ahead of Hard (16:32.99), who took also second last Saturday at the county championships. Yohannes finished eighth at counties, and needed to make a state-  
ment during regionals, the "I just attacked it," said Yohannes, who pulled away from opponents just past the halfway mark. "I didn't want to be second place, even though it was my first season of cross country."

Magruder coach Ron McGaw said the strategy was simple.

"If he wants to win, he's got to put himself in a better position to win," McGaw said. "I told him, 'If you make a move, it better be an aggressive move — it had better be a statement.'"

As a team, though, Gaitnersburg made the final move. The Trojans won the team 4A West title by edging Churhill, 62-69. Gaitnersburg was led by a third-place finish by county champion Eric Pauley and a fourth-place finish by Maksudal Ali. Magruder finished third with 90 points.

Chageza also made amends for a fourth-place finish at counties by taking the 3A West boys title in 16:05.91. Chageza said his legs were tight in the cold weather last Saturday, but he was up to the challenge yesterday.

"I just needed to prove that I wasn't feeling well that day [at counties]," Chageza grinned. "I just felt comfortable [today] and I didn't try to play games."

Montgomery County boys champion Northwest, led by Kelly Cristier, claimed 3A West region honors easily by besting second-place Lingamore, 52-87. Walter Johnson finished third, Urbana finished fourth and Richard Montgomery placed fifth.

Note: 4A/3A West Region championship results will run in the Journal's weekend edition.  
Katherine Frey/Journal

