

20 RUNNING

NorCal Championships

11-10 At Sierra College, Rocklin 91

Women's individuals (3 miles) — 1. Jennifer Cleary, Foothill, 18 minutes, 2 seconds; 2. Rachel Austin, American River, 18:08; 3. Ann Burris, Diablo Valley, 18:14; 4. Shirley Weller, Sequoias, 18:23; 5. Honor Fetherston, City College of San Francisco, 18:26 (qualifies for state meet).

Other CCSF participants — Lisa Lopez, 19:30 (qualifies for state meet); Kelly Griffith, 21:17; Judy Ace, 21:44; Nohemi Contreras, 22:26; Mary Mitcheletti, 22:32; Fran Osuna, 24:21.

Teams qualifying for state meet, November 16, at Rockin — 1. West Valley, 69 points; 2. Diablo Valley, 108; 3. Merritt, 119; 4. Hartnell, 138; 5. Foothill, 151. Local (did not qualify) — City College of San Francisco, 192.

Men's individuals (4 miles) — 1. Gary Bishop, Hancock, 20 minutes, 14 seconds; 2. Matt Haugen, Redwoods, 20:19; 3. Jeremy Redding, Shasta, 20:36; 4. Max Guardiola, Sequoias, 20:41; 5. Dan Zoldak, West Valley, 20:51.

CCSF participants — Lloyd Anderson, 22:32; Eric Montalvo, 22:53.

State meet qualifiers — 1. West Valley, 75 points; 2. American River, 84; 3. Cabrillo, 117; 4. Hartnell, 122; 5. Redwoods, 151.