

**** RACE RESULTS ****

STILLWATER, OKLAHOMA, SEPTEMBER 1 - COWBOY PREVIEW (34 runners):

Women's 3,000 Meters - 3. Savannah Camacho/Oklahoma State (Templeton HS, SLDC) 10:34.

SAN LUIS OBISPO, SEPTEMBER 4 - CUESTA CROSS COUNTRY MEET (at the Fairbanks Memorial course, 37 runners):

Men's 4 Mile - 6. Aramis Knox/Cuesta (SLOHS, SLDC) 23:14 .. 25. Hank Ogle/Cuesta (Morro Bay HS) 24:48.

RIVERSIDE, SEPTEMBER 4 - LANCER CROSS COUNTRY CLASSIC (66 runners):

Men's 6K - 3. William Ernst/Cal Baptist (SLOHS, SLDC) 19:00.

SALINAS, SEPTEMBER 4 - NOR-CAL PREVIEW (32 runners):

Men's 4 Mile - 1. Edgar Bonilla/Hartnell 20:54. (Edgar was the winner of SLDC's 2014 & 2015 Stride with the Tide in Pismo Beach.)

GOLETA, SEPTEMBER 5 - GAUCHO INVITATIONAL (at the U.C.S.B. Lagoon)

HS Boys (197 finishers)		HS Girls (148 finishers)			
1. Callum Bolger	15:19	6. Jenny Grady	19:53	98. AnnaSara Bridgeford	24:03
25. Matt White	16:52	8. Hope Morgan	20:00		
31. Kobi Kelly	17:05	11. Samantha Simard	20:12	Open/Mixed 5K (16 runners)	
53. Aaron Bloom	17:56	41. Kendall Hamilton	21:44	5. Jessica Meyer	19:32
54. Garron Knox	17:56	42. Emma Hilty	21:47	14. Rollie Cavaletto/70+	28:38
62. David Bloom	18:06	52. Andie Rupprecht	22:09		
102. Sam Kukol	19:17	56. J'aime Radding	22:14	Men's 8K (36 finishers)	
114. Cole Bumen	19:42	61. Kate Miller	22:26	20. Tyler Hoyt/Los Osos (ex-MBHS)	26:28
117. Casey Leebrick	19:50	69. Karla Pascual	23:00	33. Ethan McSwain/Unatt. (UCSB)	28:47

www.royalresults.com

SAN FRANCISCO, SEPTEMBER 5 - SAN FRANCISCO INVITATIONAL (at Golden Gate Park):

Men's 8K (131 finishers) - 13. Seamus Land/Cal (SLOHS, Brian Waterbury Memorial Scholarship winner) 25:10.

Women's 5K (107 runners) - 55. Shannon McClish/U.C. Santa Cruz (Morro Bay HS, SLDC) 20:09.

SANTA BARBARA, SEPTEMBER 5 - NATIONBALL CLASSIC (at Palm Park):

Men (57 runners) - 33. David White/Claremont-Mudd-Scripps (SLOHS, SLDC, 2013 Stride with the Tide winner) 23:42.

Women (42 runners) - 28. Malea Martin/CMS (SLOHS, SLDC) 27:53 .. 29. McKenzie Deutsch/CMS 28:05.

CAMBRIA, SEPTEMBER 5 - PINEDORADO DAYS 5K

1. Pepe Gonzalez	17:26	17. Chris Haggie	23:37	43. Chantal Donohue	30:53
3. Matt Ruane (with Griffin)	18:52	26. Liz Byrnes	27:03	45. Sara Alan	32:18
5. Dave Dunbar	21:20	28. Heidi Harrison	27:09	(53 finishers)	
9. Troy Rudman	21:55	31. Christine Rudman	27:47		
10. John Tiffin	22:07	40. Ralph Wright	28:53	- / From Sharon Bisso,	
16. Lori Hashim	23:28	41. Charlie Trenbeth	29:04	Meet Director / -	



The Pinedorado Days 5K post-race breakfast with (left to right) Liz Byrnes, Troy & Christine Rudman,

Dave Dunbar, Charlie & Dawn Trenbeth, and Heidi Harrison.

DAVIS, SEPTEMBER 5 - AGGIE OPEN (at U.C. Davis): **Women's 4K** (24 finishers) - 2. Christine Hoffman/U.C. Davis (SLOHS, Brian Waterbury Memorial Scholarship winner) 13:56 .. 15. Emily Johnston/Sacramento State (AGHS) 15:33.

REDLANDS, SEPTEMBER 5 - REDLANDS X-C INV. (50 runners): **Men's 6K** - 19. John Nichols/Redlands (AGHS) 20:17.

ARROYO GRANDE, SEPTEMBER 5 - GREG DENIKE BIG DITCH INVITATIONAL:

Boys 4K (184 finishers) - 12. Jacob Emeterio/AG 13:18 .. 66. Jacob Nichols/AG 15:00.

Girls 4K (163 finishers) - 7. Talley Hill/AG 15:31 .. 13. Audrey McClish/MB 16:08 .. 87. Cassie Mattina/AG 18:53.

SAN LUIS OBISPO, SEPTEMBER 6 - CANCER CHALLENGE MILE, 5K, & 10K

Monterey Street Mile

1. Aric Champagne/Aggies	4:16
2. Pepe Gonzalez/1st-SLDC	4:41
3. Nicole Hagopian/SLO/1-F	4:59
4. Kevin Wolf	5:14
6. Tara Kulikov/SLO/2-F	5:32
7. Paul Shires	5:41
8. Dave Dunbar	5:50
9. Angie Britton/Paso Robles	6:16
13. Stan Rosenfield	7:56
17. Giovanna Schaefer	15:40
19. Beth Schaefer/L.A.	17:54

-- 27 participants --

(Races directed by
Samantha Pruitt)

Well-Fit 5K (273 finishers)

1. Pepe Gonzalez	16:59
7. Tara Kulikov/SLO/1-F	20:54
29. Emily Coombes/2F-40+	23:40
31. Dawn Thompson	23:56
70. Conor McClintock	29:28
75. Stephanie Smith	29:45
90. Nova Poff/1F-70+	31:01
108. Lorie Noble	33:10
133. George McClintock	37:38
188. Eileen McClintock	47:12
228. Patty Aguilar	53:31

No "Mo" Cancer 10K

1. Aric Champagne (ex-CP)	31:54
3. Prashant Srinivasan (PR)	36:58

5. Nicole Hagopian/SLO/1-F	37:57
9. Kevin Cooper/1-50+	40:52
23. Coker Ellsworth/2-60+	45:04
26. Mary Cooper/1F-50+	45:16
30. Dave Dunbar/3-50+	46:02
86. Steve Harris/Arr. Grande	54:43
89. Denise Youngman/1F-60+	54:52
106. Phil Pigott/1-70+	56:56
166. Chantal Donahue	67:41
175. Renee Silvers	68:31
195. Sara Alan	74:11
211. Beth Schaefer	83:45
219. Dave Bourne/2-70+	87:11
220. Giovanna Schaefer/2F-70+	87:56

(240 runners)



Stan Rosenfield, Dave Dunbar, & Paul Shires at Mission Plaza following the Monterey Street Mile (Photo by Samantha Pruitt)



Mary Cooper (background, left), Dave Dunbar, & Coker Ellsworth in an early celebration of their medal winning performances at the Cancer Challenge 10K (photo by Paul Shires)

FRESNO, SEPTEMBER 11 - FRESNO STATE INVITATIONAL: Women (79 finishers) - 34. Gracie Albano/Sac. State (Nipomo HS) 15:32 .. 36. Emily Johnston/Sac. State (AGHS) 15:39 .. 71. Chloe Bergquist/Pacific Union (Templeton HS, SLDC) 19:54.

MOORHEAD, MINNESOTA, SEPTEMBER 11 - DRAGON TWILIGHT CROSS COUNTRY MEET:

Men (46 finishers) - 10. Joshua Ernst/Minnesota State University @ Moorhead (SLOHS, SLDC) 19:48. - /

SAN SIMEON, SEPTEMBER 12 - BEST BUDDIES 5K CHALLENGE (at Hearst Castle): 1. Matthew Shuck 19:17.
MORRO BAY, SEPTEMBER 12 - MORRO BAY HIGH SCHOOL CROSS COUNTRY INVITATIONAL

Race #1 - Novice Boys		51. Kendall Hamilton	22:19	Race #4 - J.V. Girls	
5. Aaron Bloom	17:54	98. Cassie Mattina	24:49	1. Audrey McClish	21:10
33. Cole Bumen	19:37	119. Kirsten Purcell	26:20	7. Kate Miller	22:38
58. Casey Leebrick	20:26	(134 runners)		8. Andie Rupprecht	22:38
76. Andrew Medlock	20:59	Race #3 - Varsity Boys		17. Karla Pascual	23:41
93. John Polvi	21:21	1. Callum Bolger	15:22	30. Shilu Vanasupa	24:21
114. Carson Opheim	22:04	13. Matt White	16:29	33. AnnaSara Bridgeford	24:29
(192 finishers)		18. Kobi Kelly	16:43	(180 runners)	
Race #2 - Varsity Girls		45. Tegan Fleishman	17:44		
8. Samantha Simard	20:10	69. Garron Knox	18:11	Race #5 - Boys J.V.	
11. Hope Morgan	20:23	97. Sam Kukol	18:47	13. Matt Navarro	19:46
12. Jenny Grady	20:26	99. David Bloom	18:50	(111 finishers)	
41. Emma Hilty	22:01	(152 finishers)			

STEVENSON, MARYLAND, SEPTEMBER 12 - MUSTANG STAMPEDE (128 finishers):

25. Kyra Meko/John Hopkins (Nipomo HS) 24:52 .. 34. Kelsey Harper/John Hopkins (San Luis Obispo HS) 25:21.

VENTURA, SEPTEMBER 13 - VENTURA HALF MARATHON & MARATHON:

Half Marathon (1,360 finishers) - 352. Bill Schackart 2:04:44 .. 391. Emily Coombes 2:07:25 .. 1100. Patsy Schackart 2:56:47.

Marathon (745 finishers) - 307. Adolfo Lopez 4:04:14. (The SLDC record for this race is 4:03:28 set by Bill Schackart in 2014 and the women's record is 4:32:19 by Aileen Cota, also in 2014,

SANTA CRUZ, SEPTEMBER 13 - SANTA CRUZ IRONMAN 70.3 TRIATHLON:

237. Frank Wyer/SLDC 5:13:50 (Swim = 36:59, Bike = 2:51:20, Run = 1:36:28) .. 1452. Karen Aydelott/SLO 8:13:03.

SAN FRANCISCO, SEPTEMBER 13 - GOLDEN GATE PARK CROSS COUNTRY MEET (PA-USAT&F Grand Prix Series race):

Open Men's 4 Mile - 1. Scott Bauhs/SLO-Aggies 20:12 .. 3. Gordon Sturgess/Paso Robles-Aggies 20:14 .. 5. Sean Davidson (ex-Cal Poly) 20:25 .. 11. Derek Thomas (ex-CP) 20:58 .. 19. Jorge Maravilla (2015 SLO Marathon winner) 21:15. (109 finishers)

SAN DIEGO, SEPTEMBER 18 - 71ST AZTEC X-C INVITATIONAL (hosted by San Diego State at Mission Bay Park):

Women's 5K (126 finishers) - 65. Rachel Frye/Pt. Loma (ex-Mission Prep, SLDC Roo Rats) 20:59.

SAN DIEGO, SEPTEMBER 18 - SOUTHERN CALIFORNIA J.C. PREVIEW MEET:

Men's 4 Mile (204 finishers) - 35. Aramis Knox/Cuesta (SLOHS, SLDC) 22:12.

SANTA CLARITA, SEPTEMBER 19 - MASTERS COLLEGE MUSTANG CHALLENGE CROSS COUNTRY MEET:

Men's 8K (217 runners) - 140. John Nichols/Redlands (AGHS, SLDC) 28:23 .. 143. David Avila/Cal Lutheran (AGHS) 28:26.

OJAI, SEPTEMBER 19 - OJAI CROSS COUNTRY INVITATIONAL

Girls Novice - 2 Miles		59. Andie Rupprecht/SLO	22:18	15. Matt White/SLO	17:00
20. Kirsten Purcell/ATAS	14:52	62. Kendall Hamilton/SLO	22:21	18. Kobi Kelly/SLO	17:05
70. Hannah Lykes/Mission	17:17	70. Emma Hilty/SLO	22:35	41. Tegan Fleishman/ATAS	17:59
(121 runners)		95. Shilu Vanasupa/SLO	23:19	54. Garron Knox/SLO	18:15
Girls Varsity - 3 Miles		100. J'aime Radding/SLO	23:26	93. David Bloom/SLO	18:59
8. Audrey McClish/MB	19:55	114. Karla Pascual/SLO	22:52	94. Sam Kukol/SLO	18:59
10. Hope Morgan/SLO	20:09	(218 runners)		106. Cole Bumen/SLO	19:08
31. Samantha Simard/SLO	21:07	Boys Varsity - 3 Miles		186. Casey Leebrick/SLO	20:44
52. Kate Miller/SLO	22:09	1. Callum Bolger/SLO	15:21	240. Alex Von Dohlen/Mission	21:56
		(283 runners)			

SEATTLE, WASHINGTON, SEPTEMBER 19 - SUNDODGER INVITATIONAL (at Lincoln Park): **Men's Open 8K** (270 runners) -

19. William Ernst/Cal Baptist (SLOHS, SLDC) 24:55 .. 23. Matt Kwiatkowski/Fresno State (Paso Robles HS) 25:06.

LAKE TAHOE, SEPTEMBER 20 - LAKE TAHOE 70.3 TRIATHLON (1,187 participants):

152. Geoffrey Chiapella/SLO-SLDC (25th-30/34) 5:41:57 (Swim = 38:31, Bike = 2:58:27, Run = 1:50:07).

FALCON HEIGHTS, MINNESTOTA, SEPTEMBER 26 - ROY GRIAK CROSS COUNTRY INVITATIONAL:

Men's Maroon Race (NCAA Division II): 61. Joshua Ernst/MSU Moorhead (SLOHS, SLDC) 27:39. (381 finishers)

STILLWATER, OKLAHOMA, SEPTEMBER 26 - COWBOY JAMBOREE (72 runners):

17. Savannah Camacho/Oklahoma State (Templeton HS, SLDC) 22:07.

SAN BERNADINO, SEPTEMBER 26 - COYOTE CROSS COUNTRY CHALLENGE:

Men's 8K (39 runners) - 27. David White/Claremont (SLOHS, SLDC, 2013 Stride with the Tide 5K winner) 29:07.

Women's 6K (86 runners) - 51. Malea Martin/Claremont-Mudd-Scripps (SLOHS, SLDC) 26:18.

PALO ALTO, SEPTEMBER 26 - STANFORD CROSS COUNTRY INVITATIONAL

<u>Division 4 Boys</u>		<u>Division 4 Girls</u>		<u>College/ Open Men</u>	
1. Callum Bolger	15:07	37. Hope Morgan	19:37	23. Gordon Sturgess/Asics Aggies	24:25
60. Matt White	16:47	48. Jenny Grady	19:48	(Paso Robles HS/Cuesta College)	
62. Kobi Kelly	16:49	117. Emma Hilty	21:31		
127. Garron Knox	17:50	135. Samantha Simard	21:58	26. Connor Fisher/Chico State (Cuesta)	24:27
162. David Bloom	18:24	136. Emma Hamilton	21:59	(2013 Rock to Pier winner)	
163. Aaron Bloom	18:24	(221 finishers)			
164. Sam Kukol	18:24			55. Matt Kwiatkowski/Fresno State	24:52
(243 finishers)				(Paso Robles High School)	
		<u>College/Open Women</u>			
		74. Emily Johnston/Sac. (AG)	22:33		
		127. Olivia Watt/Chico (SLO)	23:17	94. Seamus Land/Cal (SLOHS)	25:22
<u>Division 5 Boys</u>		128. Gracie Albano/Sac. St.	23:18	(Brian Waterbury Scholarship winner)	
147. Jacob Scurria/MP	20:28	(255 finishers)		-- 283 runners --	
(189 finishers)					

BURBANK, SEPTEMBER 26 - BELL JEFF INVITATIONAL: 3. Audrey McClish/Morro Bay HS 20:50.

SAN JOSE, SEPTEMBER 27 - ROCK & ROLL HALF MARATHON (8,200 runners): 465. Matthew Shuck 1:40:01.

FAIRFIELD, SEPTEMBER 27 - SO FIT CITY CHALLENGE 10K (52finishers): 1. Jadd Martinez 37:17.

From Jadd - "The course was a tad long with a nice hill from mile 4-5 and there should be pictures posted soon. I made sure to sport my new SLDC singlet for the awards ceremony so I'll send a picture as soon as they update the race web site."

PASO ROBLES, SEPTEMBER 27 - HERITAGE OAKS BANK FAMILY FUN RUNS

<u>5K</u> (248 finishers)		<u>10K</u> (82 finishers)			
1. Philip Reid/Aggies	15:11	147. Kennedy McAdoo/8	36:12	8. Pepe Gonzalez/1st-SLDC	37:13
36. Emily Coombes/1F-40+	24:27	148. Susan McAdoo	36:13	9. Prashant Srinivasan/2-30+	38:07
47. Stephen Wyer/1-60+	25:14	179. Frank Fazzio Sr.	41:28	10. Nicole Hagoipian/SLO/1-F	38:52
84. Kelda Wilson	29:40	180. Frank Fazzio Jr.	41:28	20. Paul Shires/1-60+	44:55
98. Kelsey Hammond/10	30:40	181. Kykemberly Fazzio	41:28	25. Jory Hallanan/2-60+	46:49
99. Ken Hammond	30:43			47. Chris Connors/4-60+	55:32
102. Amie Hammond	31:29	1. Chris Frias/Aggies	30:43	61. Chantal Donahue	61:14
103. Jordan Hammond/8	31:29	2. Jameson Mora/Aggies	31:24	75. Sara Alan	71:31
				<u>Children's Half Mile</u>	
				Lance Wilson. Haley Wilson N.T.A.	