

# 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)**

| <b>Athlete</b>            | <b>#</b> | <b>Team</b>           | <b>Score</b> | <b>Time</b> | <b>Gap</b> | <b>Avg. Mile</b> | <b>Avg. kM</b> |
|---------------------------|----------|-----------------------|--------------|-------------|------------|------------------|----------------|
| 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    |
| 5            | 596 | Kasie        | Enman           | F      | Green Mountain Athletic 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    |
| 12           | 605 | Whitney      | Heavner         | F      | Pacers Running//GRC New 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    |
| 17           | 606 | Sarah        | Rusk            | F      | Pike Creek Valley Running Club (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    |
| 27           | 607 | Katrina      | Holloway        | F      | Pike Creek Valley Running Club (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    |
| 26           | 608 | Brenda       | Hodge           | F      | Pike Creek Valley Running Club (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 | Alysa        | 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      | Massell         | 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<br>Time | Pace  | Age | Age<br>Percentage | Division<br>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    |
|       |        |              |                 |        | Green Mountain Athletic          |               |       |     |                   |                   |          |
|       | 6 596  | Kasie        | Enman           | F      | 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    |
|       |        |              |                 |        | Pacers Running//GRC New          |               |       |     |                   |                   |          |
|       | 27 605 | Whitney      | Heavner         | F      | 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    |
|       |        |              |                 |        | Pike Creek Valley Running Club   |               |       |     |                   |                   |          |
|       | 33 608 | Brenda       | Hodge           | F      | (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    |
|       |        |              |                 |        | Pike Creek Valley Running Club   |               |       |     |                   |                   |          |
|       | 41 606 | Sarah        | Rusk            | F      | (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    |
|       |        |              |                 |        | Pike Creek Valley Running Club   |               |       |     |                   |                   |          |
|       | 46 607 | Katrina      | Holloway        | F      | (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 Guarnieri, 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 |
| 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  | -     |           |        |
| -- Sutera 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    | -     |           |        |

### 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 |

# 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 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   | 4     | 27:49.46  | 6:34.0 |
| 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 |
| 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   | -     |           |        |

### 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 |

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.  |
|-------------------------|-------|---------------|---------|-------|
| 1 Atlanta Track Club (7 | 6     | 1-2-3         | 2:25:08 | 48:23 |
| DNP Boulder Road Runner |       |               |         |       |

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 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   | -     | 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 |