

**\*\* RESULTS \*\***

**CLOVIS, JUNE 4 - CALIFORNIA HIGH SCHOOL TRACK CHAMPIONSHIPS: 3200M** - 3. Callum Bolger/SLOHS 8:53.24.

**SARATOGA, JUNE 4 - TRAIL QUAKE HALF MARATHON** (at Sanborn Park, 142 finishers):  
38. Troy Rudman 2:41:04 .. 99. Christine Rudman 3:29:29. - / brazenracing.com / -

**TEMPLETON, JUNE 4 - LIGHTHOUSE FOUNDATION 5K & 10K** (held at the Pomar Junction Vineyard & Winery):

**5K: Women** (83 finishers) - 1. Robyn Schmidt 24:29 .. 5. Julie Opheim 30:05 .. 6. Emily Coombes 32:33 .. 20. Angenette Tiffin 37:45.

**Men** (34 finishers) - 7. John Tiffin 28:22 .. 15. Carson Opheim 34:10.

**10K: Women** (11 finishers) - 3. Liz Byrnes 59:02. **Men** (11 finishers) - 1. Pepe Gonzalez 38:18 .. 4. Matthew Shuck 51:00.

(Compiled by Dave Fleishman, submitted by Chris Shuck) <http://www.lighthouseatascadero.org/2016-10k-5k-overall-results.html>



Pepe Gonzalez (center) & Matthew Shuck (right) at the Lighthouse Foundation awards ceremony



John Tiffin en route during the Lighthouse Foundation 5K

**LOMPOC, JUNE 4 - 40TH VALLEY OF THE FLOWERS HALF MARATHON:** 35. Laurel Posey/Grover Beach-SLDC 2:36:58.

**ARROYO GRANDE, JUNE 5 - MARIANNE TALLEY MEMORIAL RUNS**

<b>5K</b> (213 finishers)		165. Frank Fazzio Sr./2-70+	39:57	26. Cyndy Lakowske/1F-50+	49:47
8. Steve Dabill/1st-65+	21:27	166. Frank Fazzio Jr.	39:57	30. Jim Dempsey3-55+	51:25
11. Paul Lee/1-55+	21:38	<b>10K</b> (101 finishers)		35. Dave Dunbar/3-60+	52:51
13. Paul Shires/1-60+	21:57	4. Kelsey Lakowske/2-F	38:52	36. Kymberly Fazzio/2F-50+	52:58
16. Audrey McClish/5-F	22:29	6. Matt Ruane1-40+	42:21	49. Emily Coombes	57:28
24. Steve Lakowske/2-55+	23:42	8. Matt Escobedo/1-50+	43:03	72. Teri Rose/1F-60+	62:22
32. Craig Campbell/2-60+	24:57	11. Matthew Shuck/2-30+	44:36	78. Laurel Posey	64:45
46. Chuck Crotser/2-65+	26:12	13. Coker Ellsworth/1-60+	45:51	84. Chantal Donahue	67:51
54. Rollie Cavaletto/1-70+	27:18	14. Mary Cooper/1F-55+	45:57	<b>Youth Mile</b> (28 finishers)	
78. Julie Escobedo/1F-55+	29:19	17. Chuck Fiorentino/1-55+	46:45	2. Aiden Polkow (1-9&U)	6:23
108. Charlie Trenbeth	32:42	20. Brent Vanderhoof/2-45+	48:05	13. Aiyana Polkow (1F-6&U)	8:58
112. Janice Campbell/2F-55+	33:15	21. Bill Schackart/1-65+	48:20	/ <a href="http://www.eternaltiming.com">www.eternaltiming.com</a> /	
121. Stan Rosenfield	34:08	22. Amy Parkinson/2F-45+	48:25		



The starting line of the Marianne Talley 10K includes Matt Ruane (left, in white), Matt Shuck (red cap), Coker Ellsworth (tan cap), and Emily Coombes (in back, light blue top).



Aiden Polkow checks his lead with 100 yards to go in the Youth Mile. Aiden won the boys race by less than a second. - / Photos from Chantal Donahue / -



Aiyana Polkow gets directions from Stan Rosenfield while her brother Aiden cheers.



Mary Cooper, Dave Dunbar, Bill Schackart, & Kevin Cooper - / Photo by Patsy Schackart / -

**SAN DIEGO, JUNE 5 - SUJA ROCK & ROLL SAN DIEGO MARATHON & HALF MARATHON:**

**Half Marathon** (17,000 runners) - 2810. Teresa McClish 1:57:36. **Marathon** (5800 finishers) - 1. Eric Noel/SLO (Aggies) 2:26:39.

**ALL-TIME S.L.D.C. TOP TEN AT THE ROCK & ROLL SAN DIEGO MARATHON**

1. Adolfo Lopez/1998	2:44:51	1. Kristen Orr/1998	3:01:04
2. Bradley Cox/1999	2:58:14	2. Kristie Lukes/1999	3:34:08
3. Paul Prochaska/1998	3:00:11	3. Kerry Morris/2011	3:35:38
4. Bradley Cox/2000	3:04:48	4. Mary Cooper/1998	3:39:27
5. Bradley Cox/2001	3:07:22	5. Stephanie Shuck/2008	3:40:56
6. Mark Martins/2007	3:07:35	6. Bobbi Tomkins/2002	3:43:15
7. Pat Connally/2009	3:10:47	7. Martina Kingman/2007	3:43:25
8. Tim Cullum/1998	3:11:29	8. Kelly Bell/2001	3:59:47
9. Ruben Peinado/1998	3:11:51	9. Jennifer Eichelberger/2004	4:02:38

10. Pepe Gonzalez/2015 3:13:47 10. Kelly Harrington/2004 4:02:38

**SANTA BARBARA, JUNE 5 - STATE STREET MILE:**

**Elite Men** - 2. Scott Bauhs/SLO 3:53 (\$750) .. 4. Aric Champagne/SLO (ex-CP) 3:55 (\$250) .. 6. Derek Thomas/SLO (ex-CP) 3:58.

**EUGENE, OREGON, JUNE 9 - N.C.A.A. DIVISION 1 TRACK 7 FIELD CHAMPIONSHIPS** (televised on ESPN):

**800M (Semi-Finals)**: 14. Savannah Camacho/Oklahoma State (Templeton HS, SLDC) 2:05.42 (did not advance to the finals).

**SAN DIEGO, JUNE 11 - USAT&F LAST CHANCE QUALIFIER** (at San Diego Mesa): **Women's 800M** -

1. Hanna Edwards (ex-Cal Poly) 2:05.76 .. 3. Shanie Landen (SLO) 2:06.20 .. 4. Antonia Williams (ex-SLOHS) 2:08.38.

**PORTLAND, OREGON, JUNE 11 & 12 - PORTLAND TRACK FESTIVAL** (at Lewis & Clark College):

**Men's 800M** (Section #5) - 4. Derek Thomas/SLO-Aggies (ex-Cal Poly) 1:49.53.

**Men's Steeplechase** - 11. Ben Bruce/Northern Arizona Elite (ex-Cal Poly) 8:46.39.

**Women's 5000M** - 8. Jordan Hasay/Nike Oregon Project (Mission Prep, SLDC) 15:32.19.

**Men's 10,000M** - 9. Scott Bauhs/SLO (Aggies) 28:57 .. 14. Sean Davidson/SLO (ex-Cal Poly) 29:12 .. 18. Chris Frias/SLO (ex-Cal Poly) 29:26 .. 25. Gordon Sturgess/Paso Robles (ex-Cuesta) 29:51.

**LOS GATOS, JUNE 12 - SKYLINE TO THE SEA TRAIL MARATHON**: 28. Troy Rudman/3rd-50+ 5:06:31 (115 finishers).

**SEATTLE, WASHINGTON, JUNE 18 - BROOKS PR INVITATIONAL: Two Mile** - 11. Callum Bolger/SLOHS-SLDC 8:55.87.

**SANTA MARIA, JUNE 18 - SANTA MARIA RECREATION DEPARTMENT TRI-THE-BULL TRIATHLONS:**

**Junior Triathlon** - 5. Neil Schwartz 19:47. Neil was first 8 & under and 5th overall out finishers going all the way up to age 14.

**Open Triathlon** (39 finishers) - 2. Robin Oswald Schwartz (1-F) 58:31 .. Sara Alan (4F-35/44).

**VANCOUVER, WASHINGTON, JUNE 19 - VANCOUVER USA MARATHON & HALF MARATHON:**

**Half Marathon** (1161 finishers) - 386. Linda Stimson (5th-55/59F) 2:10:27.

**Marathon** (459 finishers) - 160. Aileen Cota (5F-45/49) 4:09:42.

**GRESHAM, OREGON, JUNE 23 - STUMPTOWN TWILIGHT TRACK & FIELD MEET** (at Mt. Hood Community College):

**5000 Meters** - 4. Jordan Hasay/Nike (Mission Prep, SLDC) 15:29.70 .. 14. Stephanie Bruce/AZ (ex-SLO, UCSB) 15:58.70.

**AUBURN, JUNE 25 & 26 - WESTERN STATES 100 MILE RUN** (353 starters, 280 finishers): 44. Jadd Martinez 20:49:48.

DNF - Samantha Pruitt (38 miles) .. Mario Mendoza/Bend, Oregon; ex-Cambria/Coast Union High School (38 miles).

**ALL-TIME S.L.D.C. FINISHERS AT THE WESTERN STATES 100 MILE**

1. Thomas Reiss/2012	20:47:31	10. Gary Silva/1989	23:48:31	19. Rick Aleshire/1994	28:28:51
2. <b>Jadd Martinez/2016</b>	<b>20:49:48</b>	11. Rick Aleshire/1996	25:14:15	20. Keith Kirkpatrick/1991	28:30:42
3. Jeff Herten/1988	20:58:30	12. Luis Escobar/2003	25:23:37	21. Jim Dempsey/1997	28:40:50
4. Luis Escobar/2005	21:23:00	13. Luis Escobar/1995	26:30:44	22. John Squires/1983	28:48:00
5. Jeff Herten/1984	21:51:00	14. Rick Aleshire/1995	26:53:08	23. John Squires/1985	29:24:10
6. Jim Dempsey/1998	22:40:11	15. Luis Escobar/1998	27:29:36	24. John Squires/1984	29:28:00
7. Luis Escobar/2001	22:47:02	16. Mike Rehorn/1991	27:40:50	25. Teri Rose/1995 (1-F)	29:31:13
8. Luis Escobar/2002	22:47:24	17. Mike Rehorn/1992	28:08:10	26. Mike Rehorn/1993	29:40:32
9. Luis Escobar/2000	23:29:34	18. Mike Rehorn/1994	28:28:13	27. Larry Jones/1996	29:40:40

**SANTA CRUZ, JUNE 26 - SAN LORENZO RIVER TRAIL RUNS** (at Harvey West Park):

**Half Marathon** (117 finishers) - 93. Laurel Posey (1F-55/59) 3:27:24.

**30K** (52 finishers) - 16. Michael Henzler (2-50/59) 3:36:03 .. 25. Kymberly Fazzio (1F-50/59) 3:54:31. .. 52. Terri Hayes/73/Florida 6:57:51 (ex-Santa Maria, SLDC - 1980's). **50K** (21 finishers) - 4. Ethan Kuster (1st-30/39) 6:17:03. - / [www.coastaltrailruns.com](http://www.coastaltrailruns.com) / -