

Records fall as Cougars hit their stride

Andrew Millbrooke
Sports Editor

Clackamas distance coach Jerret Mantalas has been expecting a fast 800-meter race from sophomore Austin Collins this season. On Friday night at the Oregon Relays in Eugene, expectations met reality for Mantalas as Collins broke a 29-year old school record by placing fourth in 1:50.84 in a race won by Olympian and former Oregon Duck Andrew Wheating in 1:49.24.

"It's the race that we all knew he was gonna have eventually," said Mantalas. "He hit it. He's got so much more left in the tank, the way he ran it, he can come close to that ever daunting 1:49 barrier."

Collins was followed immediately by CCC redshirt Badane Sultessa in 1:50.85, who also dipped under the former school record from 1984 by Yul Provancha of 1:50.90. Sultessa is running unattached while redshirting, so he must wait until next season until his times count towards the CCC record books.

"With 120 to go, Austin catches a lane up the inside and Badane catches a lane on the outside and they basically both rally past six guys," said Mantalas. "It's really, really cool that we have two guys on this team right now, granted one redshirting, that both of them have now run faster than anyone else at Clackamas has ever run."

The Cougars turned right around on Saturday, hosting the Cougar Open at Oregon City High School's track stadium. Athletes from eight different schools competed at Clark CC, SWOCC, Mt. Hood CC, Lane CC, Central Oregon CC, Oregon State and Western Oregon joined CCC in fielding competitors.

The highlight of the meet for Clackamas came midway through the running events as the Cougars

swept both the men's and women's 800 races. First, Clackamas' Randi Chance took over with 500 to go in the women's race, before running away from the field on the homestretch to win in 2:30.00.

Then in the men's race, Clackamas' Austin Peila and Chris Stash held back early before cruising to a 1-2 finish in lifetime personal bests for both runners. Peila won in 1:57.88, about an hour after placing fifth in the 1,500 in 4:06.97—another lifetime best. Stash finished second in 1:58.62, also running barely one hour after a 1,500 race.

"I was way stoked. It was a really good race," said Peila. "It was really fun running with Chris, because we were looking to go fast today. I think the 1,500 really helped me get loose for the 800."

Shelby Grubb, normally a 100/200 runner, dug deep on the homestretch of the 400 in a neck and neck battle with Mt. Hood's L.T. Avants, to win with a great time of 50.23 to Avants' 50.25. It was only Grubb's third 400 of his life, but after running a great time it might become his new event.

"Shelby had a great race," said Peila. "He's never really ran open 400s really, so just to see him go out and run 50 point something, it was great." Grubb has always focused on the shorter sprints, but that might be changing.

"I didn't think I ever was a 400 runner. He (Coach Keoni McHone) just put me in just as a workout," said Grubb. "I tried my best and I felt really good." Asked if more 400s are in his future, Grubb was up for improving on his time.

"Absolutely, my coach will probably put me in it," said Grubb. "I'll try to get better, get into the 49s." Peila said that seeing Chance and Grubb win their races just before his inspired him up to do well.

"It was really cool to see all my teammates do really well and

it kind of got us fired up to continue to do well," said Peila.

The Cougar men placed well in numerous events in the meet. Joey Haynes won the Hammer with a toss of 152-11. Jake Cleverly won the 200 in 23.20 and placed third in the 400 in 51.21. Chase Davis placed third in the pole vault, clearing 14-0, and fourth in the 110 high hurdles in 16.66.

On the women's side for CCC, Taylor Ballard placed second in the pole vault by clearing 8'11.75, while gamering fifth in the 100 hurdles in a personal best 16.64. Lexie Govert placed third in the 400 in 62.26, while Morgan Grubb placed fourth in the 100 in 13.80.

Several other Cougars also turned in top ten all-time school marks during the Oregon Relays at Hayward Field. Sophomore distance runner Cia Bywater moved up to third on the 5,000-meter list with a time of 17:56.84 and moved into fifth spot on the 10K list with a time of 39:13.96. Bywater's performance in the 5,000 set a personal record by almost one minute for an unbelievable improvement.

Freshman jumper Elizabeth Venzon is ranked sixth all-time in the triple jump with a mark of 36' 4.25 and now ranks tenth in the long jump with a jump of 17' 3.25. Sophomore thrower Tiffany Forbito is now ranked fifth all-time in the javelin with a throw of 148'3.

In earlier events this season, sophomore hurdler Mariah Villa moved into tenth with a time of 15.30 in the 100m hurdles while sophomore distance runner Brad Prettyman turned in a time of 3:52.69 at the Willamette Invite to move into the seventh spot on the men's 1,500m top ten list.

The Cougars head to the Titan Twilight at Lane CC in Eugene, OR on Thursday, April 25, before hosting the NWAACC Multi-Events Championships April 29-30.



Photo contributed by Danny Bailey

CCC sophomore Austin Collins, far left, broke a 29-year old school record by running 1:50.84 in the 800-meters to finish fourth at the Oregon Relays in Eugene on Friday. Badane Sultessa, second from right, also went under the old school record in 1:50.85 for fifth place, but he must wait for his time to become official in the record books, because he is redshirting this season. The Clackamas runners were racing with fast company as 2008 and 2012 Olympian Andrew Wheating, far right, won the race in 1:49.24.



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CCC freshman Austin Peila, No. 141, ran a smart race in his 800 meter victory on Saturday at Oregon City High School. Peila stayed back in the pack on the first lap, before taking control just before the final straightaway and running to the victory over teammate Chris Stash, far left. Both Peila and Stash set new personal bests in the race. Peila ran 1:57.88 to win while Stash came through in 1:58.62 for second place.



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Cougar sophomore Randi Chance took control of her 800 meter race with 500 meters left and then outspined Lane's Blair Harris down the final straightaway to win in a new personal best time of 2:30.00.



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Cougar sophomore Shelby Grubb races around the final corner on his way to a personal best time in the 400 meter dash. Grubb defeated Mt. Hood's L.T. Avants by .02 seconds, 50.23 to 50.25.

NWAACC Track and Field CCC Athletes of the Week

Week 2 Tiffany Forbito, javelin and long jump personal bests
- Ranked No. 1 in javelin in NWAACC

Matt Brown, hammer throw (16' personal best)
- Ranked No. 2 in NWAACC

Week 3 Seth Buck, decathlon (6,004 points)
- Ranked No. 1 in NWAACC

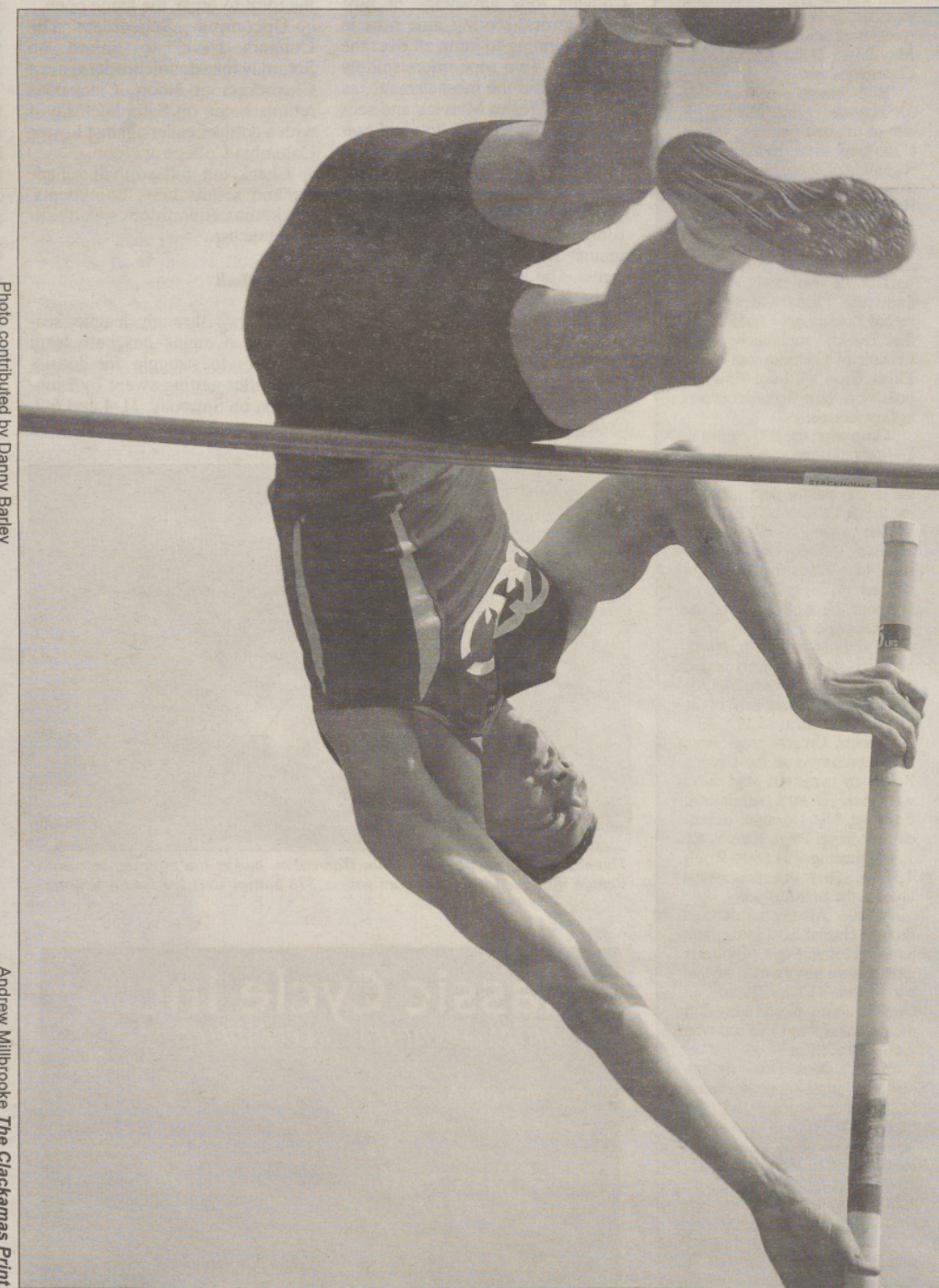
Week 4 Brad Prettyman, 5,000m (Personal best in 15:09)
- Ranked No. 1 in NWAACC in 5K and 1,500m, No. 2 in 800m

A.J. Dickson, long jump 22-4.5 and triple jump 44'2
- Ranked No. 3 in LJ and No. 2 in triple jump in NWAACC

Nettie Wayne, sprints - 100m 12.73, 200m 25.88
- Ranked No. 1 in 200m and No. 4 in 100m in NWAACC

Elizabeth Venzon, long Jump 16'7 and triple Jump 36'4
- Ranked No. 1 in heptathlon and triple jump in NWAACC

Taylor Ballard, pole vault 9'8 and 100 hurdles 17.29
- Ranked No. 4 in pole vault in NWAACC



Scott Kalanika The Clackamas Print

Cougar freshman pole vaulter Chase Davis flies high in the sky over the bar on Saturday at the Cougar Open at Oregon City High School to finish third overall by clearing a new season best 14'.