

**** RACE RESULTS ****

ATASCADERO, JULY 1 - ATASCADERO HIGH SCHOOL SUMMER SERIES ALL-COMERS MEET #1

<u>Kids Hurdles</u>		<u>400 Meters</u>		<u>1500 Meters</u> (Open)	
Aiyana Polkow (1F-6&U)	9.2	Michael Dean (1-40+)	1:04.1	9. Kate Miller	5:30.3
		Aiden Polkow (3-9&U)	1:22.2	15. Michael Dean	6:14.5
<u>100 Meters</u>		<u>800 Meters</u> (Open)		<u>3000 Meters</u> (Open)	
Hannah Hagy (5F-13/15)	14.47	8. Michael Dean	2:42.9	4. Kevin Wolf	10:23.9
Aiden Polkow (2nd-9&U)	17.81	13. Johnathan Dean, 13	2:57.9	10. Michael Dean	11:53.2
Aiyana Polkow (2F-6&U)	21.14				
<u>200 Meters</u>		<u>High Jump</u>		<u>Long Jump</u>	
Hannah Hagy (2F-13/15)	30.08	Billy Vedrin (1-20/29)	5' 6"	Hannah Hagy (1F-13/15)	14' 1"
				Aiyana Polkow (1F-6&U)	6' 6"

MORGAN HILL, JULY 4 - FREEDOM FESTIVAL 5K (Pacific Association USAT&F Grand Prix Series race): SLO County runners - 1. Philip Reid/SLO (ex-CP) 14:42 .. 3. Jameson Mora/Paso Robles (ex-CP) 14:56 .. 10. Alan Jackson/Los Osos 16:04 (2-40+) .. 61. Antonio Arreola/San Jose (ex-SLOHS/Cal Poly/SLDC) 18:25 (2-55/59). (649 finishers) - / www.pausatf.org / -

QUEENSLAND, AUSTRALIA, JULY 4 - GOLD COAST HALF MARATHON: 834. Matthew Shuck 1:37:41 (8,945 finishers).

POZO, JULY 4 - THE POZO 5K (212 finishers)

1. Chris Frias (ex-Cal Poly)	14:33	44. Michael Henzler	21:11	109. Ralph Wright	28:14
2. Sean Davidson (ex-CP)	14:57	45. Steve Dabill/1-60+	21:16	110. Kieran Bolger	28:16
3. Gordon Sturgess/Paso	15:45	46. Steve Boaz	21:23	111. Kenidi Campa/2F-19&U	28:16
9. Aramis Knox/1st-SLDC	16:41	49. Mary Cooper/2F-50+	21:46	133. Barbara Buchanan	30:28
11. David Campa/1-40+	17:01	51. Jory Hallanan/2-60+	21:50	134. Laurel Posey	31:00
16. Matthew White/2-15&U	17:17	55. Steve von Dohlen	22:03	135. Charlie Trenbeth	31:01
18. Ivan Huff/Paso (1-50+)	17:30	60. Patrick Bolger	22:33	143. Angenette Tiffin	32:18
20. Ethan McSwain	18:01	61. Patty Miller/1F-40+	22:36	150. Frank Fazzio	33:03
22. Garron Knox	18:07	62. Amy Parkinson/2F-40+	22:38	151. Chantal Donahue	33:13
24. Frank Wyer	18:19	67. Brian Buchanan	23:13	156. Liz Byrnes	33:53
26. Kobi Kelly	18:42	69. John Tiffin/3-60+	23:22	167. Jennifer Campa	35:40
30. Matt & Griffin Ruane	19:05	75. Emily Coombes	24:08	184. Sara Alan	39:37
34. Kevin Cooper/3-50+	19:35	81. Kymberly Fazzio	24:27		
39. Katherine Fair/2-F	20:32	84. Julia Bolger	24:52		
43. Janet Norem/1F-50+	21:06	95. Samantha Mauro	25:59		

/ Results from Joe Rubio /



The start of the 2015 Pozo 5K



Chantal Donahue with the 2015 race shirt

ATASCADERO, JULY 8 - ATASCADERO SUMMER ALL-COMERS MEET #2

400 Meters		One Mile (Ages 12&U)		9. Michael Dean	5:39.1
Tanvi Kenjale (1F-13/15)	1:08.1	2. Ved Kenjale	6:29.2	10. Kate Miller	6:10.5
Ved Kenjale (5th-10/12)	1:20.3			14. Tanvi Kenjale	7:03.2
800 Meters (Open)		One Mile (Open)		(Complete results are at atascaderoallcomers.org)	
5. Tanvi Kenjale	2:55.7	3. Kevin Wolf	5:13.9		
8. Ved Kenjale	3:09.5	4. Geoff Chiappella	5:19.6		

SANTA BARBARA, JULY 11 - SANTA BARBARA 100 MILE ENDURANCE RUN:

1. Jadd Martinez/San Luis Obispo-SLDC 20:50:09. - Results from Brent Vanderhoof / - (Jadd won this race by just over an hour. He is the club record holder for 100 miles with his 18:09:28 at the Born to Run Ultra in 2014.)

VENTURA, JULY 12 - SHORELINE 10K & HALF MARATHON (664 runners):

10K (245 finishers) - 155. Sandie Cano 70:49 (3F-60/69).

Half Marathon (664 runners) - 168. Bill Schackart 2:23:34 .. 182. Patsy Schackart 2:23:34 (2F-60/69). From Bill - "Here are the results from the Shoreline Half Marathon in Ventura. Patsy and I ran together since I am still nursing a hamstring tendon tear. It was warm here at the 8:00 AM start (in the mid 70's). Complete results are at <http://royalresults.com/road/cc.htm>."

ATASCADERO, JULY 15 - ATASCADERO SUMMER ALL-COMERS MEET #3

100 Meters		200 Meters		1500 Meters	
Isaiah Gayfield (2-13/15)	12.74	Isaiah Gayfield (2-13/15)	25.85	5. Michael Dean (1-40+)	5:09.38
Kate Miller (1F016/18)	13.76	Hannah Hagy (5F-13/15)	30.62	7. Devyn Kendrick (1F-10/12)	5:44.45
Hannah Hagy (3F-13/15)	14.42	Gavin Gayfield (2-10/12)	31.89	3000 Meters	
Gavin Gayfield (1-10/12)	15.37			4. Michael Dean (1-40+)	11:55.23
Aiden Polkow (2nd-9 & U)	18.16	400 Meters		5. Devyn Kendrick (1F-10/12)	12:35.51
Aiyana Polkow (2F-6 & U)	21.36	Gavin Gayfield (2-10/12)	1:09.35	Mini-Hurdles	
Football 40		Aiden Polkow (4th-9 & U)	1:27.39	Aiyana Polkow (2F-6 & U) 7.7	
1. Isaiah Gayfield (1-13/15)	5.24	Aiyana Polkow (7F-6&U)	1:52.38		

SANTA BARBARA, JULY 16 - NITE MOVES 5K (136 finishers): 1. Stepan Paul/SLO-SLDC 18:17 (won by 30 seconds).

MORRO BAY, JULY 18 - BRIAN WATERBURY ROCK TO PIER SIX MILE & ROCK'N AROUND THE PIER HALF MARATHON

1. Cameron Miller/Bakersfield	29:47*	100. John S. Tiffin	47:57	453. Neil Silvers	67:12
22. Josie Frye/17/Clovis/1-F	39:12	114. Cheryl Cochran/1F-25+	48:35	454. Charlie Trenbeth	67:14
37. Steve Boaz/1-SLDC, 1-55+	41:56	130. Chris Haggie/1-60+	49:28	494. Chantal Donahue	69:01
40. Janet Norem/1F-55+	42:05	200. Dana Tryde/S. Marg.	53:24	501. Renee Silvers	69:30
42. Will Hanson/TX/2-14&U	42:26	222. Heidi Harrison	55:12	546. Lorie Noble	72:37
48. Paul Lee/1-50+	43:15	234. Denise Youngman	55:39	** 895 finishers **	
49. Henrita van Wyngaarden	43:29	244. Cornelius Pigott/3-70+	56:03	Half Marathon	
55. Devyn Kendrick/1F-10&U	43:47	247. Dane Jones	56:37	20. Matthew Shuck	1:43:09
73. Martin Simpson/66/Clovis	46:14	283. Tamara Kaizuka	58:23	73. Joe Woods	2:09:54
74. Richard van Wyngaarden	46:15	296. Amy Tiffin	58:59	194. Sara Alan	3:08:28
76. John M. Tiffin	46:29	336. Vikki Waterbury-Phan	60:39	** 210 finishers **	
81. Megan Hogerheiden/3F-55+	46:57	365. John Hogerheiden	61:58	(Complete results are at eternaltiming.com)	
92. Audrey McClish	47:25	416. Bill Allen/68/Napa	65:07		
96. Will Ruoff/AZ (ex-Roo Rats)	47:31	440. Angenette Tiffin	66:53		

PISMO BEACH, JULY 25 - STRIDE WITH THE TIDE 5K

1. Edgar Bonilla/King City	16:29	33. John Tiffin/3-60+	23:17	75. Debbie Dorney/3F-60+	28:37
16. Taylor Jones/10/AG (1-F)	20:32	45. Marian Fiorentino/2F-50+	25:15	86. Stephanie Smith	30:12
18. Adolfo Lopez/1-50+	21:22	52. Rollie Cavaletto/1-70+	26:20	95. Angenette Tiffin	31:51
19. Coker Ellsworth/1-60+	21:47	55. Jessica Riga/1F-20+	26:29	104. Laurel Posey	32:28
24. Matthew Shuck/2-30+	22:39	60. Cyndy Fee	26:47	121. Renee Silvers	34:47
28. Paul Shires/2-60+	22:47	68. Cornelius Pigott/2-70+	27:47		
32. Paul Lee/2-50+	23:17	71. Denise Youngman/2F-60+	28:13		

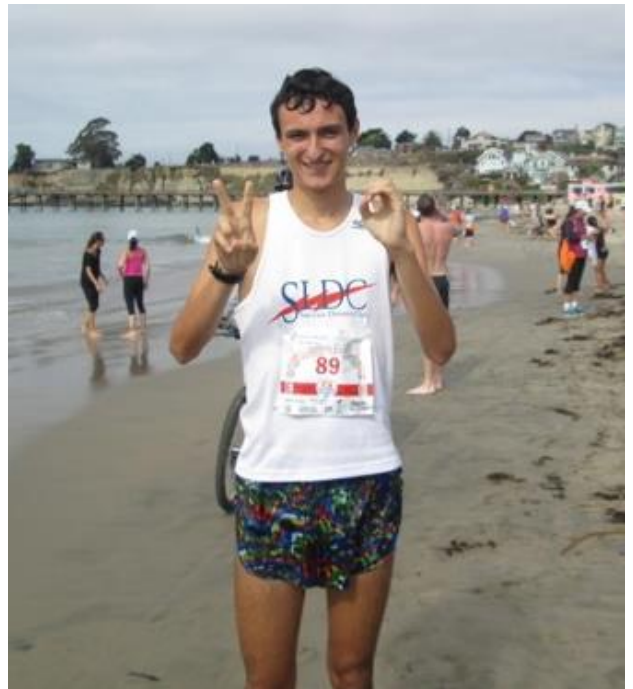
SLDC Race Officials - Julie Bolger, Kevin & Mary Cooper, Janet Duke, Dave Dunbar, Cyndy Fee, Anthony Garcia, Heidi Harrison, David & Deborah Jeffrey, Adelaido Jimenez, Paul Lee, Adolfo Lopez, George McClintock, Marion McKenna, Clem Michel, Janet Norem, Laurel Posey, Kathy Pycior, Jessica Riga, Elaine & Stan Rosenfield, Paul Shires, Chris & Matthew Shuck, Neil & Renee Silvers, Prashant Srinivasan, Lee Whitmer, Sue Waterbury, & Bill Winstanley.

SANTA CRUZ, JULY 26 - WHARF TO WHARF SIX MILE (Santa Cruz to Capitola; 13,719 runners; photos from Mike Ernst):

SLDC = 20. William Ernst (2-19&U) 30:15 .. 37. Joshua Ernst 31:59 .. 52. Aramis Knox 32:54 .. 110. Garron Knox 35:38 .. 1096. Jason Knox 48:32. **Others** = 12. Chris Frias/SLO-Aggies (ex-Cal Poly) 28:41 .. 40. Alan Jackson/Los Osos (1-40+) 32:00.



The SLDC contingent at the Wharf to Wharf race - From left to right: Joshua Ernst, Jason Knox, Aramis Knox, Garron Knox, William Ernst



William Ernst, 20th overall and 2nd place 19 & under

SAN FRANCISCO, JULY 26 - SAN FRANCISCO HALF MARATHON (7,709 finishers): 2480. Aileen Cota 2:10:26.

S.L.D.C. ALL-TIME TOP TEN AT THE SAN FRANCISCO MARATHON

1. Jim Hurley/1979	2:33:50	1. Mary Ryzner/1993	3:06:07
2. Frank Hutchinson/1979	2:39:47	2. Diane Dixon/1984	3:08:37
3. Sean McCormick/1993	2:46:14	3. Laurie Gladstone/1987	3:18:32
4. Jeff Herten/1982	2:49:23	4. Suzanne Wetzel/2004	3:25:35
5. Chris Connors/1984	2:49:33	5. Mariko Fujinaka/2001	3:31:37
6. Clem Michel/1982	2:50:45	6. Shelley Aleshire/1986	3:35:23
7. Bill van Wyngaarden/1983	2:50:49	7. Velma Bowden/1985	3:37:01
8. Granville White/1984	2:51:26	8. Kristie Lukes/1998	3:39:41
9. Keith Kirkpatrick/1984	2:52:02	9. Jennifer Simmons/1982	3:42:10
10. Andy Estrada/1985	2:52:07	10. Robin O'Hara/1983	3:43:46

SAN LUIS OBISPO, JULY 26 - SAN LUIS OBISPO RECREATION DEPARTMENT TRIATHLON (S = 1/2M, B = 15M, R = 5K)

1. Stepan Paul	1:09:25	115. Derek Lakowski	1:36:07	249. Heidi Harrison	1:48:09
11. Robin Oswald/1-F	1:18:01	118. Robert McAdoo	1:36:12	313. Peter Lopez/Celia Silacci	1:52:56
13. Kevin Cooper	1:18:59	142. Craig Campbell	1:38:04	338. Matt Shuck/Pete Cabral	1:54:52
54. Kieran Bolger	1:28:44	148. Gerhardt/Wyer (relay)	1:38:36	354. Janice Campbell	1:56:26
66. Geoff Chiapella	1:29:51	164. Tom Jefferis/Paso	1:40:28	376. Dave Dunbar	1:58:18
69. Kelsey Lakowski	1:30:10	175. Jim Grant/SLO	1:41:45	404. John Hampsey/SLO	2:01:33
76. Patrick Bolger	1:31:05	210. Rebecca Wyer	1:45:37	552. Sara Alan	2:17:33
97. Gabe Torres	1:33:32	245. Bernadette Birdsong	1:47:56	642. Natosha Hoover	2:58:06

For the first time in the 36 years of the SLO Triathlon, SLDC had both the male and female race winners.