

**** RACE RESULTS ****

ARROYO GRANDE, APRIL 7 – TAR SPRINGS RANCH ULTRA TRAIL RUNS

10K (155 finishers)			50K (187 starters, 162 fin.)		
3. Rudy Uribe	59:33	17. Matt Downing	3:07:30	35. Brent Vanderhoof	7:17:11
52. Kristie Lahr	1:28:22	27. Anne Simpson	3:27:52	42. Nick Smaira	7:35:08
133. Sandie Cano	2:35:07	48. Linda Signal	3:54:15	47. Steve Kerr	7:44:15
25K (165 finishers)			94. Neil Silvers	131. Laurel Posey	10:26:16
4. Geof Chiapella	2:34:49	95. Kymberly Fazzio	4:45:54	157. Ralph Wright	12:39:58
14. Joyce Tseng	2:53:03	96. Emily Coombes	4:45:54	160. Norine Gibbons	13:02:55

POMONA, APRIL 7 – POMONA-PITZER INVITATIONAL: 1500M – William Ernst/Cal Baptist (SLOHS, SLDC) 4:00.14.

MADISON, WISCONSIN, APRIL 7 – MAD CITY ULTRAS (USAT&F NATIONAL 100 KM Championship):

1. Anthony Kunkel/CO 6:52:09 .. 2. Jadd Martinez 7:34:45 .. 3. Thomas Reiss 7:38:35. . . From Jadd Martinez – “Here are the USATF 100k championship results from Saturday in Madison, WI. The conditions were pretty brutal with a starting temperature of 16 degrees. On paper, Thomas and I were ranked 7th & 8th based on the resumes of the elites but I finished 2nd overall in 7:34:45. Thomas finished 3rd overall and was the 1st Master’s in 7:58:35, There were 25 starters with 12 DNF’s.”

ATASCADERO, APRIL 12 – PAC-8 FROSH/SOPH LEAGUE MEET

Boys 400		Girls 800		Boys 3200	
6. Evan Schweitzer	55.89	1. Thea Ragsdale	2:35	2. Colton Campa	10:44
		11. Tanvi Kenjale	2:52	3. Quinn Brussel	10:52
				13. Ved Kenjale	12:01
Girls 300 Hurdles		Girls 1600		Girls 3200	
6. Nytasha Steinmaus	56.03	2. Julia Bloom	5:40	1. Grace Rubio	12:02
		8. Catrina Sada	6:16	2. Ellie Treichler	13:15
Boys 800		9. April Engelmeier	6:17	/ www.phototiming.com /	
4. Axel Reich	2:15	14. Ula Webb-Simonsen	6:41		

CLAREMONT, APRIL 14 – S.C.I.A.C. MULTI-DUAL: Men’s 800 – John Nichols/Redlands (AGHS, SLDC) 2:06.12.

BOSTON, MASSACHUSETTS, APRIL 16 – THE 122ND B.A.A. BOSTON MARATHON

5,489. Kelsey Lakowske	3:20:34	16,662. Marian Fiorentino	4:04:17	Others	
12,109. Susan McAdoo	3:45:16	16,874. Suzi Jianuzzi	4:05:28	1584. Ben Walker/1-SLO County	2:58:48
12,152. Dave Fleishman	3:45:26	18,356. Paul Shires	4:14:29	1894. Michael Cordsen/Paso	3:00:35
13,528. Alison Borgsmiller	3:50:34	20,859. Liz Byrnes	4:34:33	4951. Holly Rodgers/1F-SLO Co.	3:18:22
15,195. Amy Parkinson	3:57:19	22,216. Cydney Lakowske	4:58:35	N/A Kerry Morriss/S.L.O.	4:29:52
16,661. Chuck Fiorentino	4:04:17	-- Did Not Start – Jordan Hasay, Kelly Wangard		21390. Shu Kragness/A.G.	4:39:55
				(27,048 starters)	

Teams - Men’s Masters: 69. SLDC (Dave Fleishman, Chuck Fiorentino, Paul Shires) = 12:04:12

Women’s Open: 46. SLDC (Kelsey Lakowske, Alison Borgsmiller, Marian Fiorentino, Cydney Lakowske) = 11:15:25

Women’s Masters: 32. SLDC (Susan McAdoo, Amy Parkinson, Suzy Jianuzzi, Liz Byrnes) = 11:48:03. The women’s masters team moved up steadily, from 42nd place at 10K to 41st at the halfway mark and then 34th at 35K before winding up 32nd.

SANTA BARBARA, APRIL 14 – CHARDONNAY 5K & TEN MILE: 5 KM - 73. Patsy Schackart 35:29 (5F-60/69).

10 Mile - 64. Bill Schackart 1:24:06 (4th-60/69) .. Debbie Dorney (1F-60/69, winner of as bottle of wine) 1:34:19.

MCFARLAND, APRIL 15 – MCFARLAND HALF MARATHON: 7. Matthew Shuck 1:38:32. . . From Chris Shuck, “**This** was a good race experience. There was a bus tour after the race of the “McFarland” movie sites with Coach White as the tour guide.”

VERMONIA, OREGON, APRIL 15 – VERMONIA HALF MARATHON (370 finishers):

23. Kevin Cooper (2-55+) 1:34:42 .. 34. Mary Cooper (1F-60+, also 1F-40+) 1:38:39 .. 36. Brian Cooper/OR (1-60+) 1:38:52.

PISMO BEACH, APRIL 21 – I SCREAM FOR ICE CREAM 5K (110 finishers):

1. Tim Greilich/Fresno 24:24 ,, 2. Amy Parkinson 24:33 (6 days after finishing the Boston Marathon) .. 6. Rebekah Waterbury (2F-12&U) 25:15 .. 8. Kimberly Budinger (3F-12&U) 25:59 .. 36. Stan Rosenfield 33:03 .. 53. Callie Sharp (age 8) 37:08.

SANTA MONICA, APRIL 21 – WESTERN STATE CONFERENCE TRACK & FIELD CHAMPIONSHIPS:

10,000 Meters – 5. Garron Knox/Cuesta (SLOHS) 33:37 .. 8. Kobi Kelly/Cuesta (SLOHS) 34:19. / www.directathletics.com / \



Matt Shuck with Coach White at the McFarland Half Marathon



Chuck & Marian Fiorentino at Boston

MORRO BAY, APRIL 21 – MIRACLE MILES FOR KIDS 10K (1,460 finishers)

1. Pepe Gonzalez (1-20+)	35:14	60. Paul Lee	49:00	305. Sandra Simons (2F-60+)	61:37
6. Manny Tarog (1-30+)	40:16	71. Chris Haggie (4-60+)	49:46	360. Neil Silvers	64:37
9. Junior Jimenez (2-30+)	41:08	95. Andrew Spiering	51:48	378. Julie Escobedo	65:23
15. Chad Stamford (3-40+)	41:58	133. Christina Stamford	54:23	453. Chuck Crotser (3-70+)	69:01
17. Matt Ruane (3-40+)	42:31	151. Kennedy McAdoo (5-14U)	55:36	653. Nova Poff (1F-80+)	78:41
27. Matthew Shuck (4-30+)	43:35	184. Angenette Tiffin	56:56	837. Renee Silvers	91:01
28. Serena Stamford (1-14U)	43:50	190. Emily Coombes	57:00	972. Giovanna Schaefer (2-80+)	101:19
31. Matt Escobedo (2-50+)	43:59	298. David Jeffrey (1-70+)	61:27		

/ www.eternaltiming.com/



Boston Marathon runners Rick Chezum, Chuck Fiorentino, Cyndy Lakowske, Marian Fiorentino, Michelle Haynes, Dave Fleishman, & Kelsey Lakowske

SAN LUIS OBISPO, APRIL 28 – SLO 5K & YOUTH MILE

5K (400 finishers)				135. Stan Rosenfield (3-70+)	31:39
1. Nate Anguiano (ex-Paso)	17:36	24. Andrew Spiering (2-40+)	22:56	306. Giovanna Schaefer (3-70+)	47:27
2. Tiffany McBroom (1-F)	18:20	48. Phil Phillips (10-30+)	25:29		
9. Matthew Shuck (3-30+)	20:36	55. Christina Stamford (2F-40+)	26:16		
12. Serena Stamford (1F-14U)	21:06	60. Chuck Crotser (1-70+)	26:49		
17. Paul Shires (1-60+)	22:12	104. Louise Walters (1F-70+)	30:00		
				Youth Mile	
				3. Rebekah Waterbury/1-F	6:45
				5. Kimberly Budinger/2-F	7:18

FREMONT, APRIL 28 – WESTERN PACIFIC TRAIL MARATHON (162 finishers):

SLDC – 76. Shauna Kruse (1F-50+) 4:18:55 .. 87. Heidi Harrison (7F=45+) 4:29:07 .. 108. Dave Dunbar (3-60+) 4:53:13.

Other – 70. Mason Livingston/Atascadero 4:13:46 .. 83. Melissa Silva/Paso Robles 4:25:32. - / Brazen Racing / -

LAS VEGAS, NEVADA, APRIL 28 – REVEL MT. CHARLESTON HALF MARATHON & MARATHON:

Half Marathon - 298. Bill Schackart 1:47:28 (1st-65/69) .. 1703. Patsy Schackart 2:56:33. (1,949 finishers)

Marathon – 528. Michelle Haynes/Nipomo (12F-50/54) 3:49:00. From Bill – “Patsy and I ran the half marathon at the Revel Mt. Charleston Marathon and Half Marathon today. It was pretty hot for today’s race, which started early at 6:00 AM but it heated up quickly as the sun rose.”

SAN LUIS OBISPO, APRIL 29 – SLO HALF MARATHON & MARATHON

Half Marathon-SLDC			559. Chris Connors	2:04:15	Half Marathon - Others	
16. Trevor Cardinal/3-35+	1:27:18	578. Emily Coombes	2:05:07	1. Phil Reid/SLO-Hoka Aggies	1:07:29	
18. Manny Tarog/2-30+	1:28:13	640. Aileen Cota	2:07:35	2. Gordon Sturgess/Aggies	1:08:30	
30. Jadd Martinez	1:29:34	656. Brigid Woods	2:08:14	8. Kara Thorne/1-F, Aggies	1:22:29	
46. Matthew Shuck	1:33:15	744. Amy Watkins	2:12:28	33. Annie Mooney/S.F./ex-SLDC	1:30:47	
48. Jedd Hasay	1:34:20	809. Kim Shollenberger	2:15:00	52. Hank Elgin/Pasadena/ ”	1:44:50	
50. Kevin Cooper/2-55+	1:34:50	811. Elisa Moylan/1F-70+	2:15:02	290. Melissa Palmer/ex-SLDC	1:52:26	
77. Adelaido Jimenez	1:38:27	821. Brian Matis	2:15:25			
80. Mark Hays/1-65+	1:38:38	1144. Cornelius Pigott/1-75+	2:32:17			
105. Matt Ruane	1:41:54	1183. Chantal Donahue	2:35:07			
151. Mary Cooper/1F-60+	1:44:36	1425. Cathy Beaudoin	2:54:16	12. Pepe Gonzalez (3 rd -25+)	3:10:30	
184. Dan Jansen	1:46:07	1477. Sandie Cano	2:58:48	14. Kevin Wolf (2 nd -35+)	3:13:52	
195. Michael Dean	1:47:18	1640. Giovanna Schaefer/80+	3:38:48	73. Matt Downing (7 th -30+)	3:53:15	
300. Cyndy Lakowske/3-55+	1:52:50					

Marathon Relay – Sole Sisters 4:39:59 (team included Sandra Simons)

ALL-TIME S.L.D.C. TOP FIVE AT THE SAN LUIS OBISPO RED CROSS (1979-1986) & SLO (2012-2018) MARATHONS

1. Tom Jefferis/1983	2:39:29	1. Kelsey Lakowske/2017	2:59:02
2. Jon Root/1981	2:41:33	2. Mary Ryzner/1984	3:03:31
3. Bob Hollister/1980	2:42:04	3. Carin Serba/2012	3:16:33
4. Paul Lee/1983	2:42:31	4. Kim Beckman/1980	3:22:48
5. Steve Dornish/1983	2:42:43	5. Diane Dixon/1983	3:25:22



Emily Coombes & Mary Cooper at the SLDC booth - SLO Marathon (photo by Paul Shires)



Kimberly Budinger & Rebekah Waterbury at the Youth Mile portion of the SLO Marathon



Kevin & Mary Cooper at the SLDC booth - SLO Marathon (photo by Paul Shires)