

CCCAA Track & Field State Championships at Antelope Valley:
LANEY WINS ITS FIRST WOMEN'S TITLE; RIVERSIDE SCORES MEN'S 3-PEAT

Lauryn Newson and Shanae Roach led Laney College to its first California Community College Athletic Association Women's Track & Field State Championship Saturday at Antelope Valley College in Lancaster. Laney scored 82 points, followed by Sacramento with 61. American River and 2-time defending champion Cerritos tied for third (60), followed by Glendale (58).

MEN'S CHAMPIONSHIP:

Riverside scored a 3-peat in the men's division, led by Chris Benard's outstanding jump double. The Tigers totaled 94 points to finish well ahead of a chase back led by Sacramento (59), Cerritos (54), Mt. San Antonio (47), and Moorpark (39).

Benard, a sophomore out of Santiago High (Corona), exceeded his long jump and triple jump bests each by over a foot. He long jumped 25 feet, 5 3/4 inches. – aided by a wind in excess of 17 miles per hour. Defending champion Ryan Butts of host Antelope Valley finished fourth at 24-7 1/2. Benard, already the state leader in the triple jump -- considered his best event – leaped 53-2, the number two JC/CC mark in the USA this season. He harnessed a tailwind over 13 mph on that leap.

"I was just trying to ride the wind, not run fast," said Benard. "It feels great to help my team get a 3-peat."

Kenneth McGee of Fullerton, the defending state triple jump champion, was second at 51-9 1/4.

Marquis Pilchur starred on the track for the Tigers, winning the 400 meters in 47.72 seconds, and running on both winning relay teams. Riverside won the 4 x 100 in 41.11 and the 4 x 400 in 3 minutes, 15.42 seconds. He also placed sixth in the 200 (21.83) to figure in 33 points.

WOMEN'S CHAMPIONSHIP:

Laney finally claimed the team trophy after placing second in 2007 and 2009 and third in 2008. And the Eagles prevented a Cerritos 3-peat.

Newson came in as the reigning champion in the 100 and 200 meters and the long jump. She started the day, defending her long jump title on her first attempt, 20 feet, 9 1/2 inches – an event in which she is the national leader at 21-1 1/2. Cyntrail Pierce of Cerritos also jumped over 20 feet, a wind-legal 20-1 3/4 – the No. 3 mark in the USA – for second place.

Newson won the 100 meters in 11.60, ahead of teammate Roach (11.65). That reversed their Northern California championship finish order. Newson equaled her state season-leading time (No. 4 nationally), but had an aiding wind of 2.2 meters per second, just over the allowable of 2.0.

Laney scored 20 points in the race to take the team scoring lead at that point with 42 points -- to 38 for Cerritos..

But the Eagles suffered a major setback in the 400 meter hurdles when contender Shanika Davis smashed into the second hurdle and did not finish. Defending champion Ashley Jsames of Fullerton fell 15 meters before the finish. Ashley Frazier of American River won in 62.97. That put the Beavers into the team lead with 55 points at that juncture.

In the 200 meters, Roach (23.94) upset Newson (24.33), but the Eagles still scored 21 points in the event to take control of the team race. "The 200 didn't go my way," Newson said. "But as long as we went 1-2, it was OK."

Laney clinched the championship when Dominique Knowles took fourth place for five points in the triple jump (39-1 1/2). Starasia Childs of West Los Angeles was the winner at 41-0 1/2.

Going into the meet concluding 4 x 400 meter relay (worth a maximum of 10 points), Laney had 74 points, 13 ahead of second place Sacramento. Cerritos won the race in 3:49.93, ahead of Laney (3:53.30). Sacramento did not score but still held onto second place in the team race. Roach and Knowles both ran on the Laney relay.

Newson was the women's high scorer for a second time, with 34 individual points. She scored again in the high jump, finishing third at 5-3. Susan Jackson of Sacramento was the winner at 5-7.

Sacramento won the 4 x 100 meter relay in 46.89.

MORE WOMEN STARS:

Sarah Nichols of Butte completed an impressive double, repeating as heptathlon champion with 4,791 points after winning the javelin throw on Friday. Nichols trailed 2010 state leader Liana Fuentes of Orange Coast in the heptathlon after the first day by 118 points. But Nichols made up 117 points of that difference in the long jump and then took a 32-point lead with a javelin throw of 120-2. Fuentes finished second in the 7-event competition with 4,651 points. Nichols also placed fifth in the individual high jump (5-1).

In the shot put, Luseane Makanesi of Fullerton improved her own U.S. No. 2 ranking mark to 45-9 3/4 to win ahead of Jane Swenson of Moorpark (45-5 1/2). Both athletes improved upon their previous state pacing marks.

Jenna Yowell of American River won the pole vault at 10-11 and Angel Togafau of Golden West took the hammer throw at 167-2.

WOMEN'S TRACK:

Lenore Moreno of Mt. San Antonio added the 5,000 meter title in 17:58.25 to the 10,000 championship she won on Friday. She is the national JC/CC leader in both events and repeated as state 10K champ. But the strong winds prevented any good distance times at the state meet.

Cerritos got a big boost in the 400 meters with Tanisha Hawkins (55.14) and Sade Williams (55.46) finishing 1-2 for 18 points.

Rosa Del Toro of Glendale kicked past state leader Tracee van der Wyk of Pasadena off the final curve to take the women's 1,500 meters in 4:43.88. Sara Toberty of Orange Coast sneaked ahead of van der Wyk for second.

In the 800, state leader Cory Honeycutt of Canyons (2:16.18) held off Danielle Low of L.A. Trade-Tech (2:16.18) for the win.

Other individual champions included: Mallory Celaya of Mt. San Antonio in the 3,000 meter steeplechase, 11:54.40, and Shakina Phillips of LA Southwest in the 100 meter hurdles, 14.08.

MEN'S TRACK

Ray (Tamas) Stewart of Merritt repeated as champion in the 110 meter hurdles in 13.95, improving upon his No. 3 U.S. ranking time. Challenger Marcus Pope of Mt. San Antonio, the No. 4 ranking runner, hit the eighth hurdle and did not finish.

Pope, the national leader in the 400 meter hurdles, came back to win that event handily in 52.76.

Tavion Burke of Antelope Valley and Ameer Webb of Cerritos traded sprint wins. Burke won the 100 meters in 10.32, with Webb second in 10.38. Webb took the 200 in 21.12, with Burke the runner-up in 21.34.

In the 800 meters, Torion Bailey of Cerritos repeated as champion in 1:59.18, edging teammate Daniel King (1:59.32) in a blanket finish of the top eight.

Mark Frazier of City College of San Francisco beat teammate Luke Frazier to the finish of the men's 3,000 meter steeplechase in 9:32.80. Both men fell over the last barrier but got up quickly. Dahir Mohamed of Southwestern, who led most of the race, fell at the final water jump as he was being caught by the CCSF duo, and finished fourth.

Gabriel Hilbert of Cerritos was the best kicker in the 1,500 meters, winning in 4:04.17 over David Cardona of El Camino (4:04.63),

In the 5,000 meters, David Cardona of El Camino (15:56.27) outsprinted Stephen Scafford of Santa Barbara (15:58.72) to the line.

Aaron Victorian of San Jose City College won the decathlon with 6,572 points, with Stephen Dickinson of Siskiyou (6,459) second.

MEN'S FIELD:

Ray Nikzat of Sacramento became the state's first 7-foot high jumper this year, clearing 7-0 1/4 to win easily.

Christian Mills of Fresno won the hammer throw at 175-9 over Austin Elmore of Riverside (175-9).

Chris Yates of Golden West won the shot put at 54-10 1/4, ahead of Moorpark's Josh McClure (53-4 1/2).

Nick Jennings of Saddleback took the pole vault at 16-8, with Dusty Brown of Mt. SAC second at 16-2.

Athletes of the Meet:

Men's track:

Ray Stewart, Merritt, 110 hurdles.

Ameer Webb, Cerritos, 100 & 200.

Tavion Burke, Antelope Valley, 100 & 200.

Men's field:

Chris Benard, Riverside, long and triple jumps.

Nate Moses, Fresno, discus throw.

Women's track:

Lauryn Newson, Laney, 100, 200, long jump, high jump.

Shanae Roach, Laney, 100, 200, 4x4 relay.

Lenore Moreno, Mt. San Antonio, 5K & 10K.

Women's field:

Sarah Nichols, Butte, heptathlon, javelin, high jump.

Samantha Gutierrez, Riverside, discus throw.

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