

## 2021 CCCAA Cross Country Northern California Regional Championships

November 5, 2021 |

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### Women's 3 Mile Run Team Results (3 Mile)

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PL	Team	Total Time	Avg. Time	Score	1	2	3	4	5	6	7
1	Hartnell	1:40:25	20:05	28	1	2	6	7	12	14	21
2	Clovis CC	1:43:56	20:47	57	4	8	10	17	18	25	32
3	De Anza	1:44:35	20:55	66	3	11	13	16	23	24	28
4	San Joaquin Delta	1:50:32	22:06	115	5	19	20	34	37	38	45
5	Sequoias	1:52:17	22:27	119	9	15	22	27	46		
6	Sacramento	2:00:40	24:08	182	29	30	31	44	48	50	51
7	Sierra	2:01:19	24:15	189	26	35	40	41	47	49	
8	Santa Rosa	2:00:27	24:05	193	33	36	39	42	43		

### Women's 3 Mile Run Individual Results (3 Mile)

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PL	NAME	YEAR	TEAM	Avg. Mile	TIME	SCORE
1	Sofia Camacho	2025	Hartnell	06:27.4	19:22.1	1
2	Grace Southern	2025	Shasta	06:29.5	19:28.5	
3	Valeria Lozano-Gomez	2024	Hartnell	06:31.6	19:34.7	2
4	Shannen Dorn	2024	San Mateo	06:33.4	19:40.2	
5	Mannat Gill	2025	De Anza	06:37.2	19:51.6	3
6	Jennifer Recinos	FR-1	Clovis CC	06:42.8	20:08.2	4
7	Yasmin Melendriz	2025	San Joaquin Delta	06:43.8	20:11.4	5
8	Andrea Villegas	2025	Hartnell	06:46.0	20:17.9	6
9	Ashley Ochoa	2025	Hartnell	06:47.5	20:22.3	7
10	Toni Payton	SO-2	Clovis CC	06:48.1	20:24.2	8
11	Audrey Garcia	2025	American River	06:49.4	20:28.1	
12	Ximena Ramos	2025	Sequoias	06:50.1	20:30.1	9
13	Morgan Prescott	FR-1	Clovis CC	06:52.5	20:37.5	10
14	Serena Geis	2025	De Anza	06:54.7	20:44.1	11
15	Mariah Changco	2024	Hartnell	06:56.3	20:48.8	12
16	Judith Dietz	2024	De Anza	06:58.2	20:54.6	13
17	Faith Mora	2024	Hartnell	07:01.4	21:04.2	14
18	Liliana Salado	2025	Sequoias	07:03.5	21:10.5	15
19	Jacklyn Velasquez	2025	De Anza	07:04.4	21:13.0	16
20	Megan Duran	FR-1	Clovis CC	07:06.4	21:19.0	17
21	Evelyn Zambrano	FR-1	Clovis CC	07:09.2	21:27.4	18
22	Alandra Swangler	2025	Butte	07:09.8	21:29.3	
23	Olivia Lawson	FR-1	Diablo Valley	07:10.1	21:30.1	
24	Frida Rodriguez	2025	San Joaquin Delta	07:11.0	21:33.0	19
25	Vivianna Gardea	2024	San Joaquin Delta	07:13.1	21:39.3	20
26	Caliska Avila	2025	Fresno	07:14.2	21:42.4	
27	Karla Herrera	2025	Hartnell	07:14.3	21:42.7	21
28	Sherlyn Hernandez	2025	Sequoias	07:14.6	21:43.6	22
29	Betzabe Bautista Castro	2025	Fresno	07:16.4	21:49.0	
30	Lydia Zertuche	2025	De Anza	07:17.5	21:52.4	23
31	Tammy Dinh	2024	De Anza	07:22.9	22:08.7	24
32	Jessica Lanham	SO-2	Clovis CC	07:25.8	22:17.4	25
33	Crystal Covarrubias	FR-1	Diablo Valley	07:27.3	22:21.8	
34	Alisa Rossetti	2025	Sierra	07:27.4	22:22.0	26
35	Kaitlyn Hernandez	2025	Sequoias	07:30.2	22:30.5	27
36	Mandy Ruiz	2025	American River	07:32.4	22:37.2	

37	Elvina Vu	2025	De Anza	07:36.5	22:49.4	28
38	Natalie Norwood	2025	Sacramento	07:36.9	22:50.5	29
39	Camille Combrink	2025	Sacramento	07:37.1	22:51.3	30
40	Emma Shoemaker	2025	Sacramento	07:37.2	22:51.6	31
41	Briana Ortega	FR-1	Clovis CC	07:37.5	22:52.5	32
42	Madi Monroe	2025	Santa Rosa	07:40.1	23:00.1	33
43	Abbigael Williams	2025	San Joaquin Delta	07:42.2	23:06.4	34
44	Kirsten Ransford	2025	Sierra	07:45.0	23:14.8	35
45	Kristin Bonomini	2025	Redwoods	07:45.7	23:16.9	
46	Maggie Stacy	2025	Redwoods	07:45.7	23:16.9	
47	Maddie Denny	2025	Santa Rosa	07:51.5	23:34.5	36
48	Marina Zayarchenko	2025	American River	07:52.4	23:37.1	
49	Paris Heiser	2025	San Joaquin Delta	08:00.9	24:02.6	37
50	Ingrid Moshan	2025	San Joaquin Delta	08:04.2	24:12.5	38
51	Milla Gentry	2025	Santa Rosa	08:06.8	24:20.3	39
52	Maria Segall	2025	Sierra	08:09.8	24:29.3	40
53	Elizabeth Swoyer	2025	Sierra	08:13.9	24:41.7	41
54	Isabella Calderon	2025	Santa Rosa	08:14.9	24:44.7	42
55	Giana Tyrrell	2025	Santa Rosa	08:16.2	24:48.5	43
56	Jessica Bennett	2025	Sacramento	08:27.0	25:21.0	44
57	Keilana Babauta	2025	San Joaquin Delta	08:32.2	25:36.4	45
58	Desaraie Cox	2025	Redwoods	08:33.9	25:41.6	
59	Erika Guzman	2025	Sequoias	08:47.9	26:23.5	46
60	Grace Pierce	2025	Sierra	08:50.8	26:32.2	47
61	Emily DeVille	2025	Sacramento	08:55.5	26:46.5	48
62	Cassidy Ransford	2025	Sierra	09:21.4	28:04.1	49
63	Gabriella Groves	2025	Sacramento	10:07.6	30:22.7	50
64	Angela Heung	2024	Sacramento	10:25.6	31:16.7	51

### Men's 4 Mile Run Team Results (4 Mile)

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PL	Team	Total Time	Avg. Time	Score	1	2	3	4	5	6	7
1	Hartnell	1:49:20	21:52	26	1	4	6	7	8	10	11
2	American River	1:50:47	22:09	52	3	5	12	15	17	18	36
3	Chabot	1:55:14	23:02	137	13	21	24	39	40	53	86
4	Santa Rosa	1:57:05	23:25	175	14	29	38	46	48	56	68
5	Modesto	1:57:11	23:26	181	9	19	32	60	61	74	
6	Clovis CC	1:57:38	23:31	188	25	28	42	43	50	55	58
7	Sequoias	1:57:47	23:33	193	26	33	35	47	52		
8	San Joaquin Delta	1:57:52	23:34	198	16	20	45	54	63	75	78
9	Butte	2:00:01	24:00	240	22	27	62	64	65	71	91
10	De Anza	2:02:39	24:31	259	2	34	59	81	83	84	89
11	Monterey Peninsula	2:05:29	25:05	300	23	41	70	72	94	95	
12	Redwoods	2:04:06	24:49	309	49	51	57	67	85		
13	Diablo Valley	2:05:44	25:08	314	31	44	69	82	88		
14	San Mateo	2:06:54	25:22	342	30	76	77	79	80	87	
15	Sacramento	2:08:46	25:45	358	37	66	73	90	92	93	

### Men's 4 Mile Run Individual Results (4 Mile)

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PL	NAME	YEAR	TEAM	Avg. Mile	TIME	SCORE
1	Isaac Gensel	2024	Hartnell	05:24.3	21:37.2	1
2	Evan Franco	2025	De Anza	05:25.5	21:41.7	2
3	Cristian Martinez	2025	American River	05:26.4	21:45.5	3
4	Esteban Deniz	2025	Hartnell	05:26.7	21:46.6	4
5	Gulab Singh	2025	American River	05:28.7	21:54.7	5
6	Frankie Maciel	2024	Hartnell	05:29.4	21:57.5	6
7	Daniel Correa	2024	Hartnell	05:29.4	21:57.6	7
8	Mario Avila	2025	Hartnell	05:30.4	22:01.5	8

9	Abraham Alsaïdi	2025	Modesto	05:31.5	22:05.7	9
10	Jose Velazquez	2025	Hartnell	05:32.3	22:09.2	10
11	Eli Ainsworth	2025	Hartnell	05:32.6	22:10.2	11
12	Lucas Reeves	2025	American River	05:34.3	22:17.0	12
13	Jacob Lawrence	2025	Chabot	05:34.8	22:19.0	13
14	Andrew Engel	2025	Santa Rosa	05:35.4	22:21.6	14
15	Koby Sperandeo	2025	American River	05:35.6	22:22.2	15
16	Marco Perez	2025	San Joaquin Delta	05:36.0	22:23.7	16
17	Jacob Christopher	2025	American River	05:37.1	22:28.1	17
18	Ethan Dodge	2025	American River	05:37.4	22:29.5	18
19	Dominic Robles	2025	Modesto	05:38.2	22:32.5	19
20	Jorge Machuca	2025	San Joaquin Delta	05:40.7	22:42.6	20
21	Nico Melendres	2025	Chabot	05:40.9	22:43.3	21
22	Liam Sehorn	2025	Butte	05:41.1	22:44.1	22
23	Jake Santana	2025	Monterey Peninsula	05:42.3	22:48.9	23
24	Emilio Cazares	2025	Chabot	05:43.2	22:52.6	24
25	Adrian Cuevas	FR-1	Clovis CC	05:43.7	22:54.6	25
26	Fernando Hernandez	2025	Sequoias	05:43.8	22:55.0	26
27	Matthew Garica	2025	Butte	05:44.6	22:58.4	27
28	Cameron Van Zant	FR-1	Clovis CC	05:46.2	23:04.8	28
29	Paden Collard	2025	Santa Rosa	05:47.3	23:08.9	29
30	Adrian Vizcarra	2025	San Mateo	05:49.8	23:18.9	30
31	Michael Moran	FR-1	Diablo Valley	05:49.8	23:18.9	31
32	Bryce Pasquale	2025	Modesto	05:50.1	23:20.3	32
33	Alfredo Rios	2025	Sequoias	05:50.2	23:20.6	33
34	Sean Stanich	2025	De Anza	05:50.9	23:23.4	34
35	Juan Santacruz	2025	Sequoias	05:51.7	23:26.5	35
36	Jason Finta	2025	American River	05:51.9	23:27.6	36
37	Ethan Walker	2025	Sacramento	05:52.0	23:27.8	37
38	Nathan Hayes	2024	Santa Rosa	05:53.5	23:33.8	38
39	Yadvinder Grewal	2025	Chabot	05:54.7	23:38.6	39
40	Nile Desta	2025	Chabot	05:55.3	23:41.0	40
41	Andrew Alonzo	2024	Monterey Peninsula	05:55.4	23:41.5	41
42	Charlie Sawyer	SO-2	Clovis CC	05:56.9	23:47.4	42
43	Mitchell Neal	FR-1	Clovis CC	05:57.3	23:49.0	43
44	Brett Watson	FR-1	Diablo Valley	05:57.5	23:49.7	44
45	Abel Zuniga	2025	San Joaquin Delta	05:58.0	23:52.0	45
46	Luke Baird	2025	Santa Rosa	06:00.0	23:59.8	46
47	Patrick Espinoza	2025	Sequoias	06:00.3	24:00.9	47
48	Dante Godinez	2025	Santa Rosa	06:00.3	24:01.1	48
49	Ian Benett	2025	Redwoods	06:00.6	24:02.2	49
50	Abraham Cordova	SO-2	Clovis CC	06:00.8	24:03.2	50
51	Sean Dugdale	2025	Redwoods	06:01.0	24:04.0	51
52	Matthew Jarrett	2025	Sequoias	06:01.2	24:04.7	52
53	Omar Navarro	2024	Chabot	06:01.6	24:06.4	53
54	Ethan Hart	2025	San Joaquin Delta	06:02.1	24:08.4	54
55	Jeremiah Stott	FR-1	Clovis CC	06:03.0	24:12.0	55
56	Jeremiah Cano	2025	Santa Rosa	06:05.4	24:21.4	56
57	Kyle Byrne	2025	Redwoods	06:05.6	24:22.1	57
58	Cesar Murillo	FR-1	Clovis CC	06:06.5	24:25.8	58
59	Noah Gonzalez	2025	De Anza	06:08.2	24:32.5	59
60	Christian Balderas	2025	Modesto	06:08.4	24:33.6	60
61	Ramon Rosas	2025	Modesto	06:09.9	24:39.3	61
62	Andre Mota	2025	Butte	06:10.2	24:40.5	62
63	Luke Petersen	2025	San Joaquin Delta	06:11.7	24:46.5	63
64	Jeremiah Knoch	2025	Butte	06:11.9	24:47.4	64

65	David Gonzalez	2024	Butte	06:12.8	24:51.1	65
66	Xavier Morales	2024	Sacramento	06:12.8	24:51.2	66
67	Thomas Becannon	2025	Redwoods	06:14.1	24:56.2	67
68	Jimmy Carreras	2024	Santa Rosa	06:16.1	25:04.2	68
69	Andrew Kemmerer	FR-1	Diablo Valley	06:17.2	25:08.6	69
70	Steven Garcia	2025	Monterey Peninsula	06:17.3	25:09.0	70
71	Jose Valdez	2025	Butte	06:17.4	25:09.5	71
72	Michael Garcia	2024	Monterey Peninsula	06:17.6	25:10.1	72
73	Carlos-Miguel Campos	2025	Sacramento	06:20.0	25:19.9	73
74	Jeremiah Renfrow	2025	Modesto	06:21.1	25:24.3	74
75	Gio Jamosmos	2025	San Joaquin Delta	06:21.3	25:25.0	75
76	Mark Ofosu	2025	San Mateo	06:23.2	25:32.8	76
77	Connor Seyer	2025	San Mateo	06:23.5	25:33.8	77
78	Brian Gamino	2025	San Joaquin Delta	06:23.5	25:34.0	78
79	Connor Chan	2025	San Mateo	06:31.7	26:06.7	79
80	Ty Brown	2025	Siskiyou	06:35.0	26:19.9	
81	Eli Wood	2025	San Mateo	06:35.8	26:22.9	80
82	Belayneh Salilew	2024	De Anza	06:36.9	26:27.6	81
83	Nicholas Mueller	FR-1	Diablo Valley	06:37.0	26:27.9	82
84	Eion Daley	2025	De Anza	06:38.6	26:34.2	83
85	Carlos Garavito	2025	De Anza	06:40.0	26:40.0	84
86	Caleb Mucho	2025	Redwoods	06:40.6	26:42.4	85
87	Jackson Harper	2025	Chabot	06:41.0	26:44.0	86
88	Gordon Ly	2025	San Mateo	06:41.8	26:47.0	87
89	Gordon Dailey	FR-1	Diablo Valley	06:44.9	26:59.6	88
90	Austin Lin	2025	De Anza	06:46.7	27:06.8	89
91	Jaden Luna	2025	Sacramento	06:47.5	27:09.7	90
92	Franky Herrea	2025	Butte	06:49.0	27:15.7	91
93	Asher Voyles	2025	Sacramento	06:59.5	27:57.7	92
94	Andrew Hunsaker	2025	Sacramento	07:06.2	28:24.7	93
95	Edward Castaneda	2024	Monterey Peninsula	07:10.1	28:40.3	94
96	Julio Ramirez	2025	Monterey Peninsula	07:40.5	30:41.8	95

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