

**** RACE RESULTS ****

MORRO BAY, NOVEMBER 1 - LOS PADRES LEAGUE CROSS COUNTRY CHAMPIONSHIPS:

Varsity Girls - 1. Audrey McClish/Morro Bay (ex-SLDC youth team) 16:57 .. 10. Adrienne Frere/MB 19:02 .. 13. Scout Bidleman/MB 19:24. **J.V. Girls** - 24. Hannah Lykes/MB (ex-SLDC youth team) 23:49. (Adrienne is the daughter of former member and MBHS/Cal Poly runner Jennifer (Lacovara) Frere and Scout is the daughter of former member and SLOHS/Cuesta College runner Cliff Bidleman.). - / Results are from www.prepcaltrack.com with the timing done by Dave Fleishman / -

SAN LUIS OBISPO, NOVEMBER 2 - PAC-8 LEAGUE CROSS COUNTRY CHAMPIONSHIPS (Fairbanks Memorial course)

Varsity Boys (54 runners)		14. Grace Rubio	21:09	J. V. Girls (68 runners)	
13. Matthew Scurreia	16:41	26. Emma Manderino	21:42	1. Elena Grant	21:34
15. Justin Hatcher	16:47			2. Coco Steel	21:34
16. Jacob Andreatta	16:49	J.V. Boys (125 runners)		4. Jenna Girouard	22:13
19. Alex Southern	17:12	1. Aidan Stamford	17:18	6. Thea Ragsdale	22:28
21. Jacob Nichols	17:17	4. Axel Reich	17:53	7. Catrina Sada	22:29
25. Cole Bumen	17:22	7. Quinn Brussel	18:19	12. Ellie Treichler	22:56
32. Antonio DaSilva	17:58	13. Dylan Reiss	18:35	16. April Engelmeier	23:16
		24. Ved Kenjale	19:07	21. Tanvi Kenjale	23:48
Varsity Girls (45 runners)		36. Stephen ZagRodny	19:27	33. Kathryn ZagRodny	25:36
1. Alexi Steinmaus	19:34	67. John Polvi	20:43	41. Shilu Vanasupa	26:58
11. Julia Bloom	20:44	77. Andrew Medlock	21:07	/ www.prepcaltrack.com / -	

SALINAS, NOVEMBER 3 - NORTHERN CALIFORNIA COMM. COLLEGE CROSS COUNTRY CHAMPIONSHIPS (82 finishers):
Women's 5K - 1. Alyssa Block/ Sequoias 17:27 (won by over a minute and a half, 2016 & 2017 Stride with the Tide 5K winner).

SANTA CLARITA, NOVEMBER 3 - SOUTHERN CALIFORNIA COMM. COLLEGE CHAMPIONSHIPS (196 runners):
Men's 4 Mile - 76. Kobi Kelly/Cuesta College (SLOHS, SLDC) 22:46 .. 95. Garron Knox/Cuesta College (SLOHS, SLDC) 23:08.

MONMOUTH, OREGON, NOVEMBER 4 - N.C.A.A. DIVISION II WESTERN REGIONAL CHAMPIONSHIPS:
Men's 10K (188 finishers) - 8. Connor Fisher/Chico State (Cuesta) 30:19 .. 66. Daniel Tull/Humboldt State (Atascadero HS) 31:55.
Women's 6K (209 finishers) - 116. Rosa Granados/ Humboldt State (Arroyo Grande HS) 23:28. - / www.directathletics.com / -

DAVIS, NOVEMBER 4 - DOC ADAMS OPEN CROSS COUNTRY MEET:
Men's 8K - 1. Trad Berti/Unattached (Paso Robles HS) 24:04.
Women's 6K - 2. Brittni Frace/Chico State (Atascadero HS) 23:14 .. 5. Hope Morgan/Chico State (SLOHS) 24:07.

MILL VALLEY, NOVEMBER 4 - JOHN LAWSON TAMALPA XC CHALLENGE (Pacific Association Grand Prix Series meet):
Open Men (Local runners) - 2. Scott Bauhs/SLO-Hoka Aggies 21:10 .. 7. Derek Thomas/ex-Cal Poly, Hoka Aggies 21:34 .. 11. Aric Champagne/ex-Cal Poly, Hoka Aggies 21:59 .. 19. Tyler Hoyt/ex-Morro Bay HS, Hoka Aggies 22:35. - / www.pausatf.org / -

SANTA CLARITA, NOVEMBER 5 - SANTA CLARITA 5K, HALF MARATHON, & MARATHON:
Half Marathon - 38. Matthew Shuck (5th-30/34) 1:34:57. (1,409 finishers) + 1,084 finishers in the 5K).
Marathon (241 finishers) - 105. Rhonda Crowfoot/Morro Bay (2F-60/64) 4:33:28. - / www.runraceresults.com / -

NEW YORK CITY, NEW YORK, NOVEMBER 5 - NEW YORK CITY MARATHON:
1. Shalane Flanagan/USA 2:26:53 (Shalane's mother Cheryl is a former San Luis Obispo resident from the early 1970's when she was a PE teacher at Arroyo Grande High School. She was the winner of the 1971 Rock to Per race, the 1973 Avila Beach 3 Mile, and the 1974 Pismo Beach 5 Mile.) .. 10. Stephanie Bruce/AZ (4F-USA) 2:31:44 (Stephanie is a UCSB grad who lived in SLO for a while. Among her local victories are the Baywood 4 mile and the SLO Half Marathon.) .. Cathy Beaudoin/SLDC 6:29:27. (SLDC records at the New York City Marathon are 2:57:32 by Steve Boaz & Frank Hutchinson in 1996 and 3:21:21 by Diane Dixon in 1981.)

FRESNO, NOVEMBER 5 - TWO CITIES MARATHON & HALF MARATHON:
Clovis Half Marathon (1100 runners) - 48. Nick Smaira 1:39:42 (+ 630 finishers in the accompanying Fresno Half Marathon).
Two Cities Marathon - 119. Aileen Cota 4:21:03 (6F-50+) .. 197. Linda Stimson 4:51:52 (5th-55/59F). - / www.svetiming.com / -

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

1. Jeff Herten/1982	2:50:03	1. Aileen Cota/2013	3:56:55
2. Antonio Arreola/1999	2:50:16	2. Liz Byrnes/2010	4:06:35
3. Keith Kirkpatrick/1981	2:54:23	3. Sharilyn MacKenzie/2011	4:18:02
4. Clem Michel/1981	2:54:27	4. Aileen Cota/2017	4:21:03
5. Bill van Wyngaarden/1982	2:55:00	5. Heidi Harrison/2013	4:22:52
6. Lee Broshears/1983	2:55:47	6. Linda Stimson/2017	4:51:52
7. Gary Peterson/1981	2:58:51	7. Patsy Schackart/2010	6:01:50
8. Stan Rosenfield/1981	2:59:39	8. Dianne DeTurriss/2011	6:02:07

9. Bruce Cikowski/1981 3:00:06
 10. Stan Rosenfield/1979 3:01:16 W/Chair Rory Cooper/1984 2:21:11

MORRO BAY, NOVEMBER 5 - ALL-OUT EVENTS MORRO BAY "RACE TO THE ROCK" TRIATHLON:

Sprint Distance (179 finishers) - 12. Charles Birdsong (3-50+) 1:21:38 .. 79. Dan Simmons (2-70+) 1:44:56.
Olympic Distance (150 finishers) - 57. Annie Mooney (6F-O/A) 2:49:29 .. 77. Heidi Mooney (2F-50+) 3:01:59 .. 83. Kim Shollenberger (3F-50+) 3:06:23 .. 87. Hillary Trout 3:09:17. Annie is a former Mission Prep cross country runner.)
Sprint Distance (relay division) - 3. Team Schwartz 1:26:41 (2nd, mixed division). - / www.synergyracetiming.com / -

SEATTLE, WASHINGTON, NOVEMBER 10 - N.C.A.A. DIVISION 1 WESTERN REGIONAL XC CHAMPIONSHIPS:

Women's 6K - 111. Carmela Albano/Sacramento State (Nipomo HS) 21:49 .. 232. Jocelyn Reynolds/Portland State (AGHS) 24:37.
Men's 10K - 61. Sean McDermott/Cal Poly (Cuesta College) 30:50 .. 172. Jayson Maule/Portland State (Arroyo Grande HS) 33:07 .. 201. Jacob Emeterio/Portland State (Arroyo Grande HS, SLDC Roo Rats) 34:33.

PACIFIC GROVE, NOVEMBER 11 - MONTEREY LIGHTHOUSE 5K (1,338 finishers):

159. Matthew Shuck 25:02 .. 1034. Chris Shuck/5F-70+ 44:26. **Others** - 40. Rachel Banton/Templeton (4F-O/A) 21:28.

CLAREMONT, NOVEMBER 11 - N.C.A.A. DIVISION III WESTERN REGIONAL XC CHAMPIONSHIPS:

17. Malea Martin/Claremont-Mudd-Scripps (ex-SLOHS, SLDC) 22:34. (138 runners)

PACIFIC GROVE, NOVEMBER 12 - MONTEREY BAY HALF MARATHON (5,563 runners):

356. Emily Williams (10th-30/39F) 1:39:52 .. 2301. Denise Youngman (6th-65/69F) 2:10:08 .. 3724. Matthew Shuck 2:30:00.
Others - 18. Edgar Bonilla/King City (2 time Pismo Beach 5K winner) .. 531. Rachel Banton 1:43:44. - / www.svetiming.com / -

PASO ROBLES, NOVEMBER 12 - PASO ROBLES HALF MARATHON, 5K, YOUTH & FAMILY MILE

Half Marathon (161 fin.)		5K (144 finishers)		Family Mile (60 finishers)	
1. Nicole Hagopian/S.L.O.	1:22:32	1. Pepe Gonzalez	16:31	6. Hayden Boaz/5th-11 & Under	7:27
2. Erin Tracht/S.L.O.	1:23:34	28. Angie Britton/Paso	24:18	7. Rebekah Waterbury/2F-11&U	7:30
9. Pat Connally/1-SLDC, 50+	1:32:30	30. Conor Medley/2-30+	24:31	11. Kimberly Budinger/3F-11&U	8:15
10. Matt Escobedo/1-50+	1:33:13	47. Julie Escobedo/4F-50+	26:24	14. Hudson Boaz/3rd-9 & Under	8:23
17. Steve von Dohlen/4-60+	1:37:37	48. Joe Kingman/8th-50+	26:24	31. Stan Rosenfield/2-60+	10:24
28. Dave Dunbar/4-60+	1:43:47	49. Martina Kingman/5F=50+	26:25	41. Cadence Bergquist/6F-11 & U	12:10
30. Paul Shires/5-60+	1:44:14	97. Sue Simmons/1F-60+	34:03	49. Hector Lopez/1st-13 & U	13:19
31. Tom Jefferis/6-60+	1:46:03				
37. Dan Simmons/1-70+	1:49:51				
72. Heidi Harrison/4F-40+	2:01:36				

- Synergy Race Timing -

CLARKSBURG, NOVEMBER 12 - CLARKSBURG COUNTRY RUN HALF MARATHON (Pacific Assn. Grand Prix Series race):

1. Sergio Reyes/Hoka Aggies (ex-Cuesta) 1:05:32 .. 2. Jameson Mora/Paso Robles-Aggies (ex-Cal Poly) 1:08:30 .. 7. Blake Maule/Arroyo Grande-Hoka Aggies (ex-AGHS) 1:11:48 .. 53. Antonio Arreola/Wolfpack TC (ex-SLOHS, SLDC) 1:25:11 (2-55/59).

LAS VEGAS, NEVADA, NOVEMBER 11 & 12 - GEICO ROCK & ROLL LAS VEGAS 5K, 10K, HALF MARATHON, & MARATHON:

5K (6,977 runners) - 868. Suzi Jianuzzi (3F-60+) 27:37 .. 5563. Giovanna Schaefer (1F-80+) 48:36.
Half Marathon (19,278 runners) - 1299. Bill Schackart (4th-65+) 1:53:17 .. 9976. Suzi Jianuzzi 2:37:44 .. 11745. Patsy Schackart 2:47:09 .. 17400. Giovanna Schaefer (2F-80+) 3:33:15. (+ 4,507 runners in the 10K and 2,978 in the marathon = 33,740 finishers total for the 4 races)

LOUISVILLE, KENTUCKY, NOVEMBER 18 - N.C.A.A. DIVISION I NATIONAL CROSS COUNTRY CHAMPIONSHIPS:

Men's 10,000M (250 runners) - 138. Callum Bolger/Stanford (SLOHS, SLDC) 31:00 .. 179. Christian Ricketts/Southern Utah (AGHS) 31:24 .. 211. Swarnjit Boyal/Cal Poly 31:48. **Teams:** 4. Stanford 221 .. 11. Southern Utah 334. / www.Directathletics.com /

EVANSVILLE, INDIANA, NOVEMBER 18 - N.C.A.A. DIVISION II NATIONAL CROSS COUNTRY CHAMPIONSHIPS:

Men's 10,000M (249 runners) - 166. Connor Fisher/Chico State (Cuesta College, 2013 Rock to Pier winner) 33:57.

ELSAH, ILLINOIS, NOVEMBER 18 - N.C.A.A. DIVISION III NATIONAL CROSS COUNTRY CHAMPIONSHIPS:

Women's 6K (250 finishers) - 124. Malea Martin/Claremont-Mudd-Scripps (SLOHS, SLDC) 22:24 (#3 runner for CMS).

RIVERSIDE, NOVEMBER 18 - C.I.F. SOUTHERN SECTION CROSS COUNTRY FINALS

Div. 4 Girls (172 runners)		Div. 4 Boys (170 runners)	
8. Audrey McClish	18:10	96. Adrienne Frere	20:27
38. Alexi Steinmaus	19:18	139. Coco Steel	21:42
81. Julia Bloom	20:14		
90. Grace Rubio	20:22	30. Matthew Scurria	16:21
		37. Justin Hatcher	16:33
		66. Alex Southern	16:56
		73. Aiden Stamford	17:02
		114. Jacob Andreatta	17:31
		124. Cole Bumen	17:41

Division 2 Boys Teams: 5. Paso Robles 194; 9. Arroyo Grande 258. **Division 4 Boys Teams:** 6. San Luis Obispo 216; 18.

Atascadero 432. **Division 4 Girls Teams:** 8. San Luis Obispo 233; 12. Morro Bay 369; 13. Atascadero 373.

SAN FRANCISCO, NOVEMBER 18 – PACIFIC ASSOCIATION USAT&F XC CHAMPIONSHIPS Local athletes -

Men's Open (103 finishers)		33. Nick Woolf/SLO, ex-CP	33:34	37. Allie Sulaitis/Morro Bay	25:33
1. Scott Bauhs/S.L.O.-Aggies	30:18	39. Ismael Guzman/S.L.O.	33:49	42. Jessica Hoyt/Los Osos	26:04
3. Philip Reid/SLO, ex-CP	30:39	60. Adam Massini/S.L.O.	35:37	43. Aeron Arlin-Genet/ex-CP	26:08
9. Sean Davidson/SLO, ex-CP	31:15	84. Tyler Cooper/Cal Poly	38:07	47. Lindsay Allen/Cal Poly DC	26:16
10. Chris Frias/SLO, ex-CP	31:23	91. Nick Churn/Cal Poly DC	39:48	85. Rosemarie Laguna/L.O.	28:31
14. Joe Thorne/Grover Beach	32:17			99. Brianna Martin/Cal Poly DC	29:42
15. Reese Byers/S.L.O.-Aggies	32:23	Women's Open/Masters		138. Kaitlin Martinez/S.L.O.	33:18
18. Brian Guijarro/S.L.O.	32:33	16. Christine Hoffman/SLO	24:28	(176 finishers)	
31. Tyler Hoyt/Los Osos, MBHS	33:20	19. Kara Thorne, Grover Bch	24:45	- / www.pausatf.org / -	

FRESNO, NOVEMBER 18 – CALIFORNIA JUNIOR COLLEGE CROSS COUNTRY CHAMPIONSHIPS (Woodward Park):

Women's 5K (161 finishers) – 1. Alyssa Block/College of the Sequoias 17:43 (won by 30 seconds – Alyssa was the 2016 & 2017 winner of SLDC's Stride with the Tide 5K in Pismo Beach).

FOLSOM, NOVEMBER 18 – PACIFIC ASSOCIATION JUNIOR OLYMPICS CROSS COUNTRY CHAMPIONSHIPS:

Boys, Ages 9 & 10 (3000 Meters) – 5. Tyler Daillak/Unattached-Paso Robles 12:17. (39 finishers)

Boys, Ages 11 & 12 (3000 Meters) – 9. Luke Reiss/SLDC (Laguna Middle School) 11:32. (63 finishers).

Girls, Ages 13 & 14 (4000 Meters) – 1. Taylor Jones/Unattached-Pismo Beach 14:16 (winner of SLDC's Stride with the Tide 5K in 2015 at age 10) .. 18. Serena Stamford/SLDC (Laguna Middle School) 15:22. (65 finishers). - / www.pausatf.org / -



Luke Reiss at the Pacific Association Junior Olympics XC Meet



Luke has been an SLDC member since 3rd grade

SAN JOSE, NOVEMBER 23 – SILICON VALLEY TURKEY TROT (18,000+ runners total in all races – 5K, 10K, + elite):

Elite Men – 15. Philip Reid/S.L.O.-Hoka Aggies (ex-Cal Poly) 14:21 .. 29. Reese Byers/S.L.O.-Hoka Aggies 15:02.

DANA POINT, NOVEMBER 23 – DANA POINT TURKEY TROT 10K (2,614 finishers in the 10K + 6,000 runners in the 5K):

14. Tyler Hoyt/Los Osos (ex-Morro Bay HS) 32:42 .. 56. Jessica Hoyt/Los Osos 38:59. - / www.svetiming.com / -

FRESNO, NOVEMBER 25 – CALIFORNIA STATE HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS

Division 4 Boys		154. Aiden Stamford	18:27	Others	
65. Duncan Speirs	17:00	Teams (23 teams)		Division 2 Boys	
73. Matthew Scurria	17:08	11. San Luis Obispo = 294	1:26:08	43. Pablo Cortes/Paso Robles	16:12
74. Jacob Andreatta	17:09			60. Damian Gasvilan/Paso	16:25
89. Justin Hatcher	17:19	Division 4 Girls		66. Luis Jazo/Arroyo Grande	16:30
99. Alex Southern	17:29	16. Audrey McClish/M. Bay	18:50	Teams (23 teams)	
132. Cole Bumen	18:01	(195 finishers)		14 Paso Robles (353 points)	1:23:46

