

Collegiate Cross Country Championships wrap-up

by Thomas Kloos, PAUSATF Coaching Committee Collegiate-Open Rep.

complete results: <http://www.ustfccca.org/weekly-results>

Pac-10 Conference Championships

Sophomore Chris Derrick of Stanford took the individual title for the nationally ranked #1 Cardinal, and helped give second-year coach Jason Dunn his first team title for men's cross country. Stanford placed three more runners in the top-10 to give the team a 28-45 win over defending champions, Oregon. Junior Alexandra Gits was the lone Stanford runner in the top-10, and the Cardinal women placed 4th overall.

Deborah Maier led Cal Berkeley with her 6th place finish. Under new coach Ann Detmer, the Bears achieved their highest finish in 21 years, 5th. The men placed 7th, with Steven Sodaro the top finisher in 18th.

Big Sky Conference Championships

Sacramento State's women placed fourth, led by Renisha Robinson in 8th, an NCAA qualifier last spring at 800 meters. The men were 6th, led by senior Scott Grose in 14th place.

Big West Conference Championships

Nationally ranked 18th, Cal Poly men's team claimed their seventh consecutive Big West Championship. Senior Joe Gatel was named the Men's Athlete of the Year, while head coach Mark Conover was once again bestowed the honor of Men's Coach of the Year. The Mustang women finished third, and individual runner-up Kayleigh Tyerman claimed the Women's Freshman of the Year accolade.

Sarah Sumpter took the individual women's title, and paced the Aggies to a second-place team finish. Jon Peterson was the top male finisher for Davis in 7th, and the team placed 3rd.

California Pacific Conference Championships

The Mills College women and Holy Names men won their respective races at the Cal Pac Cross Country Championships contested at Simpson University in Redding, and will represent the conference in the NAIA nationals. Mills placed three runners in the top six, paced by individual champion Lupe Cazares, a senior who toured the soggy 5K course in 21:31.

HNU senior Juan Gomez raced to the men's title on the 8K course in 27:34.

Laura Davis of Mills is the women's Coach of the Year, and Francisco Gomez of Holy Names is the men's coach of the year.

MEN'S TEAM RESULTS: 1. Holy Names (30), 2. William Jessup (48), 3. Simpson (87), 4. Menlo (97)
5. Bethany (109), 6. Pacific Union (128)

WOMEN'S TEAM RESULTS 1. Mills (40), 2. Pacific Union (49), 3. Holy Names (68), 4. Simpson (95)
5. Bethany (136), 6. William Jessup (140), 7. Menlo (176)

Golden State Athletic Conference Championships

Fresno Pacific hosted the GSAC (NAIA) at Woodward Park, Fresno. The men placed eighth and the women ninth.

Pacific West Conference Championships

The Academy of Arts hosted the PWC in Golden Gate Park. Coached by Anne Ricketts, the men took the team championship while individually sophomore Amos Maru also took the win. The women Urban Knights were 4th in the team scoring, lead by Junior Irinel Zamfir, who finished 8th.

Notre Dame de Mur placed 5th on the men's side, led by senior Jonathan Yerena in 18th. The women finished 6th, led by junior Natalie Benoy in 19th place.

Western Athletic Conference

The Fresno State Bulldogs men's cross country team placed second in the Big West Conference, their best finish since 1991. Erik Garcia, a junior, finished second in the 8K. The women were 5th, led by Roxanne Sellick in 8th.

West Coast Conference

The University of San Francisco women landed four runners in the top 10 to take home its first conference championship in school history, while Santa Clara junior Stephanie Wilson also claimed a first-ever title for the Broncos, tying the WCC course record with a time of 20:32. Santa Clara's women placed fourth in the team standings. St. Mary's finished 8th. USF's Helen Lehman-Winters earned her second WCC Women's Coach of the Year award.

On the men's side, senior Robbie Reid was the individual runner up for the Santa Clara Broncos, and the team finished 4th. The San Francisco Dons finished 3rd in the team standings, led by sophomore Gambileg Bor, who placed third individually as well. St. Mary's finished 7th in the team standings, led by junior Mark Blucher, who earned his first All-Conference honors with a 15th place finish.

NCAA Div. II Western Regionals

Held at Golden Gate Park, number 2 nationally ranked Chico State women took second overall, securing a trip to the NCAA D.II Nationals. Humboldt State Senior Megan Rolland raced to an 11th-place finish to earn an individual berth in the national championships. Team finishes: Chico (2nd), Humboldt State (11th), Cal St. Stanislaus (12th), San Francisco State (13th) Sonoma State (19th), Cal St. Monterey Bay (23rd), Notre Dame de Namur (25th).

Chico State's men won the team title, and head to the national championships ranked 3rd.

Nor-Cal Community College Championships

Held at Belmont's Crystal Springs hilly course, Daniel Tapia(So) of Hartnell won the men's contest negotiating the 4.12 mile course in 20:48, averaging 4:57 per mile. Sacramento CC's Kim Crouch(So), a returnee from Humboldt State, won the women's 5km in 17:41, averaging 5:59 per mile. In the Women's race season leader Sacramento CC was upset by Coast Conference powers Hartnell and DeAnza. In the men's competition, the runner up spot was hotly contested with American River and Sequoia separated by one point, while CC San Francisco won the competition for the second straight year.

Women's top 5 scores: 1. Hartnell 74, 2. De Anza 79 3. Sacramento CC 97, 4. American River 107, 5. Modesto JC 148

Men's top 5 scores: 1. CC San Francisco 77, 2. American River 88, 3. Sequoias 89, 4. Fresno CC 108, 5. Diablo Valley 151