



Chantal Donahue, Dave Dunbar, Heidi Harrison, Pepe Gonzalez, & John Tiffin

NEW HAVEN, CONNECTICUT, SEPTEMBER 4 - NEW HAVEN 20K (USAT&F National 20K Road Racing Championship):

Women - 1. Jordan Hasay/OR-Nike 66:35. . . From USAT&F - "In the women's race, **Jordan Hasay** and Aliphine Tuliamuk made it a race until the final three miles when Hasay broke away and powered to an easy victory. The duo, along with Sara Hall, distanced themselves from the rest of the pack early on. The trio ran together through the halfway mark, when Hasay and Tuliamuk started to gap Hall. The leaders continued to set a fast pace until the ninth mile when Hasay surged ahead and grabbed a 35 meter lead over the next mile. Hasay's lead would continue to grow as she crossed the line over a minute ahead of Tuliamuk."

LA MIRADA, SEPTEMBER 9 - FRESNO CITY COLLEGE CROSS COUNTRY INVITATIONAL (at Woodward Park):

Men's 4 Mile (162 finishers) - 32. Kobi Kelly/Cuetaa (SLOHS, SLDC) 21:52 .. 41. Garron Knox/Cuesta (SLOHS, SKDC) 22:02.

LA MIRADA, SEPTEMBER 9 - BIOLA INVITATIONAL:

Women's 5K (155 finishers) - 7. Malea Martin/Claremont (SLOHS, SLDC) 18:15 .. 83. Jenny Grady/CMS (SLOHS, SLDC) 20:44.

ARCATA, SEPTEMBER 9 - HUMBOLDT X-C INV: Men's 8K (47 runners): 4. Daniel Tull/Humboldt State (Atascadero HS) 25:48.

AVILA BEACH, SEPTEMBER 9 - SLO ULTRA WILD CHERRY CANYON TRAIL RUNS

5 Mile (237 finishers)		12. Rudy Uribe	1:54:28	Marathon (111 finishers)	
1. Pepe Gonzalez (won by seven minutes)	32:34	23. George Rehmert/1-50+	2:02:51	1. Orion Galioni/Monterey	3:32:13
4. Derek Lakowske	45:36	38. Tricia Atkins/SLO/2F-50+	2:14:02	3. Kelsey Lakowske/1-F	3:50:26
6. Jessica Dahlberg/SB/1F	46:06	52. Joyce Tseng/1F-SLDC	2:18:38	14. Tyler Hubbell/Grover Beach	4:29:38
18. Marian Fiorentino/1F-50+	52:52	85. Kathleen Kalpakoff/SLO	2:26:22	31. Cyndy Lakowske/1F-50+	5:02:35
24. Scott Ritterbuck/S.L.O.	54:11	88. Linda Signal	2:27:29	33. Devin Best/1st Male-SLDC	5:08:01
31. Debbie Dorney/1F-60+	55:47	93. Tom Jefferis/1-60+	2:28:52	39. Amy Parkinson/2F-50+	5:20:57
43. Denise Youngman/2F-60+	60:28	99. Willie Amarillas/Nipomo	2:30:05	46. Susan McAdoo	5:34:54
56. Suzi Jianuzzi/3F-60+	63:26	158. Cyndy Fee/Morro Bay	2:47:35	47. Alison Borgsmiller	5:36:40
57. Sandra Simons/Temp.	63:30	176. Kymberly Fazzio	2:53:43	83. Chris Connors	6:35:45
79. Steve Harris/Arr. Grande	68:34	177. Emily Coombes	2:53:43	50 Mile (72 finishers)	
83. John Ashbaugh/SLO/1-60	69:23	223. Brian Matis	3:10:21	2. Jadd Martinez/1st-SLDC	8:23:46
130. Stan Rosenfield/3-60+	79:32	226. Susan Olivas/S.L.O.	3:11:28	22. Kevin Wolf/Atascadero	10:55:02
Half Marathon (347 fin.)		243. Kathie Flynn/S.L.O.	3:17:42	31. Margae Knox/1F-SLDC	11:19:49
1. Robert Mead/Templeton	1:39:29	256. Amy Watkins	3:22:00	50. Brent Vanderhoof	12:22:27
2. Sam Williams/1-SLDC	1:40:08	260. Liz Byrnes	3:23:05	56. Kerry Morris/SLO	12:37:57
3. Dani Moreno/S.Barb./1-F	1:40:20	261. Laurel Posey	3:25:01	58. Terry Wong	12:46:00
		267. Shelley Malcolm/Pismo	3:27:32	61. Mike Stover/Oceano	13:09:10
		286. Ralph Wright	3:42:13	72. Christine Mathiesen	14:47:28



Marathon start at Wild Cherry Canyon - Women's winner Kelsey Lakowske is on the left in purple. Kelsey also won this race in 2016 and won the SLO Marathon in April.



RRCA Western Regional Director & 50+ half marathon winner George Rehmet with (left) 60+ half winner Tom Jefferis and (right) with event director Samantha Pruitt of RaceSLO.



MORRO BAY, SEPTEMBER 9 - MORRO BAY HIGH SCHOOL CROSS COUNTRY INVITATIONAL

<u>Frosh/Soph Boys</u>			13. Elena Grant	20:33	70. Antonio DaSilva	18:13
1. Colton Campa	16:05	14. Julia Bloom	20:42	75. Stephen ZahRodny	18:17	
2. Matthew Scurria	16:16	18. Coco Steel	21:02	160. Cooper Lyle	19:59	
4. Justin Hatcher	16:25	20. Grace Rubio	21:09	216. John Polvi	21:44	
5. Alex Goodman	16:29	31. Thea Ragsdale	21:46	(264 finishers)		
11. Aidan Stamford	16:58	33. Ellie Treichler	22:03	<u>Junior/Senior Girls</u>		
39. Alex Reich	18:06	34. Catrina Sada	22:04	1. Audrey McClish	19:16	
46. Quinn Brussel	18:09	35. Tanvi Kenjale	22:05	2. Samantha Simard	19:21	
54. Dylan Reiss	18:38	54. April Engelmeier	23:00	16. Emma Manderino	20:58	
71. Vad Kenjale	18:52	77. Kathryn ZagRodny	24:03	18. Maddie Fletcher	21:05	
132. Michael DaSilva	19:51	(195 finishers)		55. Ellie Janette	22:41	
(312 finishers)			<u>Junior/Senior Boys</u>			
<u>Frosh/Soph Girls</u>			32. Jacob Nichols	17:24	61. Jenna Girouard	23:09
1. Shaylee Grimm	19:01	43. Cole Bumen	17:38	91. Shilu Vanasupa	24:25	
4. Alexi Steinmaus	19:27	52. Jack Kaiser	17:46	105. Hannah Lykes	25:12	
				139. Karla Pascual	26:50	
				(186 finishers)		

SAN SIMEON, SEPTEMBER 9 - BEST BUDDIES 5K (at Hearst Castle): 1. Matthew Shuck 19:44. (91 finishers)



Matthew Shuck & Anthony Shriver



Matthew Shuck with Steven & Barbara Hearst after the Best Buddies run

AVILA BEACH, SEPTEMBER 10 - SLO ULTRA WILD CHERRY CANYON MOUNTAIN BIKE RIDES:

13 Miles (117 finishers) - 45. Tim Olivas/SLO 1:54:22 .. 47. Jesse Perez/Shell Beach 1:55:41 .. 64. Mike Cirone/SLO 2:05:37 .. 70. Carrie Anderson/Atascadero 2:08:40 .. 72. Ken Hammond/Paso Robles-SLDC 2:09:12.

28 Miles (101 finishers) - 18. Sam Williams/Los Osos-SLDC (ran the half marathon yesterday) .. 34. Tera Dube/SLO-Running Warehouse 3:26:03 .. 60. Chuck Fiorentino/Arroyo Grande-SLDC 3:53:06. .. 87. Neil Schwartz/SLO-SLDC (age 9) 4:14:51 .. 88. Robin Oswald-Schwartz/SLO-SLDC 4:14:54. - / www.svetiming.com / -

SANTA CLARITA, SEPTEMBER 15 - SOUTHERN CALIFORNIA COMMUNITY COLLEGE PREVIEW MEET (305 runners):

34. Kobi Kelly/Cuesta (SLOHS, SLDC) 22:28 .. 49. Garron Knox/Cuesta (SLOHS, SLDC) 22:38. / www.directathletics.com/

PISMO BEACH, SEPTEMBER 16 - ANTHONY'S "SEEING IS BELIEIVING 5K++ (the course was ½ mile long)

1. Abraham Castro/14 & Octavio Marquez/14	25:30	8. John Tiffin/1-70+	28:32	105. *Chris Shuck/1F-70	56:31
4. Matthew Shuck/1-30+	26:28	51. Stan Rosenfield/2-60+	41:32	134. Lucy Simola/3F-70+ (144 finishers)	68:35
		81. Renee Silvers/2F-50+	46:46		

* = debut in the 70+ division. Chris turned 70 the day before this race.

RIVERSIDE, SEPTEMBER 16 - U. C. RIVERSIDE INVITATIONAL**Men's Invitational 8K** (262 finishers)

7. Christian Ricketts/So. Utah (Arr. Grande HS)	24:11	92. Carmela Albano/Sacramento State (Nipomo HS)	22:01
8. Connor Fisher/Chico State (Cuesta College)	24:17	118. Malea Martin/Claremont-Mudd-Scripps (SLOHS)	22:18
42. Zach Chamberlain/Chico (Paso Robles HS)	24:59	151. Hope Morgan/Chico State (San Luis Obispo HS)	22:45

Women's 6K (220 finishers)**Women's 5K** (282 finishers)

80. Brittni Frace/Chico State (Atascadero HS)	19:08
152. Jenny Grady/Claremont-Mudd (SLOHS)	20:08

- / www.directathletics.com / -

OJAI, SEPTEMBER 16 - OJAI CROSS COUNTRY INVITATIONAL**Boys** (297 finishers)

4. Matthew Scurria	16:34	93. Axel Reich	18:48	31. Adrienne Frere	21:06
6. Alex Goodman	16:38	121. Dylan Reiss	19:08	33. Elena Grant	21:30
10. Jacob Andreatta	16:53	131. Ved Kenjale	19:23	41. Emma Manderino	21:38
32. Jack Kaiser	17:29			44. Maddie Fletcher	21:42
37. Alex Southern	17:37			47. Grace Rubio	21:44
42. Aiden Stamford	17:43			48. Coco Steel	21:44
45. Antonio DaSilva	17:52			54. Thea Ragsdale	21:53
65. Quinn Brussel	18:18			57. Catrina Sada	22:05
				62. Ellie Treichler	22:08

Girls (200 finishers)

GILROY, SEPTEMBER 16 - MT. MADONNA 10K CHALLENGE: 34. Laurel Posey 1:43:40 .. 40. Ralph Wright 1:56:19.

PHILADELPHIA, PA, SEPT. 17 - ROCK & ROLL HALF MARATHON (8,795 finishers): 20. Jordan Hasay/Nike (3-F) 1:10:41.

SAN BERNADINO, SEPTEMBER 22 - COYOTE INVITATIONAL:

Women's 6K (122 finishers) - 71. Malea Martin/CMS 20:11 .. 76. Jenny Grady/CMS 20:19.

SAN FRANCISCO, SEPTEMBER 23 - SAN FRANCISCO STATE INVITATIONAL:

Men's 8K (122 finishers): - 16. Daniel Tull/Humboldt (Atascadero HS) 25:40 .. 24. William Ernst/Cal Baptist (SLOHS, SLDC) 26:04.

Women's 6K (123 finishers) - 20. Rosa Granados/Humboldt State (Arroyo Grande HS) 22:53. - / www.directathletics.com / -

ATASCADERO, SEPTEMBER 23 - DICK BRUG INVITATIONAL: Small School Girls - 1. Audrey McClish/Morro Bay 19:51.

GRANITE BAY, SEPTEMBER 23 - GOLD RUSH TEN MILE TRAIL RUN: 50. Laurel Posey 2:13:25 .. 51. Ralph Wright 2:18:57.