

**** RACE RESULTS ****

SANTA BARBARA, JANUARY 1 - RESOLUTION DAY 5K & 10K (211 finishers):

5K: 55. Bill Schackart 24:31 (1st-70/79) .. 171. Patsy Schackart 38:28 (8th-60/69F). This was Bill's 70+ age group debut.

PISMO BEACH, JANUARY 1 – PIER TO PLUNGE 5K: There were over 20 SLDC members among the entrants for this race..

Club members shown on the entry list prior to the race were **Allie Watts, April Engstrom, Chantal Donahue** (see below), **Coco Steel, Dave Dunbar, Dave Cagle, Ellie Janette, Jada Wilson** (tot trot), **Julia Bloom, Kelda & Lance Wilson, Liz Byrnes, Marian Fiorentino, Neil & Renee Silvers, Paul Lee, Sandra Simons, Shaylee Grimm, & Trevor Cardinal** as well as **Garrett Owens** (former SLDC Roo Rat who went to play college football), Cuesta assistant cross country coach **Mike Kinter**, former member **Rodolfo Soriano**, Pismo Beach Stride with the Tide winner **Steve Youngblood**, former Cal Poly runner **Sydney Thatcher**, and former Stride with the Tide women's winner **Taylor Jones**.

(Photos from Chantal Donahue)



Jordan Hasay with the race mascots



Jordan Hasay & Chantal Donahue



Three years worth of race perks

PACIFICA, JANUARY 1 – PACIFICA FOOTHILLS TRAIL HALF MARATHON:

90. Laurel Posey 3:27:45 (1F-60/69) .. 109. Ralph Wright 4:17:16 (2-60/69). - / www.imsidetrail.com/results / -

SAN LUIS OBISPO, JANUARY 5 – LA CUESTA RANCH TRAIL RUNS: Race winners plus SLDC finishers -

10K (41 finishers) – 1. Gabe Irwin/SLO 1:03:14 .. 2. Scott Ritterbuck 1:03:42 .. 3. Ralph Kaiser 1:06:51 .. 24. Neil Silvers 1:50:14 .. 29. Dan Simmons 2:00:18 .. 30. Sue Simmons 2:51:41.

25K (72 finishers) – 1. Jeff Stern/Santa Barbara 1:55:50 (course record, the old mark was 2:11:05 by Jadd Martinez in 2016) .. 3. Jadd Martinez 2:07:46 .. 32. Rudy Uribe 3:04:29 .. 42. Craig Campbell 3:20:22 .. 58. April Brause 3:49:47.

50K (24 finishers) – 1. Justin Torres/Los Angeles 4:55:21 (the course record is 4:24:30 by Jadd Martinez in 2017) .. 23. Tom Jefferis 7:41:17. - / Directed by Luis Escobar; Results from www.ultrasignup.com / -

SANTA MARGARITA, JANUARY 6 – BRITNI & BRYNN FRACE MEMORIAL 10K (at Santa Margaritas Lake)

27. Matthew Shuck	48:08	126. Heidi Bezaire	69:58	Others (10K)	
33. Dave Bezaire	48:48	147. Ralph Wright	75:46	1. Gordon Sturgess (ex-PRHS)	33:41
53. Julia, Coco, & April Steel	51:52	164. Cathy Beaudoin	85:55	4. Daniel Tull (ex-Atas, HS)	37:42
58. Coker Ellsworth	51:57	165. Geof Chiappella	85:56	11. Catherine Willey (1-F)	39:23
64. Dave Dunbar	53:00	(178 runners)		13. Miranda Daschian (2F, ex-AHS)	41:37
74. Marian Fiorentino	56:56	2.5 Mile Walk		19. Annie Meeder (3F, ex-PRHS)	45:26
86. Suzi Jlanuzzi	59:44	18. Hannah Hagy	33:39	45. Hope Morgan (ex-SLOHS)	50:41
90. Amie Hammond	60:46	19. Anne Hagy	33:50	52. Michelle Haynes/Arroyo Grande	51:50
105. Denise Layaye	64:57	24. Sierra Nunes	36:06	61. Kim Toney (ex-Atascadero HS)	52:40
106. Emil Coombes	64:58	88. Chris Shuck	53:50	67. Robyn Schmidt/Atascadero	53:32
111. Sandra Simons	66:39	103. Lucy Simola		81. Dana Tryde/Los Osos	58:05
114. Laurel Posey	68:38	(148 walkers)		88. Alyssa Reuschenberg/Avila Bch	60:33
124. Cynthia Lambert	69:27			99. Carrie Anderson/S.L.O.	63:06

From **Chris Shuck**, "The Frace 10K was an excellent race with lots of goodies, well organized, and with good attendance. There were lots of high school and college runners with Gordon Sturgess of the Aggies, formerly of Paso Robles High School and Cuesta College, winning in 33 minutes. There was no rain as it held off for the whole race and we even had some sun." (Results compiled by Dave Fleishman, forwarded by Chris Shuck)

CAMBRIA, JANUARY 12 – CASTLE TO COAST (Hearst State Beach in San Simeon to Shamel Park in Cambria)

1. Alan Jackson/Los Osos	47:17	35. Trish Avery-Caldwell	1:05:44	80. Denise Youngman	1:15:23
8. Kristin Edler/A.G./1-F	56:25	38. Julie Opheim	1:06:49	83. Debbie Dorney	1:15:35
10. Matthew Shuck	57:34	46. Alison Borgsmiller	1:09:35	97. Emily Coombes	1:17:57
13. Janet Norem	58:49	53. Amie Hammond	1:11:19	104. Sandra Simons	1:18:40
16. Matt Ruane	59:25	59. Amy Parkinson	1:12:20	139. Cynthia Lambert	1:25:07
23. Frank Hutchinson	62:24	62. Suzi Jianuzzi	1:12:26	160. Saul David	1:30:19
27. Susan McAdoo	63:37	64. Shauna Kruse	1:12:43		(212 finishers)
30. Dave Dunbar	64:12	66. Samantha Mauro	1:13:01		
31. Paul Shires	64:12	68. Heidi Harrison	1:13:48		

www.castletocoast.com

HOUSTON, TEXAS, JANUARY 20 – CHEVRON HOUSTON HALF MARATHON:

43. Jameson Mora/Paso Robles/Hoka Aggies (ex-Cal Poly) 1:05:50. . . Jameson has a list of local victories over the past 15 years as long as most people's list of races. Among them are Castle to Coast (2001 & 2013), City to the Sea Half Marathon (2009), Wine Country Half Marathon (2017), Strawberry Stampede 10K (2004), Pozo 5K (2004, 2011, 2013), Brian Waterbury Memorial Rock to Pier 6 mile (2011), and SLDC's Hunger Run 8 Mile (2010 & 2011, the latter in a course record of 41:02),

PHOENIX, ARIZONA, JANUARY 20 – ROCK & ROLL ARIZONA MARATHON & HALF MARATHON:

Half Marathon – 4. Scott Bauhs/S.L.O.-Hoka Aggies 1:06:29 .. Jeff Cenoz/Grover Beach 2:29:31.

Marathon – Eric Hunsicker/S.L.O. 5:12:54.

ALL-TIME SLDC TOP TEN AT THE ROCK & ROLL ARIZONA MARATHON

1. Antonio Arreola/2004	2:47:07	1. Mary Cooper/2011	3:19:32
2. Dave Fleishman/2011	2:55:51	2. Suzanne Wetzel/2005	3:26:55
3. Antonio Arreola/2009	2:58:38	3. Mary Cooper/2005	3:49:25
4. Kevin Cooper/2006	3:28:19	4. Sharilyn MacKenzie/2009	3:52:24
5. Walid Neaz/2018	3:30:00	5. Heidi Harrison/2014	4:16:17
6. Dave Dunbar/2010	3:33:37	6. Aileen Cota/2014	4:17:48
7. Fernando Bosseloo/2005	3:57:48	7. Liz Byrnes/2009	4:23:39
8. Jeff Cenoz/2005	3:58:28	8. Rebecca Hakim/2004	4:25:10
9. Jeff Cenoz/2006	3:59:30	9. Jennifer Eichelberger/2009	4:42:38
10. Field Gibson/2006	4:05:05	10. Velva Hakim/2004	4:46:01

CARLSBAD, JANUARY 20 – CARLSBAD MARATHON & HALF MARATHON

Half Marathon (5,410 runners) – 1. Sergio Reyes/Palmdale (ex-Los Osos, Cuesta College) 1:06:39 .. 2687. Brigid Woods/Templeton-SLDC) 2:26:10.

Marathon (989 finishers) – 5. Van McCarty/S.L.O. 2:43:23 (past winner of the SLO Marathon & SLDC Hunger Run).

ALL-TIME S.L.D.C. TOP TEN AT THE CARLSBAD/MISSION BAY/HEART OF SAN DIEGO MARATHON

1. Gregor Robin/1981	2:35:20	1. Mary Ryzner/1989	2:55:33
2. Steve Dornish/1983	2:36:58	2. Kim Beckman/1982	3:11:01
3. Jim Casper/1978	2:40:29	3. Kristen Peers/1991	3:21:30
4. Frank Hutchinson/1978	2:44:53	4. Tammy West/1995	3:33:03
5. Sean McCormick/1996	2:46:30	5. Celeste Grijalva/1981	3:35:37
6. Steve Dornish/1987	2:46:45	6. Sharilyn MacKenzie/2011	3:36:35
7. Keith Kirkpatrick/1983	2:47:37	7. Leslie Monaco/1988	3:41:45
8. Jon Root/1978	2:50:19	8. Angie Ramirez/2000	3:46:33
9. Frank Hutchinson/1979	2:52:00	9. Linda Graham/2002	3:55:26
10. Mike Medeiros/2000	2:53:05	10. Tammy West/1996	4:23:02

WOODSIDE, JANUARY 20 - CRYSTAL SPRINGS WINTER TRAIL RUNS:

Half Marathon – 17. Stephen Lakowske 2:07:56 .. 36. Cyndy Lakowske 2:22:51. (120 finishers)

Marathon – 23. Laurel Posey 7:06:47 .. 25. Ralph Wright 8:17:43 (first SLDC marathon finishers of 2019).

50K – 14. Joseu Stephens/S.L.O. 5:58:36. (55 finishers). - / www.ultrasignup.com / -

SEATTLE, WASHINGTON, JANUARY 26 – HUSKY INDDOR CLASSIC:

Women's 800 (Heat #5) – 5. Savannah Camacho-Colon/Brooks (SLDC/Templeton HS/Oklahoma State) 2:08.29. Savannah was 9th out of all the heats combined (49 runners). - / From Jim Barodte / -

LAWRENCE, KANSAS, JANUARY 26 – JAYHAWK CLASSIC INDOOR:

Women's 1000 - 2. Talley Hill/University of Kansas (SLDC/Arroyo Grande HS) 2:59:23. Talley also ran the Kansas "C" team 4 x 400 relay, running the third leg in 1:00.14. Her team placed 4th in 3:58.15 with the "A" and "B" teams taking 2nd and 3rd. (From Jim Barodte)