

Cougars run record to 11-0

Brendon Neal
Sports Editor

Clackamas beat Lane and Pacific JV this past week, giving them a 11-0 record.

The Cougars beat Lane -- 15-13, 15-7, 15-4. Shannon Segerstrom led the team with nine kills on 60-percent hitting and 16 assists. Misti-Kae Filley added 12 kills and seven digs. Mattye Walsworth had five kills and 18 digs.

Clackamas thrashed Pacific (JV) -- 15-3, 15-5 and 15-3.

Segerstrom had seven assists, six service aces and five digs. Jodi Stirling added seven kills with 67-percent hitting.

Chris Younglove was chosen player of the week for Nov. 4 to 10.

Clackamas will play Chemeketa at home tonight at 7 p.m. The match is the last of the season before the Northwestern Athletic Association of Community Colleges Championships.

The Cougars' first match of the tournament will be Nov. 22 at 10 a.m. at Chemeketa in Salem.

Clackamas captures team championship

John Thorburn
Staff Writer

The Clackamas Cross Country team capped off an excellent season this past weekend in the Northwestern Athletic Association of Community Colleges (NWAACC) Championship Meet.

A cold and foggy morning in Spokane, Washington was the setting for this year's cross country showdown which featured powerhouse teams like Mt. Hood, Spokane, and our very own Clackamas Cougars. All of the schools competed well in this final meet of the season.

The women's team ran away with the title.

With five of the seven Clackamas runners winning All-NWAACC Honors, the Cougars were able to dominate the course the entire race. Jennifer Rea led the way for the women, finishing in third place with a time of 19:43. Close behind her were teammates Wendy Johnson (19:54), Rebecca Graham (19:58) and Jenny Newell (20:00) who finished fifth, sixth and seventh respectively.

"The team ran extremely well as a whole," said Kegg. "I would say that Jenny Newell probably ran the best race of her life. It was by far the best race she's ran since she's been here."

"At the beginning of the season we were just hoping that the women would win a trophy," added Coach Kegg. "In the end, they just ran away with the title."

With Jennifer Rea and Kendall White returning next fall, the team should feel confident in defending their title.

"It was a tough meet," remarked Assistant Coach Jack Kegg. "Probably the best competition that NWAACC has seen since it started."

Spokane won the men's championship. The Clackamas men's team fared well against this tough competition. With only two sophomores on the men's squad, the team ran very well for their first championship meet.

They finished fourth, but were



Photo by Mike Hodges

Clackamas brought home the combined and women's trophies from the NWAACC Championships in Spokane.

only 14 points from first place. Travis Armstrong, who finished in third place, led the way for the Cougars with a time of 26:14. Travis was given All-NWAACC Honors for his performance.

"Travis ran really strong," said Kegg, "he did a great job to lead the group."

The next Cougar runner to finish was Jemery Benson in 11th place in a time of 27:15. Kegg was ecstatic at Jon Gotchell's performance by saying, "He ran a personal best. Which in this weather and these conditions is very impressive."

"We have a lot of young guys on the team, a lot of talent," said Kegg. "Next fall we should be really good and much improved."

The women's title was not the only championship the Cougars brought back to Clackamas. A combined team title was awarded to

the men and women runners. "For our guys to finish in fourth place and still win the combined title is a pretty good job by both teams," remarked Coach Kegg. "The men's team kept it close, and the women just devastated their opponents."

An awards dessert is scheduled for a week from today at 4 p.m. The place has not yet been announced.

Times and All-NWAACC Honors in Championships

Women's Times		
Jennifer Rea	19:43	3rd*
Wendy Johnson	19:54	5th*
Rebecca Graham	19:58	6th*
Jenny Newell	20:00	7th*
Kendall White	20:11	9th*

Men's Times		
Travis Armstrong	26:14	3rd*
Jemery Benson	27:15	11th
David Lamar	27:19	15th

* indicates All-NWAACC Honors
Women's Coach of the Year:
Mike Hodges, Clackamas

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