

Glendale women win team title, San Bernardino men get four-peat; Hartnell's Daniel Tapia has undefeated season in cross country!

(FRESNO) November 21 was a clear, crisp day in Fresno with a slight breeze and smoke in Woodward Park.

The 'smoke' at the California Community College Athletic Association Cross Country State Championships was provided by two dominant cross country teams. Glendale College's Lady Vaqueros lassoed defending champion Orange Coast College 43-80 and in men's competition, San Bernardino Valley's Wolverines mauled OCC (and the rest of the field) 67-133.

Glendale freshman Nina Moore led her team by winning the 33rd CCC women's race crossing the line at 17:48 over the 5,000 meter course.

Teammates Rosa Del Toro and Karen Rosas finished sixth and seventh timing 18:22 and 18:23 respectively. Vivian Ochoa was the fourth GC finisher and just missed All-America status finishing 15th at 18:50. The top 14 finishers receive A-A recognition.

GC freshman Briana Jauregui wrapped up the title for GC finishing 19th at 18:55 and Jessica Wences was 20th, one second behind. Del Toro is the only sophomore among this group. So, it appears the Lady Vaqueros are looking formidable for 2010.

It was recent business as usual in the four-mile men's race and SBVC claimed a fourth consecutive men's title with the second largest victory margin in the 46-year history of CCC Men's Cross Country Championships. In 1979, at Crystal Springs in Belmont, Grossmont College won its eighth of a record nine consecutive state titles by posting a 90-point win over Pasadena, 20-110.

SBVC's top finisher was Art Parra who finished 11th at 20:35. Raymond Dominguez was next at 20:40 and Travis Nernchik was 14th timing 20:42. When Ankur Joshi (20:49) and Sam Sanchez (20:51) finished 17th and 18th, the Wolverines had won again. Parra, Dominguez and Nernchik received All-America recognition. The Wolverines seem primed for 2010, much like Glendale's women: Among the top seven SBVC runners, the only sophomores were Parra and Joshi.

Meanwhile, the men's race also had a story of individual excellence by a Northern California runner: Hartnell's Daniel Tapia completed an undefeated season with a winning time of 20:05, just nine seconds from tying the course record. Tapia, 23, was runner-up in 2008 with a time of 20:16. East Los Angeles' Oscar Ogwaro set the record of 19:56 in 2006. Ironically, ELA's Sylvia Mosqueda set the women's 5,000-meter record of 17:06 in 1985.

With GC and SBVC having three runners earn All-America recognition, it adds more luster to their glossy cross country history. OCC teams also have an outstanding cross country legacy and the 2010 Pirates will likely provide strong challenges.

There were 199 competitors in the women's race and 219 in the men's race. Once again, Fresno's picturesque Woodward Park will be the site of the CCC Cross Country Championships in 2010.

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