

2009 Cross Country Updates

November 21, 2009

Stephen Lawrence Represents SCC Proudly At State Championships



On Saturday, November 21, freshman distance runner Stephen Lawrence (El Modena HS) represented Santiago Canyon College at the California State Cross Country Championship. Lawrence completed the 4-mile course in a time of 22 minutes 46 seconds – a personal record by 28 seconds & the 10th fastest time in SCC history on the Woodward Park course.

Congratulations to Stephen for his outstanding efforts and for representing SCC in such an exemplary fashion.

November 6, 2009

Stephen Lawrence Qualifies For State Championship



Stephen Lawrence running in the Regional Championships.

Walnut, CA - On Friday, November 6th, the Running Hawks represented Santiago Canyon College at the Southern California Regional Cross Country Championships held at Mt. San Antonio College in Walnut. The men's team finished the season by placing 26th in the region. Freshman Stephen Lawrence (100th place, 22:52) was the team's top finisher in the meet and earned an individual qualifying berth into the California State Championships. Francisco Castellanos (123rd place, 23:23), Jesse Zweig (147th place, 23:47), Jonathan Morales (163rd place, 24:04), and Patrick Imfeld (184th place, 25:30) rounded out the scoring for the Hawks. The Lady Hawks were



Francisca Garcia running in the Regional Championships.

represented by individual qualifier, freshman Francisca Garcia, who placed 149th in a time of 22 minutes 43 seconds.

October 30, 2009

Hawks Compete In OEC Championships at Golden West

Huntington Beach, CA - On Friday, October 30th, the Running Hawks competed in the Orange Empire Conference Championships hosted by Golden West College at Central Park in Huntington Beach. The men's team placed 5th overall and earned an "at-large" berth into the Southern California Regional Championships. The Top-5 scoring unit was comprised entirely of freshmen – Stephen Lawrence (28th place, 22 minutes 12 seconds), Jesse Zweig (38th, 22:35), Francisco Castellanos (42nd, 22:42), Patrick Imfeld (50th, 23:13), and Jonathan Morales (55th, 24:02). The Lady Hawks placed 6th overall and were led by freshman Francisca Garcia (31st place, 22:00) who earned an individual berth into the Regional Championships meet. Sabine Slattery (41st, 22:54), Natasha Ohta (50th, 23:57), Gina Lettieri (54th, 24:43), and Laura Cipolla (55th, 24:54) completed the Top-5 scoring for the Lady Hawks.



The Hawks' harriers will next compete at the Southern California Regional Championships in the hopes of earning qualifying berths into the State Championships. The regional meet will be held this Friday, November 6th, at Mount San Antonio College in Walnut. The women's

race starts at 10:30am, with the men's race following at 11:30am.

October 16, 2009

Hawks Compete in the So Cal Preview

Walnut, CA -



Laura Cipolla runs at Mt SAC.

On Friday, October 16th, the Running Hawks competed against a field of 39 community colleges at the Mt. SAC Cross Country Invitational. The men's team placed 26th overall as they notched victories against several local rivals including Golden West, Rio Hondo, Citrus, East LA, and Santa Monica. Freshman Stephen Lawrence was the top performer for the Hawks as he placed 64th within the field of 340 competitors. Francisco Castellanos (160th), Jesse Zweig (236th), Patrick Imfeld (242nd), and Jonathan Morales (268th) completed the Top-5 scoring for the Hawks.



Jesse Zweig and Patrick Imfeld run at Mt. SAC.

The Lady Hawks placed 30th in the team standings – recording victories over Golden West, El Camino, Moorpark, San Bernardino Valley, San Diego City, San Diego Southwestern, Grossmont, West LA, & Gateway College of Arizona. Sabine Slattery led the way as she placed 155th in the field of 272 competitors. Laura Cipolla (184th), Natasha Ohta (218th), Viviana Torres (263rd), and Leah Harris (266th) completed the scoring for the Lady Hawks.

The Running Hawks have a bye week this week. Their next event is scheduled for Friday, October 30th, as they compete in the Orange Empire Conference Championships hosted by Golden West College at Central Park in Huntington Beach. Women's race starts at 10:00am, with the men's race following at 11:00am.

October 10, 2009

Hawks Compete at Howard Brubaker Invitational

Orange, CA - On Saturday, October 10th, the Running Hawks competed at the Howard Brubaker Invitational hosted by Santa Ana College at Irvine Regional Park. The event featured a field of 16 teams and 233 competitors.



Patrick Imfeld at the Brubaker Invitational.

The women's team placed 8th overall as they defeated squads from Golden West, Saddleback, Cuyamca, Grossmont, El Camino, San Bernardino Valley, College of the Desert, and Barstow. Freshman Francisca Garcia led the way for the Lady Hawks finishing in 53rd place with a time of 22:17 for the 3.25 mile course. Sabine Slattery (56th place, 22:38), Laura Cipolla (67th, 23:17), Natasha Ohta (71st, 24:04), and Gina Lettieri (73rd, 24:21) completed the Top-5 scoring for the Lady Hawks.



Natasha Ohta at the Brubaker Invitational.

The men's team placed 11th overall - defeating teams from Golden West, College of the Desert, and Barstow. Francisco Castellanos was the team's top performer as he placed 34th in a time of 21:24 (the 3rd fastest time in SCC school history for the 4-mile Irvine Park course!). Stephen Lawrence (55th place, 21:53), Jesse Zweig (64th, 22:12), Patrick Imfeld (96th, 24:06), and Jonathan Morales (115th, 25:38) completed the Top-5 scoring for the Hawks.

The Hawks will next compete this Friday, October 16th, against a field of 41 community colleges at the Mt. SAC Invitational in Walnut. The women's race starts at 10:00am followed by the men's race which starts at 10:45am.

October 5, 2009

Hawks Compete in the Foothill Invite

South El Monte, CA - The Running Hawks competed against a field of 16 teams and 314 student-athletes at the Foothill Invitational held at Legg Lake Park in El Monte.



Steve Lawrence at the Foothill Invite.



Francisca Garcia at the Foothill Invite.

The men's team was led by freshmen Stephen Lawrence and Francisco Castellanos who completed the 4-mile course in season best times of 21:29 (57th place) and 21:57 (74th place) respectively. The men's squad finished the event in 13th place – defeating the squads from Citrus, Rio Hondo, and Barstow. The women's team was led by freshmen Francisca Garcia (21:25, 78th place) and Sabine Slattery (22:08, 91st place) who also both produced season best performances for their 5000 meter cross country distance.

The Hawks next compete this Saturday, October 10th, at Irvine Regional Park (located directly across the street from our SCC campus). The women's race starts at 10:00am with the men's racing following at 11:00am.

September 25, 2009

Hawks Compete at Orange Coast Classic

Costa Mesa, CA - The Running Hawks competed against a field of 24 community colleges at the Golden West Invitational held in Huntington Beach's Central Park.

The Lady Hawks placed 13th overall in the team competition – defeating squads from notable rivals including Saddleback, Golden West, El Camino, Bakersfield, East LA, and Cuyamaca. Francisca Garcia (75th place, 23 minutes 10 seconds), Laura Cipolla (77th, 23:16), Sabine Slattery (89th, 23:46), Gina Lettieri (109th, 25:13), and Natasha



Ohta (113th, 25:26) completed the Top-5 scoring for the Lady Hawks.

The men's team placed 16th overall as they defeated squads from Golden West, Santa Monica, Citrus, Rio Hondo, East LA, and others. Freshman Stephen Lawrence (51st place, 22:21) was the Hawks' highest finisher on the day. Frank Castellanos (71st, 22:54), Jesse Zweig (103rd, 23:41), Patrick Imfeld (139th, 25:00), and Jonathan Posadas (153rd, 25:45) completed the men's Top-5 scoring.

September 19, 2009

Hawks Compete at Orange Coast Classic



Costa Mesa, CA - The Running Hawks were represented by several individual competitors in the Orange Coast Cross Country Invitational held at Fairview Park in Costa Mesa. Francisco Castellanos (97th place, 23:00) and Jesse Zweig (119th place, 23:34) were the top two finishers for the Hawks within the field of 225 competitors. Laura Cipolla (98th place, 23:11) and Sabine Slattery (99th place, 23:16) were the top finishers for the Lady Hawks within their field of 176 competitors.

September 12, 2009

Running Hawks Compete in Fresno Invitational



Fresno, CA - The Running Hawks previewed the state championships cross country course by competing in the Fresno Invitational. The meet featured a field of 27 community college teams and 425 student-athletes. The Lady Hawks ran to an 18th place team finish with freshman Francisca Garcia (110th place, 22 minutes 31

seconds) leading the way over the 5000 meter course. Freshmen Laura Cipolla (127th place, 23:20), Sabine Slattery (134th place, 23:52), Gina Lettieri (143rd place, 24:23), and Natasha Ohta (153rd, 25:04) completed the team scoring. The men's squad struggled during the later stages of the race and fell to a 24th place team finish. Freshman Stephen Lawrence stepped up to lead the way for the Hawks, finishing 106th with a 4-mile time of 23 minutes 4 seconds. Francisco Castellanos (132nd place, 23:31), Jorge Martinez (202nd place, 26:02), Jonathan Morales (224th place, 27:27), and Carlo Moreno (234th place, 28:58) completed the scoring for the men.

September 4, 2009



Hawks Compete in Ventura Invitational

Ventura, CA - the Running Hawks of SCC opened the 2009 season by competing their freshmen squad against a field of 16 teams at the Ventura College Invitational. The men's team was led by Francisco Castellanos and Stephen Lawrence who placed 35th and 45th respectively within the field of 134 competitors. The Lady Hawks were led by Laura Cipolla and Natasha Ohta who placed 38th and 54th overall in the field of 80 women's competitors.
