

**\*\* APRIL 2016 CLUB RACE RESULTS \*\***

**SAN FRANCISCO, APRIL 1 - SAN FRANCISCO STATE DISTANCE CARNIVAL:**

**Men's 1500 Meters - Section #1** - 12. Aric Champagne/Aggies (Cal Poly) 4:00.17 .. **Section #7** - 11. William Ernst/Cal Baptist (SLOHS-SLDC) 4:09.37. **Men's 5000M** (202 finishers, all seven sections combined) - 18. Chris Frias/Aggies (Cal Poly) 14:28.84 .. 122. Edgar Bonilla/Hartnell (King City HS, winner of SLDC's 2014 & 2015 Pismo Beach 5K) 15:24.89.

**PALO ALTO, APRIL 1 - STANFORD INVITATIONAL TRACK MEET:**

**Women's 1500:** **Section #2** - 2. Savannah Camacho/Oklahoma State (Templeton HS-SLDC) 4:17.56.

**Women's 10,000** (Section 2) - 16. Christine Hoffman/U.C. Davis (SLOHS) 34:11.43. (Christine was a recipient of the Brian Waterbury Memorial Scholarship upon her graduation from San Luis Obispo High School.)

**REDLANDS, APRIL 2 - SCIAC MULTI-DUAL: 5000 Meters** - 8. Malea Martin/Claremont-Mudd-Scripps (SLOHS) 20:03.05.

**SACRAMENTO, APRIL 3 - SACTOWN TEN MILE** (USAT&F Pacific Assn. Grand Prix race, 638 finishers): **Local athletes** - 2. Philip Reid/SLO 49:38 .. 5. Sean Davidson/SLO 50:54 .. 8. Sergio Reyes/Los Osos 52:17 .. 10. Eric Noel/SLO 52:25.

**CHICO, APRIL 8 - CHICO STATE DISTANCE CARNIVAL: 5000 Meters** - 3. Shannon McClish/U.C. Santa Cruz (MBHS) 19:21.07.

**ARCADIA, APRIL 8 & 9 - ARCADIA HIGH SCHOOL INVITATIONAL: Boys Invitational 3200M** - 4. Callum Bolger/SLO 8:51.58. (New PR and SLO school record, lowering his own mark of 8:57 set at the Atascadero Memorial meet a few weeks ago. This ranks Callum fourth in the country in the 3200 to go with his 6th place U.S. ranking in the 1600 from the Azusa Meet of Champions.)

**CLAREMONT, APRIL 9 - POMONA PITZER INVITATIONAL:**

**Men's 800** (Section #9) - 3. David Avila/Cal Lutheran (AGHS) 2:04.16. **Men's 1500** (Section #2) 7. Austin Lay (MBHS) 3:56.17.

**Women's 5000** (Section #2) - 6. Malea Martin/Claremont-Mudd-Scripps (SLOHS)( 19:33.53. - / [www.directathletics.com](http://www.directathletics.com) / -

**WOODSIDE, APRIL 9 - WOODSIDE CROSSOVER TRAIL HALF MARATHON** (68 finishers):

51. Laurel Posey (4F-50/59) 3:37:03 .. 59. Ralph Wright (2-60+) 3:56:52. - / [www.insidetrail.com](http://www.insidetrail.com) / -

**ATASCADERO, APRIL 9 - FIREHOUSE 5K** (120 finishers, results from Matt Miranda):

1. Pepe Gonzalez 20:16 .. 9. Paul Lee 25:27 .. 16. Matthew Shuck 26:15 .. 91. Charlie Trenbeth 41:21 .. 106. Sara Alan 49:04.

**FRESNO, APRIL 10 - CROSS THE RIVER 10K** (60 finishers): 38. Cornelius Pigott (1-70+) 58:41. - / [www.talleytiming.com](http://www.talleytiming.com) / -

**AUSTIN, TEXAS, APRIL 10 - AUSTIN RATTLER 66K TRAIL RUN** (about 40 miles; 100 starters, 68 finishers, Rocky Hill Ranch):

1. Ryan Smith/Texas 4:56:11 .. 2. Jadd Martinez/SLO-SLDC 5:05:10 (7:28/mile average).



Jadd at the Austin Rattler 66K



So Fit City 10K in Vacaville



Austin Rattler 66K awards podium

**ATASCADERO, APRIL 14 - PAC-8 FROSH/SOPH LEAGUE MEET**

<b>Boys 200</b>		<b>Girls 800</b>		<b>Boys 3200</b>	
3.	Isaiah Gayfield	24.21	2.	Samantha Simard	2:32.78
			5.	Aaron Bloom	11:40.44
			9.	Cole Bumen	12:23.59
<b>Girls 200</b>		<b>Boys 1600</b>		<b>Girls 3200</b>	
4.	Maddie Fletcher	27.82	9.	Cole Bumen	4:58.67
			13.	Jacob Nichols	5:04.11
			14.	Aaron Bloom	5:05.01
			16.	John Polvi	5:10.95
<b>Boys 400</b>		<b>Girls 3200</b>		<b>Girls Pole Vault</b>	
3.	Isaiah Gayfield	54.48	6.	Shilu Vanasupa	6:08.35
			7.	Karla Pascual	6:16.70
<b>Girls 400</b>				3.	Cassie Mattina
2.	Maddie Fletcher	63.33			8' 4"
3.	Taylor Carolan	63.65			<a href="http://www.phototiming.com">www.phototiming.com</a>

**AZUSA, APRIL 15 - BRIAN CLAY INVITATIONAL** (at Azusa Pacific):

**Women's 800: Section #1** - 7. Hannah Edwards (ex-Cal Poly) 2:07.00. **Section #2** - 1. Antonia Williams (ex-SLOHS) 2:07.78.  
**Men's 5000M - Section #2** - 4. Connor Fisher/Chico State (ex-Cuesta) 14:38.88 .. 12. Matt Kwiatkowski/Fresno State (ex-Paso Robles HS) 14:44.89. **Section #5** - 8. Williams Ernst/Cal Baptist (SLOHS-SLDC) 15:28.43. - / [www.directathletics.com](http://www.directathletics.com) / -

**NORWALK, APRIL 15 & 16 - MT. SAC. INVITATIONAL:**

**Open 1500** (Section #1) - 8. Peyton Bilo/Cal Poly 4:23.30 .. 9. Katie Izzo/CP 4:23.44 .. 12. Olivia Watt/Chico (Los Osos) 4:25.31.  
**Men's Open 5000** (Section #1) - 14. Chris Frias/SLO-Asics Aggies (Ex-Cal Poly) 14:07.32 .. 27. Nick Woolf/Cal Poly 14:26.39.  
**Women's Open 5000** (Section #2) - 2. Christine Hoffman/U. C. Davis (SLOHS) 16:48.72.  
**Steeplechase** - 11. Ben Bruce/Hoka (ex-Cal Poly) 8:52.48.  
**Boys Invitational High School Mile** - 3. Callum Bolger/SLOHS-SLDC 4:10.16.

**SANTA BARBARA, APRIL 16 - CHARDONNAY RUNS:**

**5 KM** (254 finishers) -11. Linda Signal 22:15 (1F-40/49) .. 20. Antonio Gayfield 23:24 (1-50/59) .. 130. Patsy Schackart 32:02 (3F- 60/69). **10 Mile** (305 finishers) - 81. Bill Schackart 1:22:39 (5th-60/69) .. 146. Debbie Dorney 1:33:03 (3F-60/69) ..147. Denise Youngman 1:33:03 (4F-60/69).

**LAKE HUGHES, APRIL 16 - LEONA DIVIDE 50K** (250 finishers): 110. Terry Wong/SLO-SLDC 7:04:36. - / [www.ultasignup.com](http://www.ultasignup.com) / -

**BOSTON, MASSACHUSETTS, APRIL 18 - THE 120TH B.A.A. BOSTON MARATHON** (30,000 entrants):

11413. Amy Parkinson 3:41:59 (#1 SLDC women's time so far in 2016, #20 all-time SLDC women's time at Boston) ..  
 12537. Susan McAdoo 3:45:42 (#2 SLDC women's time so far in 2016, #23 all-time SLDC women's time at Boston) ..  
 22734. Liz Byrnes 4:39:20. **Open Women's Teams** - 54. San Luis Distance Club (Parkinson/McAdoo/Byrnes) 12:07:01.  
 (All three members of the SLDC team competed in the Big Sur Marathon the following weekend - see results for that below.)

**S.L.D.C. ALL-TIME TOP TEN AT THE BOSTON MARATHON**

1.	Craig Lowrie/1980	2:41:32	1.	Jill Boaz/2010	2:49:15
2.	David Campa/2015	2:42:39	2.	Jill Boaz/2011	2:51:43
3.	Steve Boaz/1995	2:42:54	3.	Janet Norem/2006	3:07:38
4.	Bob Nanninga/1979	2:44:16	4.	Nancy Steinmaus/2006	3:10:03
5.	Doug Sims/1996	2:44:21	5.	Diane Dixon/1984	3:16:15
6.	Pete Phillips/1983	2:45:17	6.	Courtney Kostrikin/2014	3:19:24
7.	Steve Boaz/1996	2:45:40	7.	Mary Ryzner/1996	3:20:26
8.	Gregor Robin/1980	2:45:50	8.	Mary Cooper/2004	3:21:12
9.	Tom Jefferis/1981	2:47:09	9.	Mary Lopez/1988	3:21:43
10.	Doug Sims/1997	2:49:14	10.	Diane Dixon/1983	3:23:48
W/C -	Rory Cooper/1986 (Wheelchair)	1:58:00	W/C -	Candace Cable-Brookes/1986	2:09:28

**S.L.D.C. ALL-TIME TOP TEAMS AT THE BOSTON MARATHON**

<b>Men's Open</b>		<b>Men's Masters</b>			
1996	Doug Sims/Steve Boaz/Steve Sharp	8:29:10	2015	David Campa/Chad Stamford/Patrick Lemieux	8:49:19
1983	Pete Phillips/Jeff Herten/Mark Anderson	8:36:28	2001	Brian Waterbury/Antonio Arreola/Charlie Joslin	9:13:54
1981	Tom Jefferis/Jeff Herten/Michael Beckmann	8:37:30	2013	Geof Land/Dave Fleishman/Patrick Lemieux	9:30:49
1999	Russ Meznarich/Doug Sims/Luis Escobar	8:59:36	2007	Mark Martins/Antonio Arreola/Sean McRae	9:42:28
1997	Doug Sims/Luis Escobar/Charlie Joslin	9:00:38	2006	Mark Martins/Kevin Cooper/Henry Hernandez	9:55:07
<b>Women's Open</b>		<b>Women's Masters</b>			
2014	Courtney Kostrikin/Melissa Palmer/K. Morris	10:20:36	2006	Janet Norem/Nancy Steinmaus/Lori Hashim	9:44:13
2004	Mary Cooper/Kristie Lukes/Aubree Swart	11:17:27	2012	Michele Gordon/Marian Fiorentino/M. Haynes	12:35:06
2015	Susan McAdoo/Amy Parkinson/Patricia Miller	11:37:20	2014	Patricia Miller/Kelly Wangard/Myrna Alvarez	12:48:55

**PALO ALTO, APRIL 22 - STANFORD TWILIGHT TRACK MEET: 800 Meters - 1. Maggie Vessey (ex-Cal Poly) 2:02.18.**

**BAKERSFIELD, APRIL 22 - WESTERN STATES CONFERENCE CHAMPIONSHIPS: 10,000 Meters -  
Men - 23. Aramis Knox/Cuesta (SLOHS, SLDC) 35:39.63. Women - 1. Madeline Ogle/Cuesta (MBHS) 39:16.43.**

**FRESNO, APRIL 23 - BULLDOG INVITATIONAL: Women's 3000M - 8. Shannon McClish/U.C. Santa Cruz (MBHS) 11:20.30.**

**BERKELEY, APRIL 23 - BRUTUS HAMILTON INVITATIONAL:  
5000M - 13. Emily Johnston/Sac. State (AGHS) 18:22.07. Steeplechase - 7. Gracie Albano/Sac. State (Nipomo HS) 11:16.71.**

**SAN LUIS OBISPO, APRIL 23 - S.L.O. COUNTY HIGH SCHOOL TRACK & FIELD CHAMPIONSHIPS (at Cuesta College)**

<u>Frosh/Soph Girls 200</u>		<u>Frosh/Soph Boys 1600</u>		<u>Frosh/Soph Girls 1600</u>	
1. Maddie Fletcher	27.19	11. Aaron Bloom	4:58.14	2. Samantha Simard	5:31.10
		13. Cole Bumen	5:03.51	9. Karla Pascual	5:58.14
		17. John Polvi	5:05.88	11. Shilu Vanasupa	6:07.14
<u>Frosh/Soph Girls 800</u>		18. Jacob Nichols	5:08.09		
1. Maddie Fletcher	2:29.46				
<u>Varsity Boys 800</u>		<u>Varsity Boys 1600</u>		<u>Varsity Girls 1600</u>	
1. Callum Bolger	1:57.16	1. Callum Bolger	4:14.93*	5. Audrey McClish	5:15.65
5. Jacob Emeterio	2:04.81	7. Jacob Emeterio	4:31.13	7. Hope Morgan	5:30.73
8. Sam Kukol	2:08.24	13. Matt White	4:38.53	10. Kendall Hamilton	5:36.89
		13. Tegan Fleishman	4:38.64	12. Jennifer Grady	5:42.62
<u>Varsity Girls 800</u>		18. Kobi Kelly	4:42.33		
3. Kate Miller	2:26.73	19. Garron Knox	4:51.39	1. Jennifer Grady	12:03.66
9. Cindy Miettinen	2:33.16	25. Jacob Scurria	5:13.64	2. Kendall Hamilton	12:05.16

**FOLSOM, APRIL 23 - FOLSOM LAKE TRAIL RUNS:**

**Half Marathon** (149 finishers) - 10. Tom Jefferis/Paso Robles (ex-SLDC - see SLO Marathon all-time list below) 1:57:52 (1-60+).

**35K** - 42. Laurel Posey (3F-50/59) 5:19:34 .. 45. Ralph Wright (1-60+) 6:12:51. - / [www.insidetrail.com](http://www.insidetrail.com) / -

**DEDHAM, MASS., APRIL 24 - JAMES JOYCE RAMBLE & USAT&F NATIONAL MASTERS 10K CHAMPIONSHIPS:**

**USAT&F Masters 10K** - 22. Pete Bottomley/Cape Elizabeth, Maine-Dirigo RC (ex-Arroyo Grande, SLDC) 36:10 (7th-50/59) .. 44. Nicole Hagopian/SLO-Asics Aggies 38:05 (5-F). (197 finishers in the Masters race along with 1,059 in the James Joyce 10K)

**LOS GATOS, APRIL 24 - THE GREAT RACE** (4 miles, 1100 runners): 9. Antonio Arreola/San Jose, ex-SLO (1-50+) 22:42.

**CARMEL, APRIL 24 - BIG SUR INTERNATIONAL MARATHON** (3,224 marathon finishers; 9500 total entrants in all events):

**Marathon**: 725. Susan McAdoo 4:02:54 .. 776. Amy Parkinson 4:04:29 .. 933. Alison Borgsmiller 4:11:12 .. 1525. Aileen Cota 4:34:11 .. 2700. Liz Byrnes 5:19:31. **Others: 9 Mile** - 438. Sara Alan 1:52:35. **21 Mile** - 138. Cheryl Vonderahe 3:47:36.

**Boston to Big Sur Division** (402 participants): 163. Amy Parkinson 7:46:28 (3:41:59 + 4:04:29) .. 166. Susan McAdoo 7:48:36 (3:45:42 + 4:02:53) .. 352. Liz Byrnes 9:58:51 (4:39:20 + 5:19:31).

**S.L.D.C. ALL-TIME TOP TEN AT THE BIG SUR INTERNATIONAL MARATHON**

1. Gary Silva/1989	2:46:12	1. Mary Ryzner/1989	3:03:17
2. Luis Escobar/1995	2:51:19	2. Mary Ryzner/1995	3:09:06
3. Rick Kluge/1990	2:58:15	3. Mary Ryzner/1994	3:15:25
4. Earl Higbee/1989	3:00:38	4. Mary Ryzner/1986	3:18:30
5. Dave Ion/1988	3:01:20	5. Suzanne Wetzel/2007	3:19:38
6. Larry Jamison/1995	3:01:27	6. Mariko Fujinaka/1998	3:22:18
7. Larry Jamison/1989	3:03:00	7. Mary Cooper/1991	3:23:02
8. Gary Silva/1994	3:03:30	8. Michelle Johnson/1996	3:27:15
9. Larry Jamison/1994	3:06:59	9. Mary Lopez/1989	3:40:46
10. Dave Ion/1987	3:08:49	10. Mary Lopez/1991	3:41:21

**LOS OSOS, APRIL 24 - P.C.T.R. MONTANA DE ORO TRAIL RUNS:**

**8K** (32 finishers) - 2. Paul Lee 39:32 .. 15. Charlie Trenbeth 60:10. **Half Marathon** (21 finishers) - 17. Patty van Bellingham/Arroyo Grande 3:31:03. **36K** (8 finishers) - 1. Jadd Martinez 3:13:39. **50K** (16 finishers) - 5. Brent Vanderhoof 6:14:23.

**SACRAMENTO, APRIL 29 - CAUSEWAY CLASSIC** (U.C. Davis @ Sacramento State): **3000 Meters** - 1. Christine Hoffman/Davis (SLOHS) 10:08.38 .. 6. Gracie Albano/Sacramento (Nipomo HS) 20:24.82 .. 11. Emily Johnston/Sacramento State (AGHS) 10:46.18.

**LOS ANGELES, APRIL 30 - S.C.I.A.C. CONFERENCE TRACKS & FIELD CHAMPIONSHIPS** (at Occidental College):

**Steeplechase** - 10. David Avila/Cal Lutheran (AGHS) 10:10.69. **5000M** - 9. Malea Martin/CMS (SLOHS) 18:29.27.

**AZUSA, APRIL 30 - PAC-WEST TRACK CHAMPIONSHIPS: 5000M** - 9. William Ernst/Cal Baptist (SLOHS, SLDC) 15:40.08.

**GOLETA, APRIL 30 - GAUCHO GALLOP 5K** (363 runners): 55. Linda Signal (2F-45/49) 22:26 .. 106. Antonio Gayfield 25:28.

**COLUMBUS, OHIO, APRIL 30 - OHIO HEALTH CAPITAL CITY HALF MARATHON** (USAT&F National Championships):

3. Scott Bauhs/SLO-Aggies 1:03:15 .. 5. Philip Reid/SLO (ex-Cal Poly) 1:03:30 .. 26. Sean Davidson/SLO (ex-CP) 1:06:40.

**LAKE SAN ANTONIO, APRIL 30 & MAY 1 - WILDFLOWER TRIATHLON WEEKEND:** - / Results via [www.eternaltiming.com](http://www.eternaltiming.com) / -

**Long Course** - 215. Kim Shollenberger 6:25:38 .. **Mountain Bike** - 172. Sara Alan 2:15:56. (Both ran the SLO Half the next day.)

**SAN LUIS OBISPO, APRIL 30 & MAY 1 - SLO MARATHON WEEKEND**

<b>5K</b> (495 finishers)			<b>Marathon</b> (338 finishers)		
1. Steve Youngblood/SM	17:18	54. Matthew Shuck	1:35:21	1646. Robert McAdoo	2:53:32
2. Aidan Stamford/13	18:10	68. Mary Cooper/1F-55+	1:38:06	1675. Sara Alan	2:57:02
6. Taylor Jones/Pismo/1-F	19:48	127. Gene Richardson	1:43:04	1909. Giovanna Schaefer/1F-80+	3:35:39
7. Serena Stamford/11/2-F	20:28	134. Emily Williams	1:43:36	N/A. Norine Gibbons	N.T.A.
11. Matthew Shuck (2-30+)	20:38	188. Patrick Lieske/Goleta	1:47:46	N/A. Terry Wong	N.T.A.
13. Ved Kenjale (2-!4&U)	21:13	189. Marian Fiorentino/2-50+	1:47:49		
23. Tanvi Kenjale (4F-14U)	21:13	223. Cyndy Lakowske/3-50+	1:49:23		
26. Phil Phillips	23:50	363. Samantha Mauro	1:54:34		
40. John M. Tiffin (1-60+)	25:25	465. Julia Bolger	1:58:38	1. Zach Bitter/Davis	2:36:14
56. Doug Walton	26:52	514. Adolfo Lopez (pacer)	2:00:21	4. David Campa/1st-40+	2:47:00
83. Christina Stamford	28:03	592. Kelsey (Ryan) Leslie	2:03:05	6. Maggie Yount/San Mateo/1F	2:50:05
120. Stephanie Smith	30:46	698. Chuck Crotser/3-65+	2:07:54	9. Pepe Gonzalez/1-20+	3:01:04
167. Kristin Sibley	33:02	911. Matt Ruane (pacer)	2:15:03	31. Dan Jansen/4-50+	3:22:13
169. Angenette Tiffin	33:04	912. Kim Shollenberger (")	2:15:04	33. Henrita van Wyngaarden/4F	3:24:29
209. Renee Silvers	34:54	972. Linda Stimson	2:17:22	68. Drew George/Texas	3:56:46
		1081. Cornelius Pigott/1-70+	2:21:30	133. Melissa Danehey/1F-SLDC	4:15:02
		1104. Saul David	2:22:24	235. Kumar Sethuraman/San Jose	4:59:20
		1230. James Ku	2:28:04	257. Myrna Alvarez/4F-60+	5:11:29
		1231. Cheryl (Cochran) Ku	2:28:04		
		1286. Chantal Donahue	2:29:44		
		1463. Sandie Cano	2:38:59		

- / [www.svetiming.com](http://www.svetiming.com) / -

**ALL-TIME S.L.D.C. TOP TEN AT THE SAN LUIS OBISPO RED CROSS (1979-1986) & SLO MARATHON (2012-2016)**

1. Tom Jefferis/1983	2:39:29	1. Mary Ryzner/1984	3:03:31
2. Jon Root/1981	2:41:33	2. Carin Serba/2012	3:16:33
3. Bob Hollister/1980	2:42:04	3. Kim Beckman/1980	3:22:48
4. Paul Lee/1983	2:42:31	4. Diane Dixon/1983	3:25:22
5. Steve Dornish/1983	2:42:43	5. Vicky Phillips/1985	3:29:42
6. Tom Jefferis/1982	2:43:00	6. Marci Stevenson/1982	3:30:42
7. Dan Rueckert/1980	2:44:16	7. Jennifer Simmons/1981	3:38:07
8. Jon Root/1983	2:44:24	8. Melissa Palmer/2015	3:48:40
9. Tom Jefferis/1980	2:45:24	9. Karen Munoz/1983	3:50:15
10. Bob Nanninga/1980	2:46:53	10. Kerry Morris/2012	3:53:11