

# NorCal CC Championships

11/6/04

San Mateo

## Men's Race

### Team Scores

Rank	Team name	Total Time	Avg. Time	Score	1	2	3	4	5	6	7
1	American River	1:49:44	21:56	20	1	2	4	6	7	25	
2	Hartnell	1:54:16	22:51	116	13	16	23	26	38		
3	CCSF	1:54:29	22:53	121	5	18	20	37	41	79	
4	Sequoias	1:55:22	23:04	131	9	11	22	34	55		
5	Modesto	1:55:28	23:05	145	15	21	30	36	43		
6	West Valley	1:56:07	23:13	156	8	24	27	32	65		
7	San Jose	1:56:48	23:21	166	14	19	29	47	57		
8	Diablo Valley	1:58:11	23:38	197	10	31	35	59	62	80	
9	Fresno	2:00:27	24:05	242	28	33	56	58	67	75	
10	Butte	2:02:37	24:31	278	50	51	53	54	70	73	
11	Sacramento	2:02:44	24:32	279	12	61	64	66	76		
12	San Mateo	2:04:29	24:53	284	40	42	52	63	87		
13	Las Positas	2:04:16	24:51	289	3	45	78	81	82	91	
14	Santa Rosa	2:08:11	25:38	336	39	46	77	86	88		
15	De Anza	2:14:31	26:54	382	48	74	83	84	93		

### Individual Results

Place	Name	Year	Team	Avg. Mile	Time	Score
1	Wambugu, Sam		American River	5:07	21:29.46	1
2	Ramirez, Jose Pepe		American River	5:10	21:42.48	2
3	Clarke, Jerron		Las Positas	5:12	21:50.54	3
4	Courtney, Josh		American River	5:14	22:00.30	4
5	Sparks, Kenny		CCSF	5:15	22:06.16	5
6	Hart, Chris		American River	5:18	22:15.88	6
7	Prado, Jason		American River	5:18	22:16.38	7
8	Zapata, Lenin		West Valley	5:18	22:16.99	8
9	Escobedo, Isaias		Sequoias	5:19	22:20.05	9
10	Mason, Ryan		Diablo Valley	5:19	22:20.88	10
11	Hobbs, Travis		Sequoias	5:20	22:27.17	11
12	Van Koten, Brody		Sacramento	5:21	22:29.95	12
13	Morales, Jose		Hartnell	5:22	22:33.58	13
14	Gutierrez, Jose		San Jose	5:23	22:37.43	14

15	Avelar, Ruben	Modesto	5:23	22:38.14	15
16	Mendoza, Omar	Hartnell	5:23	22:39.42	16
17	Napieralski, Dan	American River	5:24	22:41.02	17
18	Burkholder, Samuel	CCSF	5:24	22:42.26	18
19	Rosales, Gilbert	San Jose	5:25	22:45.23	19
20	Gibbs, Gus	CCSF	5:25	22:46.12	20
21	Greene, Jeff	Modesto	5:25	22:47.55	21
22	Aguirre, J. J.	Sequoias	5:25	22:48.61	22
23	Corvera, Luis	Hartnell	5:26	22:49.38	23
24	Nebeker, Kendon	West Valley	5:26	22:50.24	24
25	Lemons, Cody	American River	5:26	22:53.23	25
26	Campos, Jesus	Hartnell	5:27	22:53.91	26
27	Dirks, Taff	West Valley	5:27	22:54.47	27
28	Gonzalez, Matt	Fresno	5:29	23:02.40	28
29	Phan, Ngoan	San Jose	5:29	23:03.48	29
30	Cuevas, Ricky	Modesto	5:30	23:06.79	30
31	Fink, Brandon	Diablo Valley	5:30	23:09.87	31
32	Kurani, Kyle	West Valley	5:31	23:11.73	32
33	Ortiz, Daniel	Fresno	5:31	23:12.52	33
34	Salcedo, Jose	Sequoias	5:32	23:15.10	34
35	Rihel, Jonathan	Diablo Valley	5:32	23:16.85	35
36	Padilla, Alex	Modesto	5:32	23:18.54	36
37	Brown, Duncan	CCSF	5:33	23:19.44	37
38	Tostado, Eder	Hartnell	5:33	23:19.90	38
39	Yungert, Christian	Santa Rosa	5:34	23:23.71	39
40	McIntyre, Mitch	Shasta	5:34	23:25.77	
41	Kim, Bee-oh	San Mateo	5:36	23:33.07	40
42	O'Toole, Sean	CCSF	5:36	23:35.33	41
43	Aguilar, Tony	San Mateo	5:37	23:35.92	42
44	Perez, Pedro	Modesto	5:37	23:37.37	43
45	Gonzalez, Humberto	Modesto	5:37	23:38.11	44
46	Gomez, Marcos	Las Positas	5:37	23:39.43	45
47	Wortman, Mike	Santa Rosa	5:38	23:43.36	46
48	Gonzalez, Bernardo	San Jose	5:39	23:45.86	47
49	McPheeters, Ryan	De Anza	5:40	23:49.07	48
50	Burkholder, Russell	CCSF	5:40	23:51.25	49
51	Tenorio, Aaron	Butte	5:43	24:03.03	50
52	Younie, Nathan	Butte	5:47	24:21.35	51
53	Ramirez, Marcus	San Mateo	5:48	24:24.29	52
54	Tillotson, Shankar	Butte	5:48	24:25.40	53
55	Price, Orian	Butte	5:49	24:26.98	54
56	Escobedo, Josh	Sequoias	5:50	24:31.43	55
57	Ramirez, Feliciano	Fresno	5:50	24:32.72	56
58	Varala, Luis	San Jose	5:51	24:36.88	57
59	Kludt, Matt	Fresno	5:51	24:37.33	58

60	Finney, Jonathan	Diablo Valley	5:52	24:39.04	59
61	Garcia, Jose	Hartnell	5:52	24:40.46	60
62	Daniels, Landry	Sacramento	5:52	24:42.19	61
63	Marasco, Will	Diablo Valley	5:53	24:44.90	62
64	Huezo, Arturo	San Mateo	5:54	24:47.41	63
65	Tejeda, Pedro	Sacramento	5:55	24:51.25	64
66	Arcelona, Adrian	West Valley	5:55	24:54.43	65
67	Gonzalez, John-Paul	Sacramento	5:56	24:55.62	66
68	Vulich, Danny	Fresno	5:57	25:02.53	67
69	Nunez, Manuel	Fresno	6:00	25:13.00	68
70	Martinez, Juan	Diablo Valley	6:01	25:18.08	69
71	Silva, Victor	Butte	6:02	25:20.46	70
72	Wilkins, Joshua	Butte	6:02	25:20.81	71
73	Robeck, Mitch	West Valley	6:03	25:26.21	72
74	McLaughlin, Dennis	Butte	6:04	25:31.23	73
75	Rodriguez, Adriel	De Anza	6:06	25:41.37	74
76	Mulligan, Craig	Fresno	6:07	25:44.24	75
77	LaRue, Caleb	Sacramento	6:07	25:45.50	76
78	Opatz, Ryan	Santa Rosa	6:08	25:45.72	77
79	Capes, Ryan	Las Positas	6:10	25:57.00	78
80	Gadayan, Francis	CCSF	6:12	26:04.83	79
81	Christensen, Chris	Monterey Peninsula	6:13	26:06.75	
82	Brushaber, Ted	Diablo Valley	6:16	26:20.07	80
83	White, Brian	Las Positas	6:16	26:21.52	81
84	Jenson, Nathaniel	Las Positas	6:18	26:28.11	82
85	Biser, Jason	De Anza	6:20	26:36.02	83
86	Young, Stephen	De Anza	6:26	27:04.81	84
87	HERNANDEZ, CHRIS	SEQUOIAS	6:27	27:05.65	85
88	Thomas, Sean	Santa Rosa	6:27	27:07.49	86
89	Brown, Craig	Monterey Peninsula	6:40	28:02.78	
90	Fautz, Jason	San Mateo	6:42	28:08.98	87
91	Cabezud, Josiah	Santa Rosa	6:42	28:10.88	88
92	Jenson, Bryan	Las Positas	6:50	28:44.98	89
93	Wu, Gabe	San Mateo	6:51	28:47.22	90
94	Courtney, Michael	Las Positas	6:57	29:13.28	91
95	Chapman, James	Santa Rosa	7:13	30:20.82	92
96	Vining, Ben	Monterey Peninsula	7:21	30:55.04	
97	Booi, Kent	De Anza	7:27	31:19.75	93
98	Flores, Adam	Monterey Peninsula	7:31	31:37.08	
99	Pambid, Aaron	Sacramento	7:39	32:11.77	94

## Women's Race

### Team Scores

Rank	Team name	Total Time	Avg. Time	Score	1	2	3	4	5	6	7
1	De Anza	1:41:06	20:13	98	2	11	14	26	45	77	
2	Hartnell	1:41:33	20:18	105	1	5	9	20	70	92	
3	CCSF	1:42:21	20:28	118	6	10	28	30	44	87	
4	Diablo Valley	1:42:59	20:35	137	8	24	31	36	38		
5	West Valley	1:43:25	20:41	137	4	12	21	40	60	84	
6	American River	1:44:10	20:50	151	3	19	39	41	49	82	
7	Sacramento	1:45:14	21:02	169	13	15	23	56	62		
8	Modesto	1:47:03	21:24	206	29	32	43	50	52	69	
9	San Mateo	1:48:53	21:46	226	17	18	61	64	66		
10	Shasta	1:51:14	22:14	228	22	27	46	47	86		
11	Fresno	1:48:41	21:44	232	33	35	37	54	73		
12	Las Positas	1:53:29	22:41	243	7	16	55	80	85		
13	Monterey Peninsula	1:53:30	22:42	293	25	53	68	71	76		
14	Santa Rosa	1:55:06	23:01	311	34	57	67	72	81		
15	San Jose	1:59:00	23:48	328	48	51	58	83	88		

### Individual Results

Place	Name	Year	Team	Avg. Mile	Time	Score
1	Nelson, Lindsay		Butte	6:09	18:10.30	
2	Hawkins, Meri		Hartnell	6:22	18:47.62	1
3	Walden, Helena		De Anza	6:29	19:08.38	2
4	Nelson, Kari		American River	6:33	19:19.92	3
5	Harris, Ashley		West Valley	6:35	19:27.24	4
6	Garcia, Grecia		Hartnell	6:36	19:30.91	5
7	Hillier, Tara		CCSF	6:38	19:36.84	6
8	Pidoli, Lynn		Las Positas	6:40	19:40.86	7
9	Marchini, Lisa		Diablo Valley	6:42	19:46.98	8
10	Mireles, Beatrice		Hartnell	6:42	19:47.27	9
11	Guevarra, Cathryn		CCSF	6:43	19:50.09	10
12	Rico, Rena		De Anza	6:43	19:51.25	11
13	Laptalo, Heather		West Valley	6:43	19:51.68	12
14	Garcia, Melissa		Sacramento	6:44	19:52.08	13
15	Martin, Janet		De Anza	6:45	19:55.99	14
16	Nelson, Alana		Sacramento	6:45	19:56.96	15
17	Lee, Jenna		Butte	6:47	20:01.99	
18	Solorio, Jayde		Las Positas	6:50	20:11.13	16
19	Maghzi, Parisa		San Mateo	6:51	20:12.77	17

20	Ortiz, Jezabel	San Mateo	6:51	20:14.34	18
21	Ramirez, Mariela	American River	6:53	20:20.07	19
22	Morales, LeeAnn	Hartnell	6:53	20:20.49	20
23	Burrus, Shelby	West Valley	6:54	20:23.02	21
24	Phillips, Crista	Shasta	6:55	20:24.38	22
25	Hernandez, Irene	Sacramento	6:55	20:25.22	23
26	Sinclair, Danielle	Diablo Valley	6:56	20:27.61	24
27	Gallup, Kristin	Monterey Peninsula	6:57	20:31.29	25
28	Lee, Florence	De Anza	6:58	20:34.69	26
29	Hoppe, Janessa	Shasta	6:58	20:35.11	27
30	Knowles, Angela	CCSF	6:59	20:37.71	28
31	Van Zant, Linsey	Modesto	7:00	20:40.09	29
32	Gooding, Diane	CCSF	7:02	20:45.74	30
33	Ju, Nicole	Diablo Valley	7:02	20:47.45	31
34	Armendariz, Queriza	Modesto	7:02	20:47.77	32
35	Ikeda, Yu	Fresno	7:03	20:48.88	33
36	Johnson, Megan	Santa Rosa	7:04	20:51.20	34
37	Hansen, Heather	Fresno	7:04	20:53.32	35
38	Bricker, Whitney	Diablo Valley	7:05	20:53.98	36
39	Gonzales, Lucia	Fresno	7:05	20:56.15	37
40	McCall, Ali	Diablo Valley	7:08	21:03.56	38
41	Garrett, Caroline	San Joaquin Delta	7:08	21:05.18	
42	Hartman, Katie	American River	7:10	21:10.23	39
43	Schwabe, Amanda	West Valley	7:11	21:12.07	40
44	Elwan, Deena	American River	7:15	21:23.69	41
45	MAHONEY, MORA	DIABLO VALLEY	7:16	21:29.13	42
46	Virgen, Rosemary	Modesto	7:17	21:29.75	43
47	Connolly, Eloise	CCSF	7:17	21:31.50	44
48	Osland, Kristen	De Anza	7:19	21:36.56	45
49	Harness, Kayla	Shasta	7:21	21:42.09	46
50	Elliot, Bernadette	Shasta	7:23	21:47.31	47
51	Nguyen, Kim	San Jose	7:23	21:49.75	48
52	Cambra, Julie	American River	7:26	21:57.01	49
53	Edsall, Stefanie	Modesto	7:26	21:58.12	50
54	Knudsen, Mandy	San Jose	7:28	22:03.53	51
55	Hamer, Kelsey	Sequoias	7:30	22:07.59	
56	Duchala, Savanna	Modesto	7:30	22:08.14	52
57	Hoffman, Jessica	Monterey Peninsula	7:30	22:10.10	53
58	Murphy, Amanda	Fresno	7:32	22:15.60	54
59	Cartmell, Kendall	Las Positas	7:33	22:16.87	55
60	Gizatullin, Dina	Sacramento	7:33	22:18.17	56
61	Hayden, Lilly	Santa Rosa	7:33	22:18.82	57
62	Sanchez, Mariana	San Jose	7:34	22:19.67	58
63	Wilson, Michelle	CCSF	7:36	22:28.08	59
64	Nguyen, Christine	West Valley	7:38	22:31.93	60

65	Roberts, Lindsay	Butte	7:38	22:32.84	
66	Sanchez, Angela	San Mateo	7:41	22:41.36	61
67	Gyurina, Heather	Sacramento	7:41	22:41.75	62
68	Virgen, Natali	Modesto	7:41	22:42.37	63
69	Duval, Monique	San Mateo	7:42	22:43.77	64
70	Tapia, Veronica	De Anza	7:47	22:59.70	65
71	Jiminez, Alicia	San Mateo	7:48	23:01.48	66
72	Bosque, Veronica	Santa Rosa	7:49	23:04.08	67
73	Guerassimova, Anna	Monterey Peninsula	7:49	23:06.20	68
74	McCoy, Erin	Modesto	7:50	23:06.82	69
75	Padilla, Cynthia	Hartnell	7:50	23:07.21	70
76	Juranits, Stacie	Lassen	7:54	23:20.59	
77	Furuhashi, Motoko	Monterey Peninsula	7:55	23:22.41	71
78	DeShazo, Danielle	Santa Rosa	8:03	23:47.60	72
79	Hales, Ashley	Fresno	8:04	23:47.99	73
80	Camargo, Jessica	West Valley	8:07	23:57.93	74
81	Nelmes, Sierra	American River	8:13	24:14.72	75
82	Katsunuma, Erika	Monterey Peninsula	8:15	24:20.49	76
83	Rodriquez, Annette	De Anza	8:18	24:29.61	77
84	Arredondo, Mariana	Hartnell	8:19	24:34.98	78
85	Otten, Kira	Sacramento	8:21	24:38.60	79
86	Cabrera, Claudia	Las Positas	8:24	24:49.45	80
87	Fischl, Azell	Santa Rosa	8:30	25:04.60	81
88	Burris, Abigail	American River	8:31	25:09.29	82
89	Bernabe, Ramona	San Jose	8:39	25:31.98	83
90	Ewers, Carolyn	West Valley	8:51	26:07.05	84
91	Jozaitis, Colleen	Las Positas	8:59	26:30.82	85
92	Robertson, Lee	Shasta	9:04	26:45.73	86
93	Wong, Donna	CCSF	9:10	27:03.55	87
94	Vargas, Lupe	San Jose	9:14	27:15.71	88
95	Ruiz, Francine	San Jose	9:42	28:39.32	89
96	Perry, Michelle	Santa Rosa	9:43	28:42.54	90
97	Morineau, Monique	Las Positas	9:57	29:21.86	91
98	Hernandez, Adria	Hartnell	10:09	29:59.02	92