

**\*\* RESULTS \*\***

**CERRITOS, NOVEMBER 2 – SOUTHERN CALIFORNIA REGIONAL JUNIOR COLLEGE CHAMPIONSHIPS:**

**Men's 4 Mile** (193 runners) – 39. Steve Youngblood/Cuesta 20:27 .. 67. Garron Knox/Cuesta (SLOHS) 21:10.

**Women's 5K** (177 runners) – 115. Kirsten Purcell/Cuesta 21:48 .. 67. Mattie Lindsey/Cuesta (SLDC) 21:56.

**SAN LUIS OBISPO, NOVEMBER 3 – FAIRBANKS MEMORIAL MIDDLE SCHOOL CROSS COUNTRY MEET:**

**Boys** (135 runners) – 9. Tyler Dailak/Flamson 10:18 .. 10. Zach Soriano/Paulding 10:30 .. 18. Jared Treichler/Laguna 10:47.

**Girls** (92 runners) – 1. Taylor Jones/Paulding (8:39 (2015 Pismo Beach Stride with the Tide winner at age 10) .. 40. Kelsey Hammond/Flamson 13:24. - / Results from Tyler Hoyt / -

**SAN BERNADINO, NOVEMBER 3 – C.C.A.A. CONFERENCE CROSS COUNTRY CHAMPIONSHIPS (84 runners):**

**Men's 8K** – 12. Zach Chamberlain/Chico (Paso Robles HS) 24:59 .. 18. Daniel Tull/Humboldt (Atascadero HS) 25:19.

**FOLSOM, NOVEMBER 3 - RIO DEL LAGO 100 MILE** (Pacific Association Ultra Grand Prix Series race):

3. Jadd Martinez 17:30:58. . . Jadd moved up steadily throughout the race with the following placings at each successive checkpoint: 18-10-8-8-7-4-3-3-3-3. **Others:** 7. David Aguayo/Los Osos 18:35:42 .. 51. Sam Clemons/SLO 23:37:04 .. 71. Amanda Coffey/SLO (6-F) 25:12:27 .. 188. Stuart King/Paso Robles 28:58:33 .. 223. Haley Chiasson/Morro Bay.

**DAVIS, NOVEMBER 3 – DOC ADAMS CROSS COUNTRY INVITATIONAL:**

**Men's 8K** – 29. Trad Berti/Chico State (Paso Robles HS) 27:22. **Women's 6K** – 16. Hope Morgan/Chico (SLOHS) 24:25.

**MORRO BAY, NOVEMBER 4 – MORRO BAY TRIATHLON** (Olympic Distance, 171 finishers): - / [www.eternaltiming.com](http://www.eternaltiming.com) / -

68. Joyce Tseng (4F-30/39) 2:47:24 .. 109. Kim Shollenberger (3F-50/59) 3:06:51 .. 167. Cathy Beaudoin (7F-50/59) 4:10:53.

**NEW YORK CITY, NEW YORK, NOVEMBER 4 – NEW YORK CITY MARATHON** (52,704 runners):

**SLDC** = 32,245. Aileen Cota 4:48:03 .. 37,966. Linda Stimson 5:05:44. **Others** – 70. Stephanie Bruce/AZ (11-F) 2:30:59.



Aileen Cota (left) and Linda Stimson (right) with Kathryn Switzer (center) at the 2018 NY Marathon



Aileen & Meb Keflezeghi at the 2015 New York City Marathon



Aileen with Billy Mills at the 2013 Marine Corps Marathon

**SAN LUIS OBISPO, NOVEMBER 7 – MOUNTAIN LEAGUE FINALS** (at the Fairbanks Memorial course)

<b>Varsity Boys</b> (47 runners)		11. Julia Bloom	20:34	14. Dylan Reiss	19:09
8. Duncan Spiers	16:43	14. Grace Greenelsh	20:45	18. Ved Kenjale	19:20
11. Alex Southern	16:55	16. Thea Ragsdale	21:05	39. Carson Krueckel	20:13
12. Luke Holland	16:56			74. Aidan Kaiser	23:53
14. Garrett Beutel	17:00	<b>J. V. Boys</b> (85 runners)			
15. Jack Kaiser	17:03	1. Aidan Stamford	17:43	<b>J. V. Girls</b> (50 runners)	
16. Matthew Scurria	17:12	2. Justin Hatcher	17:52	1. Grace Rubio	20:55
17. Antonio DaSilva	17:18	3. Aaron Bloom	17:59	2. Julia Voss	21:31
		4. Luke Ernstrom	18:00	4. Coco Steel	21:48
		6. Axel Reich	18:03	8. Catrina Sada	22:18
<b>Varsity Girls</b> (45 runners)		7. Colton Campa	18:08	9. April Engelmeier	22:20
1. Shaylee Grimm	19:15	8. Quinn Brussel	18:12	17. Ellie Treichler	23:50
5. Samantha Simard	19:46	12. Bryan Arnold	18:36	21. Tanvi Kenjale	25:20
6. Alexi Steinmaus	19:55	13. Nick Bircher	18:59		
7. Emma Manderino	19:55				

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**SACRAMENTO, NOVEMBER 9 – N.C.A.A. DIVISION 1 WESTERN REGIONAL CHAMPIONSHIPS:**

**Men's 8K** (208 finishers) – 74. Sean McDermott/Cal Poly (Cuesta College) 30:58 .. 113. Edgar Bonilla/San Jose State-King City (2 time Stride with the Tide 5K winner) 31:50 .. 177. James Sever/U.C. Riverside-Nipomo (Coastal Christian) 33:20.

**Women's 6K** (250 finishers) – 18. Miranda Daschian/Cal Poly (Atascadero HS/Cuesta College) 20:10 .. 95. Annie Meeder/Cal Poly (Paso Robles HS) 21:35 .. 111. Alyssa Block/Cal State Fullerton (2016 & 2017 Stride with the Tide winner) 21:43.

**PROVO, UTAH, NOVEMBER 9 – N.C.A.A. DIVISION 1 MOUNTAIN REGIONAL CHAMPIONSHIPS:**

**Men's 10K** – 20. Christian Ricketts/Southern Utah (Arroyo Grande HS) 29:46.

**SAN LUIS OBISPO, NOVEMBER 9 – CLASH ON THE COAST: Women's 3000M** – 3. Mattie Lindsey/Cuesta 12:46.80.

**WALLA WALLA, WASHINGTON, NOVEMBER 10 – N.C.A.A. DIVISION 3 WESTERN REGIONAL CHAMPIONSHIPS:**

**Women's 6K** (125 runners) – 6. Malea Martin/Claremont-Mudd-Scripps (San Luis Obispo HS) 22:26 .. 22. Shannon McClish/U. C. Santa Cruz (Morro Bay HS) 23:01.

**PACIFIC GROVE, NOVEMBER 10 – LIGHTHOUSE 5K** (1,841 finishers):

**SLDC** = 40. Matthew Shuck 20:23 .. 1157. Chris Shuck (4F-70/74) 44:31. **Others** – 1. Darren Holman/43/Sonora (ex-Cal Poly) 16:07 .. 3. Broen Holman/12/Sonora 16:28 .. 42. Rachel Banton/Templeton (7-F) 20:38 .. 45. Steve Scott/62/Pacific Grove (1-60/64) 20:47 (former American record holder in the mile at 3:47, has run over 130 sub-four minute miles).

**PASO ROBLES, NOVEMBER 11 - PACIFIC PREMIER BANK MILE, 5K, & HALF MARATHON**

<b>5K</b> (133 finishers)		<b>Half Marathon</b> (116 fin.)				
4.	Tyler Daillak/11/Paso 18:35	1.	Jameson Mora/Paso 1:10:17	26.	Dave Dunbar (3-60+)	1:41:25
8.	Katie Brown/Paso (1-F) 20:45	3.	Rob Mead/Templeton 1:15:09	40.	Dan Simmons (1-70+)	1:49:53
24.	Kelly Wangard/Paso 25:20	5.	Rachel Hyland (1-F) 1:23:50	43.	Tricia Mooney	1:51:26
50.	Louise Walters (1F-70+) 29:33	9.	Annie Mooney 1:30:14	48.	Mark Mooney	1:52:38
80.	Sue Simmons (4F-60+) 35:46	17.	Steve von Dohlen/1-SLDC 1:34:56	49.	Heidi Mooney (1F-60+)	1:54:36

[www.synergycetiming.com](http://www.synergycetiming.com)

**PACIFIC GROVE – From the Monterey Bay Half Marathon Meet Director:** “Due to the rapidly declining air quality in Monterey Bay, we have made the difficult decision to cancel the Monterey Bay Half Marathon scheduled for tomorrow, November 11. This morning during the 5K, air quality was deemed safe for outdoor activity. Saturday afternoon, the wind shifted, blowing heavy smoke into our peninsula. Weather maps forecast that air quality in our area will remain “unhealthy” to “very unhealthy” into Sunday afternoon. After consulting with our Medical Director, we have determined that it is not safe for runners and race personnel to participate in tomorrow's events. We apologize for this but we feel it is the appropriate course of action.” (SLDC had half a dozen people entered in this race among the more than 7500 runners scheduled to participate.)

**LAS VEGAS, NEVADA, NOVEMBER 11 – ROCK & ROLL LAS VEGAS** (Marathon, Half Marathon, 10K, & 5K):

**10K** (5,000 finishers) – 4. Jason Safarik/Arroyo Grande (ex-AGHS) 34:57 (1-30+) .. 3976. Giovanna Schaefer 1:36:47 (1-80+).

**Half Marathon** (17,100 finishers) – 1215. Bill Schackart 1:52:01 (9th-65/69).. 10712. Patsy Schackart 2:47:55 (31F-65/69).

From Bill – “Patsy and I ran the Rock N' Roll Las Vegas Half Marathon yesterday. This year they had a new runners village area just east of Planet Hollywood and a new starting area a block north of the MGM Grand with the race starting in the northbound lanes of the strip and going south for 2 miles before turning around. It was a complete change in venue from last year, but once we got to the new runners village and found our way around, it all went pretty well. The weather was perfect for a night run, 60 degrees and dropping at the start.”

**S.L.D.C. ALL-TIME TOP TEN AT THE LAS VEGAS MARATHON**

1.	Gary Silva/1991	2:37:07	1.	Mary Ryzner/1989	2:52:02
2.	Gary Silva/1989	2:38:17	2.	Mary Ryzner/1991	2:59:16
3.	Steve Boaz/2001	2:41:03	3.	Mary Ryzner/1994	3:06:04
4.	Gary Silva/1988	2:41:56	4.	Janet Norem/2001	3:11:59
5.	Gary Silva/1992	2:43:32	5.	Angie Ramirez/1994	3:12:02
6.	Doug Sims/1993	2:48:40	6.	Amie Moberg/2001	3:33:50
7.	Sean McCormick/1994	2:51:30	7.	Lori Hashim/2005	3:34:27
8.	Luis Escobar/1991	2:52:20	8.	Martina Kingman/2006	3:43:30
9.	Brian Waterbury/2000	2:54:11	9.	Bobbi Tomkins/2004	3:45:54
10.	Charlie Joslin/2000	2:56:43	10.	Susan Krout/1989	3:50:01

**FRESNO, NOVEMBER 15 – C.I.F. CENTRAL SECTION CHAMPIONSHIPS** (at Woodward Park)

<b>Boys, Division 2</b>				<b>Girls, Division 2</b>	
6.	Duncan Speirs 16:13	31.	Alex Southern 17:00	4.	Grace Greenelsh 19:25
7.	Matthew Scurria 16:15	<b>Teams: 2. S.L.O.</b>	<b>60 pts.</b>	7.	Emma Manderino 19:34
13.	Garrett Beutel 16:34	(112 finishers)		8.	Samantha Simard 19:40
16.	Jack Kaiser 16:38			19.	Alexi Steinmaus 20:22
18.	Luke Holland 16:37			24.	Thea Ragsdale 20:33
24.	Antonio DaSilva 16:53	2.	Grace Rubio 19:18	<b>Teams: 1. S.L.O.</b>	<b>24 pts.</b>
		3.	Shaylee Grimm 19:20	(115 finishers)	

**MADISON, WISCONSIN, NOVEMBER 17 – N.C.A.A. DIVISION 1 NATIONAL CROSS COUNTRY CHAMPIONSHIPS:**

**Men's 10K** (252 finishers) – 165. Christian Ricketts/Southern Utah (Arroyo Grande HS) 31:14.

**Women's 6K** (253 finishers) – 82. Katy Izzo/Cal Poly 20:58 .. 112. Miranda Daschian/Cal Poly (Atascadero HS) 21:09.

**BILLINGS, MONTANA, NOVEMBER 17 – N.C.A.A. DIVISION 2 WESTERN REGIONAL X-C CHAMPIONSHIPS:**

**Men's 10K** (169 finishers) – 49. Daniel Tull/Humboldt State (Atascadero HS) 32:20.

**OSHKOSH, WISCONSIN, NOVEMBER 17 – N.C.A.A. DIVISION 3 NATIONAL CROSS COUNTRY CHAMPIONSHIPS:**

**Women's 6K** (279 finishers) – 75. Malea Martin/Claremont-Mudd Scripps (San Luis Obispo HS, SLDC) 22:22. (#1 for CMS)

**FRESNO, NOVEMBER 17 – CALIFORNIA COMMUNITY COLLEGE STATE CROSS COUNTRY CHAMPIONSHIPS:**

**Men's 4 Mile** (168 finishers) – 77. Garron Knox/Cuesta (San Luis Obispo HS, SLDC) 21:51 .. 102. Steve Youngblood/Cuesta (Pioneer Valley HS, 2018 Stride with the Tide 5K winner) 22:13. **Teams:** 14. Cuesta College 382 points.

**BAKERSFIELD, NOVEMBER 18 – BAKERSFIELD 5K, HALF MARATHON, & MARATHON:** Club & SLO County finishers - **5K** (725 finishers) – 94. Raymond Tsai/Paso Robles 29:22 .. 188. Patty Lopez/SLO 34:24 .. 227. Liz Jaregui/Paso 35:39.

**Half Marathon** (760 finishers) – 20. Bernardo Salcido/Pismo Beach 1:29:36 .. 48. Katie Salcido/Pismo Beach 1:39:34 .. 388. Anna Paquette/SLO 2:19:45 .. 565. Tayler Koenig/Paso Robles 2:44:20 .. 566. Seth Koenig/Paso Robles 2:44:21 .. 697. Debra Roberts/Los Osos 3:10:52.

**Marathon** (274 finishers) – 6. Pepe Gonzalez/Paso Robles-SLDC 2:50:58 .. 16. Kevin Wolf/Paso Robles 3:09:13 .. 71. Daniel Marriott/Oceano 3:55:12. (Club records for the Bakersfield Marathon - all versions going back to 1975 - are 2:32:58 by Allen Rude in 1977 and 3:41:48 by Teresa Campbell in 1981. SLDC had two winners in the early years of the race, Ed Cadena in 1975 (2:38:12) and Allen in 1977.)

**PHILADELPHIA, PENNSYLVANIA, NOVEMBER 18 – PHILADELPHIA MARATHON** (9,500 finishers):

5354. Liz Byrnes/Paso Robles-SLDC 4:23:48 (13F-60/64). (The club marathon records for Pennsylvania are 2:42:47 by Chuck Elkins at Philadelphia in 1981 and 2:59:54 by Mary Ryzner at the 1988 Olympic Trials in Pittsburgh.)

**RENO, NEVADA, NOVEMBER 18 – PACIFIC ASSOCIATION/REGION 16 JUNIOR OLYMPICS CROSS COUNTRY MEET:**

**Boys 3K** (Ages 11 & 12, 81 runners) – 19. Tyler Dailak/Paso Robles-SLDC 12:02 (qualifies to advance to the national meet).

**SAN JOSE, NOVEMBER 22 – SILICON VALLEY TURKEY TROT:**

**5K** (11,189 finishers) – 2503. Kyle Kelly/Arroyo Grande 33:33 .. 2826. Hailey Kelly/Arroyo Grande 34:26 .. 2834. Emily Crews/Arroyo Grande 34:27 .. 6540. Paul Jensen/San Luis Obispo 49:32 .. 6548. Laura Jensen/San Luis Obispo 49:35.

**10K** (4,616 finishers) – 458. Dave Dunbar/Arroyo Grande-SLDC (11<sup>th</sup>-60/64) 47:15.

**Elite Men** (Pacific Association) – 12. Philip Reid/SLO (ex-Cal Poly) 14:06 .. 17. Swanjit Boyal/SLO (ex-Cal Poly) 14:40.

**SACRAMENTO, NOVEMBER 22 – RUN TO FEED THE HUNGRY:**

**5K** (2,000 runners) - 1. Connor Fisher/Chico 15:02 (ex-Cuesta College, 2013 Brian Waterbury Memorial Rock to Pier winner).

**10K** (1,300 runners) – 4. Reed Breuer/Sacramento 33:24 (ex-Cal Poly Distance Club)

**SANTA BARBARA, NOVEMBER 22 – THANKSGIVING DAY FOUR MILE** (626 finishers):

17. Shane Williamson/2-/SLO 25:20 .. 98. Bill Schackart/SLDC 30:44 (4<sup>th</sup>-60/69) .. 441. Patsy Schackart/SLDC 47:08 (11F-60/69) .. 552. Daniel Lara/Santa Margarita 60:47. From Bill – “Here are some results from today's race in Santa Barbara. The weather was clear and sunny. There were some really speedy runners in this one with the top 10 all running a six minute/ mile pace or better with the winner ending up with a 5:08 pace.”

**FRESNO, NOVEMBER 24 – CALIFORNIA STATE HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS**

<b>Boys – Div. 1</b> (185 fin.)		<b>Boys – Div. 2</b> (204 fin.)		<b>Girls – Div. 2</b> (203 fin.)	
13.	Damian Gavilian/Paso 15:23	46.	Xavier Gonzalez/Atas. 16:01	62.	Grace Rubio/SLO 19:09
25.	Pablo Cortes/Paso 15:35	99.	Duncan Speirs/SLO 16:30	69.	Alexi Steinmaus/SLO 19:14
32.	Steven Scruggs/Paso 15:43	105.	Matthew Scurria/SLO 16:33	84.	Shaylee Grimm/SLO 19:23
68.	Cooper Limon/A.G. 16:05	116.	Garrett Beutel/SLO 16:38	90.	Madeline Loff/Paso 19:28
96.	Jason Scruggs/Paso 16:21	134.	Alex Southern/SLO 16:49	92.	Samantha Simard/SLO 19:30
156.	Michael Hernandez/Paso 16:58	147.	Jack Kaiser/SLO 16:59	114.	Emma Manderino/SLO 19:47
182.	Caelan Casa/Paso 17:50	158.	Luke Holland/SLO 17:08	115.	Grace Greenelsh/SLO 19:48
184.	Ethan Short/Paso 18:16	177.	Antonio DaSilva/SLO 17:34	132.	Clare Livengood/Atas. 19:59
<b>Team</b>	9. Paso Robles = 260 pts 80:02	<b>Team</b>	19. S.L.O. = 463 points 83:32	147.	Charlotte Castelli/Paso 20:20
				181.	Thea Ragsdale/SLO 21:22
				<b>Team</b>	11. S.L.O. = 332 points 97:06
	<b>Girls – Div. 1</b> (188 fin.)				
118.	Jenna Lenay/A.G. 19:47				

	<b>Boys – Div. 3</b> (203 fin.)		51. Kacie Slover/Nipomo	19:35	175. Peyton Schemmer/M. Bay	21:48
36,	Devin Diaz/Nipomo	16:18	157. Maia Burton/M. Bay	21:18	201. Kinley Flaherty/M. Bay	22:27
	<b>Girls – Div. 3</b> (214 fin.)		158. Adrienne Frere/M. Bay	21:22	203. Anelise Dempsey/M. Bay	22:32
33.	Audrey McClish/M. Bay	19:17	164. Mailani McKelvy/M. Bay	21:32	<b>Team</b> 22. Morro Bay = 528 pts.	105:20

**FOLSOM, NOVEMBER 25 – PACIFIC ASSOCIATION/REGION 16 JUNIOR OLYMPICS CROSS COUNTRY MEET:**

**Girls 4K** (Ages 13/14, 88 runners) – 1. Taylor Jones/Pismo Beach-Unattached (Paulding Middle School) 13:43.