

**** RESULTS ****

WALNUT, DECEMBER 3 - FOOTLOCKER WESTERN REGIONAL CHAMPIONSHIPS (SLO County finishers; * = SLDC)

<u>Freshman Boys</u>		<u>Junior Boys</u>		<u>Senior Boys</u>	
79. Zach Nichols/A.G.	19:24	5. Andrew Swieringa/Grov.	17:09	21. Matt White*/SLO	17:24
184. Braden Zickuhr/Grover	23:08	53. Carter Campbell/Pismo	18:37		
<u>Sophomore Boys</u>		83. Jacob Sabatino/Grover	19:33	<u>Seeded Girls</u>	
16. Cooper Limon/Pismo	17:36	85. Jordan Singh/Grover	19:41	129. Audrey McClish*/Morro Bay	21:01
78. Chris Fleischer/A.G.	20:05	90. Jacob Schenberg/Grov.	20:03		
119. Trevor Bales/A.G.	22:33	95. Vincent Reyes/Grover	20:15	<u>Seeded Boys</u>	
<u>Sophomore Girls</u>				6. Callum Bolger*/SLO	15:45
105. Emma Manderino/SLO	23:14	<u>Senior Girls</u>		25. Christian Ricketts/Grover	16:16
		92. Kate Miller*/SLO	23:34	134. Jayson Maule/Arr. Grande	17:16

TALLAHASSEE, FLORIDA, DECEMBER 3 - NATIONAL A.A.U. CROSS COUNTRY CHAMPIONSHIPS:

Girls 3K (ages 11 & 12; 125 runners) - 22. Devyn Kendrick/Paso Robles-Above the Grade TC 11:50.

SACRAMENTO, DECEMBER 4 - CAL INTERNATIONAL MARATHON (Folsom to downtown Sacramento; 6,000+ finishers):

SLDC = 2285. Cyndy Lakowske (15th-55/59F) 3:53:09 .. 2940. Dave Dunbar 4:07:49 .. 3047. Chris Connors 4:09:49 (19th-65/69; this marked the 30th anniversary of Chris' PR of 2:45:55 set here in 1986) .. 3848. Julie Opheim 4:30:41.

Others = 13. Eric Noel/SLO-Aggies 2:21:05 .. 24. Sergio Reyes/Los Osos-Aggies 2:26:02 .. 46. Stephanie Bruce/AZ (ex-SLO) 2:32:36 (2-F) .. 50. Reed Breuer/Sacramento (ex-Cal Poly DC) 2:32:57 .. 227. Antonio Arreola*/San Jose 2:52:56 (3rd-55/59) .. 311. Raul Merino/Nipomo 2:58:04. / www.runcim.org / - * This time gives Antonio the record for the longest time span between sub three hour marathons at 40 years. Tony ran his first sub-3:00 at Culver City in December, 1976 while a student at SLOHS and yes, this is an actual statistical category, among the records maintained by the Academy of Road Racing Statisticians.

S.L.D.C. ALL-TIME TOP 50 MEN & TOP 25 WOMEN AT THE CAL INTERNATIONAL MARATHON

1. Adolfo Lopez/1997	2:35:21	26. Dave Fleishman/2011	2:54:37	1. Robyn Root/1983	2:44:15
2. Jon Root/1983	2:35:39	27. Jeff Clark/1989	2:55:18	2. Kristen Orr/1998	2:50:07
3. Thomas Reiss/2013	2:36:51	28. Keith Kirkpatrick/1990	2:56:08	3. Kristen Orr/1997	2:52:39
4. Elmer McPhail/1988	2:38:05	29. Paul Prochaska/1997	2:56:22	4. Mary Ryzner/1986	2:56:47
5. Steve Sharp/1993	2:38:37	30. Joe Bergquist/1998	2:56:22	5. Diane Dixon/1988	3:01:18
6. Larry Jamison/1984	2:40:53	31. David Campa/2012	2:57:03	6. Diane Dixon/1987	3:08:47
7. Steve Dornish/1987	2:41:58	32. Chris Connors/1995	2:57:08	7. Irene Henderson/1990	3:14:45
8. Adolfo Lopez/2000	2:42:16	33. Jadd Martinez/2015	2:57:44	8. Mary Cooper/1997	3:15:49
9. Doug Sims/1998	2:42:35	34. Dusty Davis/2009	2:58:56	9. Kim Schoensee/1995	3:25:16
10. Brian Waterbury/1988	2:43:12	35. Dave Ion/1988	2:59:18	10. Mary Lopez/1988	3:26:16
11. Doug Sims/1994	2:43:37	36. Earl Higbee/1988	2:59:34	11. Diane Webster/1990	3:32:11
12. Chris Connors/1986	2:45:55	37. Keith Kirkpatrick/1986	2:59:39	12. Velma Bowden/1988	3:33:59
13. Henry Hernandez/1995	2:47:10	38. Stan Rosenfield/1986	2:59:47	13. Marian Fiorentino/2008	3:36:03
14. Sam Williams/2009	2:47:27	39. Russ Raymond/1988	3:01:09	14. Laurie Brown/1998	3:43:41
15. Sean McCormick/1994	2:47:47	40. Chris Connors/1996	3:01:35	15. Tina Levitan/1995	3:45:02
16. Doug Sims/1999	2:47:55	41. Geoff Chiappella/2015	3:04:09	16. Linda Graham/1999	3:47:44
17. David Campa/2013	2:48:12	42. Mark Martins/2000	3:04:18	17. Cyndy Lakowske/2016	3:53:09
18. Larry Jamison/1983	2:48:21	43. Todd Barnes/1994	3:04:46	18. Tammy West/1995	3:57:19
19. Bill Norman/1984	2:49:25	44. Earl Higbee/1995	3:04:51	19. Stephanie Shuck/1997	4:04:23
20. Luis Escobar/1998	2:49:45	45. Doug Mann/1988	3:04:57	20. Molly Montgomery/2006	4:07:28
21. Chris Connors/1988	2:50:43	46. Charlie Joslin/1997	3:05:13	21. Heidi Harrison/2011	4:07:39
22. Luis Escobar/1996	2:51:30	47. Paul Prochaska/1996	3:05:14	22. Myrna Alvarez/2012	4:07:46
23. Luis Escobar/1995	2:53:03	48. Stan Rosenfield/1988	3:05:46	23. Suzanne Culver/1995	4:09:03
24. Larry Jamison/1985	2:53:12	49. Clem Michel/1988	3:05:47	24. Aileen Cota/2013	4:09:42
25. Luis Escobar/1999	2:54:25	50. Tony Brizzolara/1988	3:05:56	25. Velma Bowden/1990	4:09:42

CAL INTERNATIONAL TEAMS

<u>Men's Open</u>		<u>Men's Seniors (50+)</u>	
1988 Elmer McPhail/Chris Connors/Dave Ion	8:28:06	1988 Bill Winstanley/Ben Horner/Leon Glassburn	10:33:18
1998 Doug Sims/Luis Escobar/Joe Bergquist	8:28:42		
1997 Adolfo Lopez/Paul Prochaska/John Thomas	8:47:32	<u>Women's Open</u>	
1996 Luis Escobar/Chris Connors/Paul Prochaska	8:58:07	1997 Kristen Orr/Mary Cooper/Stephanie Shuck	10:12:51
1995 Luis Escobar/Jim Buchanan/Terry Morgan	9:24:29	1995 Kim Schoensee/Tina Levitan/Tammy West	11:07:37
2015 Jadd Martinez/Patrick Lemieux/B. Osterfeld	9:32:43	2011 Heidi Harrison/Aileen Cota/Cynthia Lambert	12:55:51
<u>Men's Masters (40+)</u>		<u>Women's Masters (40+)</u>	
1988 Brian Waterbury/Earl Higbee/Russ Raymond	8:43:55		
1995 Henry Hernandez/Chris Connors/Earl Higbee	8:49:00	2012 Myrna Alvarez/Aileen Cota/Heidi Harrison	12:50:52
1997 Charlie Joslin/Chris Connors/Ron Swart	9:35:20		

SAN DIEGO, DECEMBER 10 - FOOTLOCKER NATIONAL HIGH SCHOOL CHAMPIONSHIPS: 10. Callum Bolger/CA 15:19.

TUCSON, ARIZONA, DECEMBER 10 - TUCSON HALF MARATHON (920 finishers): 74. Alec Briones/SLDC 1:36:32 (2-60/64).

TALLAHASSEE, FLORIDA, DECEMBER 10 - USAT&F NATIONAL CLUB CROSS COUNTRY CHAMPIONSHIPS

Local & Cal Poly runners		61. Chris Frias/SLO, Aggies	30:52	113. Gordon Sturgess/Aggies	32:00
23. Philip Reid/SLO, Aggies	30:07	65. Will Geiken/SLO, Aggies	30:56	** 307 finishers **	
24. Scott Bauhs/SLO, Aggies	30:07	76. Sergio Reyes/Aggies	31:11		
37. Ben Bruce/ex-CP, NAZ Elite	30:19	81. Dan Gonia/ex-CP, SDTC	31:17	Teams (36 teams)	
46. Sean Davidson/SLO, Aggies	30:31	82. David Cardona/Aggies	31:17	6. Asics Aggies	162 points

HOOVER, ALABAMA, DECEMBER 10 - USAT&F NATIONAL JUNIOR OLYMPICS CROSS COUNTRY CHAMPIONSHIPS:

Girls 3K (Ages 11 & 12) - 16. Taylor Jones/Pismo Beach-Unattached 11:48 (389 runners). - / www.usatf.org / -

WALNUT CREEK, DECEMBER 10 - WALNUT CREEK HALF MARATHON (770 finishers):

566. Chantal Donahue/Cambria-SLDC 2:33:48 (18th-50/54F) .. 567. Jason Gillespie/Grover Beach 2:34:03 (5th-65/69).

From Chantal - "I am happy to finish 2016 lucky enough to have participated in 17 races. The Walnut Creek Half marathon was raining, muddy, windy and fun all at once. I finished in 2:33:48 and got two medals. I am such a sucker for medals!"

OXNARD, DECEMBER 11 - SANTA TO THE SEA HALF MARATHON: 1026. Neil Silvers 2:59:35 .. 1027. Renee Silvers 2:59:35.

LOS OSOS, DECEMBER 11 - MONTANA DE ORO TRAIL RUNS (at Spooner's Cove)

5 Mile (52 finishers)		11. Mary Cooper	1:20:15	26. Tom Jefferis/Paso Robles	3:10:13
1. Dylan Reiss	*41:53	25. Linda Signal	1:32:58	34. Marian Fiorentino	3:21:43
4. Paul Lee	46:46	47. Mike Andrews	2:00:40	36. Michael Henzler	3:25:48
9. Debbie Dorney	55:16			44. Norine Gibbons	3:54:31
11. Denise Youngman	57:21	25 KM (55 finishers)		45. Hillary Trout	4:00:16
Others		1. Greg Scott/SLO	2:05:43	49. Christine Mathiesen	4:14:39
28. Warren Sinsheimer/SLO	71:56	2. Steve Youngblood/SM	2:11:15	50. Emily Coombes	4:19:47
46. Liz Lee/Paso Robles	90:12	3. Jadd Martioez	2:13:24	51. Kymberly Fazzio	4:19:47
		4. Thomas Reiss	2:16:41		
8 Mile (64 finishers)		8. Ethan Kuster	2:39:38	50 KM (24 finishers)	
1. Rob Mead/Templeton	1:01:52	18. Brent Vanderhoof	2:55:27	1. Kevin Moore/San Bruno	5:40:51
2. Kevin Cooper	1:10:54	20. Pete Cabral/Atascadero	3:00:06	(no SLDC entrants)	

* This is a new course for the 5 mile - the old course record was 43:25.

CAMARILLO, DECEMBER 18 - JOLLY HOLLY HALF MARATHON (held in conjunction with a 5K & 10K):

Men (61 finishers) - 20. Bill Schackart 1:53:08 (1st-60/69) .. **Women** (74 finishers) - 42. Patsy Schackart 2:29:24 (2F-60/69).

From Bill - "Here are the results from a half marathon that Patsy and I ran on Sunday. It was cold and very windy, causing a smaller turnout than last year. This was a medal race for the Cal Half Series so we picked up an extra medal as we ran six half marathons in that series this year out of our nine half marathons total."