

# 2024 USATF NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Mechanicsville, VA

Pole Green Park

Saturday, January 20, 2024



OFFICIAL MEET REPORT

printed: 1/20/2024 11:36 AM

**Race #3**  
**Masters Women 6k**

## Final Results

### INDIVIDUAL RESULTS

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 DIMOFF, Carrie	576	Bowerman Track Cl	-	21:15.5	---	5:41.9	3:32.6
2 METIVIER, Renee	628	Team Red Lizard (4	-	21:46.5	31.0	5:50.2	3:37.7
3 LUND, April	597	GYS TRACK CLUB	-	21:56.9	41.4	5:53.1	3:39.5
4 LENGE WARREN, Chelsea	630	Team Red Lizard (4	-	21:58.7	43.2	5:53.5	3:39.8
5 ENMAN, Kasie	596	Green Mountain Ath	-	22:06.0	49.5	5:55.5	3:41.0
6 MAMMEN, MINDY	646	UNA Virginia	-	22:29.3	1:13.8	6:01.7	3:44.9
7 BRETON, Julia Siegel	642	UNA Virginia	-	23:01.4	1:45.9	6:10.3	3:50.2
8 SHAW, Kristin	629	Team Red Lizard (4	-	23:20.2	2:04.7	6:15.4	3:53.4
9 PALMER-THOMASEY, Ashle	645	UNA Virginia	-	23:20.7	2:05.2	6:15.5	3:53.4
10 COOKE, Jacqueline	600	Impala Racing Tea	-	23:29.0	2:12.5	6:17.7	3:54.8
11 SMITH, Jodi	638	UNA Iowa	-	23:48.0	2:31.5	6:22.8	3:58.0
12 HEAVNER, Whitney	605	Pacers Running//G	-	23:50.0	2:33.5	6:23.4	3:58.3
13 JOSIAH-TANNER, Euleen	627	T.H.E. Track Team	-	24:28.4	3:12.9	6:33.6	4:04.7
14 WARD, Emily	641	UNA Virginia	-	24:40.1	3:24.6	6:36.8	4:06.7
15 SANDERS, Caroline	647	UNA Virginia	-	24:57.5	3:42.0	6:41.5	4:09.6
16 GANNON, Amy	592	Greater Philadelphi	-	25:04.5	3:49.0	6:43.3	4:10.7
17 RUSK, Sarah	606	Pike Creek Valley R	-	25:15.6	4:00.1	6:46.3	4:12.6
18 FORDE, Samantha	598	Impala Racing Tea	-	25:24.0	4:07.5	6:48.6	4:14.0
19 CASS, Mary	601	Liberty Athletic Club	-	25:37.3	4:21.8	6:52.1	4:16.2
20 PELLETIER, Tamara	580	Colonial Road Runn	-	25:45.1	4:29.6	6:54.2	4:17.5
21 GAGLIARDI, Theresa	588	Greater Philadelphi	-	25:55.8	4:40.3	6:57.1	4:19.3
22 TENNYSON, Jill	640	UNA Maryland	-	26:04.2	4:48.7	6:59.3	4:20.7
23 BOLIN, Colleen	631	UNA Illinois	-	26:25.9	5:10.4	7:05.2	4:24.3
24 KING, Amanda	602	Liberty Athletic Club	-	26:40.5	5:25.0	7:09.1	4:26.7
25 DEAN, Abby	591	Greater Philadelphi	-	26:43.7	5:28.2	7:09.9	4:27.3
26 HODGE, Brenda	608	Pike Creek Valley R	-	26:52.7	5:37.2	7:12.3	4:28.8
27 HOLLOWAY, Katrina	607	Pike Creek Valley R	-	26:56.7	5:41.2	7:13.4	4:29.4
28 CHITI, Melissa	613	Pursuit of Excellenc	-	27:03.1	5:47.6	7:15.1	4:30.5
29 DELEA, Laura	616	Shore Athletic Club	-	27:05.8	5:50.3	7:15.9	4:31.0
30 CARY, Nora	622	Shore Athletic Club	-	27:06.8	5:51.3	7:16.1	4:31.1
31 ROBINSON, Deelyn	582	Colonial Road Runn	-	27:16.4	6:00.9	7:18.7	4:32.7
32 SCHULZE, Megan	579	Colonial Road Runn	-	27:27.4	6:11.9	7:21.6	4:34.6
33 JASPER, Lorraine	594	Greater Philadelphi	-	27:28.8	6:13.3	7:22.0	4:34.8
34 BROWN, Kelly	637	UNA Virginia	-	27:39.8	6:24.3	7:25.0	4:36.6
35 GUARNIERI, Hiroko	565	Atlanta Track Club (	-	27:42.8	6:27.3	7:25.8	4:37.1
36 GIANOUKOS, Aimee	581	Colonial Road Runn	-	27:45.4	6:29.9	7:26.5	4:37.6
37 BRUCH, Michelle	633	UNA Virginia	-	27:47.2	6:31.7	7:26.9	4:37.9
38 CRANE, Cassandra	584	Genesee Valley Har	-	27:47.8	6:32.3	7:27.1	4:38.0
39 MARZULLA, Alexandra	618	Shore Athletic Club	-	27:49.5	6:34.0	7:27.6	4:38.2
40 MASSELL, Maureen	619	Shore Athletic Club	-	27:50.4	6:34.9	7:27.8	4:38.4
41 HUFF, Kris	569	Atlanta Track Club (	-	27:53.1	6:37.6	7:28.5	4:38.8
42 GUEST, Tracy	644	UNA Colorado	-	27:54.1	6:38.6	7:28.8	4:39.0
43 COX, Kelly	583	Colonial Road Runn	-	27:56.5	6:41.0	7:29.4	4:39.4
44 KLEIN, Tina	626	T.H.E. Track Team	-	27:58.2	6:42.7	7:29.9	4:39.7
45 NEWMAN, Alexandra	599	Impala Racing Tea	-	27:59.0	6:42.5	7:30.1	4:39.8
46 WIEGAND, Kathy	564	Atlanta Track Club (	-	28:05.7	6:50.2	7:31.9	4:40.9

**2024 USATF NATIONAL CROSS COUNTRY  
CHAMPIONSHIPS**

Mechanicsville, VA

Pole Green Park

Saturday, January 20, 2024

**OFFICIAL MEET REPORT**

printed: 1/20/2024 11:36 AM

**Race #3  
Masters Women 6k****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
47 PUMA, Alysia	617	Shore Athletic Club	-	28:10.9	6:55.4	7:33.3	4:41.8
48 OSOVSKI, Brenda	585	Genesee Valley Har	-	28:15.9	7:00.4	7:34.6	4:42.6
49 BOK, Victoria	603	Liberty Athletic Club	-	28:20.0	7:03.5	7:35.7	4:43.3
50 SNAGG, Deborah	614	Richmond Track &	-	29:14.0	7:57.5	7:50.2	4:52.3
51 ALLEN, Michelle	568	Atlanta Track Club (	-	29:22.5	8:07.0	7:52.5	4:53.7
52 KELLEY, Louise	586	Greater Philadelphi	-	29:47.8	8:32.3	7:59.3	4:58.0
53 BRATHWAITE, Debbie	624	Shore Athletic Club	-	31:01.8	9:46.3	8:19.1	5:10.3
54 ANDERSON, Jessica	578	Colonial Road Runn	-	31:08.3	9:52.8	8:20.9	5:11.4
55 NEWMAN, Linda	611	Pony Express Track	-	32:19.0	11:02.5	8:39.8	5:23.2
56 TANNER, Robin	567	Atlanta Track Club (	-	32:32.2	11:16.7	8:43.4	5:25.4
57 STIRRAT, Susan	620	Shore Athletic Club	-	33:05.0	11:48.5	8:52.1	5:30.8
58 NOWICKI, Leslie	621	Shore Athletic Club	-	34:01.9	12:46.4	9:07.4	5:40.3
59 LUCKING, Cynthia	571	Atlanta Track Club (	-	34:49.3	13:33.8	9:20.1	5:48.2
60 BARRERA, Brenda	636	UNA Virginia	-	35:41.4	14:25.9	9:34.1	5:56.9
61 KNOTHE, Lynn	610	Pike Creek Valley R	-	37:15.5	16:00.0	9:59.3	6:12.6
62 MCCARTER, andrea	572	Atlanta Track Club (	-	46:18.6	25:03.1	12:24.9	7:43.1
63 MYERS, Helene	612	Potomac Valley Tra	-	51:02.8	29:47.3	13:41.1	8:30.5
64 HODGES-HITE, Joyce	570	Atlanta Track Club (	-	1:03:59.8	42:44.3	17:09.4	10:40.0
-- LA BURT, Suzanne	623	Shore Athletic Club	-			---	---
-- HOPKINS, Rachel	625	Sirius Athletics (50)	-			---	---
-- DOSWELL, Kathleen	635	UNA Virginia	-			---	---
-- LEDFORD, Jennifer	639	UNA Virginia	-			---	---
-- BROADBENT, Anabelle	589	Greater Philadelphi	-			---	---
-- MONTINI, Rebecca	590	Greater Philadelphi	-			---	---
-- LUTZ, Jennifer	573	Battle Road Track	-			---	---
-- DUNN, Karen	587	Greater Philadelphi	-			---	---
-- SUTERA STRANGE, Marisa	595	Greater Philadelphi	-			---	---
-- EMMONS, Allison	609	Pike Creek Valley R	-			---	---
-- ANTOS, Nancy	574	Boulder Road Runn	-	DQ		---	---
-- ENO, Alicia	566	Atlanta Track Club (	-			---	---
-- BLOOMER, Lorilynn	575	Bowerman Track Cl	-			---	---
-- ROHDE, Kristen	577	Bowerman Track Cl	-			---	---
-- CAMY, Elizabeth	643	UNA California	-			---	---
-- COMLY, Amy	632	UNA Pennsylvania	-			---	---
-- LANGAN, Elle	648	UNA North Carolina	-			---	---
-- PONVERT, Wendy	634	UNA Maryland	-			---	---
-- ELY, Brett	604	Notch Run Club	-			---	---

Place	Bib	First Name	Last Name	Gender	team	Clock Time	Pace	Age	Age Percentage	Division Place	Division
<b>40-44</b>											
1	576	Carrie	Dimoff	F	Bowerman Track Club (40)	0:21:15.428	5:42	40	85.8	1	F4044
2	628	Renee	Metivier	F	Team Red Lizard (40)	0:21:46.404	5:50	42	84.8	2	F4044
3	597	April	Lund	F	GYS TRACK CLUB (40)	0:21:56.894	5:53	41	83.6	3	F4044
4	630	Chelsea	Lenge Warren	F	Team Red Lizard (40)	0:21:58.620	5:54	40	83.0	4	F4044
<b>Green Mountain Athletic Association (40)</b>											
5	596	Kasie	Enman	F	Association (40)	0:22:05.960	5:56	44	84.8	5	F4044
6	646	MINDY	MAMMEN	F	UNA Virginia	0:22:29.285	6:02	40	81.1	6	F4044
7	642	Julia Siegel	Breton	F	UNA Virginia	0:23:01.368	6:11	40	79.2	7	F4044
8	629	Kristin	Shaw	F	Team Red Lizard (40)	0:23:20.152	6:16	40	78.1	8	F4044
9	645	Ashley	Palmer-Thomasey	F	UNA Virginia	0:23:20.635	6:16	40	78.1	9	F4044
<b>Pacers Running//GRC New Balance (40)</b>											
12	605	Whitney	Heavner	F	Balance (40)	0:23:49.987	6:24	40	76.5	10	F4044
14	641	Emily	Ward	F	UNA Virginia	0:24:40.068	6:37	41	74.4	11	F4044
15	647	Caroline	Sanders	F	UNA Virginia	0:24:57.412	6:42	42	74.0	12	F4044
<b>Pike Creek Valley Running Club (40)</b>											
17	606	Sarah	Rusk	F	(40)	0:25:15.549	6:47	43	73.6	13	F4044
21	588	Theresa	Gagliardi	F	Greater Philadelphia TC (40)	0:25:55.719	6:57	40	70.3	14	F4044
22	640	Jill	Tennyson	F	UNA Maryland	0:26:04.172	7:00	41	70.4	15	F4044
23	631	Colleen	Bolin	F	UNA Illinois	0:26:25.835	7:05	43	70.4	16	F4044
32	579	Megan	Schulze	F	Colonial Road Runners (40)	0:27:27.322	7:22	41	66.8	17	F4044
54	578	Jessica	Anderson	F	Colonial Road Runners (40)	0:31:08.284	8:21	42	59.3	18	F4044
<b>45-49</b>											
10	600	Jacqueline	Cooke	F	Impala Racing Team (40)	0:23:28.927	6:18	45	80.5	1	F4549
11	638	Jodi	Smith	F	UNA Iowa	0:23:47.989	6:23	45	79.4	2	F4549
13	627	Euleen	Josiah-Tanner	F	T.H.E. Track Team	0:24:28.310	6:34	49	80.3	3	F4549
20	580	Tamara	Pelletier	F	Colonial Road Runners (40)	0:25:45.089	6:54	49	76.3	4	F4549
<b>Pike Creek Valley Running Club (40)</b>											
27	607	Katrina	Holloway	F	(40)	0:26:56.688	7:14	47	71.4	5	F4549
35	565	Hiroko	Guarnieri	F	Atlanta Track Club (40)	0:27:42.767	7:26	48	70.2	6	F4549
36	581	Aimee	Gianoukos	F	Colonial Road Runners (40)	0:27:45.360	7:27	48	70.1	7	F4549
37	633	Michelle	Bruch	F	UNA Virginia	0:27:47.114	7:27	45	68.0	8	F4549
43	583	Kelly	Cox	F	Colonial Road Runners (NS)	0:27:56.447	7:30	45	67.6	9	F4549
46	564	Kathy	Wiegand	F	Atlanta Track Club (40)	0:28:05.686	7:32	49	69.9	10	F4549
61	610	Lynn	Knothe	F	Pike Creek Valley Running Club	0:37:15.456	10:00	46	51.2	11	F4549
<b>45-49</b>											
16	592	Amy	Gannon	F	Greater Philadelphia TC (50)	0:25:04.451	6:44	50	79.2	1	F5054
18	598	Samantha	Forde	F	Impala Racing Team (40)	0:25:23.970	6:49	51	79.1	2	F5054
25	591	Abby	Dean	F	Greater Philadelphia TC (50)	0:26:43.690	7:10	52	76.0	3	F5054
<b>Pike Creek Valley Running Club (40)</b>											
26	608	Brenda	Hodge	F	(40)	0:26:52.646	7:13	52	75.6	4	F5054
38	584	Cassandra	Crane	F	Genesee Valley Harriers (50)	0:27:47.776	7:27	54	74.8	5	F5054
39	618	Alexandra	Marzulla	F	Shore Athletic Club (50)	0:27:49.458	7:28	52	73.0	6	F5054
42	644	Tracy	Guest	F	UNA Colorado	0:27:54.062	7:29	53	73.7	7	F5054
45	599	Alexandra	Newman	F	Impala Racing Team (40)	0:27:58.909	7:30	51	71.8	8	F5054
47	617	Alysia	Puma	F	Shore Athletic Club (50)	0:28:10.843	7:34	52	72.1	9	F5054
<b>55-59</b>											
28	613	Melissa	Chiti	F	Pursuit of Excellence Track Club	0:27:03.023	7:15	58	80.5	1	F5559
29	616	Laura	DeLea	F	Shore Athletic Club (50)	0:27:05.769	7:16	58	80.4	2	F5559
31	582	Deelyn	Robinson	F	Colonial Road Runners (40)	0:27:16.319	7:19	58	79.9	3	F5559
34	637	Kelly	Brown	F	UNA Virginia	0:27:39.701	7:25	59	79.7	4	F5559
40	619	Maureen	Masell	F	Shore Athletic Club (50)	0:27:50.367	7:28	55	75.6	5	F5559
44	626	Tina	Klein	F	T.H.E. Track Team	0:27:58.101	7:30	58	77.9	6	F5559
48	585	Brenda	Osovski	F	Genesee Valley Harriers (50)	0:28:15.801	7:35	57	76.1	7	F5559
<b>60-64</b>											
19	601	Mary	Cass	F	Liberty Athletic Club (60)	0:25:37.270	6:52	62	89.3	1	F6064
24	602	Amanda	King	F	Liberty Athletic Club (60)	0:26:40.413	7:09	62	85.8	2	F6064
33	594	Lorraine	Jasper	F	Greater Philadelphia TC (60)	0:27:28.790	7:22	62	83.3	3	F6064
41	569	Kris	Huff	F	Atlanta Track Club (60)	0:27:53.031	7:29	60	80.0	4	F6064
49	603	Victoria	Bok	F	Liberty Athletic Club (60)	0:28:19.912	7:36	62	80.8	5	F6064
51	568	Michelle	Allen	F	Atlanta Track Club (60)	0:29:22.458	7:53	60	76.0	6	F6064
52	586	Louise	Kelley	F	Greater Philadelphia TC (50)	0:29:47.772	8:00	60	74.9	7	F6064
53	624	Debbie	Brathwaite	F	Shore Athletic Club (60)	0:31:01.791	8:19	64	75.7	8	F6064
55	611	Linda	Newman	F	Pony Express Track & Field Club	0:32:18.974	8:40	62	70.8	9	F6064
56	567	Robin	Tanner	F	Atlanta Track Club (60)	0:32:32.134	8:44	62	70.3	10	F6064
58	621	Leslie	Nowicki	F	Shore Athletic Club (60)	0:34:01.838	9:08	60	65.6	11	F6064
60	636	Brenda	Barrera	F	UNA Virginia	0:35:41.397	9:34	61	63.3	12	F6064
<b>65-69</b>											
30	622	Nora	Cary	F	Shore Athletic Club (60)	0:27:06.726	7:16	68	91.3	1	F6569
50	614	Deborah	Snagg	F	Richmond Track & Field Club (60)	0:29:13.999	7:50	67	83.6	2	F6569
57	620	Susan	Stirrat	F	Shore Athletic Club (60)	0:33:04.917	8:52	68	74.9	3	F6569
63	612	Helene	Myers	F	Potomac Valley Track Club	0:51:02.774	13:42	69	49.2	4	F6569
<b>70-74</b>											
59	571	Cynthia	Lucking	F	Atlanta Track Club (70)	0:34:49.276	9:20	70	73.1	1	F7074
<b>75-79</b>											
62	572	andrea	mccarter	F	Atlanta Track Club (70)	0:46:18.553	12:25	77	61.0	1	F7579
<b>85-89</b>											
64	570	Joyce	Hodges-Hite	F	Atlanta Track Club (70)	1:03:59.709	17:10	86	54.5	1	F8589

Place	Bib	First Name	Last Name	Gender	team	Clock Time	Pace	Age	Age Percentage	Division Place	Division
	1 622	Nora	Cary	F	Shore Athletic Club (60)	0:27:06.726	7:16	68	91.3	1	F6569
	2 601	Mary	Cass	F	Liberty Athletic Club (60)	0:25:37.270	6:52	62	89.3	1	F6064
	3 576	Carrie	Dimoff	F	Bowerman Track Club (40)	0:21:15.428	5:42	40	85.8	1	F4044
	4 602	Amanda	King	F	Liberty Athletic Club (60)	0:26:40.413	7:09	62	85.8	2	F6064
	5 628	Renee	Metivier	F	Team Red Lizard (40)	0:21:46.404	5:50	42	84.8	2	F4044
	6 596	Kasie	Enman	F	Green Mountain Athletic Association (40)	0:22:05.960	5:56	44	84.8	5	F4044
	7 597	April	Lund	F	GYS TRACK CLUB (40)	0:21:56.894	5:53	41	83.6	3	F4044
	8 614	Deborah	Snagg	F	Richmond Track & Field Club (60)	0:29:13.999	7:50	67	83.6	2	F6569
	9 594	Lorraine	Jasper	F	Greater Philadelphia TC (60)	0:27:28.790	7:22	62	83.3	3	F6064
	10 630	Chelsea	Lenge Warren	F	Team Red Lizard (40)	0:21:58.620	5:54	40	83.0	4	F4044
	11 646	MINDY	MAMMEN	F	UNA Virginia	0:22:29.285	6:02	40	81.1	6	F4044
	12 603	Victoria	Bok	F	Liberty Athletic Club (60)	0:28:19.912	7:36	62	80.8	5	F6064
	13 600	Jacqueline	Cooke	F	Impala Racing Team (40)	0:23:28.927	6:18	45	80.5	1	F4549
	14 613	Melissa	Chiti	F	Pursuit of Excellence Track Club	0:27:03.023	7:15	58	80.5	1	F5559
	15 616	Laura	DeLea	F	Shore Athletic Club (50)	0:27:05.769	7:16	58	80.4	2	F5559
	16 627	Euleen	Josiah-Tanner	F	T.H.E. Track Team	0:24:28.310	6:34	49	80.3	3	F4549
	17 569	Kris	Huff	F	Atlanta Track Club (60)	0:27:53.031	7:29	60	80.0	4	F6064
	18 582	Deelyn	Robinson	F	Colonial Road Runners (40)	0:27:16.319	7:19	58	79.9	3	F5559
	19 637	Kelly	Brown	F	UNA Virginia	0:27:39.701	7:25	59	79.7	4	F5559
	20 638	Jodi	Smith	F	UNA Iowa	0:23:47.989	6:23	45	79.4	2	F4549
	21 642	Julia Siegel	Breton	F	UNA Virginia	0:23:01.368	6:11	40	79.2	7	F4044
	22 592	Amy	Gannon	F	Greater Philadelphia TC (50)	0:25:04.451	6:44	50	79.2	1	F5054
	23 598	Samantha	Forde	F	Impala Racing Team (40)	0:25:23.970	6:49	51	79.1	2	F5054
	24 629	Kristin	Shaw	F	Team Red Lizard (40)	0:23:20.152	6:16	40	78.1	8	F4044
	25 645	Ashley	Palmer-Thomasey	F	UNA Virginia	0:23:20.635	6:16	40	78.1	9	F4044
	26 626	Tina	Klein	F	T.H.E. Track Team	0:27:58.101	7:30	58	77.9	6	F5559
	27 605	Whitney	Heavner	F	Pacers Running//GRC New Balance (40)	0:23:49.987	6:24	40	76.5	10	F4044
	28 580	Tamara	Pelletier	F	Colonial Road Runners (40)	0:25:45.089	6:54	49	76.3	4	F4549
	29 585	Brenda	Osovski	F	Genesee Valley Harriers (50)	0:28:15.801	7:35	57	76.1	7	F5559
	30 591	Abby	Dean	F	Greater Philadelphia TC (50)	0:26:43.690	7:10	52	76.0	3	F5054
	31 568	Michelle	Allen	F	Atlanta Track Club (60)	0:29:22.458	7:53	60	76.0	6	F6064
	32 624	Debbie	Brathwaite	F	Shore Athletic Club (60)	0:31:01.791	8:19	64	75.7	8	F6064
	33 608	Brenda	Hodge	F	Pike Creek Valley Running Club (40)	0:26:52.646	7:13	52	75.6	4	F5054
	34 619	Maureen	Massell	F	Shore Athletic Club (50)	0:27:50.367	7:28	55	75.6	5	F5559
	35 586	Louise	Kelley	F	Greater Philadelphia TC (50)	0:29:47.772	8:00	60	74.9	7	F6064
	36 620	Susan	Stirrat	F	Shore Athletic Club (60)	0:33:04.917	8:52	68	74.9	3	F5559
	37 584	Cassandra	Crane	F	Genesee Valley Harriers (50)	0:27:47.776	7:27	54	74.8	5	F5054
	38 641	Emily	Ward	F	UNA Virginia	0:24:40.068	6:37	41	74.4	11	F4044
	39 647	Caroline	Sanders	F	UNA Virginia	0:24:57.412	6:42	42	74.0	12	F4044
	40 644	Tracy	Guest	F	UNA Colorado	0:27:54.062	7:29	53	73.7	7	F5054
	41 606	Sarah	Rusk	F	Pike Creek Valley Running Club (40)	0:25:15.549	6:47	43	73.6	13	F4044
	42 571	Cynthia	Lucking	F	Atlanta Track Club (70)	0:34:49.276	9:20	70	73.1	1	F7074
	43 618	Alexandra	Marzulla	F	Shore Athletic Club (50)	0:27:49.458	7:28	52	73.0	6	F5054
	44 617	Alysia	Puma	F	Shore Athletic Club (50)	0:28:10.843	7:34	52	72.1	9	F5054
	45 599	Alexandra	Newman	F	Impala Racing Team (40)	0:27:58.909	7:30	51	71.8	8	F5054
	46 607	Katrina	Holloway	F	Pike Creek Valley Running Club (40)	0:26:56.688	7:14	47	71.4	5	F4549
	47 611	Linda	Newman	F	Pony Express Track & Field Club	0:32:18.974	8:40	62	70.8	9	F6064
	48 640	Jill	Tennyson	F	UNA Maryland	0:26:04.172	7:00	41	70.4	15	F4044
	49 631	Colleen	Bolin	F	UNA Illinois	0:26:25.835	7:05	43	70.4	16	F4044
	50 588	Theresa	Gagliardi	F	Greater Philadelphia TC (40)	0:25:55.719	6:57	40	70.3	14	F4044
	51 567	Robin	Tanner	F	Atlanta Track Club (60)	0:32:32.134	8:44	62	70.3	10	F6064
	52 565	Hiroko	Guarnieri	F	Atlanta Track Club (40)	0:27:42.767	7:26	48	70.2	6	F4549
	53 581	Aimee	Gianoukos	F	Colonial Road Runners (40)	0:27:45.360	7:27	48	70.1	7	F4549
	54 564	Kathy	Wiegand	F	Atlanta Track Club (40)	0:28:05.686	7:32	49	69.9	10	F4549
	55 633	Michelle	Bruch	F	UNA Virginia	0:27:47.114	7:27	45	68.0	8	F4549
	56 583	Kelly	Cox	F	Colonial Road Runners (NS)	0:27:56.447	7:30	45	67.6	9	F4549
	57 579	Megan	Schulze	F	Colonial Road Runners (40)	0:27:27.322	7:22	41	66.8	17	F4044
	58 621	Leslie	Nowicki	F	Shore Athletic Club (60)	0:34:01.838	9:08	60	65.6	11	F6064
	59 636	Brenda	Barrera	F	UNA Virginia	0:35:41.397	9:34	61	63.3	12	F6064
	60 572	andrea	mccarter	F	Atlanta Track Club (70)	0:46:18.553	12:25	77	61.0	1	F7579
	61 578	Jessica	Anderson	F	Colonial Road Runners (40)	0:31:08.284	8:21	42	59.3	18	F4044
	62 570	Joyce	Hodges-Hite	F	Atlanta Track Club (70)	1:03:59.709	17:10	86	54.5	1	F8589
	63 610	Lynn	Knothe	F	Pike Creek Valley Running Club	0:37:15.456	10:00	46	51.2	11	F4549
	64 612	Helene	Myers	F	Potomac Valley Track Club	0:51:02.774	13:42	69	49.2	4	F6569



# 2024 USATF NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Mechanicsville, VA

Pole Green Park

Saturday, January 20, 2024



OFFICIAL MEET REPORT

printed: 1/20/2024 11:38 AM

## Race #3 Masters Women 6k 40+ Teams

## Final Results

### TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.
1 Team Red Lizard (40)	6	1-2-3	1:07:06	22:22
2 Pike Creek Valley Ru	22	5-8-9	1:19:05	26:22
3 Impala Racing Team	23	4-6-13	1:16:52	25:38
4 Colonial Road Runne	28	7-10-11(12)(14)	1:20:29	26:50
DNP Atlanta Track Club (4				
DNP Bowerman Track Clu				
DNP Greater Philadelphia				
DNP Battle Road Track Cl				
DNP Shore Athletic Club (4				
DNP GYS TRACK CLUB (				
DNP Pike Creek Valley Ru				
DNP Green Mountain Athle				
DNP Pacers Running//GR				

### TEAM SCORING SUMMARY (cont'd)

Athlete	YR	#	Team	Score	Time	Gap
32 Schulze, Megan		579	Colonial Road	11	27:27.33	6:11.9
33 Jasper, Lorraine		594	Greater Philade	-	27:28.79	6:13.3
34 Brown, Kelly		637	UNA Virginia	-	27:39.71	6:24.2
35 Guarneri, Hiroko		565	Atlanta Track Cl	-	27:42.77	6:27.3
36 Gianoukos, Aimee		581	Colonial Road	(12)	27:45.36	6:29.9
37 Bruch, Michelle		633	UNA Virginia	-	27:47.12	6:31.6
38 Crane, Cassandra		584	Genesee Valley	-	27:47.78	6:32.3
39 Marzulla, Alexandra		618	Shore Athletic	-	27:49.46	6:34.0
40 Massell, Maureen		619	Shore Athletic	-	27:50.37	6:34.9
41 Huff, Kris		569	Atlanta Track Cl	-	27:53.04	6:37.6
42 Guest, Tracy		644	UNA Colorado	-	27:54.07	6:38.6
43 Cox, Kelly		583	Colonial Road	-	27:56.45	6:41.0
44 Klein, Tina		626	T.H.E. Track Te	-	27:58.11	6:42.6
45 Newman, Alexandra		599	Impala Racing	13	27:58.91	6:43.4

### INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap
1 Dimoff, Carrie		576	Bowerman Trac	-	21:15.43	---
2 Metivier, Renee		628	Team Red Lizar	1	21:46.41	30.98
3 Lund, April		597	GYS TRACK C	-	21:56.90	41.47
4 Lenge Warren, Chelse		630	Team Red Lizar	2	21:58.62	43.19
5 Enman, Kasie		596	Green Mountai	-	22:05.96	50.53
6 MAMMEN, MINDY		646	UNA Virginia	-	22:29.29	1:13.8
7 Breton, Julia Siegel		642	UNA Virginia	-	23:01.37	1:45.9
8 Shaw, Kristin		629	Team Red Lizar	3	23:20.16	2:04.7
9 Palmer-Thomasey, Ash		645	UNA Virginia	-	23:20.64	2:05.2
10 Cooke, Jacqueline		600	Impala Racing	4	23:28.93	2:13.5
11 Smith, Jodi		638	UNA Iowa	-	23:47.99	2:32.5
12 Heavner, Whitney		605	Pacers Running	-	23:49.99	2:34.5
13 Josiah-Tanner, Euleen		627	T.H.E. Track Te	-	24:28.31	3:12.8
14 Ward, Emily		641	UNA Virginia	-	24:40.07	3:24.6
15 Sanders, Caroline		647	UNA Virginia	-	24:57.42	3:41.9
16 Gannon, Amy		592	Greater Philade	-	25:04.46	3:49.0
17 Rusk, Sarah		606	Pike Creek Vall	5	25:15.55	4:00.1
18 Forde, Samantha		598	Impala Racing	6	25:23.97	4:08.5
19 Cass, Mary		601	Liberty Athletic	-	25:37.27	4:21.8
20 Pelletier, Tamara		580	Colonial Road	7	25:45.09	4:29.6
21 Gagliardi, Theresa		588	Greater Philade	-	25:55.72	4:40.2
22 Tennyson, Jill		640	UNA Maryland	-	26:04.18	4:48.7
23 Bolin, Colleen		631	UNA Illinois	-	26:25.84	5:10.4
24 King, Amanda		602	Liberty Athletic	-	26:40.42	5:24.9
25 Dean, Abby		591	Greater Philade	-	26:43.69	5:28.2
26 Hodge, Brenda		608	Pike Creek Vall	8	26:52.65	5:37.2
27 Holloway, Katrina		607	Pike Creek Vall	9	26:56.69	5:41.2
28 Chiti, Melissa		613	Pursuit of Excel	-	27:03.03	5:47.6
29 DeLea, Laura		616	Shore Athletic	-	27:05.77	5:50.3
30 Cary, Nora		622	Shore Athletic	-	27:06.73	5:51.3
31 Robinson, Deelyn		582	Colonial Road	10	27:16.32	6:00.8
46 Wiegand, Kathy		564	Atlanta Track Cl	-	28:05.69	6:50.2
47 Puma, Alysia		617	Shore Athletic	-	28:10.85	6:55.4
48 Osovski, Brenda		585	Genesee Valley	-	28:15.81	7:00.3
49 Bok, Victoria		603	Liberty Athletic	-	28:19.92	7:04.4
50 Snagg, Deborah		614	Richmond Trac	-	29:14.00	7:57.5
51 Allen, Michelle		568	Atlanta Track Cl	-	29:22.46	8:07.0
52 Kelley, Louise		586	Greater Philade	-	29:47.78	8:32.3
53 Brathwaite, Debbie		624	Shore Athletic	-	31:01.80	9:46.3
54 Anderson, Jessica		578	Colonial Road	(14)	31:08.29	9:52.8
55 Newman, Linda		611	Pony Express T	-	32:18.98	11:03.
56 Tanner, Robin		567	Atlanta Track Cl	-	32:32.14	11:16.
57 Stirrat, Susan		620	Shore Athletic	-	33:04.92	11:49.
58 Nowicki, Leslie		621	Shore Athletic	-	34:01.84	12:46.
59 Lucking, Cynthia		571	Atlanta Track Cl	-	34:49.28	13:33.
60 Barrera, Brenda		636	UNA Virginia	-	35:41.40	14:25.
61 Knothe, Lynn		610	Pike Creek Vall	-	37:15.46	16:00.
62 mccarter, andrea		572	Atlanta Track Cl	-	46:18.56	25:03.
63 Myers, Helene		612	Potomac Valley	-	51:02.78	29:47.
64 Hodges-Hite, Joyce		570	Atlanta Track Cl	-	1:03:59.7	42:44.
-- La Burt, Suzanne		623	Shore Athletic	-		
-- Hopkins, Rachel		625	Sirius Athletics	-		
-- Doswell, Kathleen		635	UNA Virginia	-		
-- Ledford, Jennifer		639	UNA Virginia	-		
-- Broadbent, Anabelle		589	Greater Philade	-		
-- Montini, Rebecca		590	Greater Philade	-		
-- Lutz, Jennifer		573	Battle Road Tra	-		
-- Dunn, Karen		587	Greater Philade	-		
-- Sutura Strange, Marisa		595	Greater Philade	-		
-- Emmons, Allison		609	Pike Creek Vall	-		
-- Antos, Nancy		574	Boulder Road R	-		DQ
-- Eno, Alicia		566	Atlanta Track Cl	-		
-- Bloomer, Lorilynn		575	Bowerman Trac	-		

# 2024 USATF NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Mechanicsville, VA  
Pole Green Park

Saturday, January 20, 2024



OFFICIAL MEET REPORT  
printed: 1/20/2024 11:40 AM

## Race #3 Masters Women 6k 50+ Teams

## Final Results

### TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.
1 Greater Philadelphia	10	1-2-7	1:21:36	27:12
2 Shore Athletic Club (5	12	3-4-5(6)	1:22:46	27:36
DNP Greater Philadelphia				
DNP Genesee Valley Harri				
DNP Sirius Athletics (50)				

### TEAM SCORING SUMMARY (cont'd)

Athlete	YR	#	Team	Score	Time	Gap
40 Massell, Maureen		619	Shore Athletic	5	27:50.37	6:34.9
41 Huff, Kris		569	Atlanta Track Cl	-	27:53.04	6:37.6
42 Guest, Tracy		644	UNA Colorado	-	27:54.07	6:38.6
43 Cox, Kelly		583	Colonial Road	-	27:56.45	6:41.0
44 Klein, Tina		626	T.H.E. Track Te	-	27:58.11	6:42.6
45 Newman, Alexandra		599	Impala Racing	-	27:58.91	6:43.4

### INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap
1 Dimoff, Carrie		576	Bowerman Trac	-	21:15.43	---
2 Metivier, Renee		628	Team Red Lizar	-	21:46.41	30.98
3 Lund, April		597	GYS TRACK C	-	21:56.90	41.47
4 Lenge Warren, Chelse		630	Team Red Lizar	-	21:58.62	43.19
5 Enman, Kasie		596	Green Mountai	-	22:05.96	50.53
6 MAMMEN, MINDY		646	UNA Virginia	-	22:29.29	1:13.8
7 Breton, Julia Siegel		642	UNA Virginia	-	23:01.37	1:45.9
8 Shaw, Kristin		629	Team Red Lizar	-	23:20.16	2:04.7
9 Palmer-Thomasey, Ash		645	UNA Virginia	-	23:20.64	2:05.2
10 Cooke, Jacqueline		600	Impala Racing	-	23:28.93	2:13.5
11 Smith, Jodi		638	UNA Iowa	-	23:47.99	2:32.5
12 Heavner, Whitney		605	Pacers Running	-	23:49.99	2:34.5
13 Josiah-Tanner, Euleen		627	T.H.E. Track Te	-	24:28.31	3:12.8
14 Ward, Emily		641	UNA Virginia	-	24:40.07	3:24.6
15 Sanders, Caroline		647	UNA Virginia	-	24:57.42	3:41.9
16 Gannon, Amy		592	Greater Philade	1	25:04.46	3:49.0
17 Rusk, Sarah		606	Pike Creek Vall	-	25:15.55	4:00.1
18 Forde, Samantha		598	Impala Racing	-	25:23.97	4:08.5
19 Cass, Mary		601	Liberty Athletic	-	25:37.27	4:21.8
20 Pelletier, Tamara		580	Colonial Road	-	25:45.09	4:29.6
21 Gagliardi, Theresa		588	Greater Philade	-	25:55.72	4:40.2
22 Tennyson, Jill		640	UNA Maryland	-	26:04.18	4:48.7
23 Bolin, Colleen		631	UNA Illinois	-	26:25.84	5:10.4
24 King, Amanda		602	Liberty Athletic	-	26:40.42	5:24.9
25 Dean, Abby		591	Greater Philade	2	26:43.69	5:28.2
26 Hodge, Brenda		608	Pike Creek Vall	-	26:52.65	5:37.2
27 Holloway, Katrina		607	Pike Creek Vall	-	26:56.69	5:41.2
28 Chiti, Melissa		613	Pursuit of Excel	-	27:03.03	5:47.6
29 DeLea, Laura		616	Shore Athletic	3	27:05.77	5:50.3
30 Cary, Nora		622	Shore Athletic	-	27:06.73	5:51.3
31 Robinson, Deelyn		582	Colonial Road	-	27:16.32	6:00.8
32 Schulze, Megan		579	Colonial Road	-	27:27.33	6:11.9
33 Jasper, Lorraine		594	Greater Philade	-	27:28.79	6:13.3
34 Brown, Kelly		637	UNA Virginia	-	27:39.71	6:24.2
35 Guarnieri, Hiroko		565	Atlanta Track Cl	-	27:42.77	6:27.3
36 Gianoukos, Aimee		581	Colonial Road	-	27:45.36	6:29.9
37 Bruch, Michelle		633	UNA Virginia	-	27:47.12	6:31.6
38 Crane, Cassandra		584	Genesee Valley	-	27:47.78	6:32.3
39 Marzulla, Alexandra		618	Shore Athletic	4	27:49.46	6:34.0
40 Massell, Maureen		619	Shore Athletic	5	27:50.37	6:34.9
41 Huff, Kris		569	Atlanta Track Cl	-	27:53.04	6:37.6
42 Guest, Tracy		644	UNA Colorado	-	27:54.07	6:38.6
43 Cox, Kelly		583	Colonial Road	-	27:56.45	6:41.0
44 Klein, Tina		626	T.H.E. Track Te	-	27:58.11	6:42.6
45 Newman, Alexandra		599	Impala Racing	-	27:58.91	6:43.4
46 Wiegand, Kathy		564	Atlanta Track Cl	-	28:05.69	6:50.2
47 Puma, Alysia		617	Shore Athletic	(6)	28:10.85	6:55.4
48 Osovski, Brenda		585	Genesee Valley	-	28:15.81	7:00.3
49 Bok, Victoria		603	Liberty Athletic	-	28:19.92	7:04.4
50 Snagg, Deborah		614	Richmond Trac	-	29:14.00	7:57.5
51 Allen, Michelle		568	Atlanta Track Cl	-	29:22.46	8:07.0
52 Kelley, Louise		586	Greater Philade	7	29:47.78	8:32.3
53 Brathwaite, Debbie		624	Shore Athletic	-	31:01.80	9:46.3
54 Anderson, Jessica		578	Colonial Road	-	31:08.29	9:52.8
55 Newman, Linda		611	Pony Express T	-	32:18.98	11:03.
56 Tanner, Robin		567	Atlanta Track Cl	-	32:32.14	11:16.
57 Stirrat, Susan		620	Shore Athletic	-	33:04.92	11:49.
58 Nowicki, Leslie		621	Shore Athletic	-	34:01.84	12:46.
59 Lucking, Cynthia		571	Atlanta Track Cl	-	34:49.28	13:33.
60 Barrera, Brenda		636	UNA Virginia	-	35:41.40	14:25.
61 Knothe, Lynn		610	Pike Creek Vall	-	37:15.46	16:00.
62 mccarter, andrea		572	Atlanta Track Cl	-	46:18.56	25:03.
63 Myers, Helene		612	Potomac Valley	-	51:02.78	29:47.
64 Hodges-Hite, Joyce		570	Atlanta Track Cl	-	1:03:59.7	42:44.
-- La Burt, Suzanne		623	Shore Athletic	-		
-- Hopkins, Rachel		625	Sirius Athletics	-		
-- Doswell, Kathleen		635	UNA Virginia	-		
-- Ledford, Jennifer		639	UNA Virginia	-		
-- Broadbent, Anabelle		589	Greater Philade	-		
-- Montini, Rebecca		590	Greater Philade	-		
-- Lutz, Jennifer		573	Battle Road Tra	-		
-- Dunn, Karen		587	Greater Philade	-		
-- Sutura Strange, Marisa		595	Greater Philade	-		
-- Emmons, Allison		609	Pike Creek Vall	-		
-- Antos, Nancy		574	Boulder Road R	-		DQ
-- Eno, Alicia		566	Atlanta Track Cl	-		
-- Bloomer, Lorilynn		575	Bowerman Trac	-		
-- Rohde, Kristen		577	Bowerman Trac	-		
-- Camy, Elizabeth		643	UNA California	-		
-- Comly, Amy		632	UNA Pennsylv	-		
-- Langan, Elle		648	UNA North Car	-		
-- Ponvert, Wendy		634	UNA Maryland	-		
-- Ely, Brett		604	Notch Run Club	-		

**2024 USATF NATIONAL CROSS COUNTRY CHAMPIONSHIPS**

Mechanicsville, VA  
Pole Green Park

Saturday, January 20, 2024



**OFFICIAL MEET REPORT**  
printed: 1/20/2024 11:40 AM

**Race #3  
Masters Women 6k 60+ Teams**

**Final Results**

**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.
1 Liberty Athletic Club (	8	1-2-5	1:20:38	26:53
2 Atlanta Track Club (6	18	4-6-8	1:29:48	29:56
3 Shore Athletic Club (6	19	3-7-9(10)	1:31:14	30:25
DNP Greater Philadelphia				
DNP Shore Athletic Club (6				
DNP Richmond Track & Fi				

**TEAM SCORING SUMMARY (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap
39 Marzulla, Alexandra		618	Shore Athletic	-	27:49.46	6:34.0
40 Massell, Maureen		619	Shore Athletic	-	27:50.37	6:34.9
41 Huff, Kris		569	Atlanta Track Cl	4	27:53.04	6:37.6
42 Guest, Tracy		644	UNA Colorado	-	27:54.07	6:38.6
43 Cox, Kelly		583	Colonial Road	-	27:56.45	6:41.0
44 Klein, Tina		626	T.H.E. Track Te	-	27:58.11	6:42.6
45 Newman, Alexandra		599	Impala Racing	-	27:58.91	6:43.4

**INDIVIDUAL RESULTS**

Athlete	YR	#	Team	Score	Time	Gap
1 Dimoff, Carrie		576	Bowerman Trac	-	21:15.43	---
2 Metivier, Renee		628	Team Red Lizar	-	21:46.41	30.98
3 Lund, April		597	GYS TRACK C	-	21:56.90	41.47
4 Lenge Warren, Chelse		630	Team Red Lizar	-	21:58.62	43.19
5 Enman, Kasie		596	Green Mountai	-	22:05.96	50.53
6 MAMMEN, MINDY		646	UNA Virginia	-	22:29.29	1:13.8
7 Breton, Julia Siegel		642	UNA Virginia	-	23:01.37	1:45.9
8 Shaw, Kristin		629	Team Red Lizar	-	23:20.16	2:04.7
9 Palmer-Thomasey, Ash		645	UNA Virginia	-	23:20.64	2:05.2
10 Cooke, Jacqueline		600	Impala Racing	-	23:28.93	2:13.5
11 Smith, Jodi		638	UNA Iowa	-	23:47.99	2:32.5
12 Heavner, Whitney		605	Pacers Running	-	23:49.99	2:34.5
13 Josiah-Tanner, Euleen		627	T.H.E. Track Te	-	24:28.31	3:12.8
14 Ward, Emily		641	UNA Virginia	-	24:40.07	3:24.6
15 Sanders, Caroline		647	UNA Virginia	-	24:57.42	3:41.9
16 Gannon, Amy		592	Greater Philade	-	25:04.46	3:49.0
17 Rusk, Sarah		606	Pike Creek Vall	-	25:15.55	4:00.1
18 Forde, Samantha		598	Impala Racing	-	25:23.97	4:08.5
19 Cass, Mary		601	Liberty Athletic	1	25:37.27	4:21.8
20 Pelletier, Tamara		580	Colonial Road	-	25:45.09	4:29.6
21 Gagliardi, Theresa		588	Greater Philade	-	25:55.72	4:40.2
22 Tennyson, Jill		640	UNA Maryland	-	26:04.18	4:48.7
23 Bolin, Colleen		631	UNA Illinois	-	26:25.84	5:10.4
24 King, Amanda		602	Liberty Athletic	2	26:40.42	5:24.9
25 Dean, Abby		591	Greater Philade	-	26:43.69	5:28.2
26 Hodge, Brenda		608	Pike Creek Vall	-	26:52.65	5:37.2
27 Holloway, Katrina		607	Pike Creek Vall	-	26:56.69	5:41.2
28 Chiti, Melissa		613	Pursuit of Excel	-	27:03.03	5:47.6
29 DeLea, Laura		616	Shore Athletic	-	27:05.77	5:50.3
30 Cary, Nora		622	Shore Athletic	3	27:06.73	5:51.3
31 Robinson, Deelyn		582	Colonial Road	-	27:16.32	6:00.8
32 Schulze, Megan		579	Colonial Road	-	27:27.33	6:11.9
33 Jasper, Lorraine		594	Greater Philade	-	27:28.79	6:13.3
34 Brown, Kelly		637	UNA Virginia	-	27:39.71	6:24.2
35 Guarnieri, Hiroko		565	Atlanta Track Cl	-	27:42.77	6:27.3
36 Gianoukos, Aimee		581	Colonial Road	-	27:45.36	6:29.9
37 Bruch, Michelle		633	UNA Virginia	-	27:47.12	6:31.6
38 Crane, Cassandra		584	Genesee Valley	-	27:47.78	6:32.3
46 Wiegand, Kathy		564	Atlanta Track Cl	-	28:05.69	6:50.2
47 Puma, Alysia		617	Shore Athletic	-	28:10.85	6:55.4
48 Osovski, Brenda		585	Genesee Valley	-	28:15.81	7:00.3
49 Bok, Victoria		603	Liberty Athletic	5	28:19.92	7:04.4
50 Snagg, Deborah		614	Richmond Trac	-	29:14.00	7:57.5
51 Allen, Michelle		568	Atlanta Track Cl	6	29:22.46	8:07.0
52 Kelley, Louise		586	Greater Philade	-	29:47.78	8:32.3
53 Brathwaite, Debbie		624	Shore Athletic	7	31:01.80	9:46.3
54 Anderson, Jessica		578	Colonial Road	-	31:08.29	9:52.8
55 Newman, Linda		611	Pony Express T	-	32:18.98	11:03.
56 Tanner, Robin		567	Atlanta Track Cl	8	32:32.14	11:16.
57 Stirrat, Susan		620	Shore Athletic	9	33:04.92	11:49.
58 Nowicki, Leslie		621	Shore Athletic	(10)	34:01.84	12:46.
59 Lucking, Cynthia		571	Atlanta Track Cl	-	34:49.28	13:33.
60 Barrera, Brenda		636	UNA Virginia	-	35:41.40	14:25.
61 Knothe, Lynn		610	Pike Creek Vall	-	37:15.46	16:00.
62 mccarter, andrea		572	Atlanta Track Cl	-	46:18.56	25:03.
63 Myers, Helene		612	Potomac Valley	-	51:02.78	29:47.
64 Hodges-Hite, Joyce		570	Atlanta Track Cl	-	1:03:59.7	42:44.
-- La Burt, Suzanne		623	Shore Athletic	-		
-- Hopkins, Rachel		625	Sirius Athletics	-		
-- Doswell, Kathleen		635	UNA Virginia	-		
-- Ledford, Jennifer		639	UNA Virginia	-		
-- Broadbent, Anabelle		589	Greater Philade	-		
-- Montini, Rebecca		590	Greater Philade	-		
-- Lutz, Jennifer		573	Battle Road Tra	-		
-- Dunn, Karen		587	Greater Philade	-		
-- Sutura Strange, Marisa		595	Greater Philade	-		
-- Emmons, Allison		609	Pike Creek Vall	-		
-- Antos, Nancy		574	Boulder Road R	-		DQ
-- Eno, Alicia		566	Atlanta Track Cl	-		
-- Bloomer, Lorilynn		575	Bowerman Trac	-		
-- Rohde, Kristen		577	Bowerman Trac	-		
-- Camy, Elizabeth		643	UNA California	-		
-- Comly, Amy		632	UNA Pennsylv	-		
-- Langan, Elle		648	UNA North Car	-		
-- Ponvert, Wendy		634	UNA Maryland	-		
-- Ely, Brett		604	Notch Run Club	-		

**2024 USATF NATIONAL CROSS COUNTRY CHAMPIONSHIPS**

Mechanicsville, VA  
Pole Green Park

Saturday, January 20, 2024



**OFFICIAL MEET REPORT**  
printed: 1/20/2024 11:41 AM

**Race #3  
Masters Women 6k 70+ Teams**

**Final Results**

**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.
<b>1 Atlanta Track Club (7</b>	<b>6</b>	1-2-3	2:25:08	48:23
<b>DNP Boulder Road Runner</b>				

**TEAM SCORING SUMMARY (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap
43 Cox, Kelly		583	Colonial Road	-	27:56.45	6:41.0
44 Klein, Tina		626	T.H.E. Track Te	-	27:58.11	6:42.6
45 Newman, Alexandra		599	Impala Racing	-	27:58.91	6:43.4
46 Wiegand, Kathy		564	Atlanta Track Cl	-	28:05.69	6:50.2
47 Puma, Alysia		617	Shore Athletic	-	28:10.85	6:55.4
48 Osovski, Brenda		585	Genesee Valley	-	28:15.81	7:00.3
49 Bok, Victoria		603	Liberty Athletic	-	28:19.92	7:04.4
50 Snagg, Deborah		614	Richmond Trac	-	29:14.00	7:57.5
51 Allen, Michelle		568	Atlanta Track Cl	-	29:22.46	8:07.0
52 Kelley, Louise		586	Greater Philade	-	29:47.78	8:32.3
53 Brathwaite, Debbie		624	Shore Athletic	-	31:01.80	9:46.3
54 Anderson, Jessica		578	Colonial Road	-	31:08.29	9:52.8
55 Newman, Linda		611	Pony Express T	-	32:18.98	11:03.
56 Tanner, Robin		567	Atlanta Track Cl	-	32:32.14	11:16.
57 Stirrat, Susan		620	Shore Athletic	-	33:04.92	11:49.
58 Nowicki, Leslie		621	Shore Athletic	-	34:01.84	12:46.
59 Lucking, Cynthia		571	Atlanta Track Cl	1	34:49.28	13:33.
60 Barrera, Brenda		636	UNA Virginia	-	35:41.40	14:25.
61 Knothe, Lynn		610	Pike Creek Vall	-	37:15.46	16:00.
62 mccarter, andrea		572	Atlanta Track Cl	2	46:18.56	25:03.
63 Myers, Helene		612	Potomac Valley	-	51:02.78	29:47.
64 Hodges-Hite, Joyce		570	Atlanta Track Cl	3	1:03:59.7	42:44.
-- La Burt, Suzanne		623	Shore Athletic	-		
-- Hopkins, Rachel		625	Sirius Athletics	-		
-- Doswell, Kathleen		635	UNA Virginia	-		
-- Ledford, Jennifer		639	UNA Virginia	-		
-- Broadbent, Anabelle		589	Greater Philade	-		
-- Montini, Rebecca		590	Greater Philade	-		
-- Lutz, Jennifer		573	Battle Road Tra	-		
-- Dunn, Karen		587	Greater Philade	-		
-- Sutura Strange, Marisa		595	Greater Philade	-		
-- Emmons, Allison		609	Pike Creek Vall	-		
-- Antos, Nancy		574	Boulder Road R	-		DQ
-- Eno, Alicia		566	Atlanta Track Cl	-		
-- Bloomer, Lorilynn		575	Bowerman Trac	-		
-- Rohde, Kristen		577	Bowerman Trac	-		
-- Camy, Elizabeth		643	UNA California	-		
-- Comly, Amy		632	UNA Pennsylv	-		
-- Langan, Elle		648	UNA North Car	-		
-- Ponvert, Wendy		634	UNA Maryland	-		
-- Ely, Brett		604	Notch Run Club	-		

**INDIVIDUAL RESULTS**

Athlete	YR	#	Team	Score	Time	Gap
1 Dimoff, Carrie		576	Bowerman Trac	-	21:15.43	---
2 Metivier, Renee		628	Team Red Lizar	-	21:46.41	30.98
3 Lund, April		597	GYS TRACK C	-	21:56.90	41.47
4 Lenge Warren, Chelse		630	Team Red Lizar	-	21:58.62	43.19
5 Enman, Kasie		596	Green Mountai	-	22:05.96	50.53
6 MAMMEN, MINDY		646	UNA Virginia	-	22:29.29	1:13.8
7 Breton, Julia Siegel		642	UNA Virginia	-	23:01.37	1:45.9
8 Shaw, Kristin		629	Team Red Lizar	-	23:20.16	2:04.7
9 Palmer-Thomasey, Ash		645	UNA Virginia	-	23:20.64	2:05.2
10 Cooke, Jacqueline		600	Impala Racing	-	23:28.93	2:13.5
11 Smith, Jodi		638	UNA Iowa	-	23:47.99	2:32.5
12 Heavner, Whitney		605	Pacers Running	-	23:49.99	2:34.5
13 Josiah-Tanner, Euleen		627	T.H.E. Track Te	-	24:28.31	3:12.8
14 Ward, Emily		641	UNA Virginia	-	24:40.07	3:24.6
15 Sanders, Caroline		647	UNA Virginia	-	24:57.42	3:41.9
16 Gannon, Amy		592	Greater Philade	-	25:04.46	3:49.0
17 Rusk, Sarah		606	Pike Creek Vall	-	25:15.55	4:00.1
18 Forde, Samantha		598	Impala Racing	-	25:23.97	4:08.5
19 Cass, Mary		601	Liberty Athletic	-	25:37.27	4:21.8
20 Pelletier, Tamara		580	Colonial Road	-	25:45.09	4:29.6
21 Gagliardi, Theresa		588	Greater Philade	-	25:55.72	4:40.2
22 Tennyson, Jill		640	UNA Maryland	-	26:04.18	4:48.7
23 Bolin, Colleen		631	UNA Illinois	-	26:25.84	5:10.4
24 King, Amanda		602	Liberty Athletic	-	26:40.42	5:24.9
25 Dean, Abby		591	Greater Philade	-	26:43.69	5:28.2
26 Hodge, Brenda		608	Pike Creek Vall	-	26:52.65	5:37.2
27 Holloway, Katrina		607	Pike Creek Vall	-	26:56.69	5:41.2
28 Chiti, Melissa		613	Pursuit of Excel	-	27:03.03	5:47.6
29 DeLea, Laura		616	Shore Athletic	-	27:05.77	5:50.3
30 Cary, Nora		622	Shore Athletic	-	27:06.73	5:51.3
31 Robinson, Deelyn		582	Colonial Road	-	27:16.32	6:00.8
32 Schulze, Megan		579	Colonial Road	-	27:27.33	6:11.9
33 Jasper, Lorraine		594	Greater Philade	-	27:28.79	6:13.3
34 Brown, Kelly		637	UNA Virginia	-	27:39.71	6:24.2
35 Guarneri, Hiroko		565	Atlanta Track Cl	-	27:42.77	6:27.3
36 Gianoukos, Aimee		581	Colonial Road	-	27:45.36	6:29.9
37 Bruch, Michelle		633	UNA Virginia	-	27:47.12	6:31.6
38 Crane, Cassandra		584	Genesee Valley	-	27:47.78	6:32.3
39 Marzulla, Alexandra		618	Shore Athletic	-	27:49.46	6:34.0
40 Massell, Maureen		619	Shore Athletic	-	27:50.37	6:34.9
41 Huff, Kris		569	Atlanta Track Cl	-	27:53.04	6:37.6
42 Guest, Tracy		644	UNA Colorado	-	27:54.07	6:38.6

# 2024 USATF NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Mechanicsville, VA

Pole Green Park

Saturday, January 20, 2024



OFFICIAL MEET REPORT

printed: 1/20/2024 12:33 PM

## Race #4 Masters Men 8k

## Final Results

### INDIVIDUAL RESULTS

Athlete	#	Team	Score	Time	Gap
1 BRADEN, Forest	396	Colonial Road	-	25:34.4	---
2 FLYNN, Brian	429	Garden State T	-	25:51.3	16.9
3 OTSTOT, Adam	398	Colonial Road	-	26:18.8	44.4
4 BARRESI, Matthew	487	Ragged Mounta	-	26:54.5	1:20.1
5 ANGELL, David	368	Blacksburg Stri	-	27:04.1	1:29.7
6 PIRCH, christopher	484	Ragged Mounta	-	27:04.6	1:30.2
7 BAN, Charlie	471	Pacers Running	-	27:09.1	1:34.7
8 DERBY, Peter	545	UNA Virginia	-	27:09.6	1:35.2
9 CHRISTIAN, William	394	Colonial Road	-	27:14.1	1:39.7
10 REDFERN, Jeffrey	418	Dojo Racing (4	-	27:18.1	1:43.7
11 BECKER, John	440	Greater Philade	-	27:23.8	1:49.4
12 SNOW, Rusty	490	Santa Barbara	-	27:28.4	1:54.0
13 PALMER, William	488	Ragged Mounta	-	27:42.7	2:08.3
14 HURT, Charlie	486	Ragged Mounta	-	27:43.1	2:08.7
15 REINHOLD, Derek	442	Greater Philade	-	27:55.6	2:21.2
16 ROLLY, philippe	549	UNA Virginia	-	27:55.9	2:21.5
17 MERCER, Dickson	470	Pacers Running	-	27:58.8	2:24.4
18 GAGLIARDI, John	443	Greater Philade	-	28:02.8	2:28.4
19 HARLOW, Michael	425	Endorphin Fitne	-	28:11.3	2:36.9
20 MCGOUGH, Chris	547	UNA Virginia	-	28:12.6	2:38.2
21 WOLF, Christopher	517	South Chicago	-	28:15.3	2:40.9
22 ICKES, Scott	397	Colonial Road	-	28:19.4	2:45.0
23 HARTE, Tim	449	Greater Philade	-	28:34.3	2:59.9
24 KLAPPER, Bradley	419	Dojo Racing (4	-	28:40.4	3:06.0
25 ROSS, Edward	499	Shore Athletic	-	28:43.1	3:08.7
26 LARSON, Nat	461	Greater Springfi	-	28:51.2	3:16.8
27 MEJIA PEREZ, Marcel	491	Santa Barbara	-	28:54.0	3:19.6
28 ZAMEK, Mark	512	Shore Athletic	-	28:54.4	3:20.0
29 TOMPKINS, Mark	395	Colonial Road	-	29:03.8	3:29.4
30 NORTON, Anderson	379	Blacksburg Stri	-	29:06.9	3:32.5
31 ABBOT, Jason	496	Shadow Project	-	29:08.0	3:33.6
32 DWYER, Jason	416	Dojo Racing (4	-	29:12.1	3:37.7
33 DOWDY, Jason	426	Endorphin Fitne	-	29:13.2	3:38.8
34 WISNIOSKI, Matthew	369	Blacksburg Stri	-	29:15.9	3:41.5
35 GRESZLER, Timothy	420	Dojo Racing (4	-	29:23.0	3:48.6
36 KOLASA, Daneil	370	Blacksburg Stri	-	29:23.7	3:49.3
37 SOHN, Joshua	417	Dojo Racing (4	-	29:24.3	3:49.9
38 ANTHONY, Shane	540	UNA Pennsylv	-	29:28.5	3:54.1
39 DIPRETORE, Matthew	439	Greater Philade	-	29:34.9	4:00.5
40 ADDISON, Alex	421	Endorphin Fitne	-	29:36.3	4:01.9
41 JACOBY, Bert	485	Ragged Mounta	-	29:40.8	4:06.4
42 SHARP, John	424	Endorphin Fitne	-	29:41.8	4:07.4
43 BEELS, Marten	444	Greater Philade	-	29:44.2	4:09.8
44 DOLAN, Frederick	354	Atlanta Track Cl	-	29:51.0	4:16.6
45 COX, Timothy	415	Dirigo R.C. (50)	-	29:59.5	4:25.1
46 NAHOM, Michael	465	Greater Springfi	-	30:01.1	4:26.7

### TEAM SCORING SUMMARY (cont'd)

Athlete	#	Team	Score	Time	Gap
47 LINDSEY, Lee	392	Colonial Road	-	30:01.7	4:27.3
48 DYER, Chris	435	Goon Squad T	-	30:06.3	4:31.9
49 MOORE, Ignacio	376	Blacksburg Stri	-	30:07.5	4:33.1
50 HIGHSMITH, James	393	Colonial Road	-	30:11.5	4:37.1
51 BOOTH, Todd	489	Santa Barbara	-	30:13.2	4:38.8
52 JOOSSE, Matthew	400	Colonial Road	-	30:15.3	4:40.9
53 SHEILS, Duncan	527	UNA Virginia	-	30:18.5	4:44.1
54 LEE, Bronson	557	UNA Virginia	-	30:30.8	4:56.4
55 CONSTON, Jeffrey	505	Shore Athletic	-	30:30.9	4:56.5
56 MCGUIRE, KEVIN	377	Blacksburg Stri	-	30:33.1	4:58.7
57 SUHR, Timothy	404	Colonial Road	-	30:33.5	4:59.1
58 BYRD, Kevin	372	Blacksburg Stri	-	30:36.7	5:02.3
59 SCOTT, Durelle	375	Blacksburg Stri	-	30:39.4	5:05.0
60 SCHUMANN, Keith	408	Colonial Road	-	30:40.2	5:05.8
61 NOTARO, Henry	509	Shore Athletic	-	30:43.2	5:08.8
62 NEFF, Mark	495	Shadow Project	-	30:44.7	5:10.3
63 DRAGSTEDT, Lester	360	Atlanta Track Cl	-	30:48.4	5:14.0
64 WALCHINSKY, Mark	494	Shadow Project	-	30:57.4	5:23.0
65 PAYE, Bradley	373	Blacksburg Stri	-	31:05.5	5:31.1
66 NUCKOLS, Adam	522	UNA Virginia	-	31:15.1	5:40.7
67 WESTENBERG, David	436	Greater Lowell	-	31:17.2	5:42.8
68 GIBSON, Pete	520	Tidewater Strid	-	31:24.6	5:50.2
69 ENSIGN, Tim	390	Chattanooga Tr	-	31:30.3	5:55.9
70 GOODE, David	422	Endorphin Fitne	-	31:30.6	5:56.2
71 ANSTEY, Mitchell	182	UNA North Car	-	31:31.3	5:56.9
72 WEIR, Fred	351	Atlanta Track Cl	-	31:31.8	5:57.4
73 SYDOW, Brian	355	Atlanta Track Cl	-	31:35.5	6:01.1
74 HEUCK, Alejandro	462	Greater Springfi	-	31:35.9	6:01.5
75 MARANZANI, Joseph	498	Shore Athletic	-	31:45.5	6:11.1
76 MCBEE, Robert	409	Colonial Road	-	31:47.9	6:13.5
77 STOWE, Michael	374	Blacksburg Stri	-	31:48.2	6:13.8
78 SANGSTER, Benjamin	434	Goon Squad T	-	31:50.1	6:15.7
79 SWAN, Michael	492	Santa Barbara	-	31:52.9	6:18.5
80 SPILLER, David	423	Endorphin Fitne	-	31:57.3	6:22.9
81 RECHTIN, Larry	455	Greater Philade	-	31:59.3	6:24.9
82 HILLER, Michael	482	PR Track Club	-	32:09.2	6:34.8
83 DINTERMAN, Robert	542	UNA North Car	-	32:14.1	6:39.7
84 WORM, Toby	405	Colonial Road	-	32:16.4	6:42.0
85 CUTRONA, Matthew	450	Greater Philade	-	32:19.9	6:45.5
86 DEVREESE, Joe	493	Santa Barbara	-	32:27.3	6:52.9
87 BENKARD, Andrew	551	UNA New Jerse	-	32:28.3	6:53.9
88 SCHULER, Tim	427	F and M Track	-	32:29.3	6:54.9
89 CONHEADY, Timothy	452	Greater Philade	-	32:30.7	6:56.3
90 SALAMONE, Michael	510	Shore Athletic	-	32:31.7	6:57.3
91 BEARDSLEY, Andy	562	UNA Virginia	-	32:36.0	7:01.6
92 FLANAGAN, Michael	448	Greater Philade	-	32:36.9	7:02.5



# 2024 USATF NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Mechanicsville, VA

Pole Green Park

Saturday, January 20, 2024



OFFICIAL MEET REPORT

printed: 1/20/2024 12:33 PM

**Race #4**  
**Masters Men 8k**

## Final Results

### INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Athlete	#	Team	Score	Time	Gap
93 SAYRE, Roger	381	Boulder Road R	-	32:43.5	7:09.1	139 RUMSEY, Kevin	528	UNA North Car	-	36:37.6	11:03.
94 YOUNGERS, Ken	359	Atlanta Track Cl	-	32:44.8	7:10.4	140 ADAMS, Mark	469	Montgomery Co	-	36:42.6	11:08.
95 BLANCHARD, Andrew	554	UNA Virginia	-	32:45.3	7:10.9	141 MYERS, Eugene	481	Potomac Valley	-	36:50.3	11:15.
96 ARMSTRONG, Scott	456	Greater Philade	-	32:53.8	7:19.4	142 FREEMAN, Ward	349	Ann Arbor Trac	-	36:56.9	11:22.
97 DAVIES, Keith	453	Greater Philade	-	32:58.8	7:24.4	143 BELL, Doug	385	Boulder Road R	-	37:05.2	11:30.
98 MERTENS, Michael	432	Genesee Valley	-	33:00.9	7:26.5	144 PEREZ, ORLANDO	410	Colonial Road	-	37:09.5	11:35.
99 DEMETRICK, Joseph	503	Shore Athletic	-	33:12.1	7:37.7	145 ROSE, William	476	Pike Creek Vall	-	37:14.6	11:40.
100 SAK, Lawrence	350	Ann Arbor Trac	-	33:19.6	7:45.2	146 SHEARER, Andrew	446	Greater Philade	-	37:28.3	11:53.
101 BLACK, David	361	Atlanta Track Cl	-	33:24.6	7:50.2	147 DYKES, Gene	459	Greater Philade	-	37:38.2	12:03.
102 KAST, Steven	402	Colonial Road	-	33:28.2	7:53.8	148 PEDERSEN, Nils	356	Atlanta Track Cl	-	37:41.1	12:06.
103 CALKINS, Joe	403	Colonial Road	-	33:37.0	8:02.6	149 DILEVA, Michael	506	Shore Athletic	-	38:12.9	12:38.
104 CHASSE, Craig	480	Potomac Valley	-	33:38.6	8:04.2	150 PRATT, Aaron	347	Ann Arbor Trac	-	38:32.5	12:58.
105 HOLLENBECK, Joel	451	Greater Philade	-	33:42.8	8:08.4	151 OSTWALD, Gary	383	Boulder Road R	-	38:33.2	12:58.
106 LARSON, Norm	467	Green Mountai	-	33:45.1	8:10.7	152 BODRICK, Morris	550	UNA Virginia	-	38:45.9	13:11.
107 FLANDERS, Dale	430	Genesee Valley	-	33:54.7	8:20.3	153 HAGERTY, Tim	438	Greater Lowell	-	38:50.0	13:15.
108 HERSEY, Miles	511	Shore Athletic	-	33:58.4	8:24.0	154 SECKER, Michael	531	UNA Alberta	-	39:13.6	13:39.
109 SHIELDS, Charles	454	Greater Philade	-	34:01.8	8:27.4	155 IRVIN, Ward	365	Atlanta Track Cl	-	39:24.7	13:50.
110 BERGNER, Wade	552	UNA Wisconsin	-	34:07.4	8:33.0	156 WIESINGER, Gary	502	Shore Athletic	-	39:36.8	14:02.
111 DUFFIELD, Rory	558	UNA Virginia	-	34:11.1	8:36.7	157 KATZ, Richard	384	Boulder Road R	-	39:42.1	14:07.
112 QUALLS, Robert	534	UNA Nevada	-	34:25.0	8:50.6	158 HARTLEY, Lou	357	Atlanta Track Cl	-	39:52.1	14:17.
113 CAMPBELL, CHRISTO	563	UNA Virginia	-	34:35.1	9:00.7	159 HORTON, William	477	Pineland Strider	-	39:54.6	14:20.
114 MCGUIRE, Glen	371	Blacksburg Stri	-	34:39.5	9:05.1	160 JENSEN, Gene	431	Genesee Valley	-	40:30.1	14:55.
115 WIECHECKI, David	474	Pike Creek Vall	-	34:42.4	9:08.0	161 MICHAELS, Thomas	529	UNA Maryland	-	40:43.5	15:09.
116 LINN, James	530	UNA Pennsylv	-	34:47.8	9:13.4	162 ALBRITTON, Bob	468	High Point Athl	-	40:47.0	15:12.
117 STRICKLAND, Michael	352	Atlanta Track Cl	-	34:57.8	9:23.4	163 ROBINSON, Tom	411	Colonial Road	-	41:07.2	15:32.
118 CAULLER, Gregory	473	Pike Creek Vall	-	35:00.1	9:25.7	164 LEARNED, Jerry	366	Atlanta Track Cl	-	41:16.6	15:42.
119 D'AMATO, Anthony	483	PR Track Club	-	35:02.5	9:28.1	165 MCCORMICK, Steve	460	Greater Philade	-	41:18.1	15:43.
120 BROWN, Scott	536	UNA Virginia	-	35:04.0	9:29.6	166 DUFFY, Jim	414	Colonial Road	-	41:20.1	15:45.
121 DAWSON, Gregory	407	Colonial Road	-	35:06.3	9:31.9	167 FRISBY, Jan	382	Boulder Road R	-	43:07.5	17:33.
122 IRVING, Timothy	524	UNA Massachu	-	35:14.9	9:40.5	168 CARLIN, Paul	346	Ann Arbor Trac	-	43:25.0	17:50.
123 WHITAKER, Robert	413	Colonial Road	-	35:17.1	9:42.7	169 SPENCER, Mike	362	Atlanta Track Cl	-	43:32.3	17:57.
124 HORVATH, kevin	561	UNA Virginia	-	35:18.2	9:43.8	170 MESTER, Michael	348	Ann Arbor Trac	-	44:10.8	18:36.
125 DOLLARD, Kevin	508	Shore Athletic	-	35:19.9	9:45.5	171 FLAX, David	479	Potomac Valley	-	45:09.7	19:35.
126 LUCKING, Scott	358	Atlanta Track Cl	-	35:26.7	9:52.3	172 JOYCE, Allen	364	Atlanta Track Cl	-	45:17.0	19:42.
127 HARFST, Rich	555	UNA Virginia	-	35:29.1	9:54.7	173 NOWICKI, Przemyslaw	513	Shore Athletic	-	45:52.5	20:18.
128 PELGER, Caleb	560	UNA South Car	-	35:33.8	9:59.4	174 TAYLOR, Patrick	367	Atlanta Track Cl	-	51:53.7	26:19.
129 CORNELL, Mark	433	Goon Squad T	-	35:41.3	10:06.	175 PURNELL, Micks	533	UNA California	-	51:56.1	26:21.
130 PUMA, Eric	504	Shore Athletic	-	35:52.9	10:18.	176 ASSAL, Jim	457	Greater Philade	-	54:23.2	28:48.
131 BURDETT, Francis	463	Greater Springfi	-	35:56.4	10:22.	-- STILES, Rees	388	Bull City Track	-		
132 BLASER, John	380	Boulder Road R	-	36:00.4	10:26.	-- MINER, James	519	Syracuse Track	-		
133 RAGIN, Rodney	559	UNA Virginia	-	36:02.5	10:28.	-- SEMLING, Brian	521	UNA Wisconsin	-		
134 LEDDY, Harold	500	Shore Athletic	-	36:11.7	10:37.	-- AUSTIN JR, Darryl	523	UNA Virginia	-		
135 CALOS, Stefan	537	UNA Virginia	-	36:15.4	10:41.	-- GARDNER, Jonathan	525	UNA Virginia	-		
136 CUTLER, Andrew	412	Colonial Road	-	36:18.8	10:44.	-- HETHERINGTON, Ale	539	UNA Virginia	-		
137 MCGINNIS, Sean	378	Blacksburg Stri	-	36:23.2	10:48.	-- REED, Nene	544	UNA Virginia	-		
138 MORRISON, Don	458	Greater Philade	-	36:32.2	10:57.	-- WOSHNER, Craig	548	UNA Virginia	-		

**2024 USATF NATIONAL CROSS COUNTRY  
CHAMPIONSHIPS**

Mechanicsville, VA

Pole Green Park

Saturday, January 20, 2024



**OFFICIAL MEET REPORT**

printed: 1/20/2024 12:33 PM

**Race #4  
Masters Men 8k**

**Final Results**

**INDIVIDUAL RESULTS (cont'd)**

<b>Athlete</b>	<b>#</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Gap</b>
-- MCCORMICK, Michael	553	UNA Virginia	-		
-- CHADIM, William	478	Pony Express T	-		
-- SMITH, Duncan	445	Greater Philade	-		
-- MONTINI, Paul	447	Greater Philade	-		
-- NAIMOLI, Christopher	441	Greater Philade	-		
-- BECKER, Rick	363	Atlanta Track Cl	-		
-- PUTNAM, Gregory	541	UNA Massachu	-		
-- GARBINI, Hernan	389	Charlottesville	-		
-- CABLE, Trevor	399	Colonial Road	-		
-- CAMPBELL, DANIEL	497	Shore Athletic	-		
-- LINNELL, Scott	501	Shore Athletic	-		
-- MCKEE, Guian	428	Formula TC (50	-		
-- CABADA, Fernando	546	UNA Colorado	-		
-- MCDONAGH, Neil	518	Square State St	-		
-- SIRIANO, Scott	538	UNA Georgia	-		
-- FIELDS, Brent	353	Atlanta Track Cl	-		
-- HADCOCK, John	437	Greater Lowell	-		
-- SALERNI, Paul	535	UNA New York	-		
-- SCHROEDER, Adam	391	Club Northwest	-		
-- STEENKAMER, Thom	472	Pike Creek Vall	-		
-- COSTELLO, John	475	Pike Creek Vall	-		
-- HIXSON, Mark	464	Greater Springfi	-		
-- REBENCIUC, Sandu	466	Greater Springfi	-		
-- BIRKHOLZ, Shad	543	UNA Montana	-		
-- STIRRAT, Reno	507	Shore Athletic	-		
-- MURRAY, Dan	526	UNA North Car	-		
-- WELKE, Karl	556	UNA North Car	-		
-- MCHALE, Michael	514	Shore Athletic	-		
-- KILDUFF, John	515	Shore Athletic	-		
-- WILSON, ken	516	Shore Athletic	-		
-- ANDERSON, David	401	Colonial Road	-		
-- PELLETIER, Paul	406	Colonial Road	-		
-- BULLERI, Michael	386	Bull City Track	-		
-- MASLAND, Caleb	387	Bull City Track	-		
-- ROSEN, Harold	532	UNA Maryland	-		

Place	Bib	First Name	Last Name	team	Gender	Clock Time	Pace	Age	Division Place	Division
<b>40-44</b>										
1	396	Forest	Braden	Colonial Road Runners (40)	M	0:25:34.4	5:09	40	1	M4044
2	429	Brian	Flynn	Garden State Track Club (40)	M	0:25:51.3	5:12	40	2	M4044
3	398	Adam	Otstot	Colonial Road Runners (40)	M	0:26:18.8	5:18	41	3	M4044
4	487	Matthew	Barresi	Ragged Mountain Racing (40)	M	0:26:54.5	5:25	40	4	M4044
6	484	christopher	pirch	Ragged Mountain Racing (40)	M	0:27:04.6	5:27	43	5	M4044
7	471	Charlie	Ban	Pacers Running//GRC New Balance (40)	M	0:27:09.1	5:28	41	6	M4044
8	545	Peter	Derby	UNA Virginia	M	0:27:09.6	5:28	41	7	M4044
9	394	William	Christian	Colonial Road Runners (40)	M	0:27:14.1	5:29	40	8	M4044
10	418	Jeffrey	Redfern	Dojo Racing (40)	M	0:27:18.1	5:30	40	9	M4044
11	440	John	Becker	Greater Philadelphia TC (40)	M	0:27:23.8	5:31	44	10	M4044
14	486	Charlie	Hurt	Ragged Mountain Racing (40)	M	0:27:43.1	5:35	40	11	M4044
15	442	Derek	Reinhold	Greater Philadelphia TC (40)	M	0:27:55.6	5:37	44	12	M4044
17	470	Dickson	Mercer	Pacers Running//GRC New Balance (40)	M	0:27:58.8	5:38	42	13	M4044
18	443	John	Gagliardi	Greater Philadelphia TC (40)	M	0:28:02.8	5:39	44	14	M4044
19	425	Michael	Harlow	Endorphin Fitness (40)	M	0:28:11.3	5:40	42	15	M4044
20	547	Chris	McGough	UNA Virginia	M	0:28:12.6	5:40	40	16	M4044
22	397	Scott	Ickes	Colonial Road Runners (40)	M	0:28:19.4	5:42	42	17	M4044
24	419	Bradley	Klapper	Dojo Racing (40)	M	0:28:40.4	5:46	44	18	M4044
32	416	Jason	Dwyer	Dojo Racing (40)	M	0:29:12.1	5:52	44	19	M4044
37	417	Joshua	Sohn	Dojo Racing (40)	M	0:29:24.3	5:55	42	20	M4044
40	421	Alex	Addison	Endorphin Fitness (40)	M	0:29:36.3	5:57	44	21	M4044
41	485	Bert	Jacoby	Ragged Mountain Racing (40)	M	0:29:40.8	5:58	40	22	M4044
43	444	Marten	Beels	Greater Philadelphia TC (40)	M	0:29:44.2	5:59	44	23	M4044
48	435	Chris	Dyer	Goon Squad TC (40)	M	0:30:06.3	6:03	42	24	M4044
50	393	James	Highsmith	Colonial Road Runners (40)	M	0:30:11.5	6:04	41	25	M4044
52	400	Matthew	Joose	Colonial Road Runners (40)	M	0:30:15.3	6:05	43	26	M4044
64	494	Mark	Walchinsky	Shadow Project TC (40)	M	0:30:57.4	6:14	44	27	M4044
66	522	Adam	Nuckols	UNA Virginia	M	0:31:15.1	6:17	42	28	M4044
71	182	Mitchell	Anstey	UNA North Carolina	M	0:31:31.3	6:20	42	29	M4044
119	483	Anthony	D'Amato	PR Track Club Virginia (40)	M	0:35:02.5	7:03	40	30	M4044
128	560	Caleb	Pelger	UNA South Carolina	M	0:35:33.8	7:09	40	31	M4044
129	433	Mark	Cornell	Goon Squad TC (40)	M	0:35:41.3	7:11	44	32	M4044
<b>45-49</b>										
5	368	David	Angell	Blacksburg Striders (40)	M	0:27:04.1	5:27	47	1	M4549
13	488	William	Palmer	Ragged Mountain Racing (40)	M	0:27:42.7	5:34	47	2	M4549
25	499	Edward	Ross	Shore Athletic Club (40)	M	0:28:43.1	5:47	49	3	M4549
29	395	Mark	Tompkins	Colonial Road Runners (40)	M	0:29:03.8	5:51	48	4	M4549
31	496	Jason	Abbot	Shadow Project TC	M	0:29:08.0	5:52	45	5	M4549
33	426	Jason	Dowdy	Endorphin Fitness (40)	M	0:29:13.2	5:53	47	6	M4549
34	369	Matthew	Wisnioski	Blacksburg Striders (40)	M	0:29:15.9	5:53	45	7	M4549
35	420	Timothy	Greszler	Dojo Racing (40)	M	0:29:23.0	5:55	45	8	M4549
36	370	Daneil	Kolasa	Blacksburg Striders (40)	M	0:29:23.7	5:55	45	9	M4549



39	439	Matthew	DiPreto	Greater Philadelphia TC (40)	M	0:29:34.9	5:57	45	10	M4549
42	424	John	Sharp	Endorphin Fitness (40)	M	0:29:41.8	5:58	49	11	M4549
47	392	Lee	Lindsey	Colonial Road Runners (40)	M	0:30:01.7	6:02	48	12	M4549
58	372	Kevin	Byrd	Blacksburg Striders (40)	M	0:30:36.7	6:09	45	13	M4549
65	373	Bradley	Paye	Blacksburg Striders (40)	M	0:31:05.5	6:15	49	14	M4549
70	422	David	Goode	Endorphin Fitness (40)	M	0:31:30.6	6:20	47	15	M4549
75	498	Joseph	Maranzani	Shore Athletic Club (40)	M	0:31:45.5	6:23	46	16	M4549
78	434	Benjamin	Sangster	Goon Squad TC (40)	M	0:31:50.1	6:24	48	17	M4549
80	423	David	Spiller	Endorphin Fitness (40)	M	0:31:57.3	6:26	46	18	M4549
82	482	Michael	Hiller	PR Track Club	M	0:32:09.2	6:28	46	19	M4549
95	554	Andrew	Blanchard	UNA Virginia	M	0:32:45.3	6:35	48	20	M4549
111	558	Rory	Duffield	UNA Virginia	M	0:34:11.1	6:53	46	21	M4549
114	371	Glen	McGuire	Blacksburg Striders (40)	M	0:34:39.5	6:58	47	22	M4549
159	477	William	Horton	Pineland Striders (40)	M	0:39:54.6	8:02	45	23	M4549

### 50-54

12	490	Rusty	Snow	Santa Barbara Running and Racing (50)	M	0:27:28.4	5:32	54	1	M5054
16	549	philippe	rolly	UNA Virginia	M	0:27:55.9	5:37	51	2	M5054
21	517	Christopher	Wolf	South Chicago Track Club	M	0:28:15.3	5:41	50	3	M5054
27	491	Marcelo	Mejia Perez	Santa Barbara Running and Racing (50)	M	0:28:54.0	5:49	50	4	M5054
30	379	Anderson	Norton	Blacksburg Striders (50)	M	0:29:06.9	5:51	50	5	M5054
44	354	Frederick	Dolan	Atlanta Track Club (50)	M	0:29:51.0	6:00	51	6	M5054
45	415	Timothy	Cox	Dirigo R.C. (50)	M	0:29:59.5	6:02	50	7	M5054
49	376	Ignacio	Moore	Blacksburg Striders (50)	M	0:30:07.5	6:04	52	8	M5054
51	489	Todd	Booth	Santa Barbara Running and Racing (50)	M	0:30:13.2	6:05	54	9	M5054
53	527	Duncan	Sheils	UNA Virginia	M	0:30:18.5	6:06	53	10	M5054
54	557	Bronson	Lee	UNA Virginia	M	0:30:30.8	6:08	50	11	M5054
57	404	Timothy	Suhr	Colonial Road Runners (50)	M	0:30:33.5	6:09	52	12	M5054
59	375	Durelle	Scott	Blacksburg Striders (50)	M	0:30:39.4	6:10	50	13	M5054
60	408	Keith	Schumann	Colonial Road Runners (50)	M	0:30:40.2	6:10	53	14	M5054
73	355	Brian	Sydow	Atlanta Track Club (50)	M	0:31:35.5	6:21	50	15	M5054
77	374	Michael	Stowe	Blacksburg Striders (50)	M	0:31:48.2	6:24	53	16	M5054
79	492	Michael	Swan	Santa Barbara Running and Racing (50)	M	0:31:52.9	6:25	53	17	M5054
83	542	Robert	Dinterman	UNA North Carolina	M	0:32:14.1	6:29	53	18	M5054
84	405	Toby	Worm	Colonial Road Runners (50)	M	0:32:16.4	6:30	50	19	M5054
85	450	Matthew	Cutrona	Greater Philadelphia TC (50)	M	0:32:19.9	6:30	53	20	M5054
99	503	Joseph	Demetrick	Shore Athletic Club (50)	M	0:33:12.1	6:41	52	21	M5054
103	403	Joe	Calkins	Colonial Road Runners (50)	M	0:33:37.0	6:46	53	22	M5054
104	480	Craig	Chasse	Potomac Valley Track Club (50)	M	0:33:38.6	6:46	54	23	M5054
105	451	Joel	Hollenbeck	Greater Philadelphia TC (50)	M	0:33:42.8	6:47	52	24	M5054
124	561	kevin	horvath	UNA Virginia	M	0:35:18.2	7:06	52	25	M5054
130	504	Eric	Puma	Shore Athletic Club (50)	M	0:35:52.9	7:13	51	26	M5054
148	356	Nils	Pedersen	Atlanta Track Club (50)	M	0:37:41.1	7:35	54	27	M5054
149	506	Michael	DiLeva	Shore Athletic Club (50)	M	0:38:12.9	7:41	51	28	M5054

### 55-59

23	449	Tim	Harte	Greater Philadelphia TC (50)	M	0:28:34.3	5:45	55	1	M5559
38	540	Shane	Anthony	UNA Pennsylvania	M	0:29:28.5	5:56	55	2	M5559
46	465	Michael	Nahom	Greater Springfield Harriers Inc (50)	M	0:30:01.1	6:02	56	3	M5559
55	505	Jeffrey	Conston	Shore Athletic Club (50)	M	0:30:30.9	6:08	55	4	M5559
56	377	KEVIN	MCGUIRE	Blacksburg Striders (50)	M	0:30:33.1	6:09	58	5	M5559
72	351	Fred	Weir	Atlanta Track Club (50)	M	0:31:31.8	6:21	57	6	M5559
74	462	Alejandro	Heuck	Greater Springfield Harriers Inc (50)	M	0:31:35.9	6:21	59	7	M5559
76	409	Robert	Mcbee	Colonial Road Runners (50)	M	0:31:47.9	6:24	56	8	M5559
86	493	Joe	DeVreese	Santa Barbara Running and Racing (50)	M	0:32:27.3	6:32	56	9	M5559
87	551	Andrew	Benkard	UNA New Jersey	M	0:32:28.3	6:32	57	10	M5559
91	562	Andy	Beardsley	UNA Virginia	M	0:32:36.0	6:33	59	11	M5559
92	448	Michael	Flanagan	Greater Philadelphia TC (50)	M	0:32:36.9	6:34	56	12	M5559
102	402	Steven	Kast	Colonial Road Runners (50)	M	0:33:28.2	6:44	59	13	M5559
107	430	Dale	Flanders	Genesee Valley Harriers (50)	M	0:33:54.7	6:49	58	14	M5559
110	552	Wade	Bergner	UNA Wisconsin	M	0:34:07.4	6:52	57	15	M5559
113	563	CHRISTOPHER	CAMPBELL	UNA Virginia	M	0:34:35.1	6:57	59	16	M5559
117	352	Michael	Strickland	Atlanta Track Club (50)	M	0:34:57.8	7:02	57	17	M5559
121	407	Gregory	Dawson	Colonial Road Runners (50)	M	0:35:06.3	7:04	58	18	M5559
122	524	Timothy	Irving	UNA Massachusetts	M	0:35:14.9	7:05	58	19	M5559
131	463	Francis	Burdett	Greater Springfield Harriers Inc (50)	M	0:35:56.4	7:14	58	20	M5559
133	559	Rodney	Ragin	UNA Virginia	M	0:36:02.5	7:15	58	21	M5559
137	378	Sean	McGinnis	Blacksburg Striders (50)	M	0:36:23.2	7:19	56	22	M5559
152	550	Morris	Bodrick	UNA Virginia	M	0:38:45.9	7:48	57	23	M5559
158	357	Lou	Hartley	Atlanta Track Club (50)	M	0:39:52.1	8:01	57	24	M5559
171	479	David	Flax	Potomac Valley Track Club (NS)	M	0:45:09.7	9:05	57	25	M5559

**60-64**

26	461	Nat	Larson	Greater Springfield Harriers Inc (50)	M	0:28:51.2	5:48	61	1	M6064
28	512	Mark	Zamek	Shore Athletic Club (60)	M	0:28:54.4	5:49	60	2	M6064
61	509	Henry	Notaro	Shore Athletic Club (60)	M	0:30:43.2	6:11	62	3	M6064
62	495	Mark	Neff	Shadow Project TC (60)	M	0:30:44.7	6:11	61	4	M6064
63	360	Lester	Dragstedt	Atlanta Track Club (60)	M	0:30:48.4	6:12	61	5	M6064
69	390	Tim	Ensign	Chattanooga Track Club (60)	M	0:31:30.3	6:20	61	6	M6064
81	455	Larry	Rechtin	Greater Philadelphia TC (60)	M	0:31:59.3	6:26	62	7	M6064
88	427	Tim	Schuler	F and M Track Club	M	0:32:29.3	6:32	60	8	M6064
90	510	Michael	Salamone	Shore Athletic Club (60)	M	0:32:31.7	6:33	64	9	M6064
96	456	Scott	Armstrong	Greater Philadelphia TC (60)	M	0:32:53.8	6:37	61	10	M6064
97	453	Keith	Davies	Greater Philadelphia TC (60)	M	0:32:58.8	6:38	64	11	M6064
98	432	Michael	Mertens	Genesee Valley Harriers (60)	M	0:33:00.9	6:38	60	12	M6064
100	350	Lawrence	Sak	Ann Arbor Track Club (60)	M	0:33:19.6	6:42	63	13	M6064
101	361	David	Black	Atlanta Track Club (60)	M	0:33:24.6	6:43	60	14	M6064
108	511	Miles	Hersey	Shore Athletic Club (60)	M	0:33:58.4	6:50	61	15	M6064
109	454	Charles	Shields	Greater Philadelphia TC (60)	M	0:34:01.8	6:51	64	16	M6064
115	474	David	Wiechecki	Pike Creek Valley Running Club (60)	M	0:34:42.4	6:59	62	17	M6064
118	473	Gregory	Cauller	Pike Creek Valley Running Club (60)	M	0:35:00.1	7:02	64	18	M6064

127	555	Rich	Harfst	UNA Virginia	M	0:35:29.1	7:08	60	19	M6064
135	537	Stefan	Calos	UNA Virginia	M	0:36:15.4	7:18	61	20	M6064
139	528	Kevin	Rumsey	UNA North Carolina	M	0:36:37.6	7:22	61	21	M6064
140	469	Mark	Adams	Montgomery County Road Runners	M	0:36:42.6	7:23	64	22	M6064
144	410	ORLANDO	PEREZ	Colonial Road Runners (60)	M	0:37:09.5	7:29	61	23	M6064
145	476	William	Rose	Pike Creek Valley Running Club (60)	M	0:37:14.6	7:30	64	24	M6064
146	446	Andrew	Shearer	Greater Philadelphia TC (50)	M	0:37:28.3	7:32	60	25	M6064
169	362	Mike	Spencer	Atlanta Track Club (60)	M	0:43:32.3	8:46	63	26	M6064

**65-69**

67	436	David	Westenberg	Greater Lowell Road Runners (60)	M	0:31:17.2	6:18	66	1	M6569
68	520	Pete	Gibson	Tidewater Striders (60)	M	0:31:24.6	6:19	67	2	M6569
89	452	Timothy	Conheady	Greater Philadelphia TC (60)	M	0:32:30.7	6:32	66	3	M6569
93	381	Roger	Sayre	Boulder Road Runners (60)	M	0:32:43.5	6:35	65	4	M6569
94	359	Ken	Youngers	Atlanta Track Club (60)	M	0:32:44.8	6:35	67	5	M6569
106	467	Norm	Larson	Green Mountain Athletic Association	M	0:33:45.1	6:47	68	6	M6569
120	536	Scott	Brown	UNA Virginia	M	0:35:04.0	7:03	65	7	M6569
123	413	Robert	Whitaker	Colonial Road Runners (60)	M	0:35:17.1	7:06	65	8	M6569
125	508	Kevin	Dollard	Shore Athletic Club (50)	M	0:35:19.9	7:06	68	9	M6569
126	358	Scott	Lucking	Atlanta Track Club (60)	M	0:35:26.7	7:08	69	10	M6569
132	380	John	Blaser	Boulder Road Runners (60)	M	0:36:00.4	7:15	66	11	M6569
134	500	Harold	Leddy	Shore Athletic Club (40)	M	0:36:11.7	7:17	68	12	M6569
136	412	Andrew	Cutler	Colonial Road Runners (60)	M	0:36:18.8	7:18	66	13	M6569
142	349	Ward	Freeman	Ann Arbor Track Club (60)	M	0:36:56.9	7:26	67	14	M6569
153	438	Tim	Hagerty	Greater Lowell Road Runners (60)	M	0:38:50.0	7:49	65	15	M6569
156	502	Gary	Wiesinger	Shore Athletic Club (40)	M	0:39:36.8	7:58	65	16	M6569
160	431	Gene	Jensen	Genesee Valley Harriers (60)	M	0:40:30.1	8:09	69	17	M6569
161	529	Thomas	Michaels	UNA Maryland	M	0:40:43.5	8:12	66	18	M6569
163	411	Tom	Robinson	Colonial Road Runners (60)	M	0:41:07.2	8:16	65	19	M6569
170	348	Michael	Mester	Ann Arbor Track Club (60)	M	0:44:10.8	8:53	68	20	M6569

**70-74**

112	534	Robert	Qualls	UNA Nevada	M	0:34:25.0	6:55	71	1	M7074
116	530	James	Linn	UNA Pennsylvania	M	0:34:47.8	7:00	71	2	M7074
138	458	Don	Morrison	Greater Philadelphia TC (70)	M	0:36:32.2	7:21	73	3	M7074
141	481	Eugene	Myers	Potomac Valley Track Club	M	0:36:50.3	7:25	71	4	M7074
143	385	Doug	Bell	Boulder Road Runners (70)	M	0:37:05.2	7:28	73	5	M7074
150	347	Aaron	Pratt	Ann Arbor Track Club (60)	M	0:38:32.5	7:45	70	6	M7074
154	531	Michael	Secker	UNA Alberta	M	0:39:13.6	7:53	72	7	M7074
155	365	Ward	Irvin	Atlanta Track Club (70)	M	0:39:24.7	7:56	71	8	M7074
162	468	Bob	Albritton	High Point Athletic Club (70)	M	0:40:47.0	8:12	72	9	M7074
165	460	Steve	McCormick	Greater Philadelphia TC (70)	M	0:41:18.1	8:19	73	10	M7074
166	414	Jim	Duffy	Colonial Road Runners (60)	M	0:41:20.1	8:19	71	11	M7074
175	533	Micks	Purnell	UNA California	M	0:51:56.1	10:27	74	12	M7074

**75-79**

147	459	Gene	Dykes	Greater Philadelphia TC (70)	M	0:37:38.2	7:34	75	1	M7579
-----	-----	------	-------	------------------------------	---	-----------	------	----	---	-------

151	383	Gary	Ostwald	Boulder Road Runners (70)	M	0:38:33.2	7:45	77	2	M7579
157	384	Richard	Katz	Boulder Road Runners (70)	M	0:39:42.1	7:59	75	3	M7579
164	366	Jerry	Learned	Atlanta Track Club (70)	M	0:41:16.6	8:18	75	4	M7579
167	382	Jan	Frisby	Boulder Road Runners (70)	M	0:43:07.5	8:41	79	5	M7579
168	346	Paul	Carlin	Ann Arbor Track Club (60)	M	0:43:25.0	8:44	78	6	M7579
172	364	Allen	Joyce	Atlanta Track Club (70)	M	0:45:17.0	9:07	75	7	M7579
173	513	Przemyslaw	Nowicki	Shore Athletic Club (40)	M	0:45:52.5	9:14	79	8	M7579
174	367	Patrick	Taylor	Atlanta Track Club (70)	M	0:51:53.7	10:26	75	9	M7579

80-84

176	457	Jim	Assal	Greater Philadelphia TC (70)	M	0:54:23.2	10:56	80	1	M8084
-----	-----	-----	-------	------------------------------	---	-----------	-------	----	---	-------

Place	Bib	First Name	Last Name	Gender	team	Time	Pace	Age	Percentag	Place	Division
1	461	Nat	Larson	M	Greater Springfield Harriers Inc (50)	0:28:51.2	5:48	61	90.2	1	M6064
2	512	Mark	Zamek	M	Shore Athletic Club (60)	0:28:54.4	5:49	60	89.3	2	M6064
3	490	Rusty	Snow	M	Santa Barbara Running and Racing (50)	0:27:28.4	5:32	54	89.1	1	M5054
4	520	Pete	Gibson	M	Tidewater Striders (60)	0:31:24.6	6:19	67	87.7	2	M6569
5	436	David	Westenberg	M	Greater Lowell Road Runners (60)	0:31:17.2	6:18	66	87.2	1	M6569
6	449	Tim	Harte	M	Greater Philadelphia TC (50)	0:28:34.3	5:45	55	86.4	1	M5559
7	509	Henry	Notaro	M	Shore Athletic Club (60)	0:30:43.2	6:11	62	85.5	3	M6064
8	396	Forest	Braden	M	Colonial Road Runners (40)	0:25:34.4	5:09	40	85.4	1	M4044
9	549	philippe	rolly	M	UNA Virginia	0:27:55.9	5:37	51	85.4	2	M5054
10	368	David	Angell	M	Blacksburg Striders (40)	0:27:04.1	5:27	47	85.3	1	M4549
11	495	Mark	Neff	M	Shadow Project TC (60)	0:30:44.7	6:11	61	84.7	4	M6064
12	429	Brian	Flynn	M	Garden State Track Club (40)	0:25:51.3	5:12	40	84.5	2	M4044
13	360	Lester	Dragstedt	M	Atlanta Track Club (60)	0:30:48.4	6:12	61	84.5	5	M6064
14	359	Ken	Youngers	M	Atlanta Track Club (60)	0:32:44.8	6:35	67	84.1	5	M6569
15	452	Timothy	Conheady	M	Greater Philadelphia TC (60)	0:32:30.7	6:32	66	83.9	3	M6569
16	517	Christopher	Wolf	M	South Chicago Track Club	0:28:15.3	5:41	50	83.8	3	M5054
17	398	Adam	Otstot	M	Colonial Road Runners (40)	0:26:18.8	5:18	41	83.7	3	M4044
18	540	Shane	Anthony	M	UNA Pennsylvania	0:29:28.5	5:56	55	83.7	2	M5559
19	534	Robert	Qualls	M	UNA Nevada	0:34:25.0	6:55	71	83.4	1	M7074
20	488	William	Palmer	M	Ragged Mountain Racing (40)	0:27:42.7	5:34	47	83.3	2	M4549
21	465	Michael	Nahom	M	Greater Springfield Harriers Inc (50)	0:30:01.1	6:02	56	82.9	3	M5559
22	377	KEVIN	MCGUIRE	M	Blacksburg Striders (50)	0:30:33.1	6:09	58	82.9	5	M5559
23	484	christopher	pirch	M	Ragged Mountain Racing (40)	0:27:04.6	5:27	43	82.6	5	M4044
24	390	Tim	Ensign	M	Chattanooga Track Club (60)	0:31:30.3	6:20	61	82.6	6	M6064
25	381	Roger	Sayre	M	Boulder Road Runners (60)	0:32:43.5	6:35	65	82.6	4	M6569
26	530	James	Linn	M	UNA Pennsylvania	0:34:47.8	7:00	71	82.5	2	M7074
27	467	Norm	Larson	M	Green Mountain Athletic Association	0:33:45.1	6:47	68	82.4	6	M6569
28	510	Michael	Salamone	M	Shore Athletic Club (60)	0:32:31.7	6:33	64	82.3	9	M6064
29	440	John	Becker	M	Greater Philadelphia TC (40)	0:27:23.8	5:31	44	82.2	10	M4044
30	455	Larry	Rechtin	M	Greater Philadelphia TC (60)	0:31:59.3	6:26	62	82.1	7	M6064
31	491	Marcelo	Mejia Perez	M	Santa Barbara Running and Racing (50)	0:28:54.0	5:49	50	81.9	4	M5054
32	499	Edward	Ross	M	Shore Athletic Club (40)	0:28:43.1	5:47	49	81.7	3	M4549
33	383	Gary	Ostwald	M	Boulder Road Runners (70)	0:38:33.2	7:45	77	81.5	2	M7579
34	379	Anderson	Norton	M	Blacksburg Striders (50)	0:29:06.9	5:51	50	81.3	5	M5054
35	487	Matthew	Barresi	M	Ragged Mountain Racing (40)	0:26:54.5	5:25	40	81.2	4	M4044
36	453	Keith	Davies	M	Greater Philadelphia TC (60)	0:32:58.8	6:38	64	81.2	11	M6064
37	471	Charlie	Ban	M	Pacers Running//GRC New Balance (40)	0:27:09.1	5:28	41	81.1	6	M4044
38	545	Peter	Derby	M	UNA Virginia	0:27:09.6	5:28	41	81.1	7	M4044
39	489	Todd	Booth	M	Santa Barbara Running and Racing (50)	0:30:13.2	6:05	54	81.0	9	M5054
40	505	Jeffrey	Conston	M	Shore Athletic Club (50)	0:30:30.9	6:08	55	80.9	4	M5559
41	462	Alejandro	Heuck	M	Greater Springfield Harriers Inc (50)	0:31:35.9	6:21	59	80.9	7	M5559
42	442	Derek	Reinhold	M	Greater Philadelphia TC (40)	0:27:55.6	5:37	44	80.7	12	M4044
43	458	Don	Morrison	M	Greater Philadelphia TC (70)	0:36:32.2	7:21	73	80.6	3	M7074
44	459	Gene	Dykes	M	Greater Philadelphia TC (70)	0:37:38.2	7:34	75	80.6	1	M7579
45	443	John	Gagliardi	M	Greater Philadelphia TC (40)	0:28:02.8	5:39	44	80.3	14	M4044
46	394	William	Christian	M	Colonial Road Runners (40)	0:27:14.1	5:29	40	80.2	8	M4044
47	395	Mark	Tompkins	M	Colonial Road Runners (40)	0:29:03.8	5:51	48	80.1	4	M4549
48	527	Duncan	Sheils	M	UNA Virginia	0:30:18.5	6:06	53	80.1	10	M5054
49	418	Jeffrey	Redfern	M	Dojo Racing (40)	0:27:18.1	5:30	40	80.0	9	M4044
50	354	Frederick	Dolan	M	Atlanta Track Club (50)	0:29:51.0	6:00	51	79.9	6	M5054
51	376	Ignacio	Moore	M	Blacksburg Striders (50)	0:30:07.5	6:04	52	79.9	8	M5054
52	351	Fred	Weir	M	Atlanta Track Club (50)	0:31:31.8	6:21	57	79.7	6	M5559
53	350	Lawrence	Sak	M	Ann Arbor Track Club (60)	0:33:19.6	6:42	63	79.6	13	M6064
54	427	Tim	Schuler	M	F and M Track Club	0:32:29.3	6:32	60	79.4	8	M6064
55	385	Doug	Bell	M	Boulder Road Runners (70)	0:37:05.2	7:28	73	79.4	5	M7074
56	470	Dickson	Mercer	M	Pacers Running//GRC New Balance (40)	0:27:58.8	5:38	42	79.3	13	M4044

57	358	Scott	Lucking	M	Atlanta Track Club (60)	0:35:26.7	7:08	69	79.2	10	M6569
58	408	Keith	Schumann	M	Colonial Road Runners (50)	0:30:40.2	6:10	53	79.1	14	M5054
59	456	Scott	Armstrong	M	Greater Philadelphia TC (60)	0:32:53.8	6:37	61	79.1	10	M6064
60	426	Jason	Dowdy	M	Endorphin Fitness (40)	0:29:13.2	5:53	47	79.0	6	M4549
61	424	John	Sharp	M	Endorphin Fitness (40)	0:29:41.8	5:58	49	79.0	11	M4549
62	415	Timothy	Cox	M	Dirigo R.C. (50)	0:29:59.5	6:02	50	78.9	7	M5054
63	486	Charlie	Hurt	M	Ragged Mountain Racing (40)	0:27:43.1	5:35	40	78.8	11	M4044
64	404	Timothy	Suhr	M	Colonial Road Runners (50)	0:30:33.5	6:09	52	78.8	12	M5054
65	425	Michael	Harlow	M	Endorphin Fitness (40)	0:28:11.3	5:40	42	78.7	15	M4044
66	454	Charles	Shields	M	Greater Philadelphia TC (60)	0:34:01.8	6:51	64	78.7	16	M6064
67	508	Kevin	Dollard	M	Shore Athletic Club (50)	0:35:19.9	7:06	68	78.7	9	M6569
68	419	Bradley	Klapper	M	Dojo Racing (40)	0:28:40.4	5:46	44	78.6	18	M4044
69	562	Andy	Beardsley	M	UNA Virginia	0:32:36.0	6:33	59	78.4	11	M5559
70	397	Scott	Ickes	M	Colonial Road Runners (40)	0:28:19.4	5:42	42	78.3	17	M4044
71	409	Robert	Mcbee	M	Colonial Road Runners (50)	0:31:47.9	6:24	56	78.3	8	M5559
72	432	Michael	Mertens	M	Genesee Valley Harriers (60)	0:33:00.9	6:38	60	78.1	12	M6064
73	496	Jason	Abbot	M	Shadow Project TC	0:29:08.0	5:52	45	78.0	5	M4549
74	481	Eugene	Myers	M	Potomac Valley Track Club	0:36:50.3	7:25	71	77.9	4	M7074
75	369	Matthew	Wisnioski	M	Blacksburg Striders (40)	0:29:15.9	5:53	45	77.6	7	M4549
76	557	Bronson	Lee	M	UNA Virginia	0:30:30.8	6:08	50	77.6	11	M5054
77	547	Chris	McGough	M	UNA Virginia	0:28:12.6	5:40	40	77.5	16	M4044
78	392	Lee	Lindsey	M	Colonial Road Runners (40)	0:30:01.7	6:02	48	77.5	12	M4549
79	420	Timothy	Greszler	M	Dojo Racing (40)	0:29:23.0	5:55	45	77.3	8	M4549
80	370	Daneil	Kolasa	M	Blacksburg Striders (40)	0:29:23.7	5:55	45	77.3	9	M4549
81	551	Andrew	Benkard	M	UNA New Jersey	0:32:28.3	6:32	57	77.3	10	M5559
82	416	Jason	Dwyer	M	Dojo Racing (40)	0:29:12.1	5:52	44	77.2	19	M4044
83	375	Durelle	Scott	M	Blacksburg Striders (50)	0:30:39.4	6:10	50	77.2	13	M5054
84	361	David	Black	M	Atlanta Track Club (60)	0:33:24.6	6:43	60	77.2	14	M6064
85	536	Scott	Brown	M	UNA Virginia	0:35:04.0	7:03	65	77.0	7	M6569
86	439	Matthew	DiPretore	M	Greater Philadelphia TC (40)	0:29:34.9	5:57	45	76.8	10	M4549
87	500	Harold	Leddy	M	Shore Athletic Club (40)	0:36:11.7	7:17	68	76.8	12	M6569
88	493	Joe	DeVreese	M	Santa Barbara Running and Racing (50)	0:32:27.3	6:32	56	76.7	9	M5559
89	511	Miles	Hersey	M	Shore Athletic Club (60)	0:33:58.4	6:50	61	76.6	15	M6064
90	413	Robert	Whitaker	M	Colonial Road Runners (60)	0:35:17.1	7:06	65	76.6	8	M6569
91	473	Gregory	Cauller	M	Pike Creek Valley Running Club (60)	0:35:00.1	7:02	64	76.5	18	M6064
92	402	Steven	Kast	M	Colonial Road Runners (50)	0:33:28.2	6:44	59	76.4	13	M5559
93	384	Richard	Katz	M	Boulder Road Runners (70)	0:39:42.1	7:59	75	76.4	3	M7579
94	374	Michael	Stowe	M	Blacksburg Striders (50)	0:31:48.2	6:24	53	76.3	16	M5054
95	448	Michael	Flanagan	M	Greater Philadelphia TC (50)	0:32:36.9	6:34	56	76.3	12	M5559
96	421	Alex	Addison	M	Endorphin Fitness (40)	0:29:36.3	5:57	44	76.1	21	M4044
97	492	Michael	Swan	M	Santa Barbara Running and Racing (50)	0:31:52.9	6:25	53	76.1	17	M5054
98	444	Marten	Beels	M	Greater Philadelphia TC (40)	0:29:44.2	5:59	44	75.8	23	M4044
99	380	John	Blaser	M	Boulder Road Runners (60)	0:36:00.4	7:15	66	75.8	11	M6569
100	382	Jan	Frisby	M	Boulder Road Runners (70)	0:43:07.5	8:41	79	75.8	5	M7579
101	474	David	Wiechecki	M	Pike Creek Valley Running Club (60)	0:34:42.4	6:59	62	75.7	17	M6064
102	373	Bradley	Paye	M	Blacksburg Striders (40)	0:31:05.5	6:15	49	75.5	14	M4549
103	417	Joshua	Sohn	M	Dojo Racing (40)	0:29:24.3	5:55	42	75.4	20	M4044
104	542	Robert	Dinterman	M	UNA North Carolina	0:32:14.1	6:29	53	75.3	18	M5054
105	450	Matthew	Cutrona	M	Greater Philadelphia TC (50)	0:32:19.9	6:30	53	75.1	20	M5054
106	412	Andrew	Cutler	M	Colonial Road Runners (60)	0:36:18.8	7:18	66	75.1	13	M6569
107	355	Brian	Sydow	M	Atlanta Track Club (50)	0:31:35.5	6:21	50	74.9	15	M5054
108	430	Dale	Flanders	M	Genesee Valley Harriers (50)	0:33:54.7	6:49	58	74.7	14	M5559
109	349	Ward	Freeman	M	Ann Arbor Track Club (60)	0:36:56.9	7:26	67	74.5	14	M6569
110	372	Kevin	Byrd	M	Blacksburg Striders (40)	0:30:36.7	6:09	45	74.2	13	M4549
111	531	Michael	Secker	M	UNA Alberta	0:39:13.6	7:53	72	74.1	7	M7074
112	400	Matthew	Joosse	M	Colonial Road Runners (40)	0:30:15.3	6:05	43	73.9	26	M4044
113	563	CHRISTOPHER	CAMPBELL	M	UNA Virginia	0:34:35.1	6:57	59	73.9	16	M5559

114	346	Paul	Carlin	M	Ann Arbor Track Club (60)	0:43:25.0	8:44	78	73.8	6	M7579
115	435	Chris	Dyer	M	Goon Squad TC (40)	0:30:06.3	6:03	42	73.7	24	M4044
116	485	Bert	Jacoby	M	Ragged Mountain Racing (40)	0:29:40.8	5:58	40	73.6	22	M4044
117	552	Wade	Bergner	M	UNA Wisconsin	0:34:07.4	6:52	57	73.6	15	M5559
118	347	Aaron	Pratt	M	Ann Arbor Track Club (60)	0:38:32.5	7:45	70	73.6	6	M7074
119	366	Jerry	Learned	M	Atlanta Track Club (70)	0:41:16.6	8:18	75	73.5	4	M7579
120	422	David	Goode	M	Endorphin Fitness (40)	0:31:30.6	6:20	47	73.3	15	M4549
121	405	Toby	Worm	M	Colonial Road Runners (50)	0:32:16.4	6:30	50	73.3	19	M5054
122	434	Benjamin	Sangster	M	Goon Squad TC (40)	0:31:50.1	6:24	48	73.1	17	M4549
123	393	James	Highsmith	M	Colonial Road Runners (40)	0:30:11.5	6:04	41	72.9	25	M4044
124	469	Mark	Adams	M	Montgomery County Road Runners	0:36:42.6	7:23	64	72.9	22	M6064
125	494	Mark	Walchinsky	M	Shadow Project TC (40)	0:30:57.4	6:14	44	72.8	27	M4044
126	365	Ward	Irvin	M	Atlanta Track Club (70)	0:39:24.7	7:56	71	72.8	8	M7074
127	480	Craig	Chasse	M	Potomac Valley Track Club (50)	0:33:38.6	6:46	54	72.7	23	M5054
128	555	Rich	Harfst	M	UNA Virginia	0:35:29.1	7:08	60	72.7	19	M6064
129	503	Joseph	Demetrick	M	Shore Athletic Club (50)	0:33:12.1	6:41	52	72.5	21	M5054
130	403	Joe	Calkins	M	Colonial Road Runners (50)	0:33:37.0	6:46	53	72.2	22	M5054
131	407	Gregory	Dawson	M	Colonial Road Runners (50)	0:35:06.3	7:04	58	72.2	18	M5559
132	498	Joseph	Maranzani	M	Shore Athletic Club (40)	0:31:45.5	6:23	46	72.1	16	M4549
133	524	Timothy	Irving	M	UNA Massachusetts	0:35:14.9	7:05	58	71.9	19	M5559
134	476	William	Rose	M	Pike Creek Valley Running Club (60)	0:37:14.6	7:30	64	71.9	24	M6064
135	352	Michael	Strickland	M	Atlanta Track Club (50)	0:34:57.8	7:02	57	71.8	17	M5559
136	537	Stefan	Calos	M	UNA Virginia	0:36:15.4	7:18	61	71.8	20	M6064
137	423	David	Spiller	M	Endorphin Fitness (40)	0:31:57.3	6:26	46	71.7	18	M4549
138	451	Joel	Hollenbeck	M	Greater Philadelphia TC (50)	0:33:42.8	6:47	52	71.4	24	M5054
139	460	Steve	McCormick	M	Greater Philadelphia TC (70)	0:41:18.1	8:19	73	71.3	10	M7074
140	513	Przemyslaw	Nowicki	M	Shore Athletic Club (40)	0:45:52.5	9:14	79	71.3	8	M7579
141	482	Michael	Hiller	M	PR Track Club	0:32:09.2	6:28	46	71.2	19	M4549
142	468	Bob	Albritton	M	High Point Athletic Club (70)	0:40:47.0	8:12	72	71.2	9	M7074
143	554	Andrew	Blanchard	M	UNA Virginia	0:32:45.3	6:35	48	71.1	20	M4549
144	528	Kevin	Rumsey	M	UNA North Carolina	0:36:37.6	7:22	61	71.1	21	M6064
145	522	Adam	Nuckols	M	UNA Virginia	0:31:15.1	6:17	42	71.0	28	M4044
146	463	Francis	Burdett	M	Greater Springfield Harriers Inc (50)	0:35:56.4	7:14	58	70.5	20	M5559
147	182	Mitchell	Anstey	M	UNA North Carolina	0:31:31.3	6:20	42	70.4	29	M4044
148	559	Rodney	Ragin	M	UNA Virginia	0:36:02.5	7:15	58	70.3	21	M5559
149	410	ORLANDO	PEREZ	M	Colonial Road Runners (60)	0:37:09.5	7:29	61	70.1	23	M6064
150	438	Tim	Hagerty	M	Greater Lowell Road Runners (60)	0:38:50.0	7:49	65	69.6	15	M6569
151	414	Jim	Duffy	M	Colonial Road Runners (60)	0:41:20.1	8:19	71	69.4	11	M7074
152	431	Gene	Jensen	M	Genesee Valley Harriers (60)	0:40:30.1	8:09	69	69.3	17	M6569
153	446	Andrew	Shearer	M	Greater Philadelphia TC (50)	0:37:28.3	7:32	60	68.9	25	M6064
154	378	Sean	McGinnis	M	Blacksburg Striders (50)	0:36:23.2	7:19	56	68.4	22	M5559
155	561	kevin	horvath	M	UNA Virginia	0:35:18.2	7:06	52	68.2	25	M5054
156	502	Gary	Wiesinger	M	Shore Athletic Club (40)	0:39:36.8	7:58	65	68.2	16	M6569
157	558	Rory	Duffield	M	UNA Virginia	0:34:11.1	6:53	46	67.0	21	M4549
158	529	Thomas	Michaels	M	UNA Maryland	0:40:43.5	8:12	66	67.0	18	M6569
159	364	Allen	Joyce	M	Atlanta Track Club (70)	0:45:17.0	9:07	75	67.0	7	M7579
160	371	Glen	McGuire	M	Blacksburg Striders (40)	0:34:39.5	6:58	47	66.6	22	M4549
161	504	Eric	Puma	M	Shore Athletic Club (50)	0:35:52.9	7:13	51	66.5	26	M5054
162	411	Tom	Robinson	M	Colonial Road Runners (60)	0:41:07.2	8:16	65	65.7	19	M6569
163	356	Nils	Pedersen	M	Atlanta Track Club (50)	0:37:41.1	7:35	54	64.9	27	M5054
164	550	Morris	Bodrick	M	UNA Virginia	0:38:45.9	7:48	57	64.8	23	M5559
165	433	Mark	Cornell	M	Goon Squad TC (40)	0:35:41.3	7:11	44	63.1	32	M4044
166	357	Lou	Hartley	M	Atlanta Track Club (50)	0:39:52.1	8:01	57	63.0	24	M5559
167	348	Michael	Mester	M	Ann Arbor Track Club (60)	0:44:10.8	8:53	68	62.9	20	M6569
168	483	Anthony	D'Amato	M	PR Track Club Virginia (40)	0:35:02.5	7:03	40	62.4	30	M4044
169	506	Michael	DiLeva	M	Shore Athletic Club (50)	0:38:12.9	7:41	51	62.4	28	M5054
170	457	Jim	Assal	M	Greater Philadelphia TC (70)	0:54:23.2	10:56	80	61.5	1	M8084

171 560	Caleb	Pelger	M	UNA South Carolina	0:35:33.8	7:09	40	61.4	31	M4044
172 362	Mike	Spencer	M	Atlanta Track Club (60)	0:43:32.3	8:46	63	60.9	26	M6064
173 367	Patrick	Taylor	M	Atlanta Track Club (70)	0:51:53.7	10:26	75	58.5	9	M7579
174 533	Micks	Purnell	M	UNA California	0:51:56.1	10:27	74	57.5	12	M7074
175 477	William	Horton	M	Pineland Striders (40)	0:39:54.6	8:02	45	56.9	23	M4549
176 479	David	Flax	M	Potomac Valley Track Club (NS)	0:45:09.7	9:05	57	55.6	25	M5559



**2024 USATF NATIONAL CROSS COUNTRY CHAMPIONSHIPS**

Mechanicsville, VA  
Pole Green Park

Saturday, January 20, 2024



**OFFICIAL MEET REPORT**  
printed: 1/20/2024 12:54 PM

**Race #4  
Masters Men 8k 40+ Teams**

**Final Results**

**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.
1 Colonial Road Runne	40	1-2-6-14-17(29)(30)(31)	2:16:31	27:19
2 Ragged Mountain Ra	53	3-5-9-10-26	2:19:06	27:50
3 Greater Philadelphia	83	8-11-12-24-28	2:22:42	28:33
4 Dojo Racing (40)	84	7-15-18-21-23	2:23:58	28:48
5 Blacksburg Striders (	111	4-20-22-32-33(37)	2:27:26	29:30
6 Endorphin Fitness (4	118	13-19-25-27-34(36)	2:28:14	29:39
7 Shore Athletic Club (4	168	16-35-38-39-40	3:02:10	36:26
DNP Goon Squad TC (40)				
DNP Shore Athletic Club (4				
DNP Pacers Running//GR				
DNP Bull City Track Club (				
DNP Shadow Project TC (				
DNP PR Track Club Virgini				
DNP Greater Philadelphia				
DNP Colonial Road Runne				
DNP Pineland Striders (40)				
DNP Club Northwest (40)				
DNP Garden State Track C				

**TEAM SCORING SUMMARY (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap
27 Mejia Perez, Marcelo		491	Santa Barbara	-	28:54.00	3:19.6
28 Zamek, Mark		512	Shore Athletic	-	28:54.40	3:20.0
29 Tompkins, Mark		395	Colonial Road	17	29:03.80	3:29.4
30 Norton, Anderson		379	Blacksburg Stri	-	29:06.90	3:32.5
31 Abbot, Jason		496	Shadow Project	-	29:08.00	3:33.6
32 Dwyer, Jason		416	Dojo Racing (4	18	29:12.10	3:37.7
33 Dowdy, Jason		426	Endorphin Fitne	19	29:13.20	3:38.8
34 Wisnioski, Matthew		369	Blacksburg Stri	20	29:15.90	3:41.5
35 Greszler, Timothy		420	Dojo Racing (4	21	29:23.00	3:48.6
36 Kolasa, Daneil		370	Blacksburg Stri	22	29:23.70	3:49.3
37 Sohn, Joshua		417	Dojo Racing (4	23	29:24.30	3:49.9
38 Anthony, Shane		540	UNA Pennsylv	-	29:28.50	3:54.1
39 DiPretore, Matthew		439	Greater Philade	24	29:34.90	4:00.5
40 Addison, Alex		421	Endorphin Fitne	25	29:36.30	4:01.9
41 Jacoby, Bert		485	Ragged Mounta	26	29:40.80	4:06.4
42 Sharp, John		424	Endorphin Fitne	27	29:41.80	4:07.4
43 Beels, Marten		444	Greater Philade	28	29:44.20	4:09.8
44 Dolan, Frederick		354	Atlanta Track Cl	-	29:51.00	4:16.6
45 Cox, Timothy		415	Dirigo R.C. (50)	-	29:59.50	4:25.1
46 Nahom, Michael		465	Greater Springfi	-	30:01.10	4:26.7
47 Lindsey, Lee		392	Colonial Road	(29)	30:01.70	4:27.3
48 Dyer, Chris		435	Goon Squad T	-	30:06.30	4:31.9
49 Moore, Ignacio		376	Blacksburg Stri	-	30:07.50	4:33.1
50 Highsmith, James		393	Colonial Road	(30)	30:11.50	4:37.1
51 Booth, Todd		489	Santa Barbara	-	30:13.20	4:38.8
52 Joosse, Matthew		400	Colonial Road	(31)	30:15.30	4:40.9
53 Sheils, Duncan		527	UNA Virginia	-	30:18.50	4:44.1
54 Lee, Bronson		557	UNA Virginia	-	30:30.80	4:56.4
55 Conston, Jeffrey		505	Shore Athletic	-	30:30.90	4:56.5
56 MCGUIRE, KEVIN		377	Blacksburg Stri	-	30:33.10	4:58.7
57 Suhr, Timothy		404	Colonial Road	-	30:33.50	4:59.1
58 Byrd, Kevin		372	Blacksburg Stri	32	30:36.70	5:02.3
59 Scott, Durelle		375	Blacksburg Stri	-	30:39.40	5:05.0
60 Schumann, Keith		408	Colonial Road	-	30:40.20	5:05.8
61 Notaro, Henry		509	Shore Athletic	-	30:43.20	5:08.8
62 Neff, Mark		495	Shadow Project	-	30:44.70	5:10.3
63 Dragstedt, Lester		360	Atlanta Track Cl	-	30:48.40	5:14.0
64 Walchinsky, Mark		494	Shadow Project	-	30:57.40	5:23.0
65 Paye, Bradley		373	Blacksburg Stri	33	31:05.50	5:31.1
66 Nuckols, Adam		522	UNA Virginia	-	31:15.10	5:40.7
67 Westenberg, David		436	Greater Lowell	-	31:17.20	5:42.8
68 Gibson, Pete		520	Tidewater Strid	-	31:24.60	5:50.2
69 Ensign, Tim		390	Chattanooga Tr	-	31:30.30	5:55.9
70 Goode, David		422	Endorphin Fitne	34	31:30.60	5:56.2
71 Anstey, Mitchell		182	UNA North Car	-	31:31.30	5:56.9
72 Weir, Fred		351	Atlanta Track Cl	-	31:31.80	5:57.4

**INDIVIDUAL RESULTS**

Athlete	YR	#	Team	Score	Time	Gap
1 Braden, Forest		396	Colonial Road	1	25:34.40	---
2 Flynn, Brian		429	Garden State T	-	25:51.30	16.90
3 Otstot, Adam		398	Colonial Road	2	26:18.80	44.40
4 Barresi, Matthew		487	Ragged Mounta	3	26:54.50	1:20.1
5 Angell, David		368	Blacksburg Stri	4	27:04.10	1:29.7
6 pirsch, christopher		484	Ragged Mounta	5	27:04.60	1:30.2
7 Ban, Charlie		471	Pacers Running	-	27:09.10	1:34.7
8 Derby, Peter		545	UNA Virginia	-	27:09.60	1:35.2
9 Christian, William		394	Colonial Road	6	27:14.10	1:39.7
10 Redfern, Jeffrey		418	Dojo Racing (4	7	27:18.10	1:43.7
11 Becker, John		440	Greater Philade	8	27:23.80	1:49.4
12 Snow, Rusty		490	Santa Barbara	-	27:28.40	1:54.0
13 Palmer, William		488	Ragged Mounta	9	27:42.70	2:08.3
14 Hurt, Charlie		486	Ragged Mounta	10	27:43.10	2:08.7
15 Reinhold, Derek		442	Greater Philade	11	27:55.60	2:21.2
16 rolly, philippe		549	UNA Virginia	-	27:55.90	2:21.5
17 Mercer, Dickson		470	Pacers Running	-	27:58.80	2:24.4
18 Gagliardi, John		443	Greater Philade	12	28:02.80	2:28.4
19 Harlow, Michael		425	Endorphin Fitne	13	28:11.30	2:36.9
20 McGough, Chris		547	UNA Virginia	-	28:12.60	2:38.2
21 Wolf, Christopher		517	South Chicago	-	28:15.30	2:40.9
22 Ickes, Scott		397	Colonial Road	14	28:19.40	2:45.0
23 Harte, Tim		449	Greater Philade	-	28:34.30	2:59.9
24 Klapper, Bradley		419	Dojo Racing (4	15	28:40.40	3:06.0
25 Ross, Edward		499	Shore Athletic	16	28:43.10	3:08.7
26 Larson, Nat		461	Greater Springfi	-	28:51.20	3:16.8

# 2024 USATF NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Mechanicsville, VA

Pole Green Park

Saturday, January 20, 2024



OFFICIAL MEET REPORT

printed: 1/20/2024 12:54 PM

## Race #4 Masters Men 8k 40+ Teams

## Final Results

### INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Athlete	YR	#	Team	Score	Time	Gap
73 Sydow, Brian		355	Atlanta Track Cl	-	31:35.50	6:01.1	119 D'Amato, Anthony		483	PR Track Club	-	35:02.50	9:28.1
74 Heuck, Alejandro		462	Greater Springfi	-	31:35.90	6:01.5	120 Brown, Scott		536	UNA Virginia	-	35:04.00	9:29.6
75 Maranzani, Joseph		498	Shore Athletic	35	31:45.50	6:11.1	121 Dawson, Gregory		407	Colonial Road	-	35:06.30	9:31.9
76 Mcbee, Robert		409	Colonial Road	-	31:47.90	6:13.5	122 Irving, Timothy		524	UNA Massachu	-	35:14.90	9:40.5
77 Stowe, Michael		374	Blacksburg Stri	-	31:48.20	6:13.8	123 Whitaker, Robert		413	Colonial Road	-	35:17.10	9:42.7
78 Sangster, Benjamin		434	Goon Squad T	-	31:50.10	6:15.7	124 horvath, kevin		561	UNA Virginia	-	35:18.20	9:43.8
79 Swan, Michael		492	Santa Barbara	-	31:52.90	6:18.5	125 Dollard, Kevin		508	Shore Athletic	-	35:19.90	9:45.5
80 Spiller, David		423	Endorphin Fitne	(36)	31:57.30	6:22.9	126 Lucking, Scott		358	Atlanta Track Cl	-	35:26.70	9:52.3
81 Rehtin, Larry		455	Greater Philade	-	31:59.30	6:24.9	127 Harfst, Rich		555	UNA Virginia	-	35:29.10	9:54.7
82 Hiller, Michael		482	PR Track Club	-	32:09.20	6:34.8	128 Pelger, Caleb		560	UNA South Car	-	35:33.80	9:59.4
83 Dinterman, Robert		542	UNA North Car	-	32:14.10	6:39.7	129 Cornell, Mark		433	Goon Squad T	-	35:41.30	10:06.
84 Worm, Toby		405	Colonial Road	-	32:16.40	6:42.0	130 Puma, Eric		504	Shore Athletic	-	35:52.90	10:18.
85 Cutrona, Matthew		450	Greater Philade	-	32:19.90	6:45.5	131 Burdett, Francis		463	Greater Springfi	-	35:56.40	10:22.
86 DeVreese, Joe		493	Santa Barbara	-	32:27.30	6:52.9	132 Blaser, John		380	Boulder Road R	-	36:00.40	10:26.
87 Benkard, Andrew		551	UNA New Jerse	-	32:28.30	6:53.9	133 Ragin, Rodney		559	UNA Virginia	-	36:02.50	10:28.
88 Schuler, Tim		427	F and M Track	-	32:29.30	6:54.9	134 Leddy, Harold		500	Shore Athletic	38	36:11.70	10:37.
89 Conheady, Timothy		452	Greater Philade	-	32:30.70	6:56.3	135 Calos, Stefan		537	UNA Virginia	-	36:15.40	10:41.
90 Salamone, Michael		510	Shore Athletic	-	32:31.70	6:57.3	136 Cutler, Andrew		412	Colonial Road	-	36:18.80	10:44.
91 Beardsley, Andy		562	UNA Virginia	-	32:36.00	7:01.6	137 McGinnis, Sean		378	Blacksburg Stri	-	36:23.20	10:48.
92 Flanagan, Michael		448	Greater Philade	-	32:36.90	7:02.5	138 Morrison, Don		458	Greater Philade	-	36:32.20	10:57.
93 Sayre, Roger		381	Boulder Road R	-	32:43.50	7:09.1	139 Rumsey, Kevin		528	UNA North Car	-	36:37.60	11:03.
94 Youngers, Ken		359	Atlanta Track Cl	-	32:44.80	7:10.4	140 Adams, Mark		469	Montgomery Co	-	36:42.60	11:08.
95 Blanchard, Andrew		554	UNA Virginia	-	32:45.30	7:10.9	141 Myers, Eugene		481	Potomac Valley	-	36:50.30	11:15.
96 Armstrong, Scott		456	Greater Philade	-	32:53.80	7:19.4	142 Freeman, Ward		349	Ann Arbor Trac	-	36:56.90	11:22.
97 Davies, Keith		453	Greater Philade	-	32:58.80	7:24.4	143 Bell, Doug		385	Boulder Road R	-	37:05.20	11:30.
98 Mertens, Michael		432	Genesee Valley	-	33:00.90	7:26.5	144 PEREZ, ORLANDO		410	Colonial Road	-	37:09.50	11:35.
99 Demetrick, Joseph		503	Shore Athletic	-	33:12.10	7:37.7	145 Rose, William		476	Pike Creek Vall	-	37:14.60	11:40.
100 Sak, Lawrence		350	Ann Arbor Trac	-	33:19.60	7:45.2	146 Shearer, Andrew		446	Greater Philade	-	37:28.30	11:53.
101 Black, David		361	Atlanta Track Cl	-	33:24.60	7:50.2	147 Dykes, Gene		459	Greater Philade	-	37:38.20	12:03.
102 Kast, Steven		402	Colonial Road	-	33:28.20	7:53.8	148 Pedersen, Nils		356	Atlanta Track Cl	-	37:41.10	12:06.
103 Calkins, Joe		403	Colonial Road	-	33:37.00	8:02.6	149 DiLeva, Michael		506	Shore Athletic	-	38:12.90	12:38.
104 Chasse, Craig		480	Potomac Valley	-	33:38.60	8:04.2	150 Pratt, Aaron		347	Ann Arbor Trac	-	38:32.50	12:58.
105 Hollenbeck, Joel		451	Greater Philade	-	33:42.80	8:08.4	151 Ostwald, Gary		383	Boulder Road R	-	38:33.20	12:58.
106 Larson, Norm		467	Green Mountai	-	33:45.10	8:10.7	152 Bodrick, Morris		550	UNA Virginia	-	38:45.90	13:11.
107 Flanders, Dale		430	Genesee Valley	-	33:54.70	8:20.3	153 Hagerty, Tim		438	Greater Lowell	-	38:50.00	13:15.
108 Hersey, Miles		511	Shore Athletic	-	33:58.40	8:24.0	154 Secker, Michael		531	UNA Alberta	-	39:13.60	13:39.
109 Shields, Charles		454	Greater Philade	-	34:01.80	8:27.4	155 Irvin, Ward		365	Atlanta Track Cl	-	39:24.70	13:50.
110 Bergner, Wade		552	UNA Wisconsin	-	34:07.40	8:33.0	156 Wiesinger, Gary		502	Shore Athletic	39	39:36.80	14:02.
111 Duffield, Rory		558	UNA Virginia	-	34:11.10	8:36.7	157 Katz, Richard		384	Boulder Road R	-	39:42.10	14:07.
112 Qualls, Robert		534	UNA Nevada	-	34:25.00	8:50.6	158 Hartley, Lou		357	Atlanta Track Cl	-	39:52.10	14:17.
113 CAMPBELL, CHRISTO		563	UNA Virginia	-	34:35.10	9:00.7	159 Horton, William		477	Pineland Strider	-	39:54.60	14:20.
114 McGuire, Glen		371	Blacksburg Stri	(37)	34:39.50	9:05.1	160 Jensen, Gene		431	Genesee Valley	-	40:30.10	14:55.
115 Wiechecki, David		474	Pike Creek Vall	-	34:42.40	9:08.0	161 Michaels, Thomas		529	UNA Maryland	-	40:43.50	15:09.
116 Linn, James		530	UNA Pennsylva	-	34:47.80	9:13.4	162 Albritton, Bob		468	High Point Athl	-	40:47.00	15:12.
117 Strickland, Michael		352	Atlanta Track Cl	-	34:57.80	9:23.4	163 Robinson, Tom		411	Colonial Road	-	41:07.20	15:32.
118 Cauller, Gregory		473	Pike Creek Vall	-	35:00.10	9:25.7	164 Learned, Jerry		366	Atlanta Track Cl	-	41:16.60	15:42.

**2024 USATF NATIONAL CROSS COUNTRY  
CHAMPIONSHIPS**

Mechanicsville, VA

Pole Green Park

Saturday, January 20, 2024



**OFFICIAL MEET REPORT**

printed: 1/20/2024 12:54 PM

**Race #4  
Masters Men 8k 40+ Teams**

**Final Results**

**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Athlete	YR	#	Team	Score	Time	Gap
165 McCormick, Steve		460	Greater Philade	-	41:18.10	15:43.	-- Welke, Karl		556	UNA North Car	-		
166 Duffy, Jim		414	Colonial Road	-	41:20.10	15:45.	-- McHale, Michael		514	Shore Athletic	-		
167 Frisby, Jan		382	Boulder Road R	-	43:07.50	17:33.	-- Kilduff, John		515	Shore Athletic	-		
168 Carlin, Paul		346	Ann Arbor Trac	-	43:25.00	17:50.	-- wilson, ken		516	Shore Athletic	-		
169 Spencer, Mike		362	Atlanta Track Cl	-	43:32.30	17:57.	-- Anderson, David		401	Colonial Road	-		
170 Mester, Michael		348	Ann Arbor Trac	-	44:10.80	18:36.	-- Pelletier, Paul		406	Colonial Road	-		
171 Flax, David		479	Potomac Valley	-	45:09.70	19:35.	-- Bulleri, Michael		386	Bull City Track	-		
172 Joyce, Allen		364	Atlanta Track Cl	-	45:17.00	19:42.	-- Masland, Caleb		387	Bull City Track	-		
173 Nowicki, Przemyslaw		513	Shore Athletic	40	45:52.50	20:18.	-- Rosen, Harold		532	UNA Maryland	-		
174 Taylor, Patrick		367	Atlanta Track Cl	-	51:53.70	26:19.							
175 Purnell, Micks		533	UNA California	-	51:56.10	26:21.							
176 Assal, Jim		457	Greater Philade	-	54:23.20	28:48.							
-- Stiles, Rees		388	Bull City Track	-									
-- Miner, James		519	Syracuse Track	-									
-- Semling, Brian		521	UNA Wisconsin	-									
-- Austin Jr, Darryl		523	UNA Virginia	-									
-- Gardner, Jonathan		525	UNA Virginia	-									
-- Hetherington, Alexande		539	UNA Virginia	-									
-- Reed, Nene		544	UNA Virginia	-									
-- Woshner, Craig		548	UNA Virginia	-									
-- McCormick, Michael		553	UNA Virginia	-									
-- Chadim, William		478	Pony Express T	-									
-- Smith, Duncan		445	Greater Philade	-									
-- Montini, Paul		447	Greater Philade	-									
-- Naimoli, Christopher		441	Greater Philade	-									
-- Becker, Rick		363	Atlanta Track Cl	-									
-- Putnam, Gregory		541	UNA Massachu	-									
-- Garbini, Hernan		389	Charlottesville	-									
-- Cable, Trevor		399	Colonial Road	-									
-- CAMPBELL, DANIEL		497	Shore Athletic	-									
-- Linnell, Scott		501	Shore Athletic	-									
-- McKee, Guian		428	Formula TC (50	-									
-- Cabada, Fernando		546	UNA Colorado	-									
-- McDonagh, Neil		518	Square State St	-									
-- Siriano, Scott		538	UNA Georgia	-									
-- Fields, Brent		353	Atlanta Track Cl	-									
-- Hadcock, John		437	Greater Lowell	-									
-- Salerni, Paul		535	UNA New York	-									
-- Schroeder, Adam		391	Club Northwest	-									
-- Steenkamer, Thomas		472	Pike Creek Vall	-									
-- Costello, John		475	Pike Creek Vall	-									
-- Hixson, Mark		464	Greater Springfi	-									
-- Rebenciuc, Sandu		466	Greater Springfi	-									
-- Birkholz, Shad		543	UNA Montana	-									
-- Stirrat, Reno		507	Shore Athletic	-									
-- Murray, Dan		526	UNA North Car	-									

**2024 USATF NATIONAL CROSS COUNTRY CHAMPIONSHIPS**

Mechanicsville, VA  
Pole Green Park

Saturday, January 20, 2024



**OFFICIAL MEET REPORT**  
printed: 1/20/2024 12:56 PM

**Race #4  
Masters Men 8k 60+ Teams**

**Final Results**

**TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.
1 Shore Athletic Club (6)	9	1-2-6(12)	1:32:10	30:44
2 Greater Philadelphia	17	4-5-8(9)(13)	1:37:24	32:28
3 Atlanta Track Club (6)	21	3-7-11(17)(26)	1:36:58	32:20
4 Pike Creek Valley Ru	50	14-15-21	1:46:58	35:40
5 Ann Arbor Track Club	51	10-19-22(25)(27)	1:48:49	36:17
6 Colonial Road Runne	54	16-18-20(23)(24)	1:48:46	36:16
DNP Greater Lowell Road				
DNP Genesee Valley Harri				
DNP Pike Creek Valley Ru				
DNP Boulder Road Runner				
DNP Shadow Project TC (				
DNP Tidewater Striders (6				
DNP Chattanooga Track Cl				
DNP Charlottesville Track				

**TEAM SCORING SUMMARY (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap
31 Abbot, Jason	496		Shadow Project	-	29:08.00	3:33.6
32 Dwyer, Jason	416		Dojo Racing (4	-	29:12.10	3:37.7
33 Dowdy, Jason	426		Endorphin Fitne	-	29:13.20	3:38.8
34 Wisnioski, Matthew	369		Blacksburg Stri	-	29:15.90	3:41.5
35 Greszler, Timothy	420		Dojo Racing (4	-	29:23.00	3:48.6
36 Kolasa, Daneil	370		Blacksburg Stri	-	29:23.70	3:49.3
37 Sohn, Joshua	417		Dojo Racing (4	-	29:24.30	3:49.9
38 Anthony, Shane	540		UNA Pennsylv	-	29:28.50	3:54.1
39 DiPretore, Matthew	439		Greater Philade	-	29:34.90	4:00.5
40 Addison, Alex	421		Endorphin Fitne	-	29:36.30	4:01.9
41 Jacoby, Bert	485		Ragged Mounta	-	29:40.80	4:06.4
42 Sharp, John	424		Endorphin Fitne	-	29:41.80	4:07.4
43 Beels, Marten	444		Greater Philade	-	29:44.20	4:09.8
44 Dolan, Frederick	354		Atlanta Track Cl	-	29:51.00	4:16.6
45 Cox, Timothy	415		Dirigo R.C. (50)	-	29:59.50	4:25.1
46 Nahom, Michael	465		Greater Springfi	-	30:01.10	4:26.7
47 Lindsey, Lee	392		Colonial Road	-	30:01.70	4:27.3
48 Dyer, Chris	435		Goon Squad T	-	30:06.30	4:31.9
49 Moore, Ignacio	376		Blacksburg Stri	-	30:07.50	4:33.1
50 Highsmith, James	393		Colonial Road	-	30:11.50	4:37.1
51 Booth, Todd	489		Santa Barbara	-	30:13.20	4:38.8
52 Joosse, Matthew	400		Colonial Road	-	30:15.30	4:40.9
53 Sheils, Duncan	527		UNA Virginia	-	30:18.50	4:44.1
54 Lee, Bronson	557		UNA Virginia	-	30:30.80	4:56.4
55 Conston, Jeffrey	505		Shore Athletic	-	30:30.90	4:56.5
56 MCGUIRE, KEVIN	377		Blacksburg Stri	-	30:33.10	4:58.7
57 Suhr, Timothy	404		Colonial Road	-	30:33.50	4:59.1
58 Byrd, Kevin	372		Blacksburg Stri	-	30:36.70	5:02.3
59 Scott, Durelle	375		Blacksburg Stri	-	30:39.40	5:05.0
60 Schumann, Keith	408		Colonial Road	-	30:40.20	5:05.8
61 Notaro, Henry	509		Shore Athletic	2	30:43.20	5:08.8
62 Neff, Mark	495		Shadow Project	-	30:44.70	5:10.3
63 Dragstedt, Lester	360		Atlanta Track Cl	3	30:48.40	5:14.0
64 Walchinsky, Mark	494		Shadow Project	-	30:57.40	5:23.0
65 Paye, Bradley	373		Blacksburg Stri	-	31:05.50	5:31.1
66 Nuckols, Adam	522		UNA Virginia	-	31:15.10	5:40.7
67 Westenberg, David	436		Greater Lowell	-	31:17.20	5:42.8
68 Gibson, Pete	520		Tidewater Strid	-	31:24.60	5:50.2
69 Ensign, Tim	390		Chattanooga Tr	-	31:30.30	5:55.9
70 Goode, David	422		Endorphin Fitne	-	31:30.60	5:56.2
71 Anstey, Mitchell	182		UNA North Car	-	31:31.30	5:56.9
72 Weir, Fred	351		Atlanta Track Cl	-	31:31.80	5:57.4
73 Sydow, Brian	355		Atlanta Track Cl	-	31:35.50	6:01.1
74 Heuck, Alejandro	462		Greater Springfi	-	31:35.90	6:01.5
75 Maranzani, Joseph	498		Shore Athletic	-	31:45.50	6:11.1
76 Mabee, Robert	409		Colonial Road	-	31:47.90	6:13.5

**INDIVIDUAL RESULTS**

Athlete	YR	#	Team	Score	Time	Gap
1 Braden, Forest	396		Colonial Road	-	25:34.40	---
2 Flynn, Brian	429		Garden State T	-	25:51.30	16.90
3 Otstot, Adam	398		Colonial Road	-	26:18.80	44.40
4 Barresi, Matthew	487		Ragged Mounta	-	26:54.50	1:20.1
5 Angell, David	368		Blacksburg Stri	-	27:04.10	1:29.7
6 pirsch, christopher	484		Ragged Mounta	-	27:04.60	1:30.2
7 Ban, Charlie	471		Pacers Running	-	27:09.10	1:34.7
8 Derby, Peter	545		UNA Virginia	-	27:09.60	1:35.2
9 Christian, William	394		Colonial Road	-	27:14.10	1:39.7
10 Redfern, Jeffrey	418		Dojo Racing (4	-	27:18.10	1:43.7
11 Becker, John	440		Greater Philade	-	27:23.80	1:49.4
12 Snow, Rusty	490		Santa Barbara	-	27:28.40	1:54.0
13 Palmer, William	488		Ragged Mounta	-	27:42.70	2:08.3
14 Hurt, Charlie	486		Ragged Mounta	-	27:43.10	2:08.7
15 Reinhold, Derek	442		Greater Philade	-	27:55.60	2:21.2
16 rolly, philippe	549		UNA Virginia	-	27:55.90	2:21.5
17 Mercer, Dickson	470		Pacers Running	-	27:58.80	2:24.4
18 Gagliardi, John	443		Greater Philade	-	28:02.80	2:28.4
19 Harlow, Michael	425		Endorphin Fitne	-	28:11.30	2:36.9
20 McGough, Chris	547		UNA Virginia	-	28:12.60	2:38.2
21 Wolf, Christopher	517		South Chicago	-	28:15.30	2:40.9
22 Ickes, Scott	397		Colonial Road	-	28:19.40	2:45.0
23 Harte, Tim	449		Greater Philade	-	28:34.30	2:59.9
24 Klapper, Bradley	419		Dojo Racing (4	-	28:40.40	3:06.0
25 Ross, Edward	499		Shore Athletic	-	28:43.10	3:08.7
26 Larson, Nat	461		Greater Springfi	-	28:51.20	3:16.8
27 Mejia Perez, Marcelo	491		Santa Barbara	-	28:54.00	3:19.6
28 Zamek, Mark	512		Shore Athletic	1	28:54.40	3:20.0
29 Tompkins, Mark	395		Colonial Road	-	29:03.80	3:29.4
30 Norton, Anderson	379		Blacksburg Stri	-	29:06.90	3:32.5



# 2024 USATF NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Mechanicsville, VA

Pole Green Park

Saturday, January 20, 2024



OFFICIAL MEET REPORT

printed: 1/20/2024 12:56 PM

## Race #4 Masters Men 8k 60+ Teams

## Final Results

### INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Athlete	YR	#	Team	Score	Time	Gap
77 Stowe, Michael		374	Blacksburg Stri	-	31:48.20	6:13.8	123 Whitaker, Robert		413	Colonial Road	16	35:17.10	9:42.7
78 Sangster, Benjamin		434	Goon Squad T	-	31:50.10	6:15.7	124 horvath, kevin		561	UNA Virginia	-	35:18.20	9:43.8
79 Swan, Michael		492	Santa Barbara	-	31:52.90	6:18.5	125 Dollard, Kevin		508	Shore Athletic	-	35:19.90	9:45.5
80 Spiller, David		423	Endorphin Fitne	-	31:57.30	6:22.9	126 Lucking, Scott		358	Atlanta Track Cl (17)		35:26.70	9:52.3
81 Rehtin, Larry		455	Greater Philade	4	31:59.30	6:24.9	127 Harfst, Rich		555	UNA Virginia	-	35:29.10	9:54.7
82 Hiller, Michael		482	PR Track Club	-	32:09.20	6:34.8	128 Pelger, Caleb		560	UNA South Car	-	35:33.80	9:59.4
83 Dinterman, Robert		542	UNA North Car	-	32:14.10	6:39.7	129 Cornell, Mark		433	Goon Squad T	-	35:41.30	10:06.
84 Worm, Toby		405	Colonial Road	-	32:16.40	6:42.0	130 Puma, Eric		504	Shore Athletic	-	35:52.90	10:18.
85 Cutrona, Matthew		450	Greater Philade	-	32:19.90	6:45.5	131 Burdett, Francis		463	Greater Springfi	-	35:56.40	10:22.
86 DeVreese, Joe		493	Santa Barbara	-	32:27.30	6:52.9	132 Blaser, John		380	Boulder Road R	-	36:00.40	10:26.
87 Benkard, Andrew		551	UNA New Jerse	-	32:28.30	6:53.9	133 Ragin, Rodney		559	UNA Virginia	-	36:02.50	10:28.
88 Schuler, Tim		427	F and M Track	-	32:29.30	6:54.9	134 Leddy, Harold		500	Shore Athletic	-	36:11.70	10:37.
89 Conheady, Timothy		452	Greater Philade	5	32:30.70	6:56.3	135 Calos, Stefan		537	UNA Virginia	-	36:15.40	10:41.
90 Salamone, Michael		510	Shore Athletic	6	32:31.70	6:57.3	136 Cutler, Andrew		412	Colonial Road	18	36:18.80	10:44.
91 Beardsley, Andy		562	UNA Virginia	-	32:36.00	7:01.6	137 McGinnis, Sean		378	Blacksburg Stri	-	36:23.20	10:48.
92 Flanagan, Michael		448	Greater Philade	-	32:36.90	7:02.5	138 Morrison, Don		458	Greater Philade	-	36:32.20	10:57.
93 Sayre, Roger		381	Boulder Road R	-	32:43.50	7:09.1	139 Rumsey, Kevin		528	UNA North Car	-	36:37.60	11:03.
94 Youngers, Ken		359	Atlanta Track Cl	7	32:44.80	7:10.4	140 Adams, Mark		469	Montgomery Co	-	36:42.60	11:08.
95 Blanchard, Andrew		554	UNA Virginia	-	32:45.30	7:10.9	141 Myers, Eugene		481	Potomac Valley	-	36:50.30	11:15.
96 Armstrong, Scott		456	Greater Philade	8	32:53.80	7:19.4	142 Freeman, Ward		349	Ann Arbor Trac	19	36:56.90	11:22.
97 Davies, Keith		453	Greater Philade	(9)	32:58.80	7:24.4	143 Bell, Doug		385	Boulder Road R	-	37:05.20	11:30.
98 Mertens, Michael		432	Genesee Valley	-	33:00.90	7:26.5	144 PEREZ, ORLANDO		410	Colonial Road	20	37:09.50	11:35.
99 Demetrick, Joseph		503	Shore Athletic	-	33:12.10	7:37.7	145 Rose, William		476	Pike Creek Vall	21	37:14.60	11:40.
100 Sak, Lawrence		350	Ann Arbor Trac	10	33:19.60	7:45.2	146 Shearer, Andrew		446	Greater Philade	-	37:28.30	11:53.
101 Black, David		361	Atlanta Track Cl	11	33:24.60	7:50.2	147 Dykes, Gene		459	Greater Philade	-	37:38.20	12:03.
102 Kast, Steven		402	Colonial Road	-	33:28.20	7:53.8	148 Pedersen, Nils		356	Atlanta Track Cl	-	37:41.10	12:06.
103 Calkins, Joe		403	Colonial Road	-	33:37.00	8:02.6	149 DiLeva, Michael		506	Shore Athletic	-	38:12.90	12:38.
104 Chasse, Craig		480	Potomac Valley	-	33:38.60	8:04.2	150 Pratt, Aaron		347	Ann Arbor Trac	22	38:32.50	12:58.
105 Hollenbeck, Joel		451	Greater Philade	-	33:42.80	8:08.4	151 Ostwald, Gary		383	Boulder Road R	-	38:33.20	12:58.
106 Larson, Norm		467	Green Mountai	-	33:45.10	8:10.7	152 Bodrick, Morris		550	UNA Virginia	-	38:45.90	13:11.
107 Flanders, Dale		430	Genesee Valley	-	33:54.70	8:20.3	153 Hagerty, Tim		438	Greater Lowell	-	38:50.00	13:15.
108 Hersey, Miles		511	Shore Athletic	(12)	33:58.40	8:24.0	154 Secker, Michael		531	UNA Alberta	-	39:13.60	13:39.
109 Shields, Charles		454	Greater Philade	(13)	34:01.80	8:27.4	155 Irvin, Ward		365	Atlanta Track Cl	-	39:24.70	13:50.
110 Bergner, Wade		552	UNA Wisconsin	-	34:07.40	8:33.0	156 Wiesinger, Gary		502	Shore Athletic	-	39:36.80	14:02.
111 Duffield, Rory		558	UNA Virginia	-	34:11.10	8:36.7	157 Katz, Richard		384	Boulder Road R	-	39:42.10	14:07.
112 Qualls, Robert		534	UNA Nevada	-	34:25.00	8:50.6	158 Hartley, Lou		357	Atlanta Track Cl	-	39:52.10	14:17.
113 CAMPBELL, CHRISTO		563	UNA Virginia	-	34:35.10	9:00.7	159 Horton, William		477	Pineland Strider	-	39:54.60	14:20.
114 McGuire, Glen		371	Blacksburg Stri	-	34:39.50	9:05.1	160 Jensen, Gene		431	Genesee Valley	-	40:30.10	14:55.
115 Wiechecki, David		474	Pike Creek Vall	14	34:42.40	9:08.0	161 Michaels, Thomas		529	UNA Maryland	-	40:43.50	15:09.
116 Linn, James		530	UNA Pennsylva	-	34:47.80	9:13.4	162 Albritton, Bob		468	High Point Athl	-	40:47.00	15:12.
117 Strickland, Michael		352	Atlanta Track Cl	-	34:57.80	9:23.4	163 Robinson, Tom		411	Colonial Road	(23)	41:07.20	15:32.
118 Cauller, Gregory		473	Pike Creek Vall	15	35:00.10	9:25.7	164 Learned, Jerry		366	Atlanta Track Cl	-	41:16.60	15:42.
119 D'Amato, Anthony		483	PR Track Club	-	35:02.50	9:28.1	165 McCormick, Steve		460	Greater Philade	-	41:18.10	15:43.
120 Brown, Scott		536	UNA Virginia	-	35:04.00	9:29.6	166 Duffy, Jim		414	Colonial Road	(24)	41:20.10	15:45.
121 Dawson, Gregory		407	Colonial Road	-	35:06.30	9:31.9	167 Frisby, Jan		382	Boulder Road R	-	43:07.50	17:33.
122 Irving, Timothy		524	UNA Massachu	-	35:14.90	9:40.5	168 Carlin, Paul		346	Ann Arbor Trac	(25)	43:25.00	17:50.

**2024 USATF NATIONAL CROSS COUNTRY  
CHAMPIONSHIPS**

Mechanicsville, VA

Pole Green Park

Saturday, January 20, 2024



**OFFICIAL MEET REPORT**

printed: 1/20/2024 12:56 PM

**Race #4  
Masters Men 8k 60+ Teams**

**Final Results**

**INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Athlete	YR	#	Team	Score	Time	Gap
169 Spencer, Mike		362	Atlanta Track Cl	(26)	43:32.30	17:57.	-- Anderson, David		401	Colonial Road	-		
170 Mester, Michael		348	Ann Arbor Trac	(27)	44:10.80	18:36.	-- Pelletier, Paul		406	Colonial Road	-		
171 Flax, David		479	Potomac Valley	-	45:09.70	19:35.	-- Bulleri, Michael		386	Bull City Track	-		
172 Joyce, Allen		364	Atlanta Track Cl	-	45:17.00	19:42.	-- Masland, Caleb		387	Bull City Track	-		
173 Nowicki, Przemyslaw		513	Shore Athletic	-	45:52.50	20:18.	-- Rosen, Harold		532	UNA Maryland	-		
174 Taylor, Patrick		367	Atlanta Track Cl	-	51:53.70	26:19.							
175 Purnell, Micks		533	UNA California	-	51:56.10	26:21.							
176 Assal, Jim		457	Greater Philade	-	54:23.20	28:48.							
-- Stiles, Rees		388	Bull City Track	-									
-- Miner, James		519	Syracuse Track	-									
-- Semling, Brian		521	UNA Wisconsin	-									
-- Austin Jr, Darryl		523	UNA Virginia	-									
-- Gardner, Jonathan		525	UNA Virginia	-									
-- Hetherington, Alexande		539	UNA Virginia	-									
-- Reed, Nene		544	UNA Virginia	-									
-- Woshner, Craig		548	UNA Virginia	-									
-- McCormick, Michael		553	UNA Virginia	-									
-- Chadim, William		478	Pony Express T	-									
-- Smith, Duncan		445	Greater Philade	-									
-- Montini, Paul		447	Greater Philade	-									
-- Naimoli, Christopher		441	Greater Philade	-									
-- Becker, Rick		363	Atlanta Track Cl	-									
-- Putnam, Gregory		541	UNA Massachu	-									
-- Garbini, Hernan		389	Charlottesville	-									
-- Cable, Trevor		399	Colonial Road	-									
-- CAMPBELL, DANIEL		497	Shore Athletic	-									
-- Linnell, Scott		501	Shore Athletic	-									
-- McKee, Guian		428	Formula TC (50	-									
-- Cabada, Fernando		546	UNA Colorado	-									
-- McDonagh, Neil		518	Square State St	-									
-- Siriano, Scott		538	UNA Georgia	-									
-- Fields, Brent		353	Atlanta Track Cl	-									
-- Hadcock, John		437	Greater Lowell	-									
-- Salerni, Paul		535	UNA New York	-									
-- Schroeder, Adam		391	Club Northwest	-									
-- Steenkamer, Thomas		472	Pike Creek Vall	-									
-- Costello, John		475	Pike Creek Vall	-									
-- Hixson, Mark		464	Greater Springfi	-									
-- Rebenciuc, Sandu		466	Greater Springfi	-									
-- Birkholz, Shad		543	UNA Montana	-									
-- Stirrat, Reno		507	Shore Athletic	-									
-- Murray, Dan		526	UNA North Car	-									
-- Welke, Karl		556	UNA North Car	-									
-- McHale, Michael		514	Shore Athletic	-									
-- Kilduff, John		515	Shore Athletic	-									
-- wilson, ken		516	Shore Athletic	-									

# 2024 USATF NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Mechanicsville, VA  
Pole Green Park

Saturday, January 20, 2024



OFFICIAL MEET REPORT  
printed: 1/20/2024 12:56 PM

## Race #4 Masters Men 8k 70+ Teams

## Final Results

### TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.
1 Boulder Road Runner	12*	2-4-6(9)	1:55:21	38:27
2 Greater Philadelphia	12*	1-3-8(12)	1:55:29	38:30
3 Atlanta Track Club (7	22	5-7-10(11)	2:05:59	42:00
DNP Shore Athletic Club (7				
DNP Syracuse Track Club				
DNP High Point Athletic Cl				

### \*Tiebreakers

Boulder Road Runners (70)	2	4	6	9	Greater Philadelphia TC (70)	1
---------------------------	---	---	---	---	------------------------------	---

### TEAM SCORING SUMMARY (cont'd)

Athlete	YR	#	Team	Score	Time	Gap
32 Dwyer, Jason	416	Dojo Racing (4	-	29:12.10	3:37.7	
33 Dowdy, Jason	426	Endorphin Fitne	-	29:13.20	3:38.8	
34 Wisnioski, Matthew	369	Blacksburg Stri	-	29:15.90	3:41.5	
35 Greszler, Timothy	420	Dojo Racing (4	-	29:23.00	3:48.6	
36 Kolasa, Daneil	370	Blacksburg Stri	-	29:23.70	3:49.3	
37 Sohn, Joshua	417	Dojo Racing (4	-	29:24.30	3:49.9	
38 Anthony, Shane	540	UNA Pennsylva	-	29:28.50	3:54.1	
39 DiPretore, Matthew	439	Greater Philade	-	29:34.90	4:00.5	
40 Addison, Alex	421	Endorphin Fitne	-	29:36.30	4:01.9	
41 Jacoby, Bert	485	Ragged Mounta	-	29:40.80	4:06.4	
42 Sharp, John	424	Endorphin Fitne	-	29:41.80	4:07.4	
43 Beels, Marten	444	Greater Philade	-	29:44.20	4:09.8	
44 Dolan, Frederick	354	Atlanta Track Cl	-	29:51.00	4:16.6	
45 Cox, Timothy	415	Dirigo R.C. (50)	-	29:59.50	4:25.1	

### INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap
1 Braden, Forest	396	Colonial Road	-	25:34.40	---	
2 Flynn, Brian	429	Garden State T	-	25:51.30	16.90	
3 Otstot, Adam	398	Colonial Road	-	26:18.80	44.40	
4 Barresi, Matthew	487	Ragged Mounta	-	26:54.50	1:20.1	
5 Angell, David	368	Blacksburg Stri	-	27:04.10	1:29.7	
6 pirsch, christopher	484	Ragged Mounta	-	27:04.60	1:30.2	
7 Ban, Charlie	471	Pacers Running	-	27:09.10	1:34.7	
8 Derby, Peter	545	UNA Virginia	-	27:09.60	1:35.2	
9 Christian, William	394	Colonial Road	-	27:14.10	1:39.7	
10 Redfern, Jeffrey	418	Dojo Racing (4	-	27:18.10	1:43.7	
11 Becker, John	440	Greater Philade	-	27:23.80	1:49.4	
12 Snow, Rusty	490	Santa Barbara	-	27:28.40	1:54.0	
13 Palmer, William	488	Ragged Mounta	-	27:42.70	2:08.3	
14 Hurt, Charlie	486	Ragged Mounta	-	27:43.10	2:08.7	
15 Reinhold, Derek	442	Greater Philade	-	27:55.60	2:21.2	
16 roly, philippe	549	UNA Virginia	-	27:55.90	2:21.5	
17 Mercer, Dickson	470	Pacers Running	-	27:58.80	2:24.4	
18 Gagliardi, John	443	Greater Philade	-	28:02.80	2:28.4	
19 Harlow, Michael	425	Endorphin Fitne	-	28:11.30	2:36.9	
20 McGough, Chris	547	UNA Virginia	-	28:12.60	2:38.2	
21 Wolf, Christopher	517	South Chicago	-	28:15.30	2:40.9	
22 Ickes, Scott	397	Colonial Road	-	28:19.40	2:45.0	
23 Harte, Tim	449	Greater Philade	-	28:34.30	2:59.9	
24 Klapper, Bradley	419	Dojo Racing (4	-	28:40.40	3:06.0	
25 Ross, Edward	499	Shore Athletic	-	28:43.10	3:08.7	
26 Larson, Nat	461	Greater Springfi	-	28:51.20	3:16.8	
27 Mejia Perez, Marcelo	491	Santa Barbara	-	28:54.00	3:19.6	
28 Zamek, Mark	512	Shore Athletic	-	28:54.40	3:20.0	
29 Tompkins, Mark	395	Colonial Road	-	29:03.80	3:29.4	
30 Norton, Anderson	379	Blacksburg Stri	-	29:06.90	3:32.5	
31 Abbot, Jason	496	Shadow Project	-	29:08.00	3:33.6	
46 Nahom, Michael	465	Greater Springfi	-	30:01.10	4:26.7	
47 Lindsey, Lee	392	Colonial Road	-	30:01.70	4:27.3	
48 Dyer, Chris	435	Goon Squad T	-	30:06.30	4:31.9	
49 Moore, Ignacio	376	Blacksburg Stri	-	30:07.50	4:33.1	
50 Highsmith, James	393	Colonial Road	-	30:11.50	4:37.1	
51 Booth, Todd	489	Santa Barbara	-	30:13.20	4:38.8	
52 Joosse, Matthew	400	Colonial Road	-	30:15.30	4:40.9	
53 Sheils, Duncan	527	UNA Virginia	-	30:18.50	4:44.1	
54 Lee, Bronson	557	UNA Virginia	-	30:30.80	4:56.4	
55 Conston, Jeffrey	505	Shore Athletic	-	30:30.90	4:56.5	
56 MCGUIRE, KEVIN	377	Blacksburg Stri	-	30:33.10	4:58.7	
57 Suhr, Timothy	404	Colonial Road	-	30:33.50	4:59.1	
58 Byrd, Kevin	372	Blacksburg Stri	-	30:36.70	5:02.3	
59 Scott, Durelle	375	Blacksburg Stri	-	30:39.40	5:05.0	
60 Schumann, Keith	408	Colonial Road	-	30:40.20	5:05.8	
61 Notaro, Henry	509	Shore Athletic	-	30:43.20	5:08.8	
62 Neff, Mark	495	Shadow Project	-	30:44.70	5:10.3	
63 Dragstedt, Lester	360	Atlanta Track Cl	-	30:48.40	5:14.0	
64 Walchinsky, Mark	494	Shadow Project	-	30:57.40	5:23.0	
65 Paye, Bradley	373	Blacksburg Stri	-	31:05.50	5:31.1	
66 Nuckols, Adam	522	UNA Virginia	-	31:15.10	5:40.7	
67 Westenberg, David	436	Greater Lowell	-	31:17.20	5:42.8	
68 Gibson, Pete	520	Tidewater Strid	-	31:24.60	5:50.2	
69 Ensign, Tim	390	Chattanooga Tr	-	31:30.30	5:55.9	
70 Goode, David	422	Endorphin Fitne	-	31:30.60	5:56.2	
71 Anstey, Mitchell	182	UNA North Car	-	31:31.30	5:56.9	
72 Weir, Fred	351	Atlanta Track Cl	-	31:31.80	5:57.4	
73 Sydow, Brian	355	Atlanta Track Cl	-	31:35.50	6:01.1	
74 Heuck, Alejandro	462	Greater Springfi	-	31:35.90	6:01.5	
75 Maranzani, Joseph	498	Shore Athletic	-	31:45.50	6:11.1	
76 Mabee, Robert	409	Colonial Road	-	31:47.90	6:13.5	
77 Stowe, Michael	374	Blacksburg Stri	-	31:48.20	6:13.8	

**2024 USATF NATIONAL CROSS COUNTRY  
CHAMPIONSHIPS**

Mechanicsville, VA

Pole Green Park

Saturday, January 20, 2024

**OFFICIAL MEET REPORT**

printed: 1/20/2024 12:56 PM

**Race #4  
Masters Men 8k 70+ Teams****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Athlete	YR	#	Team	Score	Time	Gap
78 Sangster, Benjamin		434	Goon Squad T	-	31:50.10	6:15.7	124 horvath, kevin		561	UNA Virginia	-	35:18.20	9:43.8
79 Swan, Michael		492	Santa Barbara	-	31:52.90	6:18.5	125 Dollard, Kevin		508	Shore Athletic	-	35:19.90	9:45.5
80 Spiller, David		423	Endorphin Fitne	-	31:57.30	6:22.9	126 Lucking, Scott		358	Atlanta Track Cl	-	35:26.70	9:52.3
81 Rehtin, Larry		455	Greater Philade	-	31:59.30	6:24.9	127 Harfst, Rich		555	UNA Virginia	-	35:29.10	9:54.7
82 Hiller, Michael		482	PR Track Club	-	32:09.20	6:34.8	128 Pelger, Caleb		560	UNA South Car	-	35:33.80	9:59.4
83 Dinterman, Robert		542	UNA North Car	-	32:14.10	6:39.7	129 Cornell, Mark		433	Goon Squad T	-	35:41.30	10:06.
84 Worm, Toby		405	Colonial Road	-	32:16.40	6:42.0	130 Puma, Eric		504	Shore Athletic	-	35:52.90	10:18.
85 Cutrona, Matthew		450	Greater Philade	-	32:19.90	6:45.5	131 Burdett, Francis		463	Greater Springfi	-	35:56.40	10:22.
86 DeVreese, Joe		493	Santa Barbara	-	32:27.30	6:52.9	132 Blaser, John		380	Boulder Road R	-	36:00.40	10:26.
87 Benkard, Andrew		551	UNA New Jerse	-	32:28.30	6:53.9	133 Ragin, Rodney		559	UNA Virginia	-	36:02.50	10:28.
88 Schuler, Tim		427	F and M Track	-	32:29.30	6:54.9	134 Leddy, Harold		500	Shore Athletic	-	36:11.70	10:37.
89 Conheady, Timothy		452	Greater Philade	-	32:30.70	6:56.3	135 Calos, Stefan		537	UNA Virginia	-	36:15.40	10:41.
90 Salamone, Michael		510	Shore Athletic	-	32:31.70	6:57.3	136 Cutler, Andrew		412	Colonial Road	-	36:18.80	10:44.
91 Beardsley, Andy		562	UNA Virginia	-	32:36.00	7:01.6	137 McGinnis, Sean		378	Blacksburg Stri	-	36:23.20	10:48.
92 Flanagan, Michael		448	Greater Philade	-	32:36.90	7:02.5	138 Morrison, Don		458	Greater Philade	1	36:32.20	10:57.
93 Sayre, Roger		381	Boulder Road R	-	32:43.50	7:09.1	139 Rumsey, Kevin		528	UNA North Car	-	36:37.60	11:03.
94 Youngers, Ken		359	Atlanta Track Cl	-	32:44.80	7:10.4	140 Adams, Mark		469	Montgomery Co	-	36:42.60	11:08.
95 Blanchard, Andrew		554	UNA Virginia	-	32:45.30	7:10.9	141 Myers, Eugene		481	Potomac Valley	-	36:50.30	11:15.
96 Armstrong, Scott		456	Greater Philade	-	32:53.80	7:19.4	142 Freeman, Ward		349	Ann Arbor Trac	-	36:56.90	11:22.
97 Davies, Keith		453	Greater Philade	-	32:58.80	7:24.4	143 Bell, Doug		385	Boulder Road R	2	37:05.20	11:30.
98 Mertens, Michael		432	Genesee Valley	-	33:00.90	7:26.5	144 PEREZ, ORLANDO		410	Colonial Road	-	37:09.50	11:35.
99 Demetrick, Joseph		503	Shore Athletic	-	33:12.10	7:37.7	145 Rose, William		476	Pike Creek Vall	-	37:14.60	11:40.
100 Sak, Lawrence		350	Ann Arbor Trac	-	33:19.60	7:45.2	146 Shearer, Andrew		446	Greater Philade	-	37:28.30	11:53.
101 Black, David		361	Atlanta Track Cl	-	33:24.60	7:50.2	147 Dykes, Gene		459	Greater Philade	3	37:38.20	12:03.
102 Kast, Steven		402	Colonial Road	-	33:28.20	7:53.8	148 Pedersen, Nils		356	Atlanta Track Cl	-	37:41.10	12:06.
103 Calkins, Joe		403	Colonial Road	-	33:37.00	8:02.6	149 DiLeva, Michael		506	Shore Athletic	-	38:12.90	12:38.
104 Chasse, Craig		480	Potomac Valley	-	33:38.60	8:04.2	150 Pratt, Aaron		347	Ann Arbor Trac	-	38:32.50	12:58.
105 Hollenbeck, Joel		451	Greater Philade	-	33:42.80	8:08.4	151 Ostwald, Gary		383	Boulder Road R	4	38:33.20	12:58.
106 Larson, Norm		467	Green Mountai	-	33:45.10	8:10.7	152 Bodrick, Morris		550	UNA Virginia	-	38:45.90	13:11.
107 Flanders, Dale		430	Genesee Valley	-	33:54.70	8:20.3	153 Hagerty, Tim		438	Greater Lowell	-	38:50.00	13:15.
108 Hersey, Miles		511	Shore Athletic	-	33:58.40	8:24.0	154 Secker, Michael		531	UNA Alberta	-	39:13.60	13:39.
109 Shields, Charles		454	Greater Philade	-	34:01.80	8:27.4	155 Irvin, Ward		365	Atlanta Track Cl	5	39:24.70	13:50.
110 Bergner, Wade		552	UNA Wisconsin	-	34:07.40	8:33.0	156 Wiesinger, Gary		502	Shore Athletic	-	39:36.80	14:02.
111 Duffield, Rory		558	UNA Virginia	-	34:11.10	8:36.7	157 Katz, Richard		384	Boulder Road R	6	39:42.10	14:07.
112 Qualls, Robert		534	UNA Nevada	-	34:25.00	8:50.6	158 Hartley, Lou		357	Atlanta Track Cl	-	39:52.10	14:17.
113 CAMPBELL, CHRISTO		563	UNA Virginia	-	34:35.10	9:00.7	159 Horton, William		477	Pineland Strider	-	39:54.60	14:20.
114 McGuire, Glen		371	Blacksburg Stri	-	34:39.50	9:05.1	160 Jensen, Gene		431	Genesee Valley	-	40:30.10	14:55.
115 Wiechecki, David		474	Pike Creek Vall	-	34:42.40	9:08.0	161 Michaels, Thomas		529	UNA Maryland	-	40:43.50	15:09.
116 Linn, James		530	UNA Pennsylva	-	34:47.80	9:13.4	162 Albritton, Bob		468	High Point Athl	-	40:47.00	15:12.
117 Strickland, Michael		352	Atlanta Track Cl	-	34:57.80	9:23.4	163 Robinson, Tom		411	Colonial Road	-	41:07.20	15:32.
118 Cauller, Gregory		473	Pike Creek Vall	-	35:00.10	9:25.7	164 Learned, Jerry		366	Atlanta Track Cl	7	41:16.60	15:42.
119 D'Amato, Anthony		483	PR Track Club	-	35:02.50	9:28.1	165 McCormick, Steve		460	Greater Philade	8	41:18.10	15:43.
120 Brown, Scott		536	UNA Virginia	-	35:04.00	9:29.6	166 Duffy, Jim		414	Colonial Road	-	41:20.10	15:45.
121 Dawson, Gregory		407	Colonial Road	-	35:06.30	9:31.9	167 Frisby, Jan		382	Boulder Road R	(9)	43:07.50	17:33.
122 Irving, Timothy		524	UNA Massachu	-	35:14.90	9:40.5	168 Carlin, Paul		346	Ann Arbor Trac	-	43:25.00	17:50.
123 Whitaker, Robert		413	Colonial Road	-	35:17.10	9:42.7	169 Spencer, Mike		362	Atlanta Track Cl	-	43:32.30	17:57.



# 2024 USATF NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Mechanicsville, VA

Pole Green Park

Saturday, January 20, 2024



OFFICIAL MEET REPORT

printed: 1/20/2024 12:56 PM

## Race #4 Masters Men 8k 70+ Teams

## Final Results

### INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Athlete	YR	#	Team	Score	Time	Gap
170 Mester, Michael		348	Ann Arbor Trac	-	44:10.80	18:36.	-- Pelletier, Paul		406	Colonial Road	-		
171 Flax, David		479	Potomac Valley	-	45:09.70	19:35.	-- Bulleri, Michael		386	Bull City Track	-		
172 Joyce, Allen		364	Atlanta Track Cl	10	45:17.00	19:42.	-- Masland, Caleb		387	Bull City Track	-		
173 Nowicki, Przemyslaw		513	Shore Athletic	-	45:52.50	20:18.	-- Rosen, Harold		532	UNA Maryland	-		
174 Taylor, Patrick		367	Atlanta Track Cl	(11)	51:53.70	26:19.							
175 Purnell, Micks		533	UNA California	-	51:56.10	26:21.							
176 Assal, Jim		457	Greater Philade	(12)	54:23.20	28:48.							
-- Stiles, Rees		388	Bull City Track	-									
-- Miner, James		519	Syracuse Track	-									
-- Semling, Brian		521	UNA Wisconsin	-									
-- Austin Jr, Darryl		523	UNA Virginia	-									
-- Gardner, Jonathan		525	UNA Virginia	-									
-- Hetherington, Alexande		539	UNA Virginia	-									
-- Reed, Nene		544	UNA Virginia	-									
-- Woshner, Craig		548	UNA Virginia	-									
-- McCormick, Michael		553	UNA Virginia	-									
-- Chadim, William		478	Pony Express T	-									
-- Smith, Duncan		445	Greater Philade	-									
-- Montini, Paul		447	Greater Philade	-									
-- Naimoli, Christopher		441	Greater Philade	-									
-- Becker, Rick		363	Atlanta Track Cl	-									
-- Putnam, Gregory		541	UNA Massachu	-									
-- Garbini, Hernan		389	Charlottesville	-									
-- Cable, Trevor		399	Colonial Road	-									
-- CAMPBELL, DANIEL		497	Shore Athletic	-									
-- Linnell, Scott		501	Shore Athletic	-									
-- McKee, Guian		428	Formula TC (50	-									
-- Cabada, Fernando		546	UNA Colorado	-									
-- McDonagh, Neil		518	Square State St	-									
-- Siriano, Scott		538	UNA Georgia	-									
-- Fields, Brent		353	Atlanta Track Cl	-									
-- Hadcock, John		437	Greater Lowell	-									
-- Salerni, Paul		535	UNA New York	-									
-- Schroeder, Adam		391	Club Northwest	-									
-- Steenkamer, Thomas		472	Pike Creek Vall	-									
-- Costello, John		475	Pike Creek Vall	-									
-- Hixson, Mark		464	Greater Springfi	-									
-- Rebenciuc, Sandu		466	Greater Springfi	-									
-- Birkholz, Shad		543	UNA Montana	-									
-- Stirrat, Reno		507	Shore Athletic	-									
-- Murray, Dan		526	UNA North Car	-									
-- Welke, Karl		556	UNA North Car	-									
-- McHale, Michael		514	Shore Athletic	-									
-- Kilduff, John		515	Shore Athletic	-									
-- wilson, ken		516	Shore Athletic	-									
-- Anderson, David		401	Colonial Road	-									