

**2010 Northern California Community College
Cross Country Championships
11/5/10 Beals Point**

Men's 3.95 Mile

Team Scores

Rank	Team name	Total Time	Avg. Time	Score	1	2	3	4	5	6	7
1	American River	1:46:25	21:17	64	2	13	14	15	20	25	
2	Hartnell	1:47:17	21:27	82	7	8	10	19	38	70	
3	Modesto	1:47:19	21:27	86	1	9	16	18	42		
4	Fresno	1:49:58	21:59	148	4	6	12	58	68	80	
5	Butte	1:50:24	22:04	153	5	17	40	45	46		
6	De Anza	1:51:11	22:14	172	11	22	32	43	64	79	
7	CCSF	1:51:38	22:19	179	21	29	30	48	51	82	
8	Las Positas	1:52:29	22:29	197	26	34	36	41	60	75	
9	Sequoias	1:52:45	22:33	204	27	37	39	44	57		
10	San Joaquin Delta	1:55:19	23:03	251	24	33	55	67	72	81	
11	Santa Rosa	1:54:34	22:54	263	28	53	56	61	65		
12	Sacramento	1:56:49	23:21	283	31	49	62	63	78		
13	Diablo Valley	2:08:23	25:40	335	35	47	83	84	86		
14	Shasta	2:14:09	26:49	340	3	77	85	87	88	90	

Individual Results

Place	Name	Year	Team	Avg. Mile	Time	Score
1	Garcia, Alejandro		Modesto	5:11	20:29.88	1
2	Seawell, Garrett		American River	5:13	20:38.80	2
3	O'Bergin, Sebastain		Shasta	5:15	20:47.99	3
4	Ross, Jon		Fresno	5:16	20:48.51	4
5	Graber, Phillip		Butte	5:18	20:56.27	5
6	Tesfai, Gernay		Fresno	5:18	20:57.79	6
7	Gallegos, Miguel		Hartnell	5:18	20:58.55	7
8	Roa, Kevin		Hartnell	5:20	21:04.70	8
9	Velasquez, Lucas		Modesto	5:20	21:06.85	9
10	Yepez, Eric		Hartnell	5:20	21:07.74	10
11	Crum, Clifford		De Anza	5:22	21:13.14	11
12	Guthrey, Derek		Fresno	5:23	21:17.23	12
13	Gruver, Josh		American River	5:23	21:18.13	13

14	Heck, James	American River	5:24	21:21.70	14
15	McIntyre, Scott	American River	5:25	21:24.60	15
16	Rosas, Roberto	Modesto	5:26	21:29.32	16
17	Rosales, Caleb	Butte	5:27	21:31.70	17
18	Izquierdo, Christian	Modesto	5:28	21:37.26	18
19	Soratos, Cristian	Hartnell	5:29	21:39.60	19
20	Young, Daniel	American River	5:29	21:42.40	20
21	Proshan, Kai	CCSF	5:29	21:43.43	21
22	Milligan, Mitchell	San Mateo	5:31	21:50.53	
23	Brody, Daniel	De Anza	5:32	21:52.81	22
24	Raposa, Tyler	AMERICAN RIVER	5:33	21:56.19	23
25	Garcia, Ray	San Joaquin Delta	5:33	21:59.24	24
26	Stancliff, Luke	AMERICAN RIVER	5:34	22:00.30	25
27	Becker, Joel	Las Positas	5:35	22:04.28	26
28	Rodriguez, Roberto	Sequoias	5:35	22:04.81	27
29	Coughlin, Quin	Santa Rosa	5:35	22:05.30	28
30	Lee, Casey	CCSF	5:35	22:05.79	29
31	Alba, Yesey	West Hills	5:35	22:06.26	
32	Escobedo, Mario	CCSF	5:36	22:09.45	30
33	Arriaga, Arturo	Sacramento	5:37	22:11.17	31
34	Burinsky, Gene	De Anza	5:37	22:13.04	32
35	Alcala, Gerardo	San Joaquin Delta	5:37	22:14.12	33
36	Vedaste, Bihama	San Jose	5:39	22:19.77	
37	Smauley, Nathaniel	Las Positas	5:39	22:20.16	34
38	Corona, Julian	Diablo Valley	5:39	22:20.64	35
39	Weekes, Norman	Las Positas	5:39	22:22.64	36
40	Uranga, Xavier	Sequoias	5:40	22:24.49	37
41	Anderson, Robert	Hartnell	5:41	22:27.00	38
42	Krohn, Dominic	Sequoias	5:42	22:31.54	39
43	Roberts, Wyatt	Butte	5:42	22:34.13	40
44	Robinson, Kyle	Las Positas	5:43	22:35.29	41
45	Castro, Flavio	Modesto	5:43	22:35.69	42
46	Damian, Daniel	De Anza	5:43	22:36.19	43
47	Campos, Octavio	Sequoias	5:44	22:39.77	44
48	Carter, Joseph	Butte	5:44	22:40.97	45
49	Zuniga, Luis	Butte	5:44	22:41.51	46
50	Burgstaller, Derek	Diablo Valley	5:45	22:45.91	47
51	Linn, Ryan	CCSF	5:46	22:49.27	48
52	Young, Greg	Sacramento	5:46	22:49.70	49
53	Soto, Felix	Modesto	5:46	22:50.08	50
54	Ledda, Trevor	CCSF	5:47	22:50.81	51
55	Parra, Izzy	Hartnell	5:47	22:54.40	52
56	Mora, Ethan	Santa Rosa	5:48	22:55.41	53
57	Gonzalez-Mejia, Jose	San Jose	5:48	22:55.94	
58	Mondragon, Andres	CCSF	5:49	22:58.88	54

59	Galantine, Joseph	San Joaquin Delta	5:50	23:02.67	55
60	Harwood, Tyler	Santa Rosa	5:50	23:03.74	56
61	Gonzalez, Michael	Sequoias	5:50	23:04.87	57
62	Kunis, Sean	Fresno	5:50	23:05.44	58
63	Perez, Marco	Butte	5:50	23:06.08	59
64	Snow, Andrew	Las Positas	5:51	23:07.14	60
65	Zanetti, Michael	Santa Rosa	5:51	23:07.64	61
66	Krttil, Joe	Sacramento	5:52	23:13.93	62
67	Kovalchuk, Petr	Sacramento	5:53	23:14.91	63
68	Chew, Peter	De Anza	5:53	23:16.64	64
69	Lucia, Jesse	Santa Rosa	5:55	23:22.40	65
70	Jordan, Joshua	San Jose	5:56	23:26.38	
71	Butler, Justin	SEQUOIAS	6:00	23:42.65	66
72	Ruiz, David	San Joaquin Delta	6:01	23:48.84	67
73	Zavala, Rene	Fresno	6:01	23:49.69	68
74	Hurley, Breslin	De Anza	6:02	23:52.68	69
75	Oseguera, Geovanni	HARTNELL	6:03	23:54.33	70
76	Anderson, Erik	Las Positas	6:04	23:58.22	71
77	Chavez, Alexander	San Joaquin Delta	6:08	24:14.86	72
78	Araujo, Trevor	Merritt	6:09	24:19.34	
79	Hermosillo, Austin	Santa Rosa	6:10	24:22.60	73
80	Lopez, Tony	Fresno	6:12	24:29.48	74
81	Faggiano, Brian	Las Positas	6:12	24:31.42	75
82	Casteel, Clancy	San Joaquin Delta	6:16	24:48.45	76
83	Collins, Dillon	Shasta	6:21	25:05.02	77
84	Mondragon, Ivan	Sacramento	6:24	25:19.71	78
85	Montez, Matt	DE ANZA	6:28	25:32.74	79
86	Garcia, Eddie	FRESNO	6:29	25:38.32	80
87	Parra, Jonathan	San Joaquin Delta	6:31	25:45.87	81
88	Johnson, Joshua	CCSF	6:32	25:49.17	82
89	Cota, Carlos	West Hills	6:33	25:55.59	
90	McIntosh, Chris	Diablo Valley	6:47	26:50.38	83
91	Warren, Matthew	West Hills	6:55	27:21.19	
92	Jeff, Bricker	Diablo Valley	7:02	27:48.49	84
93	Langevin, Jeffrey	Shasta	7:02	27:49.07	85
94	Cardoza, Ryan	West Hills	7:03	27:54.29	
95	Broman, Clayton	Redwoods	7:08	28:11.13	
96	Adams, Landon	Diablo Valley	7:14	28:37.63	86
97	Shaw, James	Redwoods	7:33	29:49.86	
98	Johnson, Steven	Shasta	7:34	29:54.32	87
99	Wilson, Reece	Shasta	7:44	30:33.15	88
100	Gonzalez, Eufemio	Shasta	7:49	30:52.60	89
101	Beighle, Cameron	Redwoods	8:09	32:11.76	
102	Salinas, Eduardo	Shasta	8:44	34:32.24	90

Women's 2.95 Mile

Team Scores

Rank	Team name	Total Time	Avg. Time	Score	1	2	3	4	5	6	7
1	Hartnell	1:36:36	19:19	48	5	7	10	11	15	19	
2	American River	1:37:00	19:24	66	1	4	6	27	28	49	
3	De Anza	1:38:56	19:47	70	8	9	12	20	21	30	
4	Fresno	1:43:10	20:38	122	2	14	29	38	39	44	
5	Modesto	1:45:30	21:06	136	13	17	25	33	48		
6	CCSF	1:44:39	20:55	142	16	26	31	34	35	47	
7	Butte	1:47:43	21:32	168	3	37	41	42	45		
8	Diablo Valley	1:50:27	22:05	176	23	24	32	46	51		

Individual Results

Place	Name	Year	Team	Avg. Mile	Time	Score
1	Rasmussen, Bethany		Shasta	6:03	17:53.74	
2	Anderson, Courtney		American River	6:06	18:00.30	1
3	Diaz, Brianna		Sequoias	6:08	18:07.36	
4	Tademy, Beth		Fresno	6:11	18:16.10	2
5	Finn, Mary		Butte	6:16	18:30.58	3
6	Scully, Julie		American River	6:17	18:34.52	4
7	Garcia, Mayra		Hartnell	6:18	18:35.43	5
8	Howard, Sara		American River	6:18	18:37.96	6
9	Henshaw, Bailey		Sequoias	6:24	18:53.10	
10	Castro, Stephanie		Hartnell	6:26	19:00.48	7
11	Talbot, Kristine		De Anza	6:28	19:05.08	8
12	Phillips, Rebekah		De Anza	6:35	19:26.28	9
13	Guzman, Zaira		Hartnell	6:35	19:27.77	10
14	Olivo, Amparo		Hartnell	6:37	19:32.18	11
15	March, Brit		Shasta	6:41	19:44.33	
16	Pando, Christina		De Anza	6:42	19:46.16	12
17	Rodriguez, Rocio		Modesto	6:42	19:46.60	13
18	Marquez, Erica		Fresno	6:43	19:49.58	14
19	Cabrera, Sused		Hartnell	6:47	20:00.85	15
20	Salazar, Cyntia		CCSF	6:48	20:04.99	16
21	Pahal, Jasmine		Modesto	6:49	20:07.44	17
22	Tapia, Emilse		Hartnell	6:50	20:09.59	18
23	Ramirez, Stephanie		Hartnell	6:51	20:15.07	19
24	Garza, Margie		Santa Rosa	6:52	20:17.25	
25	Weise, Jessica		De Anza	6:53	20:19.04	20
26	Arenas, Erica		De Anza	6:53	20:19.67	21
27	Rizo, Juanita		Sacramento	6:53	20:20.45	
28	Hayos, Stephanie		De Anza	6:55	20:25.61	22
29	Daggs, Tichelle		Redwoods	6:55	20:26.16	

30	Thommes, Chelsea	Diablo Valley	6:55	20:26.91	23
31	Humphrey, Beth Ann	Diablo Valley	6:56	20:28.84	24
32	Miglin, Marissa	Modesto	6:59	20:38.19	25
33	Cano, Stephanie	CCSF	7:01	20:44.36	26
34	Lagrone, Jasmine	Feather River	7:03	20:47.94	
35	Yancey, Robin	American River	7:04	20:51.16	27
36	Mendoza, Anna	American River	7:05	20:56.56	28
37	Rodriguez, Araceli	Fresno	7:08	21:02.61	29
38	Foster, Laura	De Anza	7:08	21:03.55	30
39	Kage, Tierra	CCSF	7:09	21:05.88	31
40	Gray, Jennifer	Diablo Valley	7:10	21:09.15	32
41	Flanigan-Rodriguez, Alex	Modesto	7:11	21:13.44	33
42	Neveu, Grace	CCSF	7:12	21:14.89	34
43	McCoy, Ellen	Redwoods	7:13	21:17.39	
44	Kimura, Allie	CCSF	7:17	21:29.82	35
45	Juarez, Danna	American River	7:20	21:38.26	36
46	Johnson, Sabrina	Butte	7:22	21:44.97	37
47	Claire, Kelly	San Mateo	7:24	21:50.02	
48	Kwan, Judy	Sacramento	7:26	21:57.25	
49	Saklar, Jenny	Fresno	7:27	22:00.27	38
50	Waller, Jessica	Fresno	7:28	22:02.41	39
51	Jimenez, Karen	Fresno	7:28	22:04.31	40
52	Haley, Rae	Butte	7:29	22:07.04	41
53	Earl, Heather	Butte	7:30	22:07.64	42
54	Esquivel, Andrea	CCSF	7:33	22:17.92	43
55	Hernandez, Jessica	Fresno	7:34	22:21.63	44
56	Sharp, Marina	Redwoods	7:40	22:37.46	
57	Martin, Rebekah	Redwoods	7:45	22:53.42	
58	Lind, Megan	San Mateo	7:46	22:54.92	
59	Partida, Lolita	Butte	7:52	23:13.06	45
60	Raya, Gaby	Diablo Valley	7:54	23:19.29	46
61	Wilson, Heather	Shasta	7:56	23:24.56	
62	Vazquez, Marcela	Las Positas	7:59	23:34.40	
63	Lee, Michelle	CCSF	7:59	23:34.86	47
64	Warren, Jessie	San Jose	7:59	23:35.70	
65	Perez, Jeniffer	Modesto	8:03	23:45.18	48
66	Pena, Mary	AMERICAN RIVER	8:06	23:55.42	49
67	Befort, Cara	Feather River	8:14	24:20.10	
68	Schaller, Nichole	Shasta	8:18	24:30.11	
69	Gutierrez, Nayheli	Butte	8:20	24:35.46	50
70	Mazzetti, Gina	San Mateo	8:24	24:48.93	
71	Graves, Taylor	Diablo Valley	8:29	25:03.46	51
72	Cook, Katherine	San Mateo	8:49	26:02.54	
73	Porter, Jamie	Feather River	9:00	26:35.00	
74	Volz, Sonja	Feather River	10:11	30:04.31	