

FOR IMMEDIATE RELEASE May 15, 2009  
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**First Day Winners at California CC Athletic Association Track & Field**

**Championships:**

**THOMPSON SETS JAVELIN RECORD; U.S. LEADERS NEWSON, CARLYLE, HICKS WIN**

SAN MATEO -- Cooper Thompson of Bakersfield College broke the state meet record in the men's javelin throw and national women's long jump leader Lauryn Newson of Laney College won her new specialty on the first day of the 2009 California Community College Athletic Association Track and Field Championships at College of San Mateo.

Thompson threw the javelin 222 feet to break the mark of 221-11 set by Ken Teasley of Moorpark in 1993.

Newson, still in her first year of track and field competition, won the women's long jump at 19-feet, 10 3/4 inches and came back to place third in the high jump with a personal best of 5-5. On Saturday afternoon she will run in the 100 and 200 meters. She is the state leader in both races and has the top U.S. JC/CC long jump, 20-3 3/4.

Susan Jackson of Sacramento City College won the high jump at 5-8 3/4. Sacramento also had the men's winner, Fletcher Carlyle, at 6-10 3/4. Carlyle is the U.S. JC/CC leader with his 7-2 1/2 jump in last week's Northern California Championships.

Randi Hicks of Ventura College, the national leader in the women's javelin throw, won with a throw of 149-8 -- just off her best of 152-5.

**Other first day winners:**

Men's long jump: Ryan Butts of Antelope Valley, 25-4 3/4;

Men's hammer throw: Dennis Aliotta of Moorpark, 181-2;

Women's hammer throw: Holly Lohse of Shasta, 164-8.

The lone first day race finals, at 10,000 meters, were won by Lenore Moreno of Mt. San Antonio for the women, in 37 minutes, 58.95 seconds, and by Daniel Tapia of Hartnell for the men, in 31;23.04.

Aysha Moultrie of West Los Angeles is the first day heptathlon leader, with 2,810 points after four events, followed by Alisa Jenkins of Sacramento (2,760). In the decathlon, Nicholas Armstrong of Cerritos leads after five events with 3,684 points, followed by Aaron Victorian of San Jose (3,425).

**TEAMS:**

Defending women's champion Cerritos leads after five events with 37 1/2 points, followed by Laney and Sacramento with 18. Moorpark is the men's leader, with 19 points, ahead of defending champion Riverside (17), and Sacramento (15).

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2009 California Community College Athletic Association Track and Field  
Championships

First day results, Friday, May 15

College of San Mateo, San Mateo, California

Second/final day competition gets underway Saturday at 9 a.m. decathlon, 11 a.m. field,  
12:40 p.m. running events.

Men's team scores:

1. Moorpark 19; 2. Riverside 17; 3. Sacramento 15; 4. San Bernardino Valley 12;  
5. Hartnell 11; 6. Antelope Valley and Bakersfield 10; 8. Butte, Modesto, Saddleback 8;  
11. San Jose and Mt. San Antonio 7; 13. Glendale and Santa Ana 6;  
15. Chaffey, Cuyamaca, Golden West, LA Valley, Reedley 5;  
20. American River, Fresno, Long Beach 4; 23. De Anza, Rio Hondo, Shasta 3;  
26. Cuesta and San Mateo 2; 28. Santa Rosa 1.

Women's team scores

1. Cerritos; 2. Laney and Sacramento 18; 4. Riverside 13; 5. Shasta 11;  
6. San Mateo, Butte, Mt. San Antonio, Ventura 10; 10. Moorpark 9 1/2; 11. Fresno and  
SD Mesa 9;  
13. LA Trade Tech 8; 14. Cuesta 7; 15. Southwestern 4; 16. El Camino 3;  
17. American River, De anza, Orange Coast 2; 20. Allan Hancock and Modesto 1.

Women Javelin 20 Throw Finals

1, Randi Hicks, Ventura, 45.63m, (149-08). 2, Kelly Young, San Mateo, 42.16m, (138-04).  
3, Karen Guravska, Cerritos, 40.80m, (133-10). 4, Karee Nordby, Riverside, 39.12m,  
(128-04).  
5, Rachel Butler, Cerritos, 38.61m, (126-08). 6, D'Auria Barker, Cerritos, 38.14m, (125-01).  
7, Amanda Taylor, American River, 34.16m, (112-01). 8, Amanda Potts, Shasta,  
33.38m, (109-06).  
9, Paris Dixon-Buckley, Laney, 32.21m, (105-08). 10, Chelsea Cassulo, Allan Hancock,  
32.11m, (105-04).  
11, Pilar Becerra, Fresno, 25.29m, (83-00).

Men Javelin Throw

1, Cooper Thompson, Bakersfield, 67.68m, (222-00). (State meet record; old mark 221-11, Ken Teasley, Moorpark, 1993);  
2, Ray Lian, Saddleback, 62.72m, (205-09). 3, Adam Ramoz, San Jose, 56.04m, (183-10).  
4, Kevin Kelly, Reedley, 55.34m, (181-07). 5, Ryan Lauderdale, Long Beach, 54.94m,  
(180-03).  
6, Rene Stephan, De Anza, 54.77m, (179-08). 7, Julian Salinas, Cuesta, 53.19m, (174-

06).

8, Estaban Jaykins, San Jose, 52.37m, (171-10). 9, Derek Carothers, Sacramento, 49.32m, (161-10).

10, Mark Horist, Mt. San Antonio, 48.52m, (159-02). --, Talor Fulfer, American River, FOUL.

#### Men Hammer Throw

1, Dennis Aliotta, Moorpark, 55.23m, (181-02). 2, Russell Price, Modesto, 53.47m, (175-05).

3, Ryan Gleason, Santa Ana, 53.29m, (174-10). 4, Karl Gehrke, Moorpark, 50.99m, (167-03).

5, Chris Hamilton, American River, 50.94m, (167-01). 6, Eric Wright, Shasta, 50.56m, (165-10).

7, Donald Romero, Moorpark, 50.24m, (164-10). 8, Quinton Agosta, Santa Rosa, 49.09m, (161-01).

9, Luis Guzman, Santa Ana, 48.40m, (158-09). 10, Marcus Sannadan, Shasta, 46.51m, (152-07).

11, Christian Millard, Fresno, 43.20m, (141-09). 12, Cameron McAteer, Moorpark, 40.84m, (134-00).

#### Men Long Jump

1, Ryan Butts, Antelope Valley, 7.74m, w:0.1 (25-04.75). 2, Charles Smith, Riverside, 7.46m, w:0.2 (24-05.75).

3, John Harris, Mt. San Antonio, 7.42m, w:2.4 (24-04.25). 4, Giorgio Bryant, Riverside, 7.38m, w:2.0 (24-02.50).

5, Kevin Rodgers, Riverside, 7.13m, w:2.0 (23-04.75). 6, Pierce Cook, Fresno, 7.11m, w:-1.1 (23-04).

7, Eric Roberson, San Mateo, 7.06m, w:1.7 (23-02). 8, TJ Anderson, Fresno, 6.97m, w:+0.0 (22-10.50).

9, Trevor Rogers, CCSF, 6.80m, w:-1.2 (22-03.75). 10, James Mabrey, CCSF, 6.75m, w:-0.3 (22-01.75).

11, Chase Baker, American River, 6.51m, w:-1.0 (21-04.25). 12, Kevin Norwood, Bakersfield, 6.41m, w:-0.3 (21-00.50).

#### Women Long Jump

1, Lauryn Newson, Laney, 6.06m, w:-1.0 (19-10.75). 2, Goziam Okolie, Fresno, 5.55m, w:-0.7 (18-02.50).

3, Cyntrail Pierce, Cerritos, 5.53m, w:-1.9 (18-01.75). 4, Sarah Nichols, Butte, 5.47m, w:-1.0 (17-11.50).

5, Yasmina Taketa, SD Mesa, 5.43m, w:+0.0 (17-09.75). 6, Davina Collins, Sacramento, 5.33m, w:-2.3 (17-06).

7, Michelle Miller, Laney, 5.26m, w:0.8 (17-03.25). 8, Kenna Wolter, Allan Hancock, 5.25m, w:-2.0 (17-02.75).

9, Lindsay Cano, Riverside, 5.18m, w:2.4 (17-00). 10, Lauren Johnson, San Joaquin Delt, 5.07m, w:+0.0 (16-07.75).

11, Chanel Reaves, Bakersfield, 5.04m, w:-4.1 (16-06.50). 12, Disha Hall, Southwestern, 4.81m, w:+0.0 (15-09.50).

#### Women High Jump Start 1.45

1, Susan Jackson, Sacramento, 1.75m, (5-08.75). 2, Tiana Wills, Riverside, 1.70m, (5-07).  
3, Lauryn Newson, Laney, 1.65m, (5-05). 4, Marlies Van Haaren, Sacramento, J1.65m, (5-05).  
5, Karen Guravska, Cerritos, 1.60m, (5-03). 5, Rachel Olinyk, Moorpark, 1.60m, (5-03).  
7, Liana Fuentes, Orange Coast, 1.55m, (5-01). 8, Aundrea Stovall, Cerritos, J1.55m, (5-01).  
9, Brianna Burks, Fresno, J1.55m, (5-01).  
10(t), Jinnee Miller, American River, 1.50m, (4-11) and Aysha Moultrie, West Los Angeles, 1.50m, (4-11).  
12, Lauren Jackson, Laney, J1.50m, (4-11).

#### Women Hammer Throw

1, Holly Lohse, Shasta, 50.20m, (164-08). 2, Whitney Ashley, Cerritos, 47.86m, (157-00).  
3, Arianna Lugo, Cerritos, 46.59m, (152-10). 4, Hannah Royall, Butte, 46.24m, (151-08).  
5, Christine Weinreich, Cuesta, 46.02m, (151-00). 6, Cassie Freeman, Cuesta, 45.54m, (149-05).  
7, Kelly Young, San Mateo, 45.52m, (149-04). 8, Jasmine Steward, Fresno, 45.48m, (149-02).  
9, Stephanie Aliimatafitafi, Cerritos, 44.19m, (145-00). 10, Danielle Wilson, Sacramento, 40.75m, (133-08).  
11, Jane Swenson, Moorpark, 40.36m, (132-05). --, Kristen Esterheld, Santa Rosa, FOUL.

#### Men High Jump Start 1.90

1, Fletcher Carlyle, Sacramento, 2.10m, (6-10.75). 2, Makana Rice, Butte, 2.05m, (6-08.75).  
3 (t), Kevin Jenkins, Cuyamaca, 2.00m, (6-06.75); Danny Savoie, Golden West, 2.00m, (6-06.75);  
Anthony Soares, Chaffey, 2.00m, (6-06.75). 6, Austin Wagenknecht, Sacramento, J2.00m, (6-06.75).  
7, Michael Souza, Sacramento, J2.00m, (6-06.75). 8, Anthony McClendon, Mt. San Antonio, 1.95m, (6-04.75).  
9(t), Jeff Brenner, Fresno, J1.95m, (6-04.75); Nicholas Armstrong, Cerritos, J1.95m, (6-04.75);  
Wayne West, Riverside, J1.95m, (6-04.75). 12, Daniel Young, American River, J1.95m, (6-04.75).

#### Women 10000 Meter Run

1, Lenore Moreno, Mt. San Antonio, 37:58.95>. 2, Maritza Hernandez, LA Trade Tech,

38:53.26.

- 3, Madelyn Stoltze, Moorpark, 39:09.20. 4, Samantha Espindola, SD Mesa, 39:27.35.
- 5, Karla Atencio, Southwestern, 39:47.22. 6, Maria Colin, El Camino, 40:30.34.
- 7, Kirsti Whitmyre, De Anza, 41:50.54. 8, Amanda Moreno, Modesto, 42:27.09.
- 9, Danielle Donohue, San Mateo, 43:44.46. 10, Chelsea Thommes, Diablo Valley, 45:00.04.
- 11, Natalie Benoy, Modesto, 45:13.70. 12, Sophia Villalobos, Modesto, 46:01.81.

#### Men 10000 Meter Run

- 1, Daniel Tapia, Hartnell, 31:23.04. 2, Matthew Sartori, San Bernardino, 31:32.51.
- 3, Nathan Sellers, Glendale, 31:39.87. 4, Andrew Salg, LA Valley, 31:43.70.
- 5, Kameron Ulmer, San Bernardino, 32:16.58. 6, Ruben Martinez, Rio Hondo, 32:22.39.
- 7, Isidore Hererra, Moorpark, 33:09.77. 8, Hector Aleman, Hartnell, 33:18.96.
- 9, Tomas Evangelista, American River, 33:23.66. 10, Mark Frazier, CCSF, 34:20.39.
- 11, Anthony Fagundes, American River, 34:38.24. 12, Sloan Cook, CCSF, 36:01.28.

#### Women Heptathlon (first day scores, 4 events)

- 1, Aysha Moultrie, West Los Angeles, 2810. 2, Alisa Jenkins, Sacramento, 2760.
- 3, Turquoise Williams, West Los Angeles, 2669. 4, Brandi Gerardo, East LA, 2663.
- 5, Liana Fuentes, Orange Coast, 2594. 6, Sarah Nichols, Butte, 2582. 7, Brianna Vanderwal, Orange Coast, 2546.
- 8, Kelli Stanley, Butte, 2295. 9, Treya Winfield, Hartnell, 2251.
- 10, Pilar Hastings-Smith, Diablo Valley, 2206. 11, Brittany Uhl, Canyons, 2116.
- 12, Simone Lionudakis, Modesto, 1664.

#### Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

- 1, Brandi Gerardo, East LA, 14.81, w:1.0. 2, Turquoise Williams, West Los Angeles, 14.99, w:0.1.
- 3, Alisa Jenkins, Sacramento, 15.36, w:0.1. 4, Aysha Moultrie, West Los Angeles, 15.47, w:1.0.
- 5, Sarah Nichols, Butte, 16.17, w:0.1. 6, Brittany Uhl, Canyons, 16.28, w:0.6.
- 7, Brianna Vanderwal, Orange Coast, 16.33, w:0.6. 8, Pilar Hastings-Smith, Diablo Valley, 16.37, w:1.0.
- 9, Liana Fuentes, Orange Coast, 16.53, w:1.0. 10, Kelli Stanley, Butte, 16.97, w:0.6.
- 11, Simone Lionudakis, Modesto, 17.40, w:0.1. 12, Treya Winfield, Hartnell, 18.28, w:0.6.

#### Heptathlon: #2 Women High Jump Heptathlon

- 1, Liana Fuentes, Orange Coast, 1.58m, (5-02.25). 1, Brianna Vanderwal, Orange Coast, 1.58m, (5-02.25).
- 3, Aysha Moultrie, West Los Angeles, 1.55m, (5-01). 3, Alisa Jenkins, Sacramento, 1.55m, (5-01).
- 5, Turquoise Williams, West Los Angeles, 1.49m, (4-10.50). 6, Sarah Nichols, Butte, 1.46m, (4-09.50).
- 6, Treya Winfield, Hartnell, 1.46m, (4-09.50). 6, Kelli Stanley, Butte, 1.46m, (4-09.50).
- 9, Pilar Hastings-Smith, Diablo Valley, 1.37m, (4-06). 9, Brandi Gerardo, East LA, 1.37m, (4-06).
- 9, Brittany Uhl, Canyons, 1.37m, (4-06). --, Simone Lionudakis, Modesto, NH.

#### Heptathlon: #3 Women Shot Put Heptathlon

- 1, Sarah Nichols, Butte, 10.14m, (33-03.25). 2, Simone Lionudakis, Modesto,

10.02m, (32-10.50). 3, Liana Fuentes, Orange Coast, 9.54m, (31-03.75). 4, Aysha Moultrie, West Los Angeles, 9.48m, (31-01.25). 5, Brandi Gerardo, East LA, 9.41m, (30-10.50). 6, Alisa Jenkins, Sacramento, 9.30m, (30-06.25). 7, Brianna Vanderwal, Orange Coast, 9.28m, (30-05.50). 8, Treya Winfield, Hartnell, 8.30m, (27-02.75). 9, Brittany Uhl, Canyons, 7.96m, (26-01.50). 10, Kelli Stanley, Butte, 7.75m, (25-05.25). 11, Turquoise Williams, West Los Angeles, 7.74m, (25-04.75). 12, Pilar Hastings-Smith, Diablo Valley, 6.86m, (22-06.25).

#### Heptathlon: #4 Women 200 Meter Dash Heptathlon

1, Aysha Moultrie, West Los Angeles, 25.34, w:1.3. 2, Turquoise Williams, West Los Angeles, 25.59, w:0.8. 3, Brandi Gerardo, East LA, 25.70, w:1.3. 4, Alisa Jenkins, Sacramento, 25.93, w:1.3. 5, Treya Winfield, Hartnell, 26.03, w:1.3. 6, Sarah Nichols, Butte, 26.29, w:1.3. 7, Kelli Stanley, Butte, 26.72, w:0.8. 8, Liana Fuentes, Orange Coast, 26.76, w:0.8. 9, Pilar Hastings-Smith, Diablo Valley, 26.79, w:0.8. 10, Brianna Vanderwal, Orange Coast, 27.41, w:0.8. 11, Simone Lionudakis, Modesto, 28.64, w:0.8. 12, Brittany Uhl, Canyons, 28.95, w:1.3.

#### Men Decathlon (first day scores, 5 events)

1, Nicholas Armstrong, Cerritos, 3684. 2, Aaron Victorian, San Jose, 3425. 3, Sean Robinson, Riverside, 3397. 4, David Thomas, Cerritos, 3129. 5, Talor Fulfer, American River, 3079. 6, Michael Simms, Fullerton, 3040. 7, Michael Beeman, Modesto, 3032. 8, Julian Salinas, Cuesta, 3024. 9, Carl Aufdermaur, Modesto, 3015. 10, Mark Horist, Mt. San Antonio, 2951. 11, Jordan Lefler, Modesto, 2874. 12, Marko Vatavuk, De Anza, 2846.

#### Decathlon: #1 Men 100 Meter Dash Decathlon

1, Aaron Victorian, San Jose, 11.21, w:-0.7. 2, Sean Robinson, Riverside, 11.35, w:1.3. 3, Nicholas Armstrong, Cerritos, 11.40, w:-0.7. 4, Julian Salinas, Cuesta, 11.54, w:-0.7. 5, Michael Simms, Fullerton, 11.55, w:1.3. 6, Michael Beeman, Modesto, 11.56, w:-0.7. 7, Marko Vatavuk, De Anza, 11.58, w:1.3. 8, Carl Aufdermaur, Modesto, 11.83, w:1.3. 9, Talor Fulfer, American River, 11.94, w:-0.7. 10, David Thomas, Cerritos, 11.94, w:1.3. 11, Mark Horist, Mt. San Antonio, 11.95, w:1.3. 12, Jordan Lefler, Modesto, 12.11, w:-0.7.

#### Decathlon: #2 Men Long Jump Decathlon

1, Aaron Victorian, San Jose, 6.45m, w:-1.9 (21-02). 2, Nicholas Armstrong, Cerritos, 6.36m, w:-1.6 (20-10.50). 3, David Thomas, Cerritos, 6.24m, w:-2.1 (20-05.75). 4, Sean Robinson, Riverside, 6.12m, w:-0.8 (20-01). 5, Jordan Lefler, Modesto, 6.07m, w:+0.0 (19-11). 6, Michael Simms, Fullerton, 6.04m, w:-1.1 (19-09.75). 6, Talor Fulfer, American River, 6.04m, w:-1.0 (19-09.75). 8, Mark Horist, Mt. San Antonio, 5.94m, w:-0.5 (19-06). 9, Julian Salinas, Cuesta, 5.90m, w:-0.9 (19-04.25). 10, Michael Beeman, Modesto, 5.79m, w:-1.6 (19-00). 11, Carl Aufdermaur, Modesto, 5.77m, w:-1.0 (18-11.25). 12, Marko

Vatavuk, De Anza, 5.49m, w:-2.7 (18-00.25).

Decathlon: #3 Men Shot Put Decathlon

1, Aaron Victorian, San Jose, 14.32m, (46-11.75). 2, Sean Robinson, Riverside, 12.18m, (39-11.50). 3, Nicholas Armstrong, Cerritos, 12.08m, (39-07.75). 4, Talor Fulfer, American River, 11.93m, (39-01.75). 5, David Thomas, Cerritos, 11.48m, (37-08). 6, Carl Aufdermaur, Modesto, 10.81m, (35-05.75). 7, Julian Salinas, Cuesta, 10.11m, (33-02). 8, Mark Horist, Mt. San Antonio, 9.95m, (32-07.75). 9, Jordan Lefler, Modesto, 9.92m, (32-06.50). 10, Michael Beeman, Modesto, 9.51m, (31-02.50). 11, Michael Simms, Fullerton, 9.08m, (29-09.50). 12, Marko Vatavuk, De Anza, 7.49m, (24-07).

Decathlon: #4 Men High Jump Decathlon

1, Nicholas Armstrong, Cerritos, 2.06m, (6-09). 2, Sean Robinson, Riverside, 1.94m, (6-04.25). 3, Carl Aufdermaur, Modesto, 1.85m, (6-00.75). 4, Jordan Lefler, Modesto, 1.82m, (5-11.50). 5, Michael Simms, Fullerton, 1.79m, (5-10.50). 5, Julian Salinas, Cuesta, 1.79m, (5-10.50). 7, Mark Horist, Mt. San Antonio, 1.76m, (5-09.25). 7, David Thomas, Cerritos, 1.76m, (5-09.25). 9, Marko Vatavuk, De Anza, 1.73m, (5-08). 9, Talor Fulfer, American River, 1.73m, (5-08). 9, Aaron Victorian, San Jose, 1.73m, (5-08). 9, Michael Beeman, Modesto, 1.73m, (5-08).

Decathlon: #5 Men 400 Meter Dash Decathlon

1, Nicholas Armstrong, Cerritos, 50.89. 2, Marko Vatavuk, De Anza, 51.97. 3, Michael Beeman, Modesto, 51.99. 4, David Thomas, Cerritos, 53.54. 5, Michael Simms, Fullerton, 53.67. 6, Talor Fulfer, American River, 53.74. 7, Mark Horist, Mt. San Antonio, 53.98. 8, Sean Robinson, Riverside, 54.14. 9, Aaron Victorian, San Jose, 54.78. 10, Julian Salinas, Cuesta, 54.87. 11, Carl Aufdermaur, Modesto, 55.25. 12, Jordan Lefler, Modesto, 57.07.