

2019 Masters 5 km Cross Country Results

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USA MASTERS 5KM
 CROSS COUNTRY CHAMPIONSHIPS
 Mission Bay, San Diego, CA
 Saturday, October 12, 2019
 Registration & Results by the San Diego Track Club

*****MENS RESULTS*****

Place	Name	No.	Age	Div/Tot	S	Affiliation	Finishm	Agegrad
1	JACQUES SALLBERG	257	45	1/14	M	Cal Coast Track	15:54	89.38
2	JOE SHEERAN	262	61	1/35	M	Club Northwest	18:18	87.98
3	DOUG GOODHUE	176	77	1/7	M	Ann Arbor Track	22:06	87.95
4	NEVILLE DAVEY	145	44	1/23	M	West Valley Tra	16:06	87.63
5	IVAN LIEBEN	201	50	1/29	M	West Valley Tra	16:58	86.95
6	ADAM DAILEY	144	43	2/23	M	boom RUNNING	16:08	86.81
7	TONY MARSHALL	209	75	2/7	M	San Diego Strid	21:37	86.72
8	MARK YUEN	309	48	2/14	M	West Valley Tra	16:47	86.58
9	DANIEL KING	190	60	2/35	M	Athletics Bould	18:29	86.39
10	KEVIN ZIMMER	311	56	1/25	M	Prado Racing Te	17:59	85.96
11	MATTHEW FARLEY	161	51	2/29	M	Bowerman Track	17:25	85.35
12	JOHN GARDINER	173	47	3/14	M	Cal Coast Track	16:54	85.34
13	ROOSEVELT COOK	139	40	3/23	M	Cal Coast Track	16:05	85.23
14	MICHAEL LEBOLD	197	62	3/35	M	Jamul Toads	19:05	85.08
15	BRADLEY PETERSON	237	56	2/25	M	Cal Coast Track	18:14	84.78
16	ROBERT VERHEES	293	53	3/29	M	boom RUNNING	17:54	84.34
17	MIKE NIER	229	54	4/29	M	Genesee Valley	18:06	84.06
18	JOSEPH REDA	247	65	1/11	M		19:50	83.97
19	CHARLES MULLANE	226	50	5/29	M	West Valley Tra	17:37	83.74
20	JIM WALSH	297	58	3/25	M	Jamul Toads	18:47	83.63
21	JASON BATTERSON	120	43	4/23	M	Prado Racing Te	16:46	83.53
22	JEFF CREIGHTON	142	56	4/25	M	Prado Racing Te	18:35	83.18
23	LEN GOLDMAN	175	75	3/7	M	Tamalpa Runners	22:35	83.01
24	CHUCK SMEAD	273	68	2/11	M	Boulder Road Ru	20:37	82.95
25	DAN LESSER	200	43	5/23	M	boom RUNNING	16:56	82.71
26	MARK ZAMEK	310	56	5/25	M	Garden State Tr	18:45	82.44
27	OKWARO RAURA	244	44	6/23	M	boom RUNNING	17:07	82.42
28	WILLIAM ENICKS	159	60	4/35	M	So Cal Track Cl	19:24	82.31
29	GARY DROZE	151	58	6/25	M	Atlanta Track C	19:06	82.25
30	ANTHONY UZWIAK	290	60	5/35	M	Kansas City Smo	19:25	82.24
31	RONALD WELLS	298	73	1/32	M	San Diego Strid	22:09	82.01
32	CHRISTIAN CUSHING-M	143	51	6/29	M	Cal Coast Track	18:09	81.90
33	THOM HUNT	183	61	6/35	M	Prado Racing Te	19:40	81.87
34	DAVID BISCHOFF	125	57	7/25	M	Genesee Valley	19:04	81.73
35	ROBERT QUALLS	242	67	3/11	M	River City Rebe	20:47	81.53
36	JOHN MONTGOMERY	222	44	7/23	M	West Valley Tra	17:22	81.23
37	SCOTT SIRIANO	268	53	7/29	M	Eastern Buckeye	18:40	80.88
38	RICHARD KATZ	187	71	2/32	M	Boulder Road Ru	21:53	80.79
39	TERRY MCCLUSKEY	213	71	3/32	M	Ann Arbor Track	21:54	80.72
40	BRIAN NELSON	227	62	7/35	M	Cal Coast Track	20:07	80.71
41	DONALD PORTEOUS	241	73	4/32	M	Tamalpa Runners	22:31	80.68
42	DALE FLANDERS	163	54	8/29	M	Genesee Valley	18:53	80.58
43	MICHAEL CONNORS	136	52	9/29	M	Cal Coast Track	18:40	80.25
44	SCOTT CENTEE	216	62	8/35	M	Prado Racing Te	20:14	80.24
45	ARNO SIST	269	60	9/35	M	Jamul Toads	19:55	80.17
46	RICK BRUESS	127	60	10/35	M	Athletics Bould	19:55	80.17
47	RICK PFEIFFER	239	68	4/11	M	San Diego Track	21:20	80.16
48	BIN LIU	205	56	8/25	M		19:18	80.09
49	MICHAEL STRICKLAND	280	53	10/29	M	Atlanta Track C	18:51	80.09

Men's Masters AG Results - 2019 - R1

50	JEFF RULAND	255	60	11/35	M Jamul Toads	19:57	80.04
51	MICHAEL GORRIARAN	178	59	9/25	M Bowerman Track	19:50	79.85
52	MARC SOSNOWSKI	274	52	11/29	M Prado Racing Te	18:46	79.82
53	PATRICK LANOISELEE	193	56	10/25	M Prado Racing Te	19:23	79.75
54	JAN FRISBY	170	75	4/7	M Boulder Road Ru	23:33	79.60
55	KIRK LARSON	194	68	5/11	M Atlanta Track C	21:31	79.48
56	STAN MCCORMACK	214	62	12/35	M Kansas City Smo	20:27	79.39
57	DAVID DUNBAR	152	69	6/11	M San Diego Strid	21:48	79.25
58	JAMAAL RYAN	256	42	8/23	M Prado Racing Te	17:35	79.08
59	PAUL COOK	138	67	7/11	M Cal Coast Track	21:32	78.69
60	SHELDON SUBITH	281	64	13/35	M Cal Coast Track	20:59	78.69
61	GREGORY CAULLER	134	60	14/35	M Pike Creek Vall	20:18	78.66
62	THOMAS KNOWLES	191	43	9/23	M Garden State Tr	17:55	78.17
63	GORDON LUTES	207	74	5/32	M San Diego Strid	23:37	78.09
64	JIM MAY	210	73	6/32	M Genesee Valley	23:19	77.91
65	ERIK VAN DER BURG	291	55	11/25	M	19:45	77.65
66	LUIS MORALES	223	58	12/25	M Cal Coast Track	20:15	77.57
67	DOC RAPPOLE	243	70	7/32	M Genesee Valley	22:31	77.57
68	JOHN ARAUJO	115	61	15/35	M	20:46	77.53
69	CLINTON BELL	121	40	10/23	M	17:42	77.45
70	DAVID REES	248	52	12/29	M Bowerman Track	19:22	77.35
71	LESTER DRAGSTEDT	150	57	13/25	M Atlanta Track C	20:14	77.01
72	JUSTIN TURNER	289	40	11/23	M Prado Racing Te	17:49	76.94
73	KEVIN CARR	132	53	13/29	M Cal Coast Track	19:38	76.89
74	MICHAEL SLINSKEY	272	50	14/29	M	19:12	76.83
75	MICHAEL NORCIA	231	55	14/25	M	20:05	76.36
76	SAULO RIVERA	252	42	12/23	M Perros Bravos	18:14	76.26
77	SHAWN WILLIAMS	303	42	13/23	M Garden State Tr	18:15	76.19
78	GREG WAGNER	294	64	16/35	M Prado Racing Te	21:41	76.15
79	JAMES REYNOLDS	249	70	8/32	M Boulder Road Ru	22:57	76.11
80	MIMO PARKINS	234	54	15/29	M Perros Bravos	20:01	76.01
81	CHUCK SCHNEEKLOTH	260	42	14/23	M Garden State Tr	18:19	75.92
82	BRIAN SKILES	270	50	16/29	M boom RUNNING	19:26	75.91
83	KEVIN PAULK	236	59	15/25	M Bowerman Track	20:53	75.84
84	MARIO BALCOM	117	54	17/29	M Jamul Toads	20:04	75.83
85	JACOB FORD	166	41	15/23	M Garden State Tr	18:13	75.79
86	JERRY LEARNED	196	71	9/32	M Atlanta Track C	23:20	75.77
87	BILL BEYERBACH	123	64	17/35	M Genesee Valley	21:48	75.74
88	JOHN GRIEGO	180	61	18/35	M Cal Coast Track	21:16	75.71
89	LES SHIBATA	264	64	19/35	M San Diego Track	21:51	75.57
90	BRAD SLAVENS	271	50	18/29	M Atlanta Track C	19:33	75.46
91	DAVID LIPKE	204	41	16/23	M boom RUNNING	18:22	75.17
92	MICHAEL STANGE	277	49	4/14	M Prado Racing Te	19:36	74.70
93	LARS SCHMITZ (NC)	259	41	17/23	M West Valley Tra	18:29	74.69
94	RICHARD MAYNE	211	55	16/25	M Trojan Masters	20:32	74.69
95	TIMOTHY STAFFORD	276	54	19/29	M Milestone Runni	20:23	74.65
96	BOB MORRIS	224	67	8/11	M A Snail's Pace	22:44	74.54
97	OSCAR LEMUS	199	47	5/14	M Cal Coast Track	19:21	74.54
98	PAUL CARLIN	131	73	10/32	M Ann Arbor Track	24:25	74.40
99	CRAIG ANDERSEN	114	71	11/32	M Eastside Runner	23:46	74.39
100	STEVEN FRAYNE	168	60	20/35	M Cal Coast Track	21:31	74.21
101	TERENCE MCLAUGHLIN	218	59	17/25	M Potomac Valley	21:21	74.18
102	KURT WHITTINGTON	300	41	18/23	M Cal Coast Track	18:40	73.96
103	RICK SIEBERN	266	59	18/25	M Jamul Toads	21:28	73.78
104	JOHN VAN KERKHOVE	292	57	19/25	M Genesee Valley	21:08	73.73
105	KEITH YEATES	308	72	12/32	M Genesee Valley	24:18	73.71
106	MATTHEW SIMPSON	267	58	20/25	M Cal Coast Track	21:21	73.58
107	WILLIAM SUMNER	283	71	13/32	M Cal Coast Track	24:02	73.56
108	VENELIN TCHAMOV	284	53	20/29	M Genesee Valley	20:34	73.40

Men's Masters AG Results - 2019 - R1

109	ELMO SHROPSHIRE	265	82	1/7	M		29:44	73.33
110	PETER GERSTOFT	174	61	21/35	M	San Diego Track	22:00	73.18
111	LIAM FINNIGAN	162	73	14/32	M	Genesee Valley	24:51	73.10
112	DAVID LONGMUIR	206	72	15/32	M	Eastside Runner	24:32	73.00
113	JEFFREY BRODINE	126	54	21/29	M		20:56	72.69
114	LINDSAY HAMOUDI (NC)	181	40	19/23	M	boom RUNNING	18:52	72.66
115	KEVIN MILLER	220	63	22/35	M	Jamul Toads	22:34	72.55
116	GEORGE GRECO	179	71	16/32	M	Florida Track C	24:23	72.50
117	STEVE ROBINSON	253	64	23/35	M	San Diego Track	22:49	72.37
118	TREVOR COX	140	40	20/23	M	Cal Coast Track	18:57	72.34
119	SEAN STEVENSON	279	54	22/29	M	Jamul Toads	21:02	72.34
120	JORGE CASTRO	133	51	23/29	M	Jamul Toads	20:34	72.28
121	EFREN LIMBAG	202	47	6/14	M		20:04	71.87
122	RANDY MCDERMOTT	215	61	24/35	M	Kansas City Smo	22:26	71.77
123	RICK ALLAN	112	71	17/32	M		24:39	71.72
124	KEITH WITTHAUER	304	63	25/35	M	Cal Coast Track	22:53	71.55
125	BEN BAILEY	116	54	24/29	M	Atlanta Track C	21:16	71.55
126	WARREN OSBORN	233	85	1/3	M	San Diego Strid	33:24	71.39
127	GENE FRENCH	169	73	18/32	M	Tamalpa Runners	25:27	71.38
128	DANIEL DIEHR	148	70	19/32	M	San Diego Strid	24:30	71.30
129	JOHN ELLIOTT	156	81	2/7	M	Potomac Valley	29:55	71.00
130	BRIAN BIGONI	124	52	25/29	M		21:12	70.66
131	JOSE RIVERA (NC)	251	47	7/14	M	Perros Bravos	20:25	70.64
132	WILLIAM RICE	250	45	8/14	M	Wolfpack Runnin	20:10	70.47
133	JAYSON FULTZ	172	47	9/14	M	Jamul Toads	20:28	70.47
134	PATRICK MCBRIDE	212	46	10/14	M	San Diego Track	20:32	69.72
135	DAMIAN COYLE	141	45	11/14	M		20:23	69.72
136	RANDY RAY	246	43	21/23	M	Prado Racing Te	20:08	69.56
137	BRYAN WALLBANK	296	51	26/29	M	Jamul Toads	21:23	69.52
138	CHARLIE PATTERSON	235	77	5/7	M	Atlanta Track C	27:58	69.50
139	JAMES MORRIS	225	70	20/32	M	Tamalpa Runners	25:09	69.45
140	DAVID PETERSON	238	71	21/32	M	Atlanta Track C	25:35	69.10
141	RICHARD WILLIAMS	302	83	3/7	M	San Diego Strid	32:42	68.56
142	STEVE DOYLE	149	71	22/32	M	San Diego Strid	25:54	68.26
143	MORRIS WILLIAMS	301	74	23/32	M	Atlanta Track C	27:02	68.22
144	EVODIO NERI	228	48	12/14	M	Cal Coast Track	21:25	67.85
145	ARNOLD DE LEON	146	56	21/25	M	So Cal Track Cl	22:48	67.80
146	ROBB LATIMER	195	67	9/11	M	San Diego Track	25:05	67.56
147	MARK CLEARY	135	61	26/35	M	So Cal Track Cl	23:50	67.55
148	MARK PLUNGY	240	51	27/29	M		22:02	67.47
149	NATHAN KICKLIGHTER	189	59	22/25	M		23:29	67.44
150	WILLIAM AMOR	113	60	27/35	M	Cal Coast Track	23:44	67.28
151	ISAAC MEDRANO	219	40	22/23	M	Wolfpack Runnin	20:31	66.82
152	THOMAS ALBRIGHT	110	63	28/35	M	Cal Coast Track	24:35	66.60
153	JOSE OLIVAS	232	52	28/29	M		22:34	66.38
154	BRIAN CONROY	137	63	29/35	M		24:41	66.33
155	JAMES MCGILL	217	70	24/32	M	Eastside Runner	26:21	66.29
156	AMALIO TELENTI (NC)	285	59	23/25	M		24:02	65.90
157	DANIEL LINEHAN	203	70	25/32	M		26:35	65.71
158	SAM BENEDICT	122	72	26/32	M	Atlanta Track C	27:24	65.37
159	JOHN BUCKLEY	129	70	27/32	M	San Diego Track	26:49	65.14
160	JAMES FLANIGAN	164	70	28/32	M	Tamalpa Runners	26:52	65.01
161	ANDREW SHERWOOD	263	79	6/7	M	Atlanta Track C	31:17	64.77
162	PETER STERN	278	74	29/32	M	San Diego Track	28:41	64.30
163	DANIEL TRONE	288	59	24/25	M	San Diego Track	24:47	63.90
164	DENNIS KASISCHKE	186	73	30/32	M	San Diego Track	28:37	63.48
165	ANDRE BASLER	119	45	13/14	M	Raptors	22:35	62.93
166	RON ENOS	160	74	31/32	M	Florida Track C	29:22	62.80
167	MARK ALFARO	111	40	23/23	M		21:56	62.50

Men's Masters AG Results - 2019 - R1

168	AARON LEE	198	45	14/14	M West Valley Jog	22:54	62.06
169	JEFFERY JACOBS	184	76	7/7	M	30:48	61.94
170	WILLIAM MOLESWORTH	221	66	10/11	M San Diego Track	27:19	61.49
171	FRANK WHITTEMORE	299	64	30/35	M Jamul Toads	27:12	60.71
172	RICARDO TRONCOSO	287	60	31/35	M	26:29	60.29
173	GLENN ROGET	254	62	32/35	M San Diego Track	27:02	60.06
174	ARTURO NOGUERON	230	59	25/25	M	26:39	59.43
175	CHARLES TUCKER BRUG	128	64	33/35	M So Cal Track Cl	27:51	59.29
176	JAMES KURTZ	192	81	4/7	M San Diego Strid	36:53	57.59
177	JOSEPH SCHERGER	258	69	11/11	M	30:33	56.55
178	PATRICK DWYER	153	73	32/32	M Genesee Valley	32:59	55.08
179	FRANCIS BURDETT	130	54	29/29	M Greater Springf	28:58	52.53
180	JAMES SUMMERS	282	60	34/35	M San Diego Track	30:26	52.47
181	EDWIN GOOKIN	177	85	2/3	M San Diego Track	46:25	51.37
182	STEVEN FUCHS	171	82	5/7	M Long Island Roa	42:40	51.10
183	BENJAMIN SPOWART	275	64	35/35	M San Diego Track	33:36	49.14
184	AL RAY	245	86	3/3	M Atlanta Track C	53:10	46.41
185	JIM TEMPLES	286	81	6/7	M San Diego Track	46:03	46.13
186	STEPHEN FRANKUM	167	80	7/7	M San Diego Track	46:37	44.47

Men's Age Group Results R1

AGE-GROUP RESULTS FOR RACE
 USA MASTERS 5KM
 CROSS COUNTRY CHAMPIONSHIPS
 Mission Bay, San Diego, CA
 Saturday, October 12, 2019
 Registration & Results by the San Diego Track Club

MALE AGE GROUP: 40 - 44

1	2	ROOSEVELT COOK	40 Cal Coast Track Club	16:05	5:11
2	3	NEVILLE DAVEY	44 West Valley Track Club	16:06	5:11
3	4	ADAM DAILEY	43 boom RUNNING	16:08	5:12
4	5	JASON BATTERSON	43 Prado Racing Team	16:46	5:24
5	8	DAN LESSER	43 boom RUNNING	16:56	5:28
6	10	OKWARO RAURA	44 boom RUNNING	17:07	5:31
7	11	JOHN MONTGOMERY	44 West Valley Track Club	17:22	5:36
8	13	JAMAAL RYAN	42 Prado Racing Team	17:35	5:40
9	15	CLINTON BELL	40	17:42	5:42
10	16	JUSTIN TURNER	40 Prado Racing Team	17:49	5:45
11	18	THOMAS KNOWLES	43 Garden State Track Club N	17:55	5:46
12	22	JACOB FORD	41 Garden State Track Club N	18:13	5:52
13	24	SAULO RIVERA	42 Perros Bravos	18:14	5:53
14	25	SHAWN WILLIAMS	42 Garden State Track Club N	18:15	5:53
15	27	CHUCK SCHNEEKLOTH	42 Garden State Track Club N	18:19	5:54
16	28	DAVID LIPKE	41 boom RUNNING	18:22	5:55
17	30	LARS SCHMITZ (NC)	41 West Valley Track Club	18:29	5:57
18	34	KURT WHITTINGTON	41 Cal Coast Track Club	18:40	6:01
19	39	LINDSAY HAMOUDI (NC)	40 boom RUNNING	18:52	6:05
20	41	TREVOR COX	40 Cal Coast Track Club	18:57	6:06
21	68	RANDY RAY	43 Prado Racing Team	20:08	6:29
22	79	ISAAC MEDRANO	40 Wolfpack Running Club	20:31	6:37
23	111	MARK ALFARO	40	21:56	7:04

MALE AGE GROUP: 45 - 49

1	1	JACQUES SALLBERG	45 Cal Coast Track Club	15:54	5:07
2	6	MARK YUEN	48 West Valley Track Club	16:47	5:25
3	7	JOHN GARDINER	47 Cal Coast Track Club	16:54	5:27
4	47	OSCAR LEMUS	47 Cal Coast Track Club	19:21	6:14
5	54	MICHAEL STANGE	49 Prado Racing Team	19:36	6:19
6	64	EFREN LIMBAG	47	20:04	6:28
7	69	WILLIAM RICE	45 Wolfpack Running Club	20:10	6:30
8	75	DAMIAN COYLE	45	20:23	6:34
9	76	JOSE RIVERA (NC)	47 Perros Bravos	20:25	6:35
10	78	JAYSON FULTZ	47 Jamul Toads	20:28	6:36
11	81	PATRICK MCBRIDE	46 San Diego Track Club	20:32	6:37
12	99	EVODIO NERI	48 Cal Coast Track Club	21:25	6:54
13	122	ANDRE BASLER	45 Raptors	22:35	7:16
14	127	AARON LEE	45 West Valley Joggers & Str	22:54	7:23

MALE AGE GROUP: 50 - 54

1	9	IVAN LIEBEN	50 West Valley Track Club	16:58	5:28
2	12	MATTHEW FARLEY	51 Bowerman Track Club	17:25	5:37
3	14	CHARLES MULLANE	50 West Valley Track Club	17:37	5:40
4	17	ROBERT VERHEES	53 boom RUNNING	17:54	5:46
5	20	MIKE NIER	54 Genesee Valley Harriers	18:06	5:50
6	21	CHRISTIAN CUSHING-M	51 Cal Coast Track Club	18:09	5:51
7	32	SCOTT SIRIANO	53 Eastern Buckeye Track Clu	18:40	6:01
8	33	MICHAEL CONNORS	52 Cal Coast Track Club	18:40	6:01
9	36	MARC SOSNOWSKI	52 Prado Racing Team	18:46	6:03

Men's Age Group Results R1

10	38	MICHAEL STRICKLAND	53 Atlanta Track Club	18:51	6:04
11	40	DALE FLANDERS	54 Genesee Valley Harriers	18:53	6:05
12	45	MICHAEL SLINSKEY	50	19:12	6:11
13	48	DAVID REES	52 Bowerman Track Club	19:22	6:14
14	52	BRIAN SKILES	50 boom RUNNING	19:26	6:16
15	53	BRAD SLAVENS	50 Atlanta Track Club	19:33	6:18
16	55	KEVIN CARR	53 Cal Coast Track Club	19:38	6:19
17	63	MIMO PARKINS	54 Perros Bravos	20:01	6:27
18	65	MARIO BALCOM	54 Jamul Toads	20:04	6:28
19	74	TIMOTHY STAFFORD	54 Milestone Running Crew	20:23	6:34
20	82	JORGE CASTRO	51 Jamul Toads	20:34	6:37
21	83	VENELIN TCHAMOV	53 Genesee Valley Harriers	20:34	6:38
22	88	JEFFREY BRODINE	54	20:56	6:45
23	90	SEAN STEVENSON	54 Jamul Toads	21:02	6:46
24	92	BRIAN BIGONI	52	21:12	6:50
25	94	BEN BAILEY	54 Atlanta Track Club	21:16	6:51
26	98	BRYAN WALLBANK	51 Jamul Toads	21:23	6:53
27	113	MARK PLUNGY	51	22:02	7:06
28	119	JOSE OLIVAS	52	22:34	7:16
29	169	FRANCIS BURDETT	54 Greater Springfield Harri	28:58	9:20
MALE AGE GROUP: 55 - 59					
1	19	KEVIN ZIMMER	56 Prado Racing Team	17:59	5:47
2	23	BRADLEY PETERSON	56 Cal Coast Track Club	18:14	5:52
3	31	JEFF CREIGHTON	56 Prado Racing Team	18:35	5:59
4	35	MARK ZAMEK	56 Garden State Track Club N	18:45	6:02
5	37	JIM WALSH	58 Jamul Toads	18:47	6:03
6	42	DAVID BISCHOFF	57 Genesee Valley Harriers	19:04	6:08
7	44	GARY DROZE	58 Atlanta Track Club	19:06	6:09
8	46	BIN LIU	56	19:18	6:13
9	49	PATRICK LANOISELEE	56 Prado Racing Team	19:23	6:15
10	57	ERIK VAN DER BURG	55	19:45	6:22
11	58	MICHAEL GORRIARAN	59 Bowerman Track Club	19:50	6:23
12	66	MICHAEL NORCIA	55	20:05	6:28
13	71	LESTER DRAGSTEDT	57 Atlanta Track Club	20:14	6:31
14	72	LUIS MORALES	58 Cal Coast Track Club	20:15	6:31
15	80	RICHARD MAYNE	55 Trojan Masters T.C.	20:32	6:37
16	87	KEVIN PAULK	59 Bowerman Track Club	20:53	6:44
17	91	JOHN VAN KERKHOVE	57 Genesee Valley Harriers	21:08	6:48
18	96	MATTHEW SIMPSON	58 Cal Coast Track Club	21:21	6:53
19	97	TERENCE MCLAUGHLIN	59 Potomac Valley Track Club	21:21	6:53
20	100	RICK SIEBERN	59 Jamul Toads	21:28	6:55
21	124	ARNOLD DE LEON	56 So Cal Track Club	22:48	7:21
22	131	NATHAN KICKLIGHTER	59	23:29	7:34
23	138	AMALIO TELENTI (NC)	59	24:02	7:44
24	147	DANIEL TRONE	59 San Diego Track Club	24:47	7:59
25	157	ARTURO NOGUERON	59	26:39	8:35



MALE AGE GROUP: 60 - 64

1	26	JOE SHEERAN	61 Club Northwest	18:18	5:54
2	29	DANIEL KING	60 Athletics Boulder	18:29	5:57
3	43	MICHAEL LEBOLD	62 Jamul Toads	19:05	6:09
4	50	WILLIAM ENICKS	60 So Cal Track Club	19:24	6:15
5	51	ANTHONY UZWIAK	60 Kansas City Smoke	19:25	6:15
6	56	THOM HUNT	61 Prado Racing Team	19:40	6:20
7	60	ARNO SIST	60 Jamul Toads	19:55	6:25
8	61	RICK BRUESS	60 Athletics Boulder	19:55	6:25
9	62	JEFF RULAND	60 Jamul Toads	19:57	6:26
10	67	BRIAN NELSON	62 Cal Coast Track Club	20:07	6:29
11	70	SCOTT MCENTEE	62 Prado Racing Team	20:14	6:31

Men's Age Group Results R1

12	73	GREGORY CAULLER	60	Pike Creek Valley Running	20:18	6:32
13	77	STAN MCCORMACK	62	Kansas City Smoke	20:27	6:35
14	85	JOHN ARAUJO	61		20:46	6:42
15	89	SHELDON SUBITH	64	Cal Coast Track Club	20:59	6:46
16	93	JOHN GRIEGO	61	Cal Coast Track Club	21:16	6:51
17	102	STEVEN FRAYNE	60	Cal Coast Track Club	21:31	6:56
18	105	GREG WAGNER	64	Prado Racing Team	21:41	6:59
19	106	BILL BEYERBACH	64	Genesee Valley Harriers	21:48	7:01
20	108	LES SHIBATA	64	San Diego Track Club	21:51	7:02
21	112	PETER GERSTOFT	61	San Diego Track Club	22:00	7:05
22	116	RANDY MCDERMOTT	61	Kansas City Smoke	22:26	7:14
23	120	KEVIN MILLER	63	Jamul Toads	22:34	7:16
24	125	STEVE ROBINSON	64	San Diego Track Club	22:49	7:21
25	126	KEITH WITTHAUER	63	Cal Coast Track Club	22:53	7:22
26	134	WILLIAM AMOR	60	Cal Coast Track Club	23:44	7:39
27	136	MARK CLEARY	61	So Cal Track Club	23:50	7:41
28	144	THOMAS ALBRIGHT	63	Cal Coast Track Club	24:35	7:55
29	146	BRIAN CONROY	63		24:41	7:57
30	155	RICARDO TRONCOSO	60		26:29	8:32
31	160	GLENN ROGET	62	San Diego Track Club	27:02	8:42
32	162	FRANK WHITTEMORE	64	Jamul Toads	27:12	8:46
33	165	CHARLES TUCKER BRUG	64	So Cal Track Club	27:51	8:58
34	173	JAMES SUMMERS	60	San Diego Track Club	30:26	9:48
35	180	BENJAMIN SPOWART	64	San Diego Track Club	33:36	10:49

MALE AGE GROUP: 65 - 69

1	59	JOSEPH REDA	65		19:50	6:23
2	84	CHUCK SMEAD	68	Boulder Road Runners	20:37	6:38
3	86	ROBERT QUALLS	67	River City Rebels	20:47	6:42
4	95	RICK PFEIFFER	68	San Diego Track Club	21:20	6:52
5	101	KIRK LARSON	68	Atlanta Track Club	21:31	6:56
6	103	PAUL COOK	67	Cal Coast Track Club	21:32	6:56
7	107	DAVID DUNBAR	69	San Diego Striders	21:48	7:01
8	123	BOB MORRIS	67	A Snail's Pace Running Cl	22:44	7:19
9	149	ROBB LATIMER	67	San Diego Track Club	25:05	8:05
10	163	WILLIAM MOLESWORTH	66	San Diego Track Club	27:19	8:48
11	174	JOSEPH SCHERGER	69		30:33	9:50

MALE AGE GROUP: 70 - 74

1	109	RICHARD KATZ	71	Boulder Road Runners	21:53	7:03
2	110	TERRY MCCLUSKEY	71	Ann Arbor Track Club	21:54	7:03
3	115	RONALD WELLS	73	San Diego Striders	22:09	7:08
4	117	DONALD PORTEOUS	73	Tamalpa Runners, Inc.	22:31	7:15
5	118	DOC RAPPOLE	70	Genesee Valley Harriers	22:31	7:15
6	128	JAMES REYNOLDS	70	Boulder Road Runners	22:57	7:24
7	129	JIM MAY	73	Genesee Valley Harriers	23:19	7:31
8	130	JERRY LEARNED	71	Atlanta Track Club	23:20	7:31
9	133	GORDON LUTES	74	San Diego Striders	23:37	7:37
10	135	CRAIG ANDERSEN	71	Eastside Runners	23:46	7:39
11	137	WILLIAM SUMNER	71	Cal Coast Track Club	24:02	7:44
12	139	KEITH YEATES	72	Genesee Valley Harriers	24:18	7:50
13	140	GEORGE GRECO	71	Florida Track Club/West	24:23	7:51
14	141	PAUL CARLIN	73	Ann Arbor Track Club	24:25	7:52
15	142	DANIEL DIEHR	70	San Diego Striders	24:30	7:53
16	143	DAVID LONGMUIR	72	Eastside Runners	24:32	7:54
17	145	RICK ALLAN	71		24:39	7:57
18	148	LIAM FINNIGAN	73	Genesee Valley Harriers	24:51	8:00
19	150	JAMES MORRIS	70	Tamalpa Runners, Inc.	25:09	8:06
20	151	GENE FRENCH	73	Tamalpa Runners, Inc.	25:27	8:12
21	152	DAVID PETERSON	71	Atlanta Track Club	25:35	8:15

Men's Age Group Results R1

22	153	STEVE DOYLE	71	San Diego Striders	25:54	8:21
23	154	JAMES MCGILL	70	Eastside Runners	26:21	8:29
24	156	DANIEL LINEHAN	70		26:35	8:34
25	158	JOHN BUCKLEY	70	San Diego Track Club	26:49	8:38
26	159	JAMES FLANIGAN	70	Tamalpa Runners, Inc.	26:52	8:39
27	161	MORRIS WILLIAMS	74	Atlanta Track Club	27:02	8:42
28	164	SAM BENEDICT	72	Atlanta Track Club	27:24	8:50
29	167	DENNIS KASISCHKE	73	San Diego Track Club	28:37	9:13
30	168	PETER STERN	74	San Diego Track Club	28:41	9:14
31	170	RON ENOS	74	Florida Track Club/West	29:22	9:27
32	178	PATRICK DWYER	73	Genesee Valley Harriers	32:59	10:37
MALE AGE GROUP: 75 - 79						
1	104	TONY MARSHALL	75	San Diego Striders	21:37	6:58
2	114	DOUG GOODHUE	77	Ann Arbor Track Club	22:06	7:07
3	121	LEN GOLDMAN	75	Tamalpa Runners, Inc.	22:35	7:16
4	132	JAN FRISBY	75	Boulder Road Runners	23:33	7:35
5	166	CHARLIE PATTERSON	77	Atlanta Track Club	27:58	9:00
6	175	JEFFERY JACOBS	76		30:48	9:55
7	176	ANDREW SHERWOOD	79	Atlanta Track Club	31:17	10:05
MALE AGE GROUP: 80 - 84						
1	171	ELMO SHROPSHIRE	82		29:44	9:35
2	172	JOHN ELLIOTT	81	Potomac Valley Track Club	29:55	9:38
3	177	RICHARD WILLIAMS	83	San Diego Striders	32:42	10:32
4	181	JAMES KURTZ	81	San Diego Striders	36:53	11:53
5	182	STEVEN FUCHS	82	Long Island Road Runners	42:40	13:44
6	183	JIM TEMPLES	81	San Diego Track Club	46:03	14:49
7	185	STEPHEN FRANKUM	80	San Diego Track Club	46:37	15:01
MALE AGE GROUP: 85 - 89						
1	179	WARREN OSBORN	85	San Diego Striders	33:24	10:45
2	184	EDWIN GOOKIN	85	San Diego Track Club	46:25	14:57
3	186	AL RAY	86	Atlanta Track Club	53:10	17:07
MALE AGE GROUP: 90 - 94						
MALE AGE GROUP: 95 - 99						

Men's 70+ Team Results - 2019 - R1
 USA MASTERS 5KM
 CROSS COUNTRY CHAMPIONSHIPS
 Mission Bay, San Diego, CA
 Saturday, October 12, 2019
 Registration & Results by the San Diego Track Club

 Men's 70+ TEAM Results

1.	19	San Diego Striders A	(22:28	1:07:23	2:00)
=====						
1	1	TONY MARSHALL	75	21:37		
2	5	RONALD WELLS	73	22:09		
3	13	GORDON LUTES	74	23:37		
4	(17)	DANIEL DIEHR	70	24:30		
5	(23)	STEVE DOYLE	71	25:54		
2.	23	Boulder Road Runners A	(22:48	1:08:23	1:40)
=====						
1	2	RICHARD KATZ	71	21:53		
2	9	JAMES REYNOLDS	70	22:57		
3	12	JAN FRISBY	75	23:33		
3.	23	Ann Arbor Track Club A	(22:49	1:08:25	2:31)
=====						
1	3	TERRY MCCLUSKEY	71	21:54		
2	4	DOUG GOODHUE	77	22:06		
3	16	PAUL CARLIN	73	24:25		
4.	32	Genesee Valley Harriers A	(23:23	1:10:08	1:47)
=====						
1	7	DOC RAPPOLE	70	22:31		
2	10	JIM MAY	73	23:19		
3	15	KEITH YEATES	72	24:18		
4	(19)	LIAM FINNIGAN	73	24:51		
5	(33)	PATRICK DWYER	73	32:59		
5.	34	Tamalpa Runners, Inc. A	(23:25	1:10:15	2:38)
=====						
1	6	DONALD PORTEOUS	73	22:31		
2	8	LEN GOLDMAN	75	22:35		
3	20	JAMES MORRIS	70	25:09		
4	(21)	GENE FRENCH	73	25:27		
5	(26)	JAMES FLANIGAN	70	26:52		
6.	56	Eastside Runners A	(24:53	1:14:39	2:35)
=====						
1	14	CRAIG ANDERSEN	71	23:46		
2	18	DAVID LONGMUIR	72	24:32		
3	24	JAMES MCGILL	70	26:21		
7.	60	Atlanta Track Club A	(25:19	1:15:57	3:42)
=====						
1	11	JERRY LEARNED	71	23:20		
2	22	DAVID PETERSON	71	25:35		
3	27	MORRIS WILLIAMS	74	27:02		
4	(28)	SAM BENEDICT	72	27:24		

Men's 70+ Team Results - 2019 - R1

8. 86 San Diego Track Club A (28:03 1:24:07 1:52)

=====

1	25	JOHN BUCKLEY	70	26:49
2	30	DENNIS KASISCHKE	73	28:37
3	31	PETER STERN	74	28:41

9. 95 Atlanta Track Club B (37:29 1:52:25 25:12)

=====

1	29	CHARLIE PATTERSON	77	27:58
2	32	ANDREW SHERWOOD	79	31:17
3	34	AL RAY	86	53:10

USA MASTERS 5KM
 CROSS COUNTRY CHAMPIONSHIPS
 Mission Bay, San Diego, CA
 Saturday, October 12, 2019
 Registration & Results by the San Diego Track Club

*****MENS RESULTS*****

Place	Name	No.	Age	Div/Tot	S	Affiliation	Time	Pace
1	JACQUES SALLBERG	257	45	1/14	M	Cal Coast Track	15:54	5:07
2	ROOSEVELT COOK	139	40	1/23	M	Cal Coast Track	16:05	5:11
3	NEVILLE DAVEY	145	44	2/23	M	West Valley Tra	16:06	5:11
4	ADAM DAILEY	144	43	3/23	M	boom RUNNING	16:08	5:12
5	JASON BATTERSON	120	43	4/23	M	Prado Racing Te	16:46	5:24
6	MARK YUEN	309	48	2/14	M	West Valley Tra	16:47	5:25
7	JOHN GARDINER	173	47	3/14	M	Cal Coast Track	16:54	5:27
8	DAN LESSER	200	43	5/23	M	boom RUNNING	16:56	5:28
9	IVAN LIEBEN	201	50	1/29	M	West Valley Tra	16:58	5:28
10	OKWARO RAURA	244	44	6/23	M	boom RUNNING	17:07	5:31
11	JOHN MONTGOMERY	222	44	7/23	M	West Valley Tra	17:22	5:36
12	MATTHEW FARLEY	161	51	2/29	M	Bowerman Track	17:25	5:37
13	JAMAAL RYAN	256	42	8/23	M	Prado Racing Te	17:35	5:40
14	CHARLES MULLANE	226	50	3/29	M	West Valley Tra	17:37	5:40
15	CLINTON BELL	121	40	9/23	M		17:42	5:42
16	JUSTIN TURNER	289	40	10/23	M	Prado Racing Te	17:49	5:45
17	ROBERT VERHEES	293	53	4/29	M	boom RUNNING	17:54	5:46
18	THOMAS KNOWLES	191	43	11/23	M	Garden State Tr	17:55	5:46
19	KEVIN ZIMMER	311	56	1/25	M	Prado Racing Te	17:59	5:47
20	MIKE NIER	229	54	5/29	M	Genesee Valley	18:06	5:50
21	CHRISTIAN CUSHING-M	143	51	6/29	M	Cal Coast Track	18:09	5:51
22	JACOB FORD	166	41	12/23	M	Garden State Tr	18:13	5:52
23	BRADLEY PETERSON	237	56	2/25	M	Cal Coast Track	18:14	5:52
24	SAULO RIVERA	252	42	13/23	M	Perros Bravos	18:14	5:53
25	SHAWN WILLIAMS	303	42	14/23	M	Garden State Tr	18:15	5:53
26	JOE SHEERAN	262	61	1/35	M	Club Northwest	18:18	5:54
27	CHUCK SCHNEEKLOTH	260	42	15/23	M	Garden State Tr	18:19	5:54
28	DAVID LIPKE	204	41	16/23	M	boom RUNNING	18:22	5:55
29	DANIEL KING	190	60	2/35	M	Athletics Bould	18:29	5:57
30	LARS SCHMITZ (NC)	259	41	17/23	M	West Valley Tra	18:29	5:57
31	JEFF CREIGHTON	142	56	3/25	M	Prado Racing Te	18:35	5:59
32	SCOTT SIRIANO	268	53	7/29	M	Eastern Buckeye	18:40	6:01
33	MICHAEL CONNORS	136	52	8/29	M	Cal Coast Track	18:40	6:01
34	KURT WHITTINGTON	300	41	18/23	M	Cal Coast Track	18:40	6:01
35	MARK ZAMEK	310	56	4/25	M	Garden State Tr	18:45	6:02
36	MARC SOSNOWSKI	274	52	9/29	M	Prado Racing Te	18:46	6:03
37	JIM WALSH	297	58	5/25	M	Jamul Toads	18:47	6:03
38	MICHAEL STRICKLAND	280	53	10/29	M	Atlanta Track C	18:51	6:04
39	LINDSAY HAMOUDI (NC)	181	40	19/23	M	boom RUNNING	18:52	6:05
40	DALE FLANDERS	163	54	11/29	M	Genesee Valley	18:53	6:05
41	TREVOR COX	140	40	20/23	M	Cal Coast Track	18:57	6:06
42	DAVID BISCHOFF	125	57	6/25	M	Genesee Valley	19:04	6:08
43	MICHAEL LEBOLD	197	62	3/35	M	Jamul Toads	19:05	6:09
44	GARY DROZE	151	58	7/25	M	Atlanta Track C	19:06	6:09
45	MICHAEL SLINSKEY	272	50	12/29	M		19:12	6:11
46	BIN LIU	205	56	8/25	M		19:18	6:13
47	OSCAR LEMUS	199	47	4/14	M	Cal Coast Track	19:21	6:14
48	DAVID REES	248	52	13/29	M	Bowerman Track	19:22	6:14
49	PATRICK LANOISELEE	193	56	9/25	M	Prado Racing Te	19:23	6:15

Men's Master's Results 2019 - R1

50	WILLIAM ENICKS	159	60	4/35	M So Cal Track Cl	19:24	6:15
51	ANTHONY UZWIAK	290	60	5/35	M Kansas City Smo	19:25	6:15
52	BRIAN SKILES	270	50	14/29	M boom RUNNING	19:26	6:16
53	BRAD SLAVENS	271	50	15/29	M Atlanta Track C	19:33	6:18
54	MICHAEL STANGE	277	49	5/14	M Prado Racing Te	19:36	6:19
55	KEVIN CARR	132	53	16/29	M Cal Coast Track	19:38	6:19
56	THOM HUNT	183	61	6/35	M Prado Racing Te	19:40	6:20
57	ERIK VAN DER BURG	291	55	10/25	M	19:45	6:22
58	MICHAEL GORRIARAN	178	59	11/25	M Bowerman Track	19:50	6:23
59	JOSEPH REDA	247	65	1/11	M	19:50	6:23
60	ARNO SIST	269	60	7/35	M Jamul Toads	19:55	6:25
61	RICK BRUESS	127	60	8/35	M Athletics Bould	19:55	6:25
62	JEFF RULAND	255	60	9/35	M Jamul Toads	19:57	6:26
63	MIMO PARKINS	234	54	17/29	M Perros Bravos	20:01	6:27
64	EFREN LIMBAG	202	47	6/14	M	20:04	6:28
65	MARIO BALCOM	117	54	18/29	M Jamul Toads	20:04	6:28
66	MICHAEL NORCIA	231	55	12/25	M	20:05	6:28
67	BRIAN NELSON	227	62	10/35	M Cal Coast Track	20:07	6:29
68	RANDY RAY	246	43	21/23	M Prado Racing Te	20:08	6:29
69	WILLIAM RICE	250	45	7/14	M Wolfpack Runnin	20:10	6:30
70	SCOTT MCENTEE	216	62	11/35	M Prado Racing Te	20:14	6:31
71	LESTER DRAGSTEDT	150	57	13/25	M Atlanta Track C	20:14	6:31
72	LUIS MORALES	223	58	14/25	M Cal Coast Track	20:15	6:31
73	GREGORY CAULLER	134	60	12/35	M Pike Creek Vall	20:18	6:32
74	TIMOTHY STAFFORD	276	54	19/29	M Milestone Runni	20:23	6:34
75	DAMIAN COYLE	141	45	8/14	M	20:23	6:34
76	JOSE RIVERA (NC)	251	47	9/14	M Perros Bravos	20:25	6:35
77	STAN MCCORMACK	214	62	13/35	M Kansas City Smo	20:27	6:35
78	JAYSON FULTZ	172	47	10/14	M Jamul Toads	20:28	6:36
79	ISAAC MEDRANO	219	40	22/23	M Wolfpack Runnin	20:31	6:37
80	RICHARD MAYNE	211	55	15/25	M Trojan Masters	20:32	6:37
81	PATRICK MCBRIDE	212	46	11/14	M San Diego Track	20:32	6:37
82	JORGE CASTRO	133	51	20/29	M Jamul Toads	20:34	6:37
83	VENELIN TCHAMOV	284	53	21/29	M Genesee Valley	20:34	6:38
84	CHUCK SMEAD	273	68	2/11	M Boulder Road Ru	20:37	6:38
85	JOHN ARAUJO	115	61	14/35	M	20:46	6:42
86	ROBERT QUALLS	242	67	3/11	M River City Rebe	20:47	6:42
87	KEVIN PAULK	236	59	16/25	M Bowerman Track	20:53	6:44
88	JEFFREY BRODINE	126	54	22/29	M	20:56	6:45
89	SHELDON SUBITH	281	64	15/35	M Cal Coast Track	20:59	6:46
90	SEAN STEVENSON	279	54	23/29	M Jamul Toads	21:02	6:46
91	JOHN VAN KERKHOVE	292	57	17/25	M Genesee Valley	21:08	6:48
92	BRIAN BIGONI	124	52	24/29	M	21:12	6:50
93	JOHN GRIEGO	180	61	16/35	M Cal Coast Track	21:16	6:51
94	BEN BAILEY	116	54	25/29	M Atlanta Track C	21:16	6:51
95	RICK PFEIFFER	239	68	4/11	M San Diego Track	21:20	6:52
96	MATTHEW SIMPSON	267	58	18/25	M Cal Coast Track	21:21	6:53
97	TERENCE MCLAUGHLIN	218	59	19/25	M Potomac Valley	21:21	6:53
98	BRYAN WALLBANK	296	51	26/29	M Jamul Toads	21:23	6:53
99	EVODIO NERI	228	48	12/14	M Cal Coast Track	21:25	6:54
100	RICK SIEBERN	266	59	20/25	M Jamul Toads	21:28	6:55
101	KIRK LARSON	194	68	5/11	M Atlanta Track C	21:31	6:56
102	STEVEN FRAYNE	168	60	17/35	M Cal Coast Track	21:31	6:56
103	PAUL COOK	138	67	6/11	M Cal Coast Track	21:32	6:56
104	TONY MARSHALL	209	75	1/7	M San Diego Strid	21:37	6:58
105	GREG WAGNER	294	64	18/35	M Prado Racing Te	21:41	6:59
106	BILL BEYERBACH	123	64	19/35	M Genesee Valley	21:48	7:01
107	DAVID DUNBAR	152	69	7/11	M San Diego Strid	21:48	7:01
108	LES SHIBATA	264	64	20/35	M San Diego Track	21:51	7:02

Men's Master's Results 2019 - R1

109	RICHARD KATZ	187	71	1/32	M Boulder Road Ru	21:53	7:03
110	TERRY MCCLUSKEY	213	71	2/32	M Ann Arbor Track	21:54	7:03
111	MARK ALFARO	111	40	23/23	M	21:56	7:04
112	PETER GERSTOFT	174	61	21/35	M San Diego Track	22:00	7:05
113	MARK PLUNGY	240	51	27/29	M	22:02	7:06
114	DOUG GOODHUE	176	77	2/7	M Ann Arbor Track	22:06	7:07
115	RONALD WELLS	298	73	3/32	M San Diego Strid	22:09	7:08
116	RANDY MCDERMOTT	215	61	22/35	M Kansas City Smo	22:26	7:14
117	DONALD PORTEOUS	241	73	4/32	M Tamalpa Runners	22:31	7:15
118	DOC RAPPOLE	243	70	5/32	M Genesee Valley	22:31	7:15
119	JOSE OLIVAS	232	52	28/29	M	22:34	7:16
120	KEVIN MILLER	220	63	23/35	M Jamul Toads	22:34	7:16
121	LEN GOLDMAN	175	75	3/7	M Tamalpa Runners	22:35	7:16
122	ANDRE BASLER	119	45	13/14	M Raptors	22:35	7:16
123	BOB MORRIS	224	67	8/11	M A Snail's Pace	22:44	7:19
124	ARNOLD DE LEON	146	56	21/25	M So Cal Track Cl	22:48	7:21
125	STEVE ROBINSON	253	64	24/35	M San Diego Track	22:49	7:21
126	KEITH WITTHAUER	304	63	25/35	M Cal Coast Track	22:53	7:22
127	AARON LEE	198	45	14/14	M West Valley Jog	22:54	7:23
128	JAMES REYNOLDS	249	70	6/32	M Boulder Road Ru	22:57	7:24
129	JIM MAY	210	73	7/32	M Genesee Valley	23:19	7:31
130	JERRY LEARNED	196	71	8/32	M Atlanta Track C	23:20	7:31
131	NATHAN KICKLIGHTER	189	59	22/25	M	23:29	7:34
132	JAN FRISBY	170	75	4/7	M Boulder Road Ru	23:33	7:35
133	GORDON LUTES	207	74	9/32	M San Diego Strid	23:37	7:37
134	WILLIAM AMOR	113	60	26/35	M Cal Coast Track	23:44	7:39
135	CRAIG ANDERSEN	114	71	10/32	M Eastside Runner	23:46	7:39
136	MARK CLEARY	135	61	27/35	M So Cal Track Cl	23:50	7:41
137	WILLIAM SUMNER	283	71	11/32	M Cal Coast Track	24:02	7:44
138	AMALIO TELENTI (NC)	285	59	23/25	M	24:02	7:44
139	KEITH YEATES	308	72	12/32	M Genesee Valley	24:18	7:50
140	GEORGE GRECO	179	71	13/32	M Florida Track C	24:23	7:51
141	PAUL CARLIN	131	73	14/32	M Ann Arbor Track	24:25	7:52
142	DANIEL DIEHR	148	70	15/32	M San Diego Strid	24:30	7:53
143	DAVID LONGMUIR	206	72	16/32	M Eastside Runner	24:32	7:54
144	THOMAS ALBRIGHT	110	63	28/35	M Cal Coast Track	24:35	7:55
145	RICK ALLAN	112	71	17/32	M	24:39	7:57
146	BRIAN CONROY	137	63	29/35	M	24:41	7:57
147	DANIEL TRONE	288	59	24/25	M San Diego Track	24:47	7:59
148	LIAM FINNIGAN	162	73	18/32	M Genesee Valley	24:51	8:00
149	ROBB LATIMER	195	67	9/11	M San Diego Track	25:05	8:05
150	JAMES MORRIS	225	70	19/32	M Tamalpa Runners	25:09	8:06
151	GENE FRENCH	169	73	20/32	M Tamalpa Runners	25:27	8:12
152	DAVID PETERSON	238	71	21/32	M Atlanta Track C	25:35	8:15
153	STEVE DOYLE	149	71	22/32	M San Diego Strid	25:54	8:21
154	JAMES MCGILL	217	70	23/32	M Eastside Runner	26:21	8:29
155	RICARDO TRONCOSO	287	60	30/35	M	26:29	8:32
156	DANIEL LINEHAN	203	70	24/32	M	26:35	8:34
157	ARTURO NOGUERON	230	59	25/25	M	26:39	8:35
158	JOHN BUCKLEY	129	70	25/32	M San Diego Track	26:49	8:38
159	JAMES FLANIGAN	164	70	26/32	M Tamalpa Runners	26:52	8:39
160	GLENN ROGET	254	62	31/35	M San Diego Track	27:02	8:42
161	MORRIS WILLIAMS	301	74	27/32	M Atlanta Track C	27:02	8:42
162	FRANK WHITTEMORE	299	64	32/35	M Jamul Toads	27:12	8:46
163	WILLIAM MOLESWORTH	221	66	10/11	M San Diego Track	27:19	8:48
164	SAM BENEDICT	122	72	28/32	M Atlanta Track C	27:24	8:50
165	CHARLES TUCKER BRUG	128	64	33/35	M So Cal Track Cl	27:51	8:58
166	CHARLIE PATTERSON	235	77	5/7	M Atlanta Track C	27:58	9:00
167	DENNIS KASISCHKE	186	73	29/32	M San Diego Track	28:37	9:13

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168	PETER STERN	278	74	30/32	M San Diego Track	28:41	9:14
169	FRANCIS BURDETT	130	54	29/29	M Greater Springf	28:58	9:20
170	RON ENOS	160	74	31/32	M Florida Track C	29:22	9:27
171	ELMO SHROPSHIRE	265	82	1/7	M	29:44	9:35
172	JOHN ELLIOTT	156	81	2/7	M Potomac Valley	29:55	9:38
173	JAMES SUMMERS	282	60	34/35	M San Diego Track	30:26	9:48
174	JOSEPH SCHERGER	258	69	11/11	M	30:33	9:50
175	JEFFERY JACOBS	184	76	6/7	M	30:48	9:55
176	ANDREW SHERWOOD	263	79	7/7	M Atlanta Track C	31:17	10:05
177	RICHARD WILLIAMS	302	83	3/7	M San Diego Strid	32:42	10:32
178	PATRICK DWYER	153	73	32/32	M Genesee Valley	32:59	10:37
179	WARREN OSBORN	233	85	1/3	M San Diego Strid	33:24	10:45
180	BENJAMIN SPOWART	275	64	35/35	M San Diego Track	33:36	10:49
181	JAMES KURTZ	192	81	4/7	M San Diego Strid	36:53	11:53
182	STEVEN FUCHS	171	82	5/7	M Long Island Roa	42:40	13:44
183	JIM TEMPLES	286	81	6/7	M San Diego Track	46:03	14:49
184	EDWIN GOOKIN	177	85	2/3	M San Diego Track	46:25	14:57
185	STEPHEN FRANKUM	167	80	7/7	M San Diego Track	46:37	15:01
186	AL RAY	245	86	3/3	M Atlanta Track C	53:10	17:07

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*****WOMENS RESULTS*****

Place	Name	No.	Age	Div/Tot	S	Affiliation	Time	Pace
1	MERIAH EARLE	23	41	1/23	F	San Diego Track	18:38	6:00
2	HILARY CORNO	17	44	2/23	F	Prado Racing Te	18:50	6:04
3	LORILYNN BLOOMER	12	47	1/10	F	Bowerman Track	18:57	6:06
4	KELLY COUCH	19	41	3/23	F	Impala Racing T	19:11	6:11
5	KIMBERLY MUELLER	67	43	4/23	F	San Diego Track	19:14	6:12
6	DONNA MILLS-HONARVA	61	44	5/23	F	A Snail's Pace	19:26	6:16
7	MARISA SUTERA STRAN	93	56	1/18	F	Athena Track Cl	19:31	6:17
8	KATHERINE WOLSKI	106	53	1/15	F	So Cal Track Cl	19:34	6:18
9	CELESTINE ARAMBULO	4	49	2/10	F	Prado Racing Te	19:38	6:19
10	JILL BRALEY	14	41	6/23	F	Atlanta Track C	19:39	6:20
11	ANGELA MOLL	64	42	7/23	F	Prado Racing Te	19:42	6:21
12	KARA PARKER	72	50	2/15	F	Run MN	19:44	6:22
13	VICTORIA BARANA	6	40	8/23	F	San Diego Track	19:50	6:23
14	EVA LOZANO	54	40	9/23	F	San Diego Track	19:58	6:26
15	AMY HALSETH	41	49	3/10	F	Prado Racing Te	20:04	6:28
16	JULIE ANN DOUGERY	22	41	10/23	F	Impala Racing T	20:08	6:29
17	KRISTEN REYES	81	44	11/23	F	San Diego Track	20:13	6:31
18	HRONN GUDMUNSDOTTI	39	54	3/15	F	Impala Racing T	20:15	6:31
19	ROMY BASLER (NC)	9	40	12/23	F	Raptors	20:17	6:32
20	TANIA FISCHER	27	53	4/15	F	The Janes Elite	21:03	6:47
21	LIZ GOTTLIEB	35	44	13/23	F	Impala Racing T	21:05	6:48
22	CARMEN AYALA-TRONCO	5	60	1/8	F	Team Rogue	21:08	6:48
23	LAURA MITCHELL	63	43	14/23	F	Team Rogue	21:24	6:54
24	SUNDAY PATTERSON	75	43	15/23	F	Team Rogue	21:32	6:56
25	LAURA BRUESS	16	58	2/18	F	Athletics Bould	21:39	6:58
26	ALEXANDRA NEWMAN	69	47	4/10	F	Impala Racing T	21:52	7:03
27	LAURA STUART	92	54	5/15	F	San Diego Track	21:55	7:03
28	DEBORAH SPAULDING	90	45	5/10	F	Raptors	21:57	7:04
29	SUE ZIHLMANN	109	55	3/18	F	A Snail's Pace	22:04	7:07
30	PATTI SHORE	88	53	6/15	F	Impala Racing T	22:04	7:07
31	JENNIFER UWINS	98	45	6/10	F	San Diego Track	22:06	7:07
32	ROSALVA BONILLA	13	56	4/18	F	So Cal Track Cl	22:17	7:11
33	MAUREEN FRIEND	30	53	7/15	F		22:19	7:11
34	EILEEN BRENNAN-ERLE	15	58	5/18	F	Impala Racing T	22:26	7:13
35	GABY BARREIRO	7	52	8/15	F	Perros Bravos	22:29	7:14
36	LORENA PINON	77	41	16/23	F	Perros Bravos	22:30	7:15
37	INGE MCCLORY	58	56	6/18	F	Athletics Bould	22:37	7:17
38	HIROKO GUARNIERI	38	44	17/23	F	Atlanta Track C	22:39	7:18
39	LAURA MORRIS	66	50	9/15	F	A Snail's Pace	22:44	7:19
40	MAUREEN BISCHOFF	11	53	10/15	F	Genesee Valley	22:48	7:21
41	MELISSA MINJAREZ	62	42	18/23	F	San Diego Track	22:53	7:22
42	ROSEANN PARRY	73	53	11/15	F	San Diego Track	23:00	7:25
43	ANGELA LONGWORTH	51	52	12/15	F	Impala Racing T	23:03	7:25
44	VANESSA LORDI	53	42	19/23	F	Strawberry Cany	23:06	7:26
45	CAROL KELLER	48	59	7/18	F	Impala Racing T	23:08	7:27
46	DR PAMELA GALAMBOS	32	45	7/10	F	A Snail's Pace	23:11	7:28
47	NANCY WILKINS-DIEHR	102	57	8/18	F	Florida Track C	23:18	7:30
48	SANDRA GREGORICH	36	57	9/18	F	Genesee Valley	23:26	7:33
49	MO BARTLEY	8	64	2/8	F	Impala Racing T	23:46	7:39

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50	JANE TRELEVEN	97	70	1/13	F		23:49	7:40
51	ALICIA ENO	24	42	20/23	F	Atlanta Track C	23:51	7:41
52	DEBBIE LEE	50	62	3/8	F	So Cal Track Cl	23:56	7:42
53	JENNIFER WILLIAMS	104	42	21/23	F	San Diego Track	23:57	7:43
54	KARYN SIMMONDS	89	60	4/8	F	San Diego Track	24:04	7:45
55	JEANETTE GROESZ	37	70	2/13	F	Team Red Lizard	24:19	7:50
56	ANGEE HENRY	43	43	22/23	F	Nebraska Run Gu	24:28	7:53
57	COLLEEN MAGNUSSEN	55	59	10/18	F	Genesee Valley	24:36	7:56
58	SUZANNE RAY	79	67	1/8	F	Team Red Lizard	24:43	7:58
59	LINDA POWERS	78	61	5/8	F	San Diego Track	24:48	7:59
60	ANNIE HERRIN	45	57	11/18	F	San Diego Track	24:53	8:01
61	ANDREA GUZMAN	40	48	8/10	F	Perros Bravos	25:15	8:08
62	SANDRA NUNEZ	70	47	9/10	F	A Snail's Pace	25:17	8:09
63	STEPHANIE WHITIS	101	43	23/23	F	Atlanta Track C	25:19	8:09
64	ERNESTINA MARTIN	57	65	2/8	F	San Diego Track	25:25	8:11
65	MARY RYZNER	84	65	3/8	F	San Diego Track	25:30	8:13
66	JAMIE FRYREAR	31	50	13/15	F	San Diego Track	26:22	8:30
67	ELLEN FLEISCHMAN	28	57	12/18	F	San Diego Track	26:32	8:33
68	CATHERINE MOORE	65	58	13/18	F	San Diego Track	26:35	8:34
69	ROBIN PAINE	71	69	4/8	F	San Diego Track	26:42	8:36
70	SHARON GERL	33	71	3/13	F	Team Red Lizard	26:45	8:37
71	LEANN FINNIGAN	26	57	14/18	F	Genesee Valley	26:59	8:42
72	DEBORAH SHEA	87	65	5/8	F	San Diego Track	27:05	8:43
73	TRACY TADDEY	94	49	10/10	F	San Diego Track	27:14	8:46
74	MARTHA ZARATE	108	55	15/18	F	Perros Bravos	27:32	8:52
75	TOYA REAVIS	80	55	16/18	F	San Diego Track	27:49	8:58
76	JO ANNE ROWLAND	83	71	4/13	F	Impala Racing T	28:01	9:01
77	CHRISTINE YOUNG	107	70	5/13	F	San Diego Track	28:04	9:02
78	NANCY PETER	76	62	6/8	F	Boulder Road Ru	29:26	9:29
79	LANAE WANGLER	100	54	14/15	F		30:01	9:40
80	IRENE HERMAN	44	70	6/13	F	Impala Racing T	30:13	9:44
81	NANCY ANTOS	3	69	6/8	F	Boulder Road Ru	30:19	9:46
82	DIANNE KIRSCH	49	62	7/8	F	Boulder Road Ru	30:41	9:53
83	JUDY SCHICKLER	85	74	7/13	F	Florida Track C	31:54	10:17
84	MYRTLE SPOWART	91	66	7/8	F	San Diego Track	32:11	10:22
85	JUSTINE DELLINGER	21	55	17/18	F	A Snail's Pace	32:20	10:25
86	MANYA HULT	46	74	8/13	F	San Diego Track	32:59	10:37
87	IRENE TERRONEZ	95	75	1/3	F		33:25	10:46
88	MARIA AMOR	2	52	15/15	F	Cal Coast Track	34:23	11:04
89	NELDA WILLIAMS	105	70	9/13	F	Impala Racing T	34:26	11:05
90	JANE WILLIAMS	103	72	10/13	F	San Diego Strid	35:49	11:32
91	VIRGINIA SCHULTZ	86	64	8/8	F	Boulder Road Ru	36:47	11:51
92	MARISSA DE LUNA	20	57	18/18	F		39:38	12:46
93	CAROL RHODES	82	71	11/13	F		39:57	12:52
94	CAROL PATTERSON	74	72	12/13	F	Atlanta Track C	40:03	12:54
95	AMY ALLEN	1	74	13/13	F	San Diego Track	42:50	13:48
96	SUZI FALCO	25	85	1/1	F		44:30	14:20
97	HENRIETTA FRANKUM	29	80	1/3	F	San Diego Track	45:35	14:41
98	VIRGINIA LOPEZ	52	79	2/3	F	San Diego Track	45:55	14:47
99	MARTHA WALKER	99	83	2/3	F	San Diego Track	46:01	14:49
100	PATRICIA BENTZ	10	76	3/3	F	San Diego Track	49:46	16:02
101	KATHLEEN HAMPTON	42	65	8/8	F		53:47	17:19
102	DONNA GOOKIN	34	83	3/3	F	San Diego Track	54:11	17:27

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 Women's 40+ TEAM Results

1.	14	San Diego Track Club A	(19:14	57:42	1:12)
=====						
1	1	MERIAH EARLE	41	18:38		
2	4	KIMBERLY MUELLER	43	19:14		
3	9	VICTORIA BARANA	40	19:50		
4	(10)	EVA LOZANO	40	19:58		
5	(13)	KRISTEN REYES	44	20:13		
2.	16	Prado Racing Team A	(19:24	58:10	0:52)
=====						
1	2	HILARY CORNO	44	18:50		
2	6	CELESTINE ARAMBULO	49	19:38		
3	8	ANGELA MOLL	42	19:42		
4	(11)	AMY HALSETH	49	20:04		
3.	29	Impala Racing Team A	(20:08	1:00:24	1:54)
=====						
1	3	KELLY COUCH	41	19:11		
2	12	JULIE ANN DOUGERY	41	20:08		
3	14	LIZ GOTTLIEB	44	21:05		
4	(18)	ALEXANDRA NEWMAN	47	21:52		
5	(25)	MO BARTLEY	64	23:46		
4.	48	Team Rogue A	(21:22	1:04:04	0:24)
=====						
1	15	CARMEN AYALA-TRONCOSO	60	21:08		
2	16	LAURA MITCHELL	43	21:24		
3	17	SUNDAY PATTERSON	43	21:32		
5.	55	Atlanta Track Club A	(22:03	1:06:09	4:12)
=====						
1	7	JILL BRALEY	41	19:39		
2	22	HIROKO GUARNIERI	44	22:39		
3	26	ALICIA ENO	42	23:51		
4	(30)	STEPHANIE WHITIS	43	25:19		
6.	58	A Snail's Pace Running Cl	(22:38	1:07:54	5:51)
=====						
1	5	DONNA MILLS-HONARVAR	44	19:26		
2	24	DR PAMELA GALAMBOS	45	23:11		
3	29	SANDRA NUNEZ	47	25:17		
7.	69	San Diego Track Club B	(22:59	1:08:56	1:51)
=====						
1	19	JENNIFER UWINS	45	22:06		
2	23	MELISSA MINJAREZ	42	22:53		
3	27	JENNIFER WILLIAMS	42	23:57		
4	(31)	TRACY TADDEY	49	27:14		

Women's 40+ Team Results - 2019

8. 69 Perros Bravos A (23:25 1:10:14 2:46)

=====

1	20	GABY BARREIRO	52	22:29
2	21	LORENA PINON	41	22:30
3	28	ANDREA GUZMAN	48	25:15
4	(32)	MARTHA ZARATE	55	27:32

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 Women's 50+ TEAM Results

1.	14	Impala Racing Team A	(21:35	1:04:45	2:11)
=====						
1	2	HRONN GUDMUNDSDOTTIR	54	20:15		
2	5	PATTI SHORE	53	22:04		
3	7	EILEEN BRENNAN-ERLER	58	22:26		
4	(11)	ANGELA LONGWORTH	52	23:03		
5	(12)	CAROL KELLER	59	23:08		
2.	21	So Cal Track Club A	(21:56	1:05:47	4:22)
=====						
1	1	KATHERINE WOLSKI	53	19:34		
2	6	ROSALVA BONILLA	56	22:17		
3	14	DEBBIE LEE	62	23:56		
3.	29	San Diego Track Club A	(23:16	1:09:48	2:58)
=====						
1	3	LAURA STUART	54	21:55		
2	10	ROSEANN PARRY	53	23:00		
3	16	ANNIE HERRIN	57	24:53		
4	(19)	CATHERINE MOORE	58	26:35		
4.	34	A Snail's Pace Running Cl	(25:43	1:17:08	10:16)
=====						
1	4	SUE ZIHLMANN	55	22:04		
2	8	LAURA MORRIS	50	22:44		
3	22	JUSTINE DELLINGER	55	32:20		
5.	37	Genesee Valley Harriers A	(23:37	1:10:50	1:48)
=====						
1	9	MAUREEN BISCHOFF	53	22:48		
2	13	SANDRA GREGORICH	57	23:26		
3	15	COLLEEN MAGNUSSEN	59	24:36		
4	(20)	LEANN FINNIGAN	57	26:59		
6.	56	San Diego Track Club B	(26:55	1:20:43	1:27)
=====						
1	17	JAMIE FRYREAR	50	26:22		
2	18	ELLEN FLEISCHMAN	57	26:32		
3	21	TOYA REAVIS	55	27:49		

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 Women's 60+ TEAM Results

1.	10	San Diego Track Club A	(24:46	1:14:17	1:21)
=====						
1	1	KARYN SIMMONDS	60	24:04		
2	4	LINDA POWERS	61	24:48		
3	5	ERNESTINA MARTIN	65	25:25		
4	(6)	MARY RYZNER	65	25:30		
5	(7)	ROBIN PAINE	69	26:42		
2.	13	Team Red Lizard A	(25:16	1:15:47	2:26)
=====						
1	2	JEANETTE GROESZ	70	24:19		
2	3	SUZANNE RAY	67	24:43		
3	8	SHARON GERL	71	26:45		
3.	30	Boulder Road Runners A	(30:09	1:30:26	1:15)
=====						
1	9	NANCY PETER	62	29:26		
2	10	NANCY ANTOS	69	30:19		
3	11	DIANNE KIRSCH	62	30:41		
4	(12)	VIRGINIA SCHULTZ	64	36:47		

Women's 70+ Team Results - 2019
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Women's 70+ TEAM Results

1.	9	Impala Racing Team A	(30:54	1:32:40	6:25)
=====						
1	1	JO ANNE ROWLAND	71	28:01		
2	3	IRENE HERMAN	70	30:13		
3	5	NELDA WILLIAMS	70	34:26		
2.	12	San Diego Track Club A	(34:38	1:43:53	14:46)
=====						
1	2	CHRISTINE YOUNG	70	28:04		
2	4	MANYA HULT	74	32:59		
3	6	AMY ALLEN	74	42:50		
4	(7)	VIRGINIA LOPEZ	79	45:55		
5	(8)	PATRICIA BENTZ	76	49:46		

Women's 80+ Team Results - 2019
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Women's 80+ TEAM Results

1.	6	San Diego Track Club A	(48:36	2:25:47	8:36)
=====						
1	1	HENRIETTA FRANKUM	80	45:35		
2	2	MARTHA WALKER	83	46:01		
3	3	DONNA GOOKIN	83	54:11		

Women's Age Group Results

AGE-GROUP RESULTS FOR RACE
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FEMALE AGE GROUP: 40 - 44

1	1	MERIAH EARLE	41 San Diego Track	18:38	6:00
2	2	HILARY CORNO	44 Prado Racing Te	18:50	6:04
3	4	KELLY COUCH	41 Impala Racing T	19:11	6:11
4	5	KIMBERLY MUELLER	43 San Diego Track	19:14	6:12
5	6	DONNA MILLS-HONARVA	44 A Snail's Pace	19:26	6:16
6	10	JILL BRALEY	41 Atlanta Track C	19:39	6:20
7	11	ANGELA MOLL	42 Prado Racing Te	19:42	6:21
8	13	VICTORIA BARANA	40 San Diego Track	19:50	6:23
9	14	EVA LOZANO	40 San Diego Track	19:58	6:26
10	16	JULIE ANN DOUGERY	41 Impala Racing T	20:08	6:29
11	17	KRISTEN REYES	44 San Diego Track	20:13	6:31
12	19	ROMY BASLER (NC)	40 Raptors	20:17	6:32
13	21	LIZ GOTTLIEB	44 Impala Racing T	21:05	6:48
14	23	LAURA MITCHELL	43 Team Rogue	21:24	6:54
15	24	SUNDAY PATTERSON	43 Team Rogue	21:32	6:56
16	36	LORENA PINON	41 Perros Bravos	22:30	7:15
17	38	HIROKO GUARNIERI	44 Atlanta Track C	22:39	7:18
18	41	MELISSA MINJAREZ	42 San Diego Track	22:53	7:22
19	44	VANESSA LORDI	42 Strawberry Cany	23:06	7:26
20	51	ALICIA ENO	42 Atlanta Track C	23:51	7:41
21	53	JENNIFER WILLIAMS	42 San Diego Track	23:57	7:43
22	56	ANGEE HENRY	43 Nebraska Run Gu	24:28	7:53
23	63	STEPHANIE WHITIS	43 Atlanta Track C	25:19	8:09

FEMALE AGE GROUP: 45 - 49

1	3	LORILYNN BLOOMER	47 Bowerman Track	18:57	6:06
2	9	CELESTINE ARAMBULO	49 Prado Racing Te	19:38	6:19
3	15	AMY HALSETH	49 Prado Racing Te	20:04	6:28
4	26	ALEXANDRA NEWMAN	47 Impala Racing T	21:52	7:03
5	28	DEBORAH SPAULDING	45 Raptors	21:57	7:04
6	31	JENNIFER UWINS	45 San Diego Track	22:06	7:07
7	46	DR PAMELA GALAMBOS	45 A Snail's Pace	23:11	7:28
8	61	ANDREA GUZMAN	48 Perros Bravos	25:15	8:08
9	62	SANDRA NUNEZ	47 A Snail's Pace	25:17	8:09
10	73	TRACY TADDEY	49 San Diego Track	27:14	8:46

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 FEMALE AGE GROUP: 50 - 54

1	8	KATHERINE WOLSKI	53 So Cal Track Cl	19:34	6:18
2	12	KARA PARKER	50 Run MN	19:44	6:22
3	18	HRONN GUDMUNSDOTTI	54 Impala Racing T	20:15	6:31
4	20	TANIA FISCHER	53 The Janes Elite	21:03	6:47
5	27	LAURA STUART	54 San Diego Track	21:55	7:03
6	30	PATTI SHORE	53 Impala Racing T	22:04	7:07
7	33	MAUREEN FRIEND	53	22:19	7:11
8	35	GABY BARREIRO	52 Perros Bravos	22:29	7:14
9	39	LAURA MORRIS	50 A Snail's Pace	22:44	7:19
10	40	MAUREEN BISCHOFF	53 Genesee Valley	22:48	7:21
11	42	ROSEANN PARRY	53 San Diego Track	23:00	7:25
12	43	ANGELA LONGWORTH	52 Impala Racing T	23:03	7:25
13	66	JAMIE FRYREAR	50 San Diego Track	26:22	8:30

Women's Age Group Results

14	79 LANAE WANGLER	54	30:01	9:40
15	88 MARIA AMOR	52 Cal Coast Track	34:23	11:04
FEMALE AGE GROUP: 55 - 59				
1	7 MARISA SUTERA STRAN	56 Athena Track Cl	19:31	6:17
2	25 LAURA BRUESS	58 Athletics Bould	21:39	6:58
3	29 SUE ZIHLMANN	55 A Snail's Pace	22:04	7:07
4	32 ROSALVA BONILLA	56 So Cal Track Cl	22:17	7:11
5	34 EILEEN BRENNAN-ERLE	58 Impala Racing T	22:26	7:13
6	37 INGE MCCLORY	56 Athletics Bould	22:37	7:17
7	45 CAROL KELLER	59 Impala Racing T	23:08	7:27
8	47 NANCY WILKINS-DIEHR	57 Florida Track C	23:18	7:30
9	48 SANDRA GREGORICH	57 Genesee Valley	23:26	7:33
10	57 COLLEEN MAGNUSSEN	59 Genesee Valley	24:36	7:56
11	60 ANNIE HERRIN	57 San Diego Track	24:53	8:01
12	67 ELLEN FLEISCHMAN	57 San Diego Track	26:32	8:33
13	68 CATHERINE MOORE	58 San Diego Track	26:35	8:34
14	71 LEANN FINNIGAN	57 Genesee Valley	26:59	8:42
15	74 MARTHA ZARATE	55 Perros Bravos	27:32	8:52
16	75 TOYA REAVIS	55 San Diego Track	27:49	8:58
17	85 JUSTINE DELLINGER	55 A Snail's Pace	32:20	10:25
18	92 MARISSA DE LUNA	57	39:38	12:46
FEMALE AGE GROUP: 60 - 64				
1	22 CARMEN AYALA-TRONCO	60 Team Rogue	21:08	6:48
2	49 MO BARTLEY	64 Impala Racing T	23:46	7:39
3	52 DEBBIE LEE	62 So Cal Track Cl	23:56	7:42
4	54 KARYN SIMMONDS	60 San Diego Track	24:04	7:45
5	59 LINDA POWERS	61 San Diego Track	24:48	7:59
6	78 NANCY PETER	62 Boulder Road Ru	29:26	9:29
7	82 DIANNE KIRSCH	62 Boulder Road Ru	30:41	9:53
8	91 VIRGINIA SCHULTZ	64 Boulder Road Ru	36:47	11:51
FEMALE AGE GROUP: 65 - 69				
1	58 SUZANNE RAY	67 Team Red Lizard	24:43	7:58
2	64 ERNESTINA MARTIN	65 San Diego Track	25:25	8:11
3	65 MARY RYZNER	65 San Diego Track	25:30	8:13
4	69 ROBIN PAINE	69 San Diego Track	26:42	8:36
5	72 DEBORAH SHEA	65 San Diego Track	27:05	8:43
6	81 NANCY ANTOS	69 Boulder Road Ru	30:19	9:46
7	84 MYRTLE SPOWART	66 San Diego Track	32:11	10:22
8	101 KATHLEEN HAMPTON	65	53:47	17:19
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FEMALE AGE GROUP: 70 - 74				
1	50 JANE TRELEVEN	70	23:49	7:40
2	55 JEANETTE GROESZ	70 Team Red Lizard	24:19	7:50
3	70 SHARON GERL	71 Team Red Lizard	26:45	8:37
4	76 JO ANNE ROWLAND	71 Impala Racing T	28:01	9:01
5	77 CHRISTINE YOUNG	70 San Diego Track	28:04	9:02
6	80 IRENE HERMAN	70 Impala Racing T	30:13	9:44
7	83 JUDY SCHICKLER	74 Florida Track C	31:54	10:17
8	86 MANYA HULT	74 San Diego Track	32:59	10:37
9	89 NELDA WILLIAMS	70 Impala Racing T	34:26	11:05
10	90 JANE WILLIAMS	72 San Diego Strid	35:49	11:32
11	93 CAROL RHODES	71	39:57	12:52
12	94 CAROL PATTERSON	72 Atlanta Track C	40:03	12:54
13	95 AMY ALLEN	74 San Diego Track	42:50	13:48
FEMALE AGE GROUP: 75 - 79				
1	87 IRENE TERRONEZ	75	33:25	10:46
2	98 VIRGINIA LOPEZ	79 San Diego Track	45:55	14:47
3	100 PATRICIA BENTZ	76 San Diego Track	49:46	16:02
FEMALE AGE GROUP: 80 - 84				

Women's Age Group Results

1	97 HENRIETTA FRANKUM	80 San Diego Track	45:35 14:41
2	99 MARTHA WALKER	83 San Diego Track	46:01 14:49
3	102 DONNA GOOKIN	83 San Diego Track	54:11 17:27
FEMALE AGE GROUP: 85 - 89			
1	96 SUZI FALCO	85	44:30 14:20
FEMALE AGE GROUP: 90 - 94			
FEMALE AGE GROUP: 95 - 99			

USA MASTERS 5KM
 CROSS COUNTRY CHAMPIONSHIPS
 Mission Bay, San Diego, CA
 Saturday, October 12, 2019
 Registration & Results by the San Diego Track Club

*****WOMENS RESULTS*****

Place	Name	No.	Age	Div/Tot	S	Affiliation	Finishw	Agegrad
1	MARISA SUTERA STRAN	93	56	1/18	F	Athena Track Cl	19:31	90.57
2	JANE TRELEVEN	97	70	1/13	F		23:49	88.64
3	CARMEN AYALA-TRONCO	5	60	1/8	F	Team Rogue	21:08	87.72
4	KATHERINE WOLSKI	106	53	1/15	F	So Cal Track Cl	19:34	87.30
5	JEANETTE GROESZ	37	70	2/13	F	Team Red Lizard	24:19	86.81
6	HRONN GUDMUNSDOTTI	39	54	2/15	F	Impala Racing T	20:15	85.31
7	LORILYNN BLOOMER	12	47	1/10	F	Bowerman Track	18:57	84.47
8	KARA PARKER	72	50	3/15	F	Run MN	19:44	83.73
9	LAURA BRUESS	16	58	2/18	F	Athletics Bould	21:39	83.59
10	CELESTINE ARAMBULO	4	49	2/10	F	Prado Racing Te	19:38	83.25
11	HILARY CORNO	17	44	1/23	F	Prado Racing Te	18:50	82.74
12	MO BARTLEY	8	64	2/8	F	Impala Racing T	23:46	82.00
13	SUZANNE RAY	79	67	1/8	F	Team Red Lizard	24:43	82.00
14	MERIAH EARLE	23	41	2/23	F	San Diego Track	18:38	81.89
15	AMY HALSETH	41	49	3/10	F	Prado Racing Te	20:04	81.46
16	TANIA FISCHER	27	53	4/15	F	The Janes Elite	21:03	81.15
17	EILEEN BRENNAN-ERLE	15	58	3/18	F	Impala Racing T	22:26	80.67
18	KIMBERLY MUELLER	67	43	3/23	F	San Diego Track	19:14	80.40
19	DONNA MILLS-HONARVA	61	44	4/23	F	A Snail's Pace	19:26	80.19
20	SHARON GERL	33	71	3/13	F	Team Red Lizard	26:45	80.03
21	KELLY COUCH	19	41	5/23	F	Impala Racing T	19:11	79.54
22	DEBBIE LEE	50	62	3/8	F	So Cal Track Cl	23:56	79.39
23	ROSALVA BONILLA	13	56	4/18	F	So Cal Track Cl	22:17	79.33
24	SUE ZIHLMANN	109	55	5/18	F	A Snail's Pace	22:04	79.18
25	CAROL KELLER	48	59	6/18	F	Impala Racing T	23:08	79.17
26	LAURA STUART	92	54	5/15	F	San Diego Track	21:55	78.82
27	INGE MCCLORY	58	56	7/18	F	Athletics Bould	22:37	78.16
28	ROBIN PAINE	71	69	2/8	F	San Diego Track	26:42	77.98
29	ANGELA MOLL	64	42	6/23	F	Prado Racing Te	19:42	77.95
30	ERNESTINA MARTIN	57	65	3/8	F	San Diego Track	25:25	77.67
31	JILL BRALEY	14	41	7/23	F	Atlanta Track C	19:39	77.65
32	MARY RYZNER	84	65	4/8	F	San Diego Track	25:30	77.42
33	PATTI SHORE	88	53	6/15	F	Impala Racing T	22:04	77.41
34	KRISTEN REYES	81	44	8/23	F	San Diego Track	20:13	77.08
35	KARYN SIMMONDS	89	60	4/8	F	San Diego Track	24:04	77.02
36	NANCY WILKINS-DIEHR	102	57	8/18	F	Florida Track C	23:18	76.75
37	MAUREEN FRIEND	30	53	7/15	F		22:19	76.54
38	VICTORIA BARANA	6	40	9/23	F	San Diego Track	19:50	76.49
39	JO ANNE ROWLAND	83	71	4/13	F	Impala Racing T	28:01	76.41
40	SANDRA GREGORICH	36	57	9/18	F	Genesee Valley	23:26	76.32
41	EVA LOZANO	54	40	10/23	F	San Diego Track	19:58	75.98
42	JULIE ANN DOUGERY	22	41	11/23	F	Impala Racing T	20:08	75.78
43	LINDA POWERS	78	61	5/8	F	San Diego Track	24:48	75.67
44	CHRISTINE YOUNG	107	70	5/13	F	San Diego Track	28:04	75.22
45	GABY BARREIRO	7	52	8/15	F	Perros Bravos	22:29	75.12
46	MAUREEN BISCHOFF	11	53	9/15	F	Genesee Valley	22:48	74.92
47	ROMY BASLER (NC)	9	40	12/23	F	Raptors	20:17	74.79
48	COLLEEN MAGNUSSEN	55	59	10/18	F	Genesee Valley	24:36	74.45
49	ROSEANN PARRY	73	53	10/15	F	San Diego Track	23:00	74.27

Women's Master's AG Results - 2019

50	LIZ GOTTLIEB	35	44	13/23	F Impala Racing T	21:05	73.91
51	ANGELA LONGWORTH	51	52	11/15	F Impala Racing T	23:03	73.27
52	ALEXANDRA NEWMAN	69	47	4/10	F Impala Racing T	21:52	73.20
53	DEBORAH SHEA	87	65	5/8	F San Diego Track	27:05	72.89
54	LAURA MORRIS	66	50	12/15	F A Snail's Pace	22:44	72.68
55	LAURA MITCHELL	63	43	14/23	F Team Rogue	21:24	72.26
56	ANNIE HERRIN	45	57	11/18	F San Diego Track	24:53	71.87
57	SUNDAY PATTERSON	75	43	15/23	F Team Rogue	21:32	71.81
58	DEBORAH SPAULDING	90	45	5/10	F Raptors	21:57	71.58
59	JENNIFER UWINS	98	45	6/10	F San Diego Track	22:06	71.10
60	JUDY SCHICKLER	85	74	6/13	F Florida Track C	31:54	70.07
61	IRENE HERMAN	44	70	7/13	F Impala Racing T	30:13	69.86
62	HIROKO GUARNIERI	38	44	16/23	F Atlanta Track C	22:39	68.80
63	NANCY ANTOS	3	69	6/8	F Boulder Road Ru	30:19	68.68
64	CATHERINE MOORE	65	58	12/18	F San Diego Track	26:35	68.07
65	IRENE TERRONEZ	95	75	1/3	F	33:25	67.89
66	LORENA PINON	77	41	17/23	F Perros Bravos	22:30	67.81
67	DR PAMELA GALAMBOS	32	45	7/10	F A Snail's Pace	23:11	67.78
68	MANYA HULT	46	74	8/13	F San Diego Track	32:59	67.77
69	ELLEN FLEISCHMAN	28	57	13/18	F San Diego Track	26:32	67.40
70	MELISSA MINJAREZ	62	42	18/23	F San Diego Track	22:53	67.11
71	VANESSA LORDI	53	42	19/23	F Strawberry Cany	23:06	66.48
72	LEANN FINNIGAN	26	57	14/18	F Genesee Valley	26:59	66.28
73	NANCY PETER	76	62	6/8	F Boulder Road Ru	29:26	64.55
74	ALICIA ENO	24	42	20/23	F Atlanta Track C	23:51	64.39
75	JENNIFER WILLIAMS	104	42	21/23	F San Diego Track	23:57	64.12
76	ANDREA GUZMAN	40	48	8/10	F Perros Bravos	25:15	64.05
77	MARTHA ZARATE	108	55	15/18	F Perros Bravos	27:32	63.46
78	SANDRA NUNEZ	70	47	9/10	F A Snail's Pace	25:17	63.31
79	ANGEE HENRY	43	43	22/23	F Nebraska Run Gu	24:28	63.20
80	TOYA REAVIS	80	55	16/18	F San Diego Track	27:49	62.82
81	JAMIE FRYREAR	31	50	13/15	F San Diego Track	26:22	62.67
82	MYRTLE SPOWART	91	66	7/8	F San Diego Track	32:11	62.15
83	SUZI FALCO	25	85	1/1	F	44:30	62.14
84	DIANNE KIRSCH	49	62	7/8	F Boulder Road Ru	30:41	61.92
85	NELDA WILLIAMS	105	70	9/13	F Impala Racing T	34:26	61.31
86	STEPHANIE WHITIS	101	43	23/23	F Atlanta Track C	25:19	61.08
87	JANE WILLIAMS	103	72	10/13	F San Diego Strid	35:49	60.62
88	TRACY TADDEY	94	49	10/10	F San Diego Track	27:14	60.02
89	LANAE WANGLER	100	54	14/15	F	30:01	57.55
90	MARTHA WALKER	99	83	1/3	F San Diego Track	46:01	56.93
91	CAROL PATTERSON	74	72	11/13	F Atlanta Track C	40:03	54.21
92	JUSTINE DELLINGER	21	55	17/18	F A Snail's Pace	32:20	54.04
93	HENRIETTA FRANKUM	29	80	2/3	F San Diego Track	45:35	53.88
94	CAROL RHODES	82	71	12/13	F	39:57	53.59
95	VIRGINIA SCHULTZ	86	64	8/8	F Boulder Road Ru	36:47	52.98
96	VIRGINIA LOPEZ	52	79	2/3	F San Diego Track	45:55	52.55
97	AMY ALLEN	1	74	13/13	F San Diego Track	42:50	52.19
98	MARIA AMOR	2	52	15/15	F Cal Coast Track	34:23	49.12
99	DONNA GOOKIN	34	83	3/3	F San Diego Track	54:11	48.35
100	PATRICIA BENTZ	10	76	3/3	F San Diego Track	49:46	46.27
101	MARISSA DE LUNA	20	57	18/18	F	39:38	45.12
102	KATHLEEN HAMPTON	42	65	8/8	F	53:47	36.71