

**** MARCH 2016 CLUB RACE RESULTS ****

LOS ANGELES, MARCH 5 - SCIAC MULTI-DUAL (@ Occidental College): **5000M** - 4. Malea Martin/Clairemont (SLOHS) 19:51.

CLAREMONT, MARCH 5 - SCIAC MULTI-DUAL (@ Pomona-Pitzer): **Steeplechase** - 4. David Avila/Cal Lutheran (AGHS) 10:32.

BERKELEY, MARCH 5 - CAL OPENER: 1500M - 3. Christine Hoffman/U.C. Davis (SLOHS) 4:41.10. / www.directathletics.com/ /

AUBERRY, MARCH 5 - SAN JOAQUIN RIVER TRAIL:

10K - 54. Ralph Wright 1:44:06. **Half Marathon** - 114. Laurel Posey 3:34:48.

ATASCADERO, MARCH 5 - 18TH HARES & HOUNDS 5K (at Atascadero Lake Park)

Men (87 male finishers)			17. Michael Henzler (2-55/59)	22:50	Mile (78 finishers)		
6.	Michael Dean (1-45/49)	20:52	30. John Tiffin (1-65/69)	24:16	1.	Pepe Gonzalez	5:20
10.	Paul Lee (1-55/59)	22:12	63. Charlie Trenbeth (2-65/69)	32:29			
11.	Matthew Shuck (1-30/34)	22:13	Women (46 female finishers)		- From Robyn Schmidt / -		
15.	Coker Ellsworth (1-60/64)	22:34	15. Angenette Tiffin (1F-25/29)	33:33			

HARES & HOUNDS 5K RACE WINNERS

Year	Men's Winner	Time	Women's Winner	Time	Year	Men's Winner	Time	Women's Winner	Time
1999	Ray Hunt	17:09	Lauren Jefferson	20:41	2008	Philip Reid	14:38*	Kara June	17:52
2000	Mike Kinter	17:04	Colleen Ross	21:48	2009	Philip Reid	14:43	Patty Ramirez	25:04
2001	Francisco Reyes	17:46	Mary Cooper	20:45	2010	Jeff Lease	15:42	Linda Somers-Smith	17:05*
2002	Francisco Reyes	18:16	Stephanie Nunes	19:49	2011	Justin Banks	17:14	Mariah Livengood	21:00
2003	Mario Mendoza	17:35	Stephanie Shuck	21:31	2012	Nick Landy	17:42	Malia Simon	20:27
2004	Mario Mendoza	16:43	Jordan Hasay	18:38	2013	Justin Banks	16:30	Claire Livengood	22:34
2005	Paul Lee	18:37	Devon Kelsey	22:20	2014	Joe Thorne	15:12	Kara Thorne	17:30
2006	Victor Jimenez	18:52	Kimberly Smith	20:02	2015	Ben Walker	17:38	Maggie Yount	17:49
2007	Levi Reynaga	17:51	Katie Mooney	19:52	2016	Garrett Grant	17:24	Angela Pericic	24:37

SANTA BARBARA, MARCH 5 - RAMBLE ON ROMERO: 6 Mile - 2. Brett Atkinson/SLO 46:34 .. 24. Nicole Morrissey/SLO 70:09.
12 Mile - 1. Van McCarty/SLO 1:25:29 .. 30. Tricia Atkins/SLO 2:08:21. - / www.ultrasignup.com/ -

COOL, MARCH 5 - WAY TOO COOL 50K (USAT&F Ultra Series Grand Prix race, 818 finishers):

34. Jadd Martinez/SLDC 4:04:14. Others - 256. Erik Dube/SLO 5:35:34 .. 742. Brian Beck/AG 8:01:14. / www.ultrasignup.com/

REDDING, MARCH 5 - JOHN FRANK MEMORIAL NORCAL TEN MILE (USAT&F Pacific Association Grand Prix Series race):

1. Sergio Reyes (ex-Cuesta) 52:07 .. 7. Philip Reid (ex-Cal Poly) 54:26 .. 8. Gordon Sturgess (ex-Cuest) 54:27 .. 20. Leif Anderson (ex-Cal Poly) 57:31. (170 finishers) - / www.pausatf.org/ -

THE WOODLANDS, TEXAS, MARCH 5 - THE WOODLANDS MARATHON (855 finishers):

38. Henrita van Wyngaarden/TX (SLOHS) 3:17:53 (1F-45/49). Henrita will be back in town to run the SLO Marathon on May 1.

CALISTOGA, MARCH 6 - NAPA VALLEY MARATHON (Calistoga to Napa along the Silverado Trail; 1,720 finishers):

SLDC = 496. Kelly Wangard/Paso Robles 3:53:43 ..865. Aileen Cota/SLO 4:24:19 .. 927. Julie Opheim/Paso Robles 4:28:33.

Others = 24. Michael Cordsen/Paso 2:55:52 .. 576. Jef Kahler/Paso 3:55:22 .. 719. Janice Davis/SLO 4:10:41 .. 821. Liz Lee/Paso Robles 4:19:08.

S.L.D.C. ALL-TIME TOP TEN AT THE NAPA VALLEY MARATHON

1.	Brian Waterbury/1989	2:43:50	1.	Kristen Orr/2002	2:52:57
2.	Luis Escobar/1994	2:52:48	2.	Mary Ryzner/1990	2:56:08
3.	Brian Waterbury/1994	2:55:59	3.	Laurie Kirkpatrick/1990	3:04:08
4.	Clem Michel/1989	2:56:54	4.	Diane Dixon/1989	3:05:06
5.	Dusty Davis/2012	2:58:20	5.	Rebecca Weyer/1991	3:11:26
6.	Steve Weyer/1992	2:58:21	6.	Suzanne Wetzel/2008	3:16:52
7.	Stan Rosenfield/1989	3:02:02	7.	Diane Dixon/1991	3:18:13
8.	Clem Michel/1991	3:04:15	8.	Paula Dooley/2000	3:27:20
9.	Galen Kim/1988	3:06:37	9.	Alice Dill/1991	3:30:47
10.	Joe Bergquist/1995	3:07:48	10.	Teri Rose/1995	3:33:58

FOUNTAIN HILLS, ARIZONA, MARCH 6 - MOUNTAIN TO FOUNTAIN 15K (509 finishers):

57. Kevin Cooper (2-55/59) 1:02:12 .. 89. Mary Cooper (1F-55/59) 1:09:31 .. 225. Cathy Bacon/AZ (3F-55/59) 1:20:32.

VENTURA, MARCH 6 - PEACE LOVE RUN 5K, 10K, & HALF MARATHON:

Half Marathon - 23. Bill Schackart 1:51:29 (1st F-65/69) .. 78. Patsy Schackart 2:29:03 (1st F-65/69). (111 runners)

PASO ROBLES, MARCH 9 - SAN LUIS OBISPO HS @ PASO ROBLES HS (dual meet)

J. V. Boys 800		9. Aaron Bloom	5:22.93	J. V. Girls 3200	
9. Cole Bumen	2:24.47	11. John Polvi	5:26.87	1. Karla Pascual	14:03.90
J.V. Girls 800		J. V. Girls 1600		J.V. Boys 3200	
2. Shilu Vanasupa	2:49.17	2. Shilu Vanasupa	6:10.76	6. Aaron Bloom	12:12.10
Varsity Girls 800		3. Karla Pascual	6:11.29	11. John Polvi	12:28.52
1. Kate Miller	2:34.05	Varsity Boys 1600		Varsity Boys 3200	
2. Maddie Fletcher	2:34.24	1. Callum Bolger	4:17.25	4. Matt White	10:27.87
4. Samantha Simard	2:38.03	6. Matt White	4:41.97	5. Kobi Kelly	10:38.53
Varsity Boys 800		7. Kobi Kelly	4:57.24	6. Jacob Scurria	12:33.65
1. Callum Bolger	1:59.96	8. Jacob Scurria	5:28.55	Varsity Girls 3200	
6. Sam Kukol	2:06.30	Varsity Girls 1600		1. Hope Morgan	12:36.04
J. V. Boys 1600		2. Hope Morgan	5:37.36	2. Jennifer Grady	12:51.78
7. Cole Bumen	5:17.44	4. Samantha Simard	5:44.92	3. Kendall Hamilton	12:55.10
		6. Jennifer Grady	5:53.46		
		8. Kendall Hamilton	5:55.22		

- / phototiming.com / -

EAGLE ROCK, MARCH 11 - OCCIDENTAL COLLEGE DISTANCE CARNIVAL:

5000 Meters (combined results from many, many heats): 3. Dan Gonia/ex-Cal Poly 14:17.94 .. 8. Gordon Sturgess/Paso Robles 14:20.84 .. 93. Edgar Bonilla/Hartnell JC (2014 & 2015 winner of SLDC's Stride With The Tide 5K in Pismo Beach) .. 221. David Avila/Cal Lutheran (AGHS) 16:53.28 .. 230. Prashant Srinivasan/SLDC 17:00.69 .. 236. Jason Blank/SLO 17:06.56.
- / www.oxyathletics.com / -

BIRMINGHAM, ALABAMA, MARCH 12 - NCAA INDOOR TRACK & FIELD CHAMPIONSHIPS:

Women's 800 Meters - 4. Savannah Camacho/Oklahoma State (Templeton HS, SLDC) 2:06.47.



Savannah Camacho in her photo days with the SLDC Roo Rats



Savannah running for Templeton High School at the Arcadia Invitational



Savannah's Oklahoma State media

ATASCADERO, MARCH 12 - ATASCADERO MEMORIAL TRACK & FIELD MEET

Boys 800		Girls 1600		8. Matt White	10:09.28
5. Sam Kukol	2:12.44	1. Audrey McClish	5:30.82	9. Kobi Kelly	10:15.25

Boys 1600		14. Shilu Vanasupa	6:07.23	Girls 3200	
15. Cole Bumen	5:07.94	16. Karla Pascual	6:14.59	1. Hope Morgan	11:48.60
27. Aaron Bloom	5:20.05	Boys 3200		4. Jennifer Grady	12:19.13
30. John Polvi	5:24.33	1. Callum Bolger	8:57.87*	5. Kendall Hamilton	12:22.94

* = new SLOHS school record and the fastest time in California so far in 2016

PASO ROBLES, MARCH 13 - 20TH WINE COUNTRY 5K & HALF MARATHON

5K (233 finishers)		Half Marathon (386 fin.)		84. Cyndy Lakowske/5F-50+	1:53:26
1. Ethan Pence/Colorado	16:35	1. Eric Noel/SLO-Aggies	1:12:35	97. Chris Haggie/1-65+	1:55:12
2. Pepe Gonzalez/1st-SLDC	17:40	9. Kelsey Lakowske/1-F	1:31:57	133. Heidi Harrison/7F-45+	2:02:39
3. Arabella Edler/AG (1-F)	20:24	17. Kasey Urman (2F-20+)	1:34:40	154. Julie Opheim/9F-45+	2:04:30
26. Carson Opheim (1-15/19)	25:05	18. Matthew Shuck (3-30+)	1:34:46	214. Brigid Woods/13F-50+	2:16:26
36. Dave Opheim (1-45+)	26:45	26. Melissa Palmer/1F-40+	1:38:01	219. Myrna Alvarez/4F-60+	2:16:55
37. Debbie Dorney (1F-65+)	26:52	35. Gene Richardson/3-50+	1:41:09	270. Chantal Donahue/18F-50+	2:25:56
38. Denise Youngman (1-60+)	26:59	45. Paul Shires/1-60+	1:45:12	381. Sara Alan (40F-30+)	3:13:00
187. Chris Shuck (4F-65+)	43:52	80. Dave Dunbar/2-60+	1:53:12	www.eternaltiming.com	

BRISBANE, MARCH 13 - REACH FOR THE STARS 5K (291 finishers) - 2. Scott Bauhs/San Luis Obispo-Asics Aggies 14:59.

ATASCADERO, MARCH 18 - PAC-8 VARSITY MEET

Boys 800		Boys 1600		Boys 3200	
1. Callum Bolger	1:58.73	10. Matt White	4:40.63	15. Cole Bumen	11:04.65
10. Sam Kukol	2:06.88	14. Kobi Kelly	4:53.34	Girls 3200	
13. Tegan Fleishman	2:07.93	Girls 1600		5. Shilu Vanasupa	12:57.97
Girls 800		8. Hope Morgan	5:46.47	8. Karla Pascual	13:57.79
1. Talley Hill	2:22.34	9. Kendall Hamilton	5:47.53	/www.phototiming.com/	
9. Kate Miller	2:31.68				
10. Samantha Simard	2:32.09				

SAN LUIS OBISPO, MARCH 19 - SLO HEALTH & FITNESS EXPO 5K (153 finishers):

1. Pepe Gonzalez 17:39 .. 2. Paul Lee 21:30 .. 3. Janet Norem 21:31 .. 9. Andrew Spiering 23:14 .. 13. Marian Fiorentino 23:41 .. 30. Chuck Crotser 27:06.

CARPINTERIA, MARCH 19 - ORCHARD TO OCEAN RUNS:

5K (198 finishers) - 25. Bill Schackart 24:45 (1st-65/69) .. 105. Patsy Schackart 31:58 (2nd-F65/69).

10K (123 finishers) 35. Bill Schackart 49:11 (1st-65/69)

ARROYO GRANDE, MARCH 20 - CAL POLY MTS TRIATHLON (at Lopez Lake):

Sprint Distance, Men (55 finishers) - 7. Frank Wyer/Arroyo Grande-SLDC 1:16:10 (19:41 for the 5K leg, 3rd fastest 5K split).

Sprint Distance, Women - 30. Sara Alan/Paso Robles-SLDC 2:23:17.

Olympic Distance WCCTC Collegiate Triathlon, Men (133 finishers) - 13. Jeremy Costello/Berkeley (SLOHS) 2:09:06 (33:23 for the 10K leg, second fastest running split) .. 90. Kieran Bolger/SLO-SLDC (SLOHS) 2:36:46 (43:15 for 10K split).

SANTA YNEZ, MARCH 25 - LOS PADRES QUADRANGULAR MEET: 3200M - 1. Audrey McClish/MBHS 11:55.

SANTA BARBARA, MARCH 25 - EASTER RELAYS (Junior College): 5000 Meters - 8. Aramis Knox/Cuesta (SLOHS) 16:21.29.

CARDIFF, WALES, MARCH 26 - IAAF WORLD HALF MARATHON CHAMPIONSHIPS:

32. Scott Bauhs/USA (San Luis Obispo) 1:04:34 .. 56. Ben Bruce/USA (ex-Cal Poly) 1:06:46. **Teams: 6. USA 3:12:28.**

SAN LUIS OBISPO, MARCH 26 - CAL POLY TRACK & FIELD INVITATIONAL:

Women's 800M - 11. Talley Hill/Unattached 2:23.82. Men's 1500M (combined heats) - 25. Taylor Castanon 4:14.15.

Men's 5000M - 1. Matt Kwiatkowski/Fresno State (Paso Robles HS) 15:10.84 .. 12. Prashant Srinivasan 17:11.44.

AUBURN, MARCH 26 - KNICKERBOCKER CANYON TRAIL RUNS:

Half Marathon - 85. Laurel Posey 3:39:17 (4F-50/59) .. 98. Ralph Wright 4:44:31 (3rd-60/69). - / www.insidetrial.com / -

SANTA BARBARA, MARCH 26 - NINE TRAILS 35 MILE ENDURANCE RUN (95 finishers):

73. Terry Wong 11:06:31 .. 76. Luis Escobar 11:24:55. - / www.ultrasignup.com / -

AZUSA, MARCH 26 - MEET OF CHAMPIONS: Mile - 6. Callum Bolger/SLOHS 4:07.85 (school record). - / Track & Field News / -

