

**CALIFORNIA COMMUNITY COLLEGE CROSS COUNTRY & TRACK
COACHES ASSOCIATION**

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**CERRITOS & RIVERSIDE WIN CALIFORNIA CC TRACK &
FIELD TEAM CHAMPIONSHIPS**

NORWALK -- The host Cerritos College women and the Riverside Community College men won California Community College Athletic Association Track and Field Championships Saturday.

Women's Team Race: Cerritos was led by two individual champions, discus thrower Whitney Ashley (147 feet, 2 inches) and triple jumper Jessica Barfield (40-1 1/2). They shared the women's field athlete of the meet award. Ashley was also second in the shot put (42-3 1/2) and fifth in the hammer throw (143-10). Barfield also place second in the long jump (18-4 1/4). The Falcons scored 101 points to outdistance West Los Angeles (92 1/2) and Laney (77). Laney was the runner-up in 2007 to American River. Riverside was fourth (52) and Orange Coast fifth (48).

Men's Team Race:



Riverside clinched the men's title early, scoring 112 points. The tigers had a pair of individual champions, Ennis Jones in the 400 meters (46.67 seconds) and Stephan May in the 800 meters (1:53.58). The latter was a major upset. May had the last (ninth best) qualifying mark in the field, running just 1:56.05 in the Southern California Championships (where Riverside was also the team champion). Jones was also second in the 200 meters. Riverside also won the 4 x 100 meter relay (40.27) and was third in a

thrilling 4 x 400 meter finale (3:12.76), where the top six teams all finished within less than a one second time span. (American River won in 3:12.25). Defending state men's champion Sacramento finished second with 67 points, followed by Fresno (52), Long Beach (47), and Moorpark (45).

Women's speed match-ups: Ebony Collins of West Los Angeles was involved in two of the closest races of the meet. She won the 100 meters, in 11.53, same time as runner-up Shahnel Woodley of Laney. They both now share the second best community college time in the nation this year. Candise Maxwell of Laney was third in 11.66, No. 6 in the USA. Earlier Maxwell repeated as state champion in the 100 meter hurdles in 13.46, edging Collins (13.47) – both just missing the national leading time of 13.45. Collins won the 400 meter hurdles in 61.88 (where she had run a national leading time of 57.67 in the Southern California finals).

Triple crown: Chauncy David-Jacobs of City College of San Francisco figured in three titles. She won the 400 meters (54.86) and a classic 200 showdown involving all the top speedster in (23.89), then anchored the Rams to victory in the 4 x 400 meter relay (3:48.14) with a 54.6 split – in which a Collins anchored West LA quartet finished third (3:52.04).

In the 200, Collins was only seventh. Laney's Shahnel Woodley (24.20) and Maxwell (24.49) chased David-Jacobs. Laney won the 4 x 100 relay (45.02), improving its own No. 2 national ranking time, and was fourth in the 4 x 400. Laney sprinter Robyn Hunt also won the long jump (19-3 1/2).

Double repeat: Tove Berg of Glendale repeated as a double winner in the 5000 meters (17:18.98) and the 10,000 meters (36:41.19) – a fete previously accomplished only by Orange Coast's Michelle Icban in 2002-03. Kate Almond of Cuesta won the pole vault (11-6), which she also took in 2006. She ranks No. 2 nationally this year (12-1)

Top Throw: Danielle Thu of San Diego Mesa won the hammer throw with a national leading 185-0 mark.

Men's national leader in 100: Curtis Mitchell of Southwestern produced the fastest JC/CC 100 meters time of 2008, 10.23 (although aided by a win of 2.8 meters per second, over the allowable 2.0 for record purposes). He won the 200 in 20.90 into a 2.5 mps wind – but already ranks No. 3 nationally there at 20.86.

Repeaters: Both hurdles winners won titles previously and posted the No. 2 JC times nationally this year. Kenneth Medwood of East LA repeated in the 400 hurdles in 51.63. Vannie Prudhomme, the 110 hurdles winner in 2006, returned to take the 2008 title in 13.82.

Field Star: K.P. Singh of Fresno City College took top men's field honors, repeating as hammer throw champ with a national leading throw of 198-9 and also winning the discus throw (175-4) – where he already ranks No. 2 (177-6). Neelon Greenwood of

Sacramento won the triple jump (51- 5 3/4) and was second in the long jump (24-9), just 3/4 of an inch behind winner Joseph Kristen of Cerritos (24-9 3/4).

Another doubler: Daniel Gonia of San Diego Mesa won the 10,000 meters (31:02.61) on Friday and the 5, 000 meters (14:56.38) on Saturday. The 10K races were the only running finals on Friday.

Top Deca mark: Nate Koch of Mt. SAC won the decathlon with a national leading 6,938 point total.

Athletes of the meet: women's track, Berg (Glendale) and Collins (West LA); women's field, Barfield and Ashley (Cerritos); men's track, Mitchell (Southwestern); men's field, Singh (Fresno).