

**** RACE RESULTS ****

COOL, MARCH 3 – WAY TOO COOL 50K TRAIL RUN: 88. Geof Chiapella 5:02:03 (625 runners). This was Geof's ultra-marathon debut and also his 37th birthday.

PASADENA, MARCH 3 – S.C.I.A.C. MULTI-DUAL: Men's 800M – 11. John Nichols/Redlands (AGHS/SLDC) 2:11.20.

REDDING, MARCH 3 – NOR-CAL TEN MILE ((161 finishers, USAT&F Pacific Association Grand Prix Series race):
2. Sergio Reyes/Hoka Aggies (ex-Los Osos, Cuesta College) 51:55 .. 60. Antonio Arreola/San Jose (ex-SLOHS)1:03:59.

ATASCADERO, MARCH 3 – 20TH ANNUAL HARES & HOUNDS 5K (114 finishers)

1. Pepe Gonzalez	17:06	17. Coker Ellsworth	23:21	34. Heidi Harrison	27:11
7. Mark Hays	21:46	18. Dave Dunbar	23:32	47. Denise Layaye	29:06
8. Matthew Shuck	21:56	25. Dan Simmons	24:38	76. Sue Simmons	39:38
16. Paul Lee	23:20	29. Shauna Kruse	25:13	85. Michael Dean	40:22

NAPA, MARCH 4 – NAPA VALLEY MARATHON (Calistoga to Napa along the Silverado Trail (1,343 finishers):
493. David Opheim 3:57:45 .. 502. George Rehmet 3:58:25 .. 713. Aileen Chann-Cota 4:23:21 .. 879. Julie Opheim 4:41:09
Aileen represented SLDC at the RRCA state meeting held in conjunction with the marathon. Holding the sign in the photo below is former California State Rep. George Rehmet, now the RRCA Western Regional Director, and next to him on the right is Aileen. George has been to SLO for several races, including the Brian Waterbury Memorial Rock to Pier, the SLO Marathon, and the Cherry Canyon Half Marathon.



JACKSONVILLE, FLORIDA, MARCH 10 – JACKSONVILLE RIVER RUN (USAT&F National 15K Championship):
25. Jordan Hasay (2-F) 48:40. This was a 48 second improvement for Jordan from her race here last year (12,650 runners).

ATASCADERO, MARCH 10 – ATASCADERO MEMORIAL MEET:

Boys 800 – 1. Jack Kaiser 2:07 .. 12. Kameron Schmidt 2:16 .. 15. Axel Reich 2:16.

Boys 1600 – 11. Quinn Brussel 4:50 .. 15. Alex Southern 4:54 .. 16. Aidan Stamford 4:54.

Girls 1600 – 1. Emma Manderino 5:28 .. 4. Shaylee Grimm 5:42 .. 8. Julia Bloom 5:50 .. 10. Jenna Girouard 5:58.

Boys 3200 – 5. Matthew Scurria 10:10 .. 6. Justin Hatcher 10:22 .. 8. Jacob Andreatta 10:39.

Girls 3200 – 1. Alexi Steinmaus 11:45 .. 2. Samantha Simard 11:46. - / From Doug Lynch, www.phototiming.com / -

LOS ANGELES, MARCH 10 – OCCIDENTAL COLLEGE SPRING DISTANCE CARNIVAL:

1500 – Section #1 – 10. Daniel Van Buerden/Los Osos (Cal Poly DC) 4:03.77. **Section #3** – 15. Tegan Fleishman/Cal Poly Distance Club (Atascadero HS/SLDC) 4:24.00. (The 1500 had 8 sections with 124 total runners.)

5000M – Section #1 – 23. William Ernst/Cal Baptist (SLOHS/SLDC) 14:59.23. **Section #5** – 5. Garron Knox/Cuesta College (SLOHS/SLDC) 15:42.58. (The 5000 had 6 sections with 228 total finishers.)

10,000M – 12. Kobi Kelly/Cuesta College (SLOHS/SLDC) 33:33.69. - / www.royalresults.com / -

CHICO, MARCH 10 – WILDCAT INVITATIONAL:

800M – 7. Connor Fisher/Chico State (Cuesta College) 1:58.77 .. 24. Zach Chamberlain/Chico (Paso Robles HS) 2:05.12.

1500M – 2. Connor Fisher 3:52.62 .. 3. Trad Berti/Unattached (Paso Robles HS) 3:53.07 .. 21. Zach Chamberlain 4:08.27.

MODESTO, MARCH 11 – MODESTO 5K, HALF MARATHON, & MARATHON:

5K – 689. Chris Shuck (1F-70/74) 44:12. **Half Marathon** – 33. Matthew Shuck 1:34:40. **Marathon** – No SLDC entries, club records are by 2:46:58 Rick Kluge & 3:23:34 by Diane Dixon, both in 1992. . . From **Chris Shuck**, Atascadero, “I didn’t realize until I looked at the results again how many people there were in these races. There were 609 in the marathon, 1376 in the half marathon, and 1413 in the 5K plus another 84 in the half marathon relay. The race is VERY well organized and was a really good experience. The top 3 in each 5 year age group got awards – I was first in my division and Matthew was 5th in his. All the half marathon runners got a nice quality hoodie as well.”

BRISBANE, MARCH 11 – REACH FOR A STAR 5K (Pacific Association USAT&F Grand Prix Series race, 221 finishers):

1. Philip Reid/SLO-Aggies (ex-Cal Poly) 14:34 .. 4. Gordon Sturgess/Paso Robles-Aggies (ex-Cuesta College) 14:42 .. 9. Jameson Mora/Paso Robles-Aggies (ex-Cal Poly) 15:08 .. 66. Antonio Arreola/San Jose-Wolfpack TC (2nd-55/59) 18:39.

ATASCADERO, MARCH 16 – PAC-8 VARSITY TRACK & FIELD MEET (at Atascadero High School)

Boys 100 Meters		Boys 1600 Meters		Boys 3200 Meters	
9. Isaiah Gayfield	12:00	10. Jack Kaiser	4:41	7. Alex Southern	10:24
		11. Justin Hatcher	4:42	8. Quinn Brussel	10:28
Boys 200 Meters		16. Antonio DaSilva	4:58	9. Aidan Stamford	10:30
8. Isaiah Gayfield	24:55			12. Axel Reich	11:00
Girls 800 Meters		Girls 1600 Meters		Girls 3200 Meters	
3. Shaylee Grimm	2:31	1. Samantha Simard	5:23	1. Emma Manderino	12:03
7. Thea Ragsdale	2:35	2. Alexi Steinmaus	5:24	2. Grace Rubio	12:14
		12. Catrina Sada	6:01	4. Julia Bloom	12:27
		14. Coco Steel	6:02	7. Jenna Girouard	12:50

ATASCADERO, MARCH 17 – IRISH DAYS FESTIVAL THREE MILE (at Atascadero Lake Park, 2+ laps around the lake):

1. Dave Dunbar/SLDC 21:44 .. 2. Matt Costick/Atascadero 27:29 .. 3. Stan Rosenfield/SLDC 30:43 .. 4. Kristen Stollmeyer/Atascadero (1-F) 33:27 (with stroller) .. 5. Ryan Stollmeyer/Atascadero 37:12 (5 finishers). . . Dave won a \$50 gift certificate to Regal Cinemas for his first place finish. - / From Doug Lynch; www.phototiming.com / -

SAN LUIS OBISPO, MARCH 17 – HEALTH & FITNESS EXPO 5K (at the Madonna Expo Center, 141 finishers)

1. Pepe Ginzalez	18:49	14. John Tiffin	24:12	25. Chuck Crotser	27:15
4. Janet Norem/1-F	21:08	15. Phil Phillips	24:34	51. Stephanie Smith	33:30
13. Andrew Spiering	24:12	22. Kristie Lahr	26:13	- / www.svetiming.com / -	

LOS OSOS, MARCH 17 – PACIFIC COAST TRAIL RUNS (at Montana de Oro State Park)

12K (26 finishers)		9. Joyce Tseng	2:02:59	36K (45 finishers)	
20. Charlie Trenbeth	2:17:03	14. Paul Lee	2:11:09	- No SLDC entries -	
		17. Tom Jefferis	2:17:46	50K (26 finishers)	
Half Marathon (58 fin.)		54. Laurel Posey	3:12:05	16. Zach Yeaman-Sanchez	5:59:58
1. Steve Youngblood/S.M.	1:35:14			19. Mike Stover	6:59:20

SACRAMENTO, MARCH 17 – HORNET INVITATIONAL (at Sac. State, races are combined results from multiple sections):

Men’s 1500 – 17. Aric Champagne/Aggies (ex-Cal Poly) 3:56.25 .. 54. Garron Knox/Cuesta (San Luis Obispo HS) 4:07.45.

Men’s 5000 – 12. Edgar Bonilla/Unattached 15:58 (two time Pismo Beach Stride with the Tide winner from King City) .. 24. Zach Chamberlain/Chico State (Paso Robles HS) 15:22 .. 53. Chris Stehula/SRA Elite (ex-Arroyo Grande) 15:59.

Women’s 5000 – 2. Gracie Albano/Sacramento State (Nipomo HS) 17:24 .. 16. Rosa Granados/Humboldt State (Arroyo Grande HS) 18:18 .. 29. Hope Morgan/Chico State (San Luis Obispo HS) 19:14.

PASO ROBLES, MARCH 18 – WINE COUNTRY 5K & HALF MARATHON (at the CaliPaso Winery)

5K (191 finishers)		12. Matthew Shuck/1-SLDC	1:32:34	181. Elisa Moylan/1F-70+	2:13:24
20. Martina Kingman/1F-50+	25:45	23. Dave Fleishman/3-50+	1:37:08	193. Linda Stimson	2:17:46
25. Debbie Dorney/1F-65+	26:55	52. Dave Dunbar/1-60+	1:45:20	224. Chantal Donahue	2:29:36
93. Sue Simmons/1F-60+	35:19	63. Chuck Fiorentino/2-60+	1:46:52	252. Patsy Schackart/4F-65+	2:51:38
139. Chris Shuck/4F-70+	43:31	70. Dan Simmons/1-70+	1:48:32		
		86. Bill Schackart/1-60+	1:51:14	(262 finishers)	
Half Marathon		110. Suzi Jiannuzzi/1F-60+	1:56:14	www.eternaltiming.com	
1. Phillip Reid/Aggies	69:22	119. Liz Byrnes/2F-60+	1:58:45		

SAN LUIS OBISPO, MARCH 24 – WARRIOR TRAIL RUNS (at Camp San Luis Obispo)

5K (95 finishers)		2. Kevin Cooper	42:38	Youth Mile	
1. Pepe Gonzalez	21:37	4. Matt Escobedo	44:03	Kimberly Budinger	
16. Julie Escobedo	36:10	13. Mary Cooper	48:42	Rebekah Waterbury	
		38. Emily Combes	60:46	5K Trail Hike (untimed)	
10K (89 finishers)		52. Katy Ayer/Arr. Grande	68:23	Marty Budinger	
1. Rob Mead/Templeton	38:09	64. Cornelius Pigott	71:14	Libby Waterbury	

LOMPOC, MARCH 24 – JOHN TRETTIN MEMORIAL 5K (on the Cabrillo High School cross country course):

16. Dave Dunbar/1-60+	23:42	78. Charlie Trenbeth/3-60+	34:05	1. Trent Ogan/Lompoc	19:13
22. Linda Signal/1F-40+	24:19	83. Stan Rosenfield/1-70+	36:05	1F. Sarah Castillo/Lompoc	20:38
42. Debra Mares/SLO/2F-50+	27:34	95. Dawn Trenbeth/4F-60+	40:22	(146 finishers)	

SAN LUIS OBISPO, MARCH 24 – SHARE SLO TRACK & FIELD INVITATIONAL (at Cal Poly)

Men's 1500 – 36. Garron Knox/Cuesta (SLOHS) 4:10. **Women's 5000M** – 12. Janet Norem/SLDC 21:08.

RIVERSIDE, MARCH 24 – SPRING BREAK CLASSIC (at U.C. Riverside):

Men's 1500 – 12. Christian Ricketts/Southern Utah (AGHS) 4:00.41. **Women's 1500** – 15. Gracie Albano/Sac. State 4:44.06.

AUBURN, MARCH 24 – KNICKERBOCKER CANYON 35K TRAIL RUN: 76. Laurel Posey (1F-60+) 5:56:55.

ATASCADERO, MARCH 25 – TENT CITY 5K, 10K, HALF MARATHON, & MARATHON

5K (81 finishers)		Half Marathon		Marathon (28 finishers)	
1. Derek Wright	20:06	1. Michael Cordsen/Paso	1:20:38	1. Greg Saiki/Bakersfield	2:56:08
2. Kayla Hurl/Shandon/1-F	21:06	3. Cathleen Willy/1-F	1:29:58	3. Pepe Gonzalez	3:10:39
4. Travis Kenney/Atascadero	22:35	5. Sean McCormick/Paso	1:32:41	4. Kevin Wolf	3:15:40
16. Ted Rapley/Atascadero	26:36	7. Matthew Shuck	1:37:25	8. Alissa Armstrong/1-F	4:00:31
45. Sue Simmons	35:15	15. Nick Smaira/Pismo Bch	1:44:27		
		26. Dave Dunbar	1:50:23		
		28. Dan Simmons	1:51:39		
		41. Suzi Jianuzzi	1:58:39		
		(119 finishers)			

- / www.cvtiming.com / -