

**** RACE RESULTS ****

STILLWATER, OKLAHOMA, SEPTEMBER 1 - COWBOY CROSS COUNTRY SEASON OPENER:

Women's 3K (64 finishers) - 4. Savannah Camacho/Oklahoma State (Templeton HS, SLDC) 10:42.6 (#1 finisher for OSU).

RIVERSIDE, SEPTEMBER 2 - LANCER INVITATIONAL:

Men's 6K (79 finishers) - 7. Williams Ernst/Cal Baptist (SLOHS, SLDC) 19:20 (#5 finisher for Cal Baptist).



William Ernst (left) at the Lancer XC Inv. Chris Connors at the Disneyland Half Chantal Donahue (center) at Pinedorado

DAVIS, SEPTEMBER 3 - AGGIE OPEN (U.C. Davis vs. Sacramento State):

Men's 6K - 20. Blake Maule/Sac. State (AGHS) 19:51.

Women's 4K - 7. Gracie Albano/Sac. State (Nipomo HS) 14:51.

REDLANDS, SEPTEMBER 3 - REDLANDS INVITATIONAL: Men's 6K - 19. John Nichols/Redlands (ex-AGHS, SLDC) 21:11.

MILLBRAE, SEPTEMBER 3 - ARGO INVITATIONAL (at Crystal Springs):

Women's 5K (53 finishers) - 10. Shannon McClish/U.C. Santa Cruz (ex-Morro Bay HS, SLDC) 20:11.

SANTA BARBARA, SEPTEMBER 3 - U.C.S.B. GAUCHO HIGH SCHOOL INVITATIONAL

Boys 3 Mile (200 fin.)		58. Antonio DaSilva	17:54	19. Alexi Steinmaus	20:18
5. Matt White	16:03	65. Justin Hatcher	18:08	35. Jenna Girouard	21:03
22. Jacob Andreatta	16:52	62. Cooper Lyle	18:01	45. Kaysha Dreier	21:33
28. Aaron Bloom	17:08	73. Cole Bumen	18:26	49. Kate Miller	21:40
37. Colton Campa	17:24	114. Jacob Scurria	19:27	54. Karla Pascual	21:50
38. Garron Knox	17:28	Girls 3 Mile (144 fin.)		67. Shilu Vanasupa	22:26
48. Matthew Scurria	17:31	10. Samantha Simard	19:49	81. Hannah Haas	22:52

ARROYO GRANDE, SEPTEMBER 3 - GREG DENIKE BIG DITCH INVITATIONAL (at Talley Farms):

Boys 4K (2 races, 227 total finishers) - 42. Jacob Nichols/Arroyo Grande 14:03 .. 194. Carson Opeim/Paso Robles 17:36.

Girls 4K (2 races, 167 total finishers) - 9. Audrey McClish/Morro Bay 15:37 .. 28. Talley Hill/Arroyo Grande 16:41 .. Tanvi Kenjale/Nipomo, NTA .. Hannah Lykes/Morro Bay NTA.

CAMBRIA, SEPTEMBER 3 - 25TH PINEDORADO DAYS 5K

1. Pepe Gonzalez	16:54	11. Dave Dunbar	21:54	46. Charlie Trenbeth	30:36
4. Kevin Wolf	18:00	16. Amy Parkinson	22:49	47. Angenette Tiffin	32:16
6. Brett Osterfeld	20:25	18. John Tiffin	23:11	48. Chantal Donahue	32:29
7. Matthew Shuck	20:39	25. Chris Haggie	24:31	55. Chris Shuck	43:08
10. Matt Ruane (with Griffin)	21:45			57. Lucy Simola	53:25

From **Sharon Bisso**, Race Director, "SLDC members definitely help make my run successful. Thanks to all of you for your years of support of the AFS program at Coast Union High School."

SANTA BARBARA, SEPTEMBER 3 - CLAREMONT-MUDD-SCRIPPS @ WESTMONT COLLEGE CROSS COUNTRY:
5. Malea Martin/CMS (SLOHS, SLDC) 25:57 .. 30. Jennifer Grady/CMS (SLOHS, SLDC) 28:56.

ANAHEIM, SEPTEMBER 4 - DISNEYLAND HALF MARATHON (13,000 runners):
737. Chris Connors 1:54:10 .. Sandie Cano 3:48:22. (The 10K on Saturday had 9,000 finishers.)

MOORHEAD, MINNESOTA, SEPTEMBER 9 - MSU DRAGON CROSS COUNTRY INVITATIONAL:
Men's 6K (65 finishers) - 4. Joshua Ernst/MSU-Moorhead (SLOHS, SLDC) 18:57.

KAYSVILLE, UTAH, SEPTEMBER 9 & 10 - WASATCH 100 MILE (East Mountain Wilderness Park):
20. Jadd Martinez 24:20. (358 entries, 334 starters, 215 finishers). With his placing here, Jadd won the Grand Slam of Ultrarunning by a huge margin, placing first in each race out of those attempting this feat. His times were 20:49 at Western States in June, 19:29 at Vermont in July, 22:43 at Leadville in August, and the 24:20 here on the toughest of the 4 courses,

TRINIDAD, SEPTEMBER 10 - HUMBOLDT STATE INVITATIONAL:
Men's 8K (83 finishers) - 2. Connor Fisher/Chico State (Cuesta College) 24:39 .. 14. Zach Chamberlain/Chico State (Paso Robles HS) 25:12. **Women's 6K** (96 finishers) - 59. Hope Morgan/Unattached-Chico State (SLOHS, SLDC) 23:51.

FULLERTON, SEPTEMBER 10 - BIOLA CROSS COUNTRY INVITATIONAL:
Women's 5K (187 finishers) - 22. Malea Martin/CMS 17:53 .. Jennifer Grady/CMS 19:50. - / www.directathletics.com / -

SAN SIMEON, SEPTEMBER 10 - BEST BUDDIES 5K CHALLENGE (78 finishers): 1. Matthew Shuck 18:47. / www.racewire.com /

AVILA BEACH, SEPTEMBER 10 - SLO ULTRAS AT WILD CHERRY CANYON

5 Mile (237 finishers)			266. Saul David	3:15:24	24. Scott Ritterbuck	4:52:02	
1. Aiden Stamford/14	35:58	351. Christine Rudman	3:40:19	29. Cyndy Lakowske	5:01:33		
2. Chad Stamford	37:24	385. Janice Campbell	3:57:16	32. Marian Fiorentino	5:03:20		
5. Michael Dean	41:45	406. Norine Gibbons	4:23:30	41. Amy Parkinson	5:13:10		
13. Stephen Lakowske	48:02	458. Neil Silvers	5:23:11	55. Kymberly Fazzio	5:30:32		
27. Ted Rapley	52:27	Others				56. Chuck Fiorentino	5:30:57
28. Debbie Dorney	52:51	1. Connor Blalock/SLO	1:36:29	65. Elizabeth Sims	5:39:49		
34. Denise Youngman	53:59	4. Nicole Hagopian/1-F/SLO	1:47:07	67. Cheryl Vonderahe	5:41:29		
35. Chuck Crotser	54:32	6. Stepan Paul/Santa Barb.	1:54:05	74. Terry Wong	5:46:12		
53. Julie Escobedo	57:40	13. Carin van Gaale/Atas.	1:58:40	87. Mike Stover	5:58:51		
98. Charlie Trenbeth	65:46	74. Carrie Anderson/Atas.	2:27:42	152. Laurel Posey	7:51:23		
126. Phil Pigott	73:44	78. Willie Amarillas/Nipomo	2:28:24	Fifty Mile - SLDC			
			83. Tom Jefferis/Paso Robles	2:29:32	14. Melissa Danehey	9:55:55	
Half Marathon - SLDC			93. Kathleen Kalpakoff	2:32:20	27. Nick Smaira	10:38:33	
12. Matt Escobedo	1:58:33	99. Kerry Morris/SLO	2:34:27	29. Brent Vanderhoof	10:41:25		
34. Mary Cooper	2:14:44	165. Heather Provencio	2:50:42	47. Troy Rudman	11:53:20		
35. Kevin Cooper	2:14:45	166. Susan Cooper	2:50:43	Others			
36. Brett Osterfeld	2:15:07	199. Mick Malotte/SLO	2:58:25	30. Laurie Stamper	10:49:17		
45. Michael Henzler	2:18:14	228. Jim Grant/SLO	3:05:49	36. Brian Cooper	11:12:17		
140. Cyndy Fee	2:44:48	256. Jim Fisher/Arr. Grande	3:11:42	39. Pete Cabral	11:20:55		
141. Doug Walton	2:44:56	(466 finishers)					
151. David Jeffrey	2:47:13	Marathon (167 finishers)					
176. Julie Opheim	2:53:06	2. Kelsey Lakowske	3:50:15	- / www.svetiming.com / -			
183. Emily Coombes	2:54:30	17. Geof Chiapella	4:30:29				
207. Liz Byrnes	3:01:38						

MORRO BAY, SEPTEMBER 10 - MORRO BAY HIGH SCHOOL CROSS COUNTRY INVITATIONAL

Frosh/Soph Boys			6. Alexi Steinmaus	19:29	Junior/Senior Boys		
12. Aaron Bloom	16:30	29. Kaysha Dreier	21:06	4. Matt White	15:36		
13. Colton Campa	16:39	34. Hannah Haas	21:28	13. Jacob Andreatta	16:22		
19. Matt Scurria	16:49	41. Tanvi Kenjale	21:55	29. Garron Knox	16:57		
27. Antonio DaSilva	17:10	103. Katherine ZagRodny	24:37	40. Cole Bumen	17:10		
30. Max Beckius	17:20	121. Kinley Kinney	25:55	60. Lyle Cooper	17:29		
32. Justin Hatcher	17:23	(158 runners)				83. Stephen ZagRodny	18:02
80. Michael DaSilva	18:54	Junior/Senior Girls					
189. Carson Opheim	20:57	17. Jenna Girouard	20:33	91. John Polvi	18:17		
(227 runners)			28. Kate Miller	21:31	94. Jacob Scurria	18:22	
			31. Karla Pascual	21:38	(230 runners)		
Frosh/Soph Girls			77. Shilu Vanasupa	23:56	(Results by Dave Fleishman)		
2. Samantha Simard	18:48						

3. Audrey McClish 19:04 (155 runners)

FRESNO, SEPTEMBER 10 - FRESNO JUNIOR COLLEGE INVITATIONAL (at Woodward Park):

Men's 4 Mile (200 runners) - 1. Edgar Bonilla/Hartnell 21:05 (King City HS, 2014 & 2015 winner of SLDC's Stride with the Tide 5K in Pismo Beach, plus 4th in 2016) .. 61. Aramis Knox/Cuesta (SLOHS, SLDC) 23:01 .. 66. Kobi Kelly/SLOHS, SLDC) 23:09.

VENTURA, SEPTEMBER 11 - VENTURA HALF MARATHON & MARATHON:

Half Marathon (1200 finishers) - 571. Linda Stimson 2:11:30 .. 974. Patsy Schackart 2:44:44.

Marathon (689 finishers) - 433. Bill Schackart 4:33:50 .. 438. Aileen Cota 4:35:17.

(Club records for the Ventura Marathon are 4:03:28 set by Bill Schackart in 2014 and 4:32:19 by Aileen Cota, also in 2014.)

SAN FRANCISCO, SEPTEMBER 11 - GOLDEN GATE PARK CROSS COUNTRY (Local & Cal Poly athletes):

Men's Open 4 Mile (106 finishers) - 1. Gordon Sturgess/Paso Robles (ex-Cuesta College) 20:10 .. 3. Scott Bauhs/SLO 20:36 .. 4. David Cardona (ex-Cal Poly) 20:38 .. 9. Sean Davidson/SLO (ex-Cal Poly) 20:56 .. 13. Aric Champagne/SLO (ex-Cal Poly) 21:12 .. 14. Jameson Mora/Paso Robles (ex-Cal Poly) 21:16 .. 31. Derek Thomas/SLO (ex-Cal Poly) 22:07. - / www.pausatf.org / -

SAN FRANCISCO, SEPTEMBER 15 - SPEEDWAY MEADOW DUALS (Sac. State, St. Mary's, Santa Clara, & Academy of Art):

Men - 47. Blake Maule/Sac. State (AGHS) 26:08. **Women** - 3. Carmela (Gracie) Albano/Sac. State (Nipomo HS) 22:12.

SANTA ANA, SEPTEMBER 16 - SOUTHERN CALIFORNIA J.C. PREVIEW:

Men's 4 Mile (317 runners) - 60. Aramis Knox/Cuesta 22:07. **Women's 5K** (244 runners) - Leza Cassidy/Cuesta (AGHS) 19:19.

OJAI, SEPTEMBER 17 - OJAI CROSS COUNTRY INVITATIONAL

Boys (all divisions)

1. Callum Bolger
12. Matt White
25. Jacob Andreatta
26. Aaron Bloom
53. Colton Campa
57. Garron Knox
58. Matthew Scurria

15:29 61. Tegan Fleishman 17:55
16:32 72. Alec West 18:08
17:02 79. Justin Hatcher 18:12
17:03 82. Cole Bumen 18:16
17:46 86. Cooper Lyle 18:21
17:52 88. Antonio DaSilva 18:23
17:54 121. Max Beckius 18:49
(326 finishers)

Girls (229 finishers)

6. Audrey McClish 19:30
15. Samantha Simard 20:10
17. Alexi Steinmaus 20:16
61. Jenna Girouard 21:44
71. Kaysha Dreier 21:59
72. Kate Miller 22:02
90. Karla Pascual 22:22
125. Hannah Haas 23:20

RIVERSIDE, SEPTEMBER 17 - U. C. RIVERSIDE INVITATIONAL (Local runners):

Men's 8K Invitational (392 finishers) - 36. Austin Lay/U.C.S.B. (Morro Bay HS) 25:00 .. 158. P.J. Van Beurden/Los Osos 26:20 .. 231. Daniel Van Beurden/Los Osos 27:09 .. 367. John Nichols/Redlands (AGHS, SLDC) 30:11.

Women's 6K Invitational (158 finishers) - 54. Malea Martin/Claremont-Mudd-Scripps (SLOHS, SLDC) 21:43.

Women's 5K Open (250 finishers) - 38. Shannon McClish/Santa Cruz (MBHS) 18:44 .. 159. Jenny Grady/CMS (SLOHS) 20:25.

PISMO BEACH, SEPTEMBER 17 - ANTHONY'S SEEING IS BELIEVING 5K

1. Tyler Drysdale 20:16 17. John Tiffin/2-70+ 24:16 95. Anthony (5th grade, blind) 42:21
5. Matthew Shuck/1-SLDC 21:53 41. Mike Andrews (PR) 30:02 105. Chris Shuck 45:23
9. Sophia Garcia/1-F 22:40 50. Charlie Trenbeth 32:10 107. Giovanna Schaefer/1-80+ 47:24
15. Greg Burke/1-70+ 24:11 52. Renee Silvers 32:36 (150+ finishers)

PROVIDENCE, RHODE ISLAND, SEPTEMBER 18 - CVS DOWNTOWN 5K (2,813 finishers): 39. Jordan Hasay (3-F) 15:48.

EL GRANADA, SEPTEMBER 18 - HALF MOON BAY HALF MARATHON (614 finishers): 47. Dave Dunbar (2-60+) 1:42:18.

SANTA BARBARA, SEPTEMBER 23 - DOS PUEBLOS H.S. INVITATIONAL (at Shoreline Park)

Freshman Boys

13. Max Beckius 18:26
17. Michael DaSilva 19:02
38. Erik Pascual 20:05
42. Mason Ritterbuck 20:17
Soph. Boys
14. Antonio DaSilva 17:55

Junior Boys

19. Cooper Lyle 17:39
22. Cole Bumen 17:59
32. John Polvi 18:40
33. Stephen Zagrodny 18:47
49. Andrew Medlock 21:23

Freshman Girls

8. Tanvi Kenjale 22:12
26. Kathryn Zagrodny 25:46
Soph. Girls
6. Kaysha Dreier 21:51
11. Hannah Haas 23:04

Junior Girls

12. Karla Pascual 22:25
13. Shilu Vanasupa 23:24
Senior Girls
8. Talley Hill 20:29
14. Kate Miller 21:41

SAN BERNADINO, SEPTEMBER 24 - CAL STATE SAN BERNADINO INVITATIONAL: Women's 5K (111 finishers) -

12. Malea Martin/Claremont-Mudd-Scripps (SLOHS) 10:33 .. 71. Jenny Grady/CMS (SLOHS) 21:34.

STILLWATER, OKLAHOMA, SEPTEMBER 24 - COWBOY JAMBOREE CROSS COUNTRY MEET:

Women's 5K (81 finishers) - 8. Savannah Camacho/Oklahoma State (Templeton HS) 18:39 (#1 finisher for OSU).

MINNEAPOLIS, MINNESOTA, SEPTEMBER 24 - ROY GRIAK CROSS COUNTRY INVITATIONAL:

Men's Division II 8K (453 runners) - 65. Joshua Erns/MSU-Moorhead (SLOHS) 27:40.

LOS ANGELES, SEPTEMBER 24 - BELL-JEFF INVITATIONAL (at Griffith Park):

Varsity Girls (124 finishers) - 2. Audrey McClish/Morro Bay 18:53.

PASO ROBLES, SEPTEMBER 25 - HERITAGE OAKS BANK FAMILY FUN RUNS

5K (296 finishers)

1. Philip Reid/Aggies	15:20
4. Ivan Huff/Paso/1-50+	17:47
7. Nicole Haopian/SLO/1F	18:53
20. Robyn Schmidt/1F-50+	21:58

SLDC

44. Melissa Danehey	25:09
78. Mike Andrews	29:09
87. Ken Hammond	29:57
88. Kelsey Hammond	29:57
103. Kelda Wilson	30:54
106. Emily Coombes	31:07
138. Laurel Posey	33:51

139. Amie Hammond 33:53

140. Jordan Hammond 33:53

158. Kennedy McAdoo 36:01

163. Ralph Wright 37:09

188. Taylor Borgsmiller 40:04

10K (80 finishers)

1. Gordon Sturgess/Aggies 30:08

2. Chris Frias/Aggies 30:15

3. Sergio Reyes/Aggies 31:03

4. David Cardona/Aggies 31:19

7. Nicole Hagopian/1-F 37:31

13. Courtney Kostrikin 41:08

SLDC

5. Pepe Gonzalez 35:55

15. Matthew Shuck 43:01

17. Jory Hallanan 45:03

21. Dave Dunbar 46:05

35. Chris Haggie 52:25

59. Chantal Donahuie 63:12

69. Charlie Trenbeth 65:47

Half Mile Kids Run

Hayden Boaz, Hudson Boaz,
Lance Wilson, Haley Wilson

Mile = William Borgsmiller