

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

**LOMPOC, NOVEMBER 2 - LOS PADRES LEAGUE CROSS COUNTRY CHAMPIONSHIPS** (at River Park):

**Varsity Girls** - 1. Audrey McClish/Morro Bay 18:40. **J.V. Girls** - 2. Tanvi Kenjale/Nipomo 21:49 .. 23. Hannah Lykes/MB 26:35.

**SAN LUIS OBISPO, NOVEMBER 3 - PAC-8 LEAGUE CROSS COUNTRY CHAMPIONSHIPS**

<b>J. V. Boys</b> (163 runners)		<b>J. V. Girls</b> (63 runners)		20. Jacob Andreatta	17:32
5. Colton Campa	18:08	2. Kendall Hamilton	22:33	25. Matt Scurria	17:48
11. Antonio DaSilva	18:28	6. Karla Pascual	23:30	33. Garron Knox	18:13
14. Cooper Lyle	18:46	14. Hannah Haas	24:41	<b>Varsity Girls</b> (52 runners)	
16. Cole Bumen	18:53	26. Shilu Vanasupa	26:23	6. Samantha Simard	19:59
23. Jacob Nichols	19:12	36. Kathryn ZagRodny	28:05	10. Talley Hill	20:41
35. Stephen ZagRodny	20:00	<b>Varsity Boys</b> (54 runners)		15. Alexi Steinmaus	21:39
37. Max Beckius	20:03	1. Callum Bolger	15:19	18. Kate Miller	21:53
65. Michael DaSilva	21:07	6. Matt White	16:46	- / prepcaltrack.com / -	
86. Erik Pascual	21:48	12. Aaron Bloom	17:13		
104. Andrew Medlock	22:45	14. Tegan Fleishman	17:26		
117. Carson Opheim	23:46				



Callum Bolger at his signing ceremony for Stanford, held at San Luis Obispo HS on November 9. On the left is coach Steve Boaz and on the right is coach Adam Basch.

**IRVINE, NOVEMBER 4 - SOUTHERN CALIFORNIA COMMUNITY COLLEGE CROSS COUNTRY CHAMPIONSHIPS:**

**Men's 4 Mile** (197 finishers) - 2. Sean McDermott/Cuesta 20:33 .. 73. Aramis Knox/Cuesta (SLOHS) 22:10 .. 141. Kobi KellyCuesta (SLOHS) 23:36. **Women's 5K** (185 finishers) - 1. Miranda Daschian/Cuesta (Atascadero HS) 18:12 (won by 20 seconds) .. 5. Leza Cassidy/Cuesta (AGHS) 18:53 .. 44. Taylor Witcher/Cuesta (Nipomo HS) 20:19 .. 102. Kirstyn Mills/C (AGHS) 22:11 .. 119. Teegan Trimble/C (Templeton HS) 22:44 .. 124. Taylor Mariucci/C (Templeton HS) 22:52.

**ROCKLIN, NOVEMBER 4 - NORTHERN CALIFORNIA COMMUNITY COLLEGE CHAMPIONSHIPS** (117 finishers):

2. Edgar Bonilla/Hartnell 21:25 .. 14. Williams Ordaz/Hartnell 22:26. **Teams:** 1. Hartnell, 31 points (with all 5 scorers in the top 14). Both Edgar and Williams are 3 time Pismo Beach Stride With The Tide 5K entrants as part of the King City team that has come to the race in 2014, 2015, & 2016. Edgar was the race winner in 2014 & 2015 (4th in 2016).

**SIoux FALLS, SOUTH DAKOTA, NOVEMBER 5 - N.C.A.A. DIVISION II CENTRAL REGIONAL X-C CHAMPIONSHIPS:**

**Men's 10K** (170 runners) - 54. Joshua Ernst/MSU-Moorhead (SLOHS, SLDC) 32:45. **Teams:** 4. MSU-Moorhead 147.

**BILLINGS, MONTANA, NOVEMBER 5 - N.C.A.A. DIVISION II WESTERN REGIONAL CHAMPIONSHIPS:**

**Men's 10K** (168 runners) - 39. William Ernst/Cal Baptist (SLOHS, SLDC) 31:18. **Teams:** 5. Cal Baptist 156 points (25 teams)

**DAVIS, NOVEMBER 5 - DOC ADAMS CROSS COUNTRY MEET:**

**Women's 6K** - 1. Christine Hoffman/Unattached (ex-San Luis Obispo HS, U.C. Davis) 21:55.

**FRESNO/CLOVIS, NOVEMBER 6 - TWO CITIES MARATHON & HALF MARATHON: Clovis Half Marathon**(1182 finishers) - 37. Michelle Haynes (1F-50/54) 1:38:46 .. 44. Nick Smaira 1:39:57 .. 108. Marian Fiorentino (3F-55/59) 1:48:03.

**TOP ALL-TIME S.L.D.C. PERFORMANCES AT THE FRESNO/SAN JOAQUIN/TWO CITIES MARATHON**

1. Jeff Herten/1982	2:50:03	6. Lee Broshears/1983	2:55:47	1. Aileen Cota/2013	3:56:55
2. Antonio Arreola/1999	2:50:16	7. Gary Peterson/1981	2:58:51	2. Liz Byrnes/2010	4:06:35
3. Keith Kirkpatrick/1981	2:54:23	8. Stan Rosenfield/1981	2:59:39	3. Sharilyn MacKenzie/2011	4:18:02
4. Clem Michel/1981	2:54:27	9. Bruce Cikowski/1981	3:00:06	4. Heidi Harrison/2013	4:22:52
5. Bill van Wyngaarden/1982	2:55:00	10. Stan Rosenfield/1979	3:01:16	5. Patsy Schackart/2010	6:01:50

**SANTA CLARITA, NOVEMBER 6 - SANTA CLARITA MARATHON & HALF MARATHON** (1,137 half marathon finishers):

50. Matthew Shuck (5-30/34) 1:35:12. (No SLDC marathon entries - the club record is 3:29:56 by Tim Crowley in 2008.)

**MORRO BAY, NOVEMBER 6 - MORRO BAY TRIATHLONS:**

**Sprint Triathlon** (205 finishers) - 88. Rebecca Wyer 1:39:20 .. 176. Sara Alan 2:01:38. **Others** - 31. Travis Kinney/Atas. 1:26:16.

**Sprint Triathlon with kayak** (22 finishers) - 5. Gene Richardson 1:36:32.

**Olympic Distance** (184 finishers) - 68. Kim Shollenberger 2:48:19. **Others** - 19. Rachel Valliere/SLO (ex-SLOHS) 2:27:51.

**CLARKSBURG, NOVEMBER 6 - CLARKSBURG HALF MARATHON** (Pacific Association USAT&F Grand Prix Series race):

**Local runners** - 1. Sergio Reyes/Los Osos (ex-Cuesta College) 1:05:18 .. 2. Philip Reid/SLO (ex-Cal Poly) 1:08:04 .. 7. Eric Noel/SLO-Aggies 1:10:08 .. 53. Antonio Arreola/San Jose (ex-SLOHS/Cal Poly/SLDC) 1:22:35 (2-55/59) .. 60. Mary Hillis/SLO (ex-Cal Poly) 1:24:35. (312 finishers) - / [www.pausatf.org](http://www.pausatf.org) / -

**IOWA CITY, IOWA, NOVEMBER 11 - N.C.A.A. DIVISION 1 MIDWEST REGIONAL CROSS COUNTRY CHAMPIONSHIPS:**

**Women's 6K** (235 finishers) - 31. Savannah Camacho/Oklahoma State University (Templeton HS, SLDC) 21:03.

(Savannah was the #5 finisher for O.S.U.). **Teams:** 2. Oklahoma State, 89 points. (33 teams)

**LOGAN, UTAH, NOVEMBER 11 - N.C.A.A. MOUNTAIN REGIONAL CROSS COUNTRY CHAMPIONSHIPS:**

**Men's 10K** (133 runners) - 28. Jacob Bilvado/Air Force 31:33 (winner of SLDC's 2016 Pismo Beach Stride With The Tide 5K).

**SACRAMENTO, NOVEMBER 11 - N.C.A.A. DIVISION 1 WESTERN REGIONAL CROSS COUNTRY CHAMPIONSHIPS:**

**Women's 6K** (238 finishers) - 107. Carmela (Gracie) Albano/Sacramento State (Nipomo HS) 21:43.

**Men's 10K** (193 finishers) - 145. Austin Lay/U.C. Santa Barbara (Morro Bay HS) 32:44.

**PACIFIC GROVE, NOVEMBER 12 - LIGHTHOUSE 5K** (704 finishers):

1. Eric Palmer/Monterey 16:23 .. 22. Matthew Shuck (4th-30/34) 21:21 .. 490. Chris Shuck (1F-65/69) 42:10.

**SALEM, OREGON, NOVEMBER 12 - N.C.A.A. DIVISION III WESTERN REGIONAL CROSS COUNTRY CHAMPIONSHIPS:**

**Women's 6K** (133 finishers) - 9. Shannon McClish/U.C. Santa Cruz (Morro Bay HS) 22:40 .. 22. Malea Martin/Claremont-Mudd-Scripps (SLOHS) 23:26. **Men's 8K** (122 finishers) - 96. John Nichols/Redlands (Arroyo Grande HS) 28:52.

**SANTA BARBARA, NOVEMBER 12 - SANTA BARBARA HALF MARATHON:** 900. Sara Alan/Paso Robles-SLDC 2:52:42.

**PACIFIC GROVE, NOVEMBER 13 - BIG SUR HALF MARATHON** (6,000+ runners):

**SLDC** = 184. Matthew Shuck 1:34:12 .. 326. Linda Signal (3F-45/49) 1:39:49 .. 3549. Brigid Woods 2:23:11 .. 5148. Sara Alan 2:46:03. **Others** - 8. Ben Bruce/AZ (ex-Cal Poly) 1:05:24 .. 53. Scott Bauhs/SLO 1:22:34. - / [www.svetiming.com](http://www.svetiming.com) / -

**BAKERSFIELD, NOVEMBER 13 - BAKERSFIELD MARATHON** (330 finishers + 821 runners in the half marathon):

**Local entrants** - 5. Michael Cordsen/Paso Robles 3:04:08 .. 9. Victor Hurtado/Santa Maria 3:07:31 .. 11. Bernardo Salcido/Pismo Beach 3:12:31 .. 17. Walter Handloser/SLO 3:21:19 .. 32. Kevin Wolf/Atascadero 3:35:46. (The club records for the Bakersfield Marathon - all versions - are 2:32:58 by Allen Rude in 1977 and 3:41:48 by Teresa Campbell in 1981.)

**LAS VEGAS, NOVEMBER 13 - ROCK & ROLL LAS VEGAS HALF MARATHON** (22,000 runners):

1473. Bill Schackart 1:53:48 (7th-65/69 out of 141 in his division) .. 10,279. Patsy Schackart 2:34:28 (14th out of 108 in her division).

From Bill - "The Las Vegas Rock N' Roll Marathon & Half Marathon had a Boston Marathon type start this year with three waves of 7,000 runners each, 10 corrals in each wave, and 30 minutes between the start of each wave. The full marathoners had a different color bib and they all started with the first wave half marathoners. It worked out very well, resulting in less congestion in the area where the runners gather at start and at the finish. There was also more running room for the

second and third wave runners.”

**SAN FRANCISCO, NOVEMBER 13 - PACIFIC ASSOCIATION USAT&F GRAND PRIX CROSS COUNTRY CHAMPIONSHIPS**

<b>Women's Race</b> (170 fin.)		<b>Men's Open 10K</b> (128 fin.)			
9. Christine Hoffman/SLO	23:54	1. Philip Reid/SLO, ex-CP	30:40	9. Sean Davidson/SLO, ex-CP	31:36
19. Mary Hillis/SLO-Aggies	24:58	2. Sergio Reyes/Los Osos	30:41	12. David Cardona/SLO, ex-CP	31:51
24. Erin Tracht/SLO-Aggies	25:15	3. Gordon Sturgess/Paso	30:49	32. Aric Champagne/SLO, ex-CP	33:15
58. Jennifer DeRego/ex-CP	27:21	4. Chris Frias/SLO, ex-CP	31:05	36. Michael Johnson/SLO, ex-CP	33:24
65. Areon Arlin Genet/ex-CP	27:48	5. Will Geiken/SLO-Aggies	31:07	38. Derek Thomas/SLO, ex-CP	33:26
112. Jennifer Rubio/SLO, ex-CP	30:44	7. Jameson Mora/ex-CP	31:23	46. Connor Blalock/SLO, ex-CP	33:48

- / [www.pausatf.org](http://www.pausatf.org) / -

**TERRE HAUTE, INDIANA, NOVEMBER 19 - N.C.A.A. DIVISION 1 CROSS COUNTRY CHAMPIONSHIPS:**

**Women's 6K** (250 runners) - 23. Peyton Bilo/Cal Poly 20:14 .. Savannah Camacho/Oklahoma State (Templeton HS, SLDC, #3 finisher for OSU) 20:54. **Teams:** 17. Oklahoma State 465 (31 teams).

**ST. LEO, FLORIDA, NOVEMBER 19 - N.C.A.A. DIVISION 2 CROSS COUNTRY CHAMPIONSHIPS:**

**Men's 10K** (242 runners) - 56. Connor Fisher/Chico State 31:38 (ex-Cuesta College, 2013 Rock to Pier winner) .. 118. William Ernst/ Cal Baptist (SLOHS, SLDC) 32:36.. 158. Joshua Ernst/MSU-Moorhead (SLOHS, SLDC) 33:09.

**Teams:** 4. Chico State 166 .. 15. Cal Baptist 377 .. 21. MSU-Moorhead 546. (32 teams)



Joshua (left) and Will (right) Ernst at the NCAA Division 2 National Cross Country Championships (from Mike Ernst)

**LOUISVILLE, KENTUCKY, NOVEMBER 19 - N.C.A.A. DIVISION 3 CROSS COUNTRY CHAMPIONSHIPS:**

**Women's 6K** (266 runners) - 128. Shannon McClish/U.C. Santa Cruz (Morro Bay HS, SLDC) 22:08 .. 142. Roxanne

Valle/Occidental College 22:13 .. 161. Malea Martin/Claremont-Mudd-Scripps (SLOHS, SLDC, #4 for CMS) 22:22. **Teams:** 15. CMS 437 (32 teams).

#### RIVERSIDE, NOVEMBER 19 - C.I.F. SOUTHERN SECTION CROSS COUNTRY CHAMPIONSHIPS

<u>Girls, Div. 4</u> (171 runners)		<u>Boys, Div. 4</u> (170 fin.)				
15.	Audrey McClish	18:07	1.	Callum Bolger	14:27	45. Garron Knox 16:05
23.	Samantha Simard	18:22	12.	Matt White	15:31	57. Matt Scurria 16:12
57.	Alexi Steinmaus	19:03	36.	Jacob Andreatta	16:01	72. Colton Campa 16:20
110.	Kaysha Dreier	20:06	39.	Tegan Fleishman	16:02	- <a href="http://www.finishedresults.com">www.finishedresults.com</a> -
134.	Kate Miller	20:53	40.	Aaron Bloom	16:03	

From PrepCalTrack.com - The fastest individual time of the day was recorded in the Division 4 race as Stanford-bound San Luis Obispo senior **Callum Bolger** expanded a slim early lead with a big burst in the near the two mile mark to take control. "I wanted to go out faster in the first mile and get things going," Bolger said. "I was able to make a gradual increase in my pace around the two-mile mark." Bolger would go on to win in 14:27 and said he used the race to prepare for next week's state final. "Even though I was on my own, I tried to make some surges to practice for next week," Bolger said.

#### FRESNO, NOVEMBER 19 - CALIFORNIA COMMUNITY COLLEGE CROSS COUNTRY CHAMPIONSHIPS (Woodward Park):

**Men's 4 Mile** (206 finishers) - 1. Sean McDermott/Cuesta 20:06 .. 5. Edgar Bonilla/Hartnell (King City HS, 2014 & 2015 Stride with the Tide winner) 20:32 .. 88. Aramis Knox/Cuesta (SLOHS, SLDC) 21:54 .. 119. Kobi Kelly/Cuesta (SLOHS, SLDC) 22:16. **Teams:** 5. Hartnell 144 .. 10. Cuesta 256 (28 teams). - / [www.directathletics.com](http://www.directathletics.com) / -

#### ARROYO GRANDE, NOVEMBER 20 - FRIENDS OF LOPEZ LAKE TURKEY TROT

From **Mike Andrews** - "I stretched myself today and ran the hilly Lopez Lake trail run. Paul Lee and Coker Ellsworth were there also. There was a good turnout with maybe 60 runners. The weather was great. It was cloudy and the race started at 8:00am so we beat the rain and the trail part of the course stayed dry. They offered a 5K and a 10K so I ran my first 10K and came in at 1:12:37. I won a turkey in the raffle - they had lots of prizes so most people got something."

#### AVILA BEACH, NOVEMBER 24 - AVILA BEACH TWO MILE WALK/FIVE MILE RUN

With runners split among four Thanksgiving Day runs, there were still over a dozen SLDC walkers and runners at this one. On hand were Ralph Wright, Laurel Posey, Paul Lee, Saul David, Patrick & Juile Bolger, Chris & Matthew Shuck, Stan Rosenfield, Gene & Tina Richardson, Debbie Dorney, Coker Ellsworth, & Denise Layaye. Matthew was the first SLDC finisher in the five mile in 36 minutes while Ralph, Laurel, & Gene were raffle prize winners.

#### MANCHESTER, CONNECTICUT, NOVEMBER 24 - 80TH THANKSGIVING DAY ROAD RACE (4.74 miles):

42. Jordan Hasay/OR (3-F) 24:27. (11,190 finishers)

#### DANA POINT, NOVEMBER 24 - 39TH ANNUAL DANA POINT 10K TURKEY TROT (3,000 runners):

12. Tyler Hoyt/Los Osos (Morro Bay HS/U.C. Santa Cruz) 31:48 .. 61. Jessica Meyer/Los Osos 40:08. - / [www.svetiming.com](http://www.svetiming.com) / -

#### SACRAMENTO, NOVEMBER 24 - RUN TO FEED THE HUNGRY 10K (1,768 finishers):

4. Reed Breuer/OR (ex-Cal Poly Distance Club) 32:41 .. 24. Aidan Stamford/14/SLDC 38:19 (2nd-13/15) .. 96. Serena Stamford/12/SLDC 42:39 (1F-12&U) .. 97. Chad Stamford/SLDC 42:40 (8th-40/44). - / [www.capitalroadrace.com](http://www.capitalroadrace.com) / -

#### CUPERTINO, NOVEMBER 24 - SILICON VALLEY TURKEY TROT:

**Elite 5K** (56 runners) - 12. Philip Reid/San Luis Obispo (ex-Cal Poly) 13:58 .. 15. Gordon Sturgess/Paso Robles (ex-Cuesta) 14:18. This race was held in conjunction with an open 5K that drew 13,000 and an open 10K that had 6,500, making it the largest Thanksgiving Day Turkey Trot in the country.

#### FRESNO, NOVEMBER 26 - CALIFORNIA STATE HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS (at Woodward Park)

<u>Division 4 Boys</u>						
1.	Callum Bolger	14:57	85.	Aaron Bloom	16:54	117. Colton Campa 17:14
30.	Matt White	16:16	87.	Jacob Andreatta	16:55	133. Garron Knox 17:29
			102.	Matt Scurria	17:05	(193 finishers)

**State Meet Race Notes** - Callum won his race by over 30 seconds, a margin entirely developed in the final mile. His time was the third fastest of the day, railing tsoo runners from the Division 1 race who ran 14:50 & 14:56. Callum becomes SLDC's third state champion, joining **Louie Quintana** (Arroyo Grande) & **Jordan Hasay** (Mission Prep) on the victory stand. . . Although they competed in three different divisional races, the county teams didn't finish far apart. Paso Robles (Division 3) had the best team time at 1:20:45 followed by Arroyo Grande (Division 1) at 1:21:52 and San Luis Obispo (Division 4) in 1:22:10. It was a close individual battle as well with **Christian Ricketts** (Arroyo Grande) the next county finisher after Callum in 15:29.7 for 8th in his race followed by the Paso Robles pair of **Luis Armendariz** (15:29.8 - 11th) & **Trad Berti** (15:31.1 - 12th). San Luis Obispo placed the highest in the team standings at 7th followed by Paso Robles (8th) and Arroyo Grande (11th). . . **Roman Munoz** of King City placed 21st in the Division 4 race in 16:07. Roman was 5th at SLDC's Stride with the Tide 5K in Pismo

Beach in 2014 and finished second there in 2015. . . **Annie Meeder** of Paso Robles and Ellie Nisbet of Atascadero were the only SLO County entrants in any of the girls races, Annie placing 14th in 18:21 in Division 3 and Ellie winding up 13th in 18:36 in Division 4.