

Santiago Canyon College 2008 Cross Country Updates



November 7, 2008

Hawks Finish Season at SoCal Regional Championships

Bakersfield, CA - The Santiago Canyon College (SCC) men's and women's cross country teams ran at the 2008 Southern California Regional Cross Country Championships at the Kern County Soccer Complex in Bakersfield.

The Men's squad was led by sophomore David Ferreira (Foothill HS) who finished in 119th place out of 202 competitors with a time of 22:19. Freshman Vincent Belleque (Fullerton HS) finished 125th with a time of 22:21.76 and freshman Carlo Moreno (Mater Dei HS) placed 150th with a time of 22:47.01 to round out the top three for SCC.

Sophomore Carrie Follo (Foothill HS) led the women's team as she finished the competition with a time of 25:14.27. Sophomore Sara Bartlett (El Modena HS) finished with a time of 26:39.23 and freshman Kelsey Vlatkovich (El Modena HS) finished at 29:11.14 to round out the top three for the SCC women.



The SCC women's cross country team pictured before the start of the OEC Championships at Fairview Park.

November 1, 2008

SCC Cross Country Teams Battle Conference Opponents at OEC Championships

Costa Mesa, CA - The Santiago Canyon College (SCC) men's and women's cross country teams competed at the 2008 Orange Empire Conference (OEC) Cross Country Championships Saturday morning at Fairview Park.

The men's squad finished in sixth place with 168 points led by freshman Carlo Moreno (Mater Dei

HS) who finished 39th overall with time of 22:36. The men produced the fastest team time in SCC history for the four-mile Fairview Park course. The SCC women's team also placed sixth with 183 points as sophomore Heather Krystek (Esperanza HS) led the way with her time of 22:39 on the 5,000 meter course to finish in 42nd place.

Freshman Chad Jurrie (Irvine HS) finished in 45th place (23:19), freshman Vincent Belleque (Fullerton HS) finished in 48th place (23:32), sophomore David Ferreira (Foothill HS) finished in 51st place (23:57), freshman Bryan Rocha (Chino Hills HS) finished in 53rd place (24:08), freshman Joshua Lembeck (El Modena HS) finished in 55th place (24:19) and sophomore Vincent Acosta (El Modena HS) finished in 56th place (24:23) to round out the top-seven for the men's squad.

Sophomore Carrie Follo (Foothill HS) finished in 60th place (29:22), sophomore Sara Bartlett (El Modena HS) finished in 61st place (30:16), freshman Kelsey Vlatkovich (El Modena HS) finished in 63rd place (32:24), freshman Macee White (Rim of the World HS) finished in 64th place (34:47) and sophomore Ionne Velasco (El Modena HS) finished in 65th place (35:23) to complete the scoring for the women's team.

The Southern California Cross Country Regional Seeding Committee awarded at-large berths to both the SCC men's and women's cross country teams into the 2008 Southern California Regional Championships on November 7 in Bakersfield. The competition will be hosted by Bakersfield College at the Kern County Soccer Complex beginning at 2 p.m.



David Ferreira was the top finisher for SCC at the Mt. SAC Invitational.

October 17, 2008

Ferreira Leads SCC Men's Cross Country Team at Mt. SAC Invitational

Walnut, CA - The Santiago Canyon College (SCC) men's cross country team ran at the 2008 Mt. San Antonio College (Mt. SAC) Cross Country Invitational on Friday, Oct. 17 on the hilly Mt. SAC course.

The Hawks placed 17th in the field of 24 teams led by team-captain David Ferreira who was the top finisher for SCC as he placed 41st in the field of 179 competitors. The sophomore finished the four-mile course in a time of 23:19.

Freshmen Bryan Rocha (88th, 25:11), Carlo Moreno (95th, 25:29) and Vincent Belleque (107th, 26:08) combined with sophomore Vincent Acosta (135th, 28:20) to complete the scoring for the Hawks.

Next Up: The SCC men's and women's cross country teams return to action on Saturday, Nov. 1 to compete in the OEC Championships at Fairview Park in Costa Mesa. Competition is set to begin at 10 a.m.



Freshman Chad Kurrle near the finish line at the Brubaker Invite held at Irvine Regional Park.

October 11, 2008

SCC Cross Country Team Run in Howard Brubaker Invite held at Irvine Regional Park

Orange, CA - The Santiago Canyon College (SCC) men's and women's cross country teams recently competed at the 2008 Howard Brubaker Irvine Invitational held at Irvine Regional Park.

Freshman Chad Kurrle (Irvine HS) led the men's squad as he placed 83rd with a four-mile time of 22:57. The remaining top-five runners for the Hawks were close behind Kurrle as sophomore

David Ferreira (Foothill HS) placed 86th at 23:10, freshman Carlo Moreno (Mater Dei HS) placed 87th at 23:14, freshman Vincent Belleque (Fullerton HS) placed 96th at 23:32 and freshman Bryan Rocha (Chino Hills HS) placed 103rd at 23:57.

Sophomore Lorenza Valdez (El Modena HS) was the top scorer for the women's team as she finished in 56th place with a 3.2 mile time of 21:33. Her time was the fifth fastest in SCC history on the Irvine Park course.

Sophomore Carrie Follo (Foothill HS) placed 96th (26:26), sophomore Sara Bartlett (El Modena HS) placed 99th (27:53), freshman Macee White (Rim of the World HS) placed 101st (29:11) and sophomore Ionne Velasco (El Modena HS) placed 106th (32:40) to round out the scoring for the SCC women.

Beressa Muluken of San Diego Mesa College was the winner of the men's race with a time of 20:17.65. San Diego Mesa also finished first as a team with 40 points. Crystal Reed of Orange Coast College won the women's race with a top time of 18:18.11 as the Pirates finished first as a team with 39 points.



Freshman Carlo Moreno running at the 2008 Bakersfield Invitational.

October 3, 2008

Running Hawks Compete at Bakersfield Invite

Bakersfield, CA - The Santiago Canyon College (SCC) men's and women's cross country teams ran against a field of 39 community college teams in the Bakersfield Invitational held at the Kern County Soccer Park. The meet served as the Southern California Preview and will be the site of the Southern California Cross County Championships later this season.

Sophomore David Ferreira (Foothill HS) led the Hawks as he finished in 76th place out of 345 competitors in the men's race with a time of 22:09. Overall, SCC finished in 31st place for the four mile

course.

Other results for the men's team included Carlo Moreno (Mater Dei HS) in 161st place (23:10), Chad Kurrle (Irvine HS) in 196th place (23:50), Bryan Rocha (Chino Hills HS) in 215th place (24:05) and Vincent Belleque (Fullerton HS) in 235th place (24:39).

Sophomores Sara Bartlett (El Modena HS) and Ionne Velasco (El Modena HS) represented the SCC women's squad and placed 226th and 256th respectively.



Sophomore Vincent Acosta leads a pack of runners at the UC Riverside Invitational.

September 27, 2008

Hawks Run at UC Riverside Invitational

Riverside, CA- The Santiago Canyon College (SCC) men's and women's cross country teams competed in the UC Riverside Invitational Saturday morning on the UC Riverside Campus Farm Course.

Sophomore David Ferreira (Foothill HS) led the men's team as he placed 174th out of 285 competitors with a time of 28:07 on the five mile course. Sophomore Heather Krystek was the top finisher for the women's team as she placed 287th out of 336 runners with a time of 22:25 on the 5,000 meter course.

Sara Bartlett (El Modena HS/25:13), Carrie Follo (Foothill HS/25:56) and Ionne Velasco (El Modena HS/32:43) rounded out the scoring for the women's squad.

Carlo Moreno (Mater Dei HS), Bryan Rocha (Chino Hills HS), Vincent Belleque (Fullerton HS), Vincent Acosta (El Modena HS), Brian Becker (El Modena HS) and Jacob Robinson (Villa Park HS) completed the scoring for the men's team.



Sophomore Lorenza Valdez (center) running hard at the Orange Coast Classic.

September 20, 2008

SCC Cross Country Teams Compete in Orange Coast Classic

Costa Mesa, CA - The Santiago Canyon College (SCC) men's and women's cross country teams competed against a field of 27 teams Saturday at the 2008 Orange Coast Classic held at Fairview Park. The meet served as a preview of the course to be used for the Orange Empire Conference Championships later in the season.

The men's team finished in 20th place led by a strong individual effort from sophomore David Ferreira (Foothill HS). His time of 22:15 placed him 77th overall in the field of 218 competitors.

Carlo Moreno (Mater Dei HS) finished in 117th place, Bryan Rocha (Chino Hills HS) finished in 125th place, Josh Lembeck (El Modena HS) finished in 141st place and Vincent Acosta (El Modena HS) finished in 162nd place to complete the scoring for the men's team.

Sophomore Heather Krystek (Esperanza HS) recorded a time of 22:03 and led the women's squad with a 59th place finish out of 173 competitors. Her time marked more than a two minute improvement over her previous best effort on the Fairview Park course.

Lorenza Valdez (El Modena HS) finished in 88th place, Sara Bartlett (El Modena HS) finished in 157th place and Carrie Follo (Foothill HS) finished in 159th place to round out the scoring for the women's team.



The SCC cross country teams ran against 29 other teams at the Fresno Invite.

September 13, 2008

Running Hawks Battle 29-Team Field at Fresno Invite

Fresno, CA - The Santiago Canyon College (SCC) men's and women's cross country teams ran against a 29-team field at the 2008 Fresno City College Cross Country Invitational held at Woodward Park.

The SCC women's team placed 21st overall led by personal best performances in the 5K by sophomores Heather Krystek (Esperanza HS) and Lorenza Valdez (El Modena HS). Krystek finished in 59th place out of 198 competitors with a time of 21:01. Valdez wasn't far behind as she finished 75th with a time of 21:30.

Other finishers for the women's squad included Sara Bartlett (El Modena HS) in 166th place (25:22), Carrie Follo (Foothill HS) in 171st place (25:45) and Ionne Velasco (El Modena HS) in 197th place (30:45).

The SCC men's team finished in 23rd place led by the outstanding effort of sophomore David Ferreira (Foothill HS) who completed the 4-mile course in 63rd place out of 256 runners. Ferreira finished the race with a time of 22:28.

Freshmen Carlo Moreno (157th, 23:56/Mater Dei HS), Josh Lembeck (186th, 24:34/El Modena HS), Vincent Belleque (188th, 24:42/Fullerton HS) and Fletcher Carroll (212th, 25:52/Villa Park HS) rounded out the scoring for the Hawks.

September 6, 2008

SCC Cross Country Teams Compete in UCI Invite

Irvine, CA - Members of the Santiago Canyon College (SCC) men's and women's cross country teams competed against an elite field of university



and community college teams at the UC Irvine Invitational Saturday morning on the ARC Field.

The men's team placed 12th out of 16 teams led by freshman Chad Kurrle (Irvine HS) and sophomore David Ferreira (Foothill HS). Kurrle finished in 49th place and Ferreira crossed the finish line in the 59th spot in the field of 132 competitors.

The SCC women's squad was led by sophomore Heather Krystek (Esperanza HS) who finished in 83rd place out of 159 runners



STATE CHAMPIONSHIPS

November 17, 2007

Three Runners Represent Santiago Canyon at Cross Country State Championships

Fresno, CA - Sophomore Alicia Ayala (Villa Park HS) and freshmen Heather Krystek (Esperanza HS) and David Ferreira (Foothill HS) represented the Santiago Canyon College (SCC) men's and women's cross country teams on Saturday morning at the California State Cross Country Championships at Woodward Park.

Ayala finished in 37th place out of 189 competitors with a time of 19:47. Ayala's time was a 67-second improvement from her freshman season on the state championship course. Krystek placed 98th overall with a time of 21:08 for the 5,000 meter course.

On the men's side, Ferreira completed the four mile course in a time of 22:28 to finish in 110th place out of 199 runners.