

**** RACE RESULTS – OCTOBER 2022 ****

MALIBU, OCTOBER 1 – WAVES INVITATIONAL: 23. Patrick Thomas/Pepperdine (Mission Prep) 28:08 (87 runners).

LANSING, MICHIGAN, OCTOBER 1 – N.C.A.A. DIVISION 3 PRE-NATIONALS:

56. Jenna LeNay/Occidental College (Arroyo Grande HS) 23:20. (316 finishers)

SALEM, OREGON, OCTOBER 1 – CHARLES BOWLES WILLAMETTE NVITATIONAL:

10. Rosa Granados/Humboldt (Arroyo Grande HS) 18:22. (159 runners)

MANHATTAN BEACH, OCTOBER 1 – OLD HOMETOWN 10K (3,064 finishers):

52. Andy DiConti/1-60+ (ex-Cal Poly) 38:42 .. 384. Frank Hutchinson/1-70+ 47:59 .. 2511. Charlie Trenbeth/14th-70 1:21:57.

LOS OLIVOS, OCTOBER 1 – BACK ON THE RANCH TRAIL RUNS:

6 Hour (18 runners) – 1. Thomas Reiss 40.30 miles. **12 Hour** (17 runners) – 4. Rudy Uribe 53.30 miles.

LOOKING BACK – THE ST. GEORGE MARATHON

Although few SLDC runners have attended the St. George Marathon in recent years, held this year on October 1, it was at one time among the most popular destination races due to its fast course and location near Zion & Bryce National Parks. Top SLDC performers there over the years were **Mary Ryzner** (see the write-up below from the St. George race web site), **Gary Silva** with **Frank Hutchinson** close behind, and **Leon Glassburn**. Gary was the masters winner in 1991 with a time that is still the SLDC club record for the 40+ division. For his win, Gary earned a trip to the St. George sister marathon in Ibigawa, Japan. Frank came close to getting the trip in 1995, placing second in the masters division. Leon was a member of the St. George ten-year club and a frequent place winner in the 60+ & 70+ age divisions.

From the St. George Marathon web site - "2019 was the 43rd anniversary of the St. George Marathon, held each year during the first weekend in October. To celebrate this historic anniversary, a thorough review of marathon results throughout the years was done. As a result of this review, it was determined which performances elevated former participants to "Legend" status. Fifty men and fifty women were selected based on their races in the marathon which clearly marked them as legends of the St. George Marathon."

"Californian Mary Ryzner completed the St. George marathon throughout the 1980's and 1990's with an impressive six performances that are among in fastest times in the history of the race. Mary came to St. George for the first time in 1987, seeking a time in the marathon under 2:50 which would qualify her for the 1988 US Olympic Marathon Trials. She had heard from several runners that the marathon in St. George is a fast course if you are prepared for the downhill miles late in the race. Mary was not familiar with the course and as such, she ran with no strategy and no watch, which meant she had no idea how she was doing during the race. As she was finishing the last mile, she realized she could make it under 2:50 but needed to increase her pace. She made it under the standard by two seconds in 2:49:58, good enough for 8th place.

Mary decided to return to St. George in 1989, again with no strategy on how her race should go. With the combination of being familiar with the marathon course and an emphasis in her training on trail running, Mary was ready to run a fast race. She did just that as she ran the 27th fastest time in the history of the St. George marathon. Her time of 2:43:10 was also a personal record for Mary, who ran over 70 marathons. Her time in 1989 landed her in 3rd place. Mary had another top 10 finish when she ran the race the next year in 1990. She finished in 2:47:55, fast enough for 4th place overall. In 1992, Mary had her fourth top 10 finish, as she was 6th overall. She has fond memories of all the great people she has met in St. George. Because of her performances, Mary Ryzner has been selected as one of the all-time top performers in the St. George Marathon."

ALL-TIME BEST S.L.D.C. MARKS AT THE ST. GEORGE MARATHON

<u>MEN</u>			ST. GEORGE, UTAH			<u>WOMEN</u>		
1.	Gary Silva/1991	2:33:14	16.	Sean McRae/2007	3:06:50	1.	Mary Ryzner/1989	2:43:10
2.	Frank Hutchinson/1994	2:34:32	17.	Roger Boedecker/1985	3:08:09	2.	Mary Ryzner/1990	2:47:55
3.	Frank Hutchinson/1995	2:35:07	18.	Keith Kirkpatrick/1993	3:10:26	3.	Mary Ryzner/1987	2:49:58
4.	Frank Hutchinson/1991	2:35:52	19.	Roger Boedecker/1986	3:13:54	4.	Mary Ryzner/1992	2:54:45
5.	Gary Silva/1990	2:36:58	20.	Mark Smith/2000	3:15:24	5.	Mary Ryzner/1991	2:55:32
6.	Doug Sims/1997	2:45:09	21.	Jim Batterson/1997	3:15:42	6.	Diane Dixon/1986	3:00:22
7.	Gary Silva/1993	2:47:29	22.	Leon Glassburn/1988	3:16:20	7.	Mary Ryzner/1994	3:00:48
8.	Antonio Arreola/1999	2:48:00	23.	Leon Glassburn/1989	3:17:59	8.	Laurie Kirkpatrick/1993	3:09:38
9.	Luis Escobar/1991	2:48:53	24.	Stan Rosenfield/1992	3:18:23	9.	Laurie Kirkpatrick/1988	3:11:12
10.	Brian Waterbury/1991	2:49:00	25.	Leon Glassburn/1986	3:18:24	10.	Diane Dixon/1991	3:12:56
11.	Keith Kirkpatrick/1988	2:50:36	26.	Mark Smith/2002	3:20:03	11.	Wendy Jurutka/1990	3:44:35
12.	Gino Brunello/1998	2:55:48	27.	Leon Glassburn/1987	3:22:00	12.	Peggy Boedecker/1987	3:46:00
13.	Ron Roundy/1988	3:01:17	28.	Leon Glassburn/1990	3:24:43	13.	Marci Mora/2005	3:47:47
14.	Stan Rosenfield/1991	3:03:20	29.	George Marrett/1990	3:25:00	14.	Elaine Keller/2006	3:58:52
15.	Sean McRae/2006	3:04:16	30.	John Thomas/1998	3:26:51	(no others under 4:00)		

SAN LUIS OBISPO, OCTOBER 1 – MOUNTAIN LEAGUE MID-SEASON MEET (at the Fairbanks Cross Country course)

<u>Varsity Boys</u> (47 runners)		<u>J.V. Boys</u> (cont.)		<u>Varsity Girls</u> (cont.)	
1. Joshua Bell/Templeton	16:16	10. Leonardo Eulare	19:27	14. Kimberly Budinger	22:09
2. Weston Greenelsh	16:52	22. Trevor Pearson	20:29	18. Jordan Hammond/Paso	22:34
3. Nolan Roemmich	16:56	44. Logan McAdoo/Templeton	21:49		
6. Morgan Howland	17:18				
7. Tyler Daillak/Paso Robles	17:19				
13. Cade Backlin	17:36				
<u>J. V. Boys</u> (120 runners)		<u>Varsity Girls</u> (37 runners)		<u>J.V. Girls</u> (45 runners)	
1. Conor Mason	17:29	1. Sydney Moore/Paso	19:57	1. Carly Meeks	21:59
3. Ethan Feeser	18:04	2. Phoebe Draznszak	20:16	2. Leila Johnson	22:16
4. Nico Aebischer	18:53	4. Brinley Ewen	20:56	3. Gwen Brussel	22:50
5. Jacob Schuetze	18:54	7. Abigail Southern	21:23	4. Rebekah Waterbury	23:00
		8. Regan James	21:40	5. Mia Clifford	23:11
		12. Faith Hartford	21:55	6. Catherine Tucker	23:32
		13. Ava van Luchene	22:07	8. Estella Eulate	24:14
				12. Makena Johnson	24:48

BEND, OREGON, OCT. 1 – OXFORD CLASSIC (98 finishers) – 3. Hayden Boaz/Summit HS 16:39. - / www.athletic.net / -

INVERNESS, SCOTLAND, OCT. 2 – LOCH NESS MARATHON: 2526. Beth Schaefer 6:57.09 .. Giovanna Schaefer, NT.

SAN FRANCISCO, OCTOBER 7 – SAN FRANCISCO STATE INVITATIONAL (at Golden Gate Park):

Women's 6K (97 finishers) – 10. Leza Cassidy/Cal State East Bay (Arroyo Grande HS/Cuesta College) 22:05.

SAN DIEGO, OCTOBER 7 – MANNY BAUTISTA INVITATIONAL: (Cuesta College finishers)

Men's 4 Mile (195 finishers) – 46. Jordan Reilly 21:56 .. 50. Anthony Erikson 21:59 .. 93. Axel Reich 23:16 .. 148. Jorge Merced 26:26 .. 157. Deegan Miller 27:09.

Women's 5K (125 finishers) – 11. Dulce Esquivel 19:53 .. 30. Paige Medrano 20:57. - / www.DirectAthletics.com / -

(Manny is a former Cal Poly runner who ranks on the school's all-time top 10 for 10,000 meters on the track, won numerous local road races (including the 1982 Rock to Pier race when it was conducted by SLDC), and has a marathon best of 2:18:34 set at San Francisco in 1983. He coached San Diego Mesa College for many years and has been a member of the coaching staff for numerous U.S. international teams. San Diego Mesa is now coached by another Cal Poly graduate, former Arroyo Grande HS coach Sean Ricketts. Manny represented SLDC in the RRCA portion of the National One Hour Run in 1980, running 11 miles, 731 yards and tying with Eric Huff. Both posted the 3rd best mark in the country in the San Luis Obispo section, leading the club to the national team title in that event.)

SAN JOSE, OCTOBER 8 – ROCK & ROLL 5K (858 finishers): 19. Matthew Shuck 21:05 (4th-35/39 out of 50 runners, missed third place award by 33 seconds).

JULIAN, OCTOBER 8 – CUYAMACA 100K (256 entries, 228 starters, 176 finishers - 128 men and 48 women):

74. Chris Jensen/San Luis Obispo 15:15.97 .. Brent Vanderhoof/San Luis Obispo-SLDC 16:42:51. / www.ultrasignup.com /

CLOVIS, OCTOBER 8 – ASICS CLOVIS INVITATIONAL (at Woodward Park)

<u>Race #1 – Var. Girls, Medium Schools</u>		<u>Race #6 – Varsity Boys, Championship Race</u>		<u>Race #11 – Small/Medium Schools, Frosh/Soph Boys</u>	
23. Brinley Ewen	19:58	7. Milo Skapinsky	15:09	2. Conor Mason	17:58
83. Faith Hartford	21:18	55. Weston Greenelsh	16:03	4. Ethan Feeser	18:30
125. Mia Clifford	22:05	59. Quinn White	16:09	17. Jacob Schuetze	18:58
137. Abigail Southern	22:23	68. Nolan Roemmich	16:18	22. Nico Aebischer	19:00
145. Gwen Brussel	22:39	73. Luke Reiss	16:22	29. Mason Lebed	19:24
159. Rebekah Waterbury	23:04	(166 runners)		31. Nolan Connelly	19:33
202. Makena Johnson	24:38			57. Trevor Pearson	21:39
(221 runners)				(102 runners)	
<u>Race #4 – Var. Boys, Small Schools</u>		<u>Race #8- Varsity Girls, Large Schools</u>		<u>Race #13 – Frosh/Soph Girls, All divisions</u>	
2. Joshua Bell/Templeton	15:15	15. Sydney Moore/Paso	19:42	14. Phoebe Draznszak	21:14
(264 runners)		136. Jordan Hammond/Paso	22:25	33. Regan James	22:16
		174. Kelsey Hammond/Paso	23:31	47. Carly Meeks	22:48
		(227 runners)		70. Leila Johnson	23:46
				71. Catherine Tucker	23:46
				93. Kimberly Budinger	24:44
				(167 runners)	
		<u>Race #10, Varsity Boys, Large Schools</u>			
		23. Tyler Daillak/Paso	16:43		
		(252 runners)			

SAN JOSE, OCTOBER 9 – UNITED AIRLINES ROCK & ROLL RUNNING SERIES HALF MARATHON (4,190 runners):

SLDC = 148. Chad Joyce 1:26:57 (4th-50/54 out of 374 runners, missed 3rd place award by 1:05) .. 340. Matthew Shuck 1:36:50 .. 431. Adolfo Lopez 1:41:07 (4th-60/64 out of 112 runners in that division, missed third place award by 1:08).

Others = 22. Gordon Sturgess/Paso Robles (Hoka Aggies) 1:08:17 .. 32. John Gutierrez/Santa Maria 1:11:02.

CHICAGO, ILLINOIS, OCTOBER 9 – BANK OF AMERICA CHICAGO MARATHON: 10,553. Alison Borgsmiller/SLDC 3:46:59 (two weeks after running 3:47:50 in Berlin) .. 12,513. Gwen Severson/Paso Robles 3:57:08. (39,420 finishers)

ALL-TIME TOP 20 S.L.D.C. RUNNERS AT THE CHICAGO MARATHON

1.	Jordan Hasay/2017	2:20:57	CHICAGO, ILLINOIS		14.	Suzi Jianuzzi/2018	4:33:23	
2.	Mariko Fujinaka/1998	3:17:36	8.	Dawn Thompson/2021	3:45:16	15.	Heidi Harrison/2017	4:36:08
3.	Jody Koch/2001	3:26:39	9.	Alison Borgsmiller/2022	3:46:59	16.	Aileen Cota/2017	4:40:38
4.	Lori Hashim/2000	3:29:42	10.	John Ayres/1998	3:47:02	17.	Linda Stimson/2017	4:55:52
5.	Kerry Morris/2013	3:33:25	11.	Jim Fisher/2001	4:01:57	18.	Julie Opheim/2017	5:01:24
6.	Susan McAdoo/2017	3:42:12	12.	Amy Parkinson/2017	4:02:14	19.	Larry Hibberd/2002	5:12:01
7.	Amy Parkinson/2016	3:45:09	13.	Liz Byrnes/2013	4:08:37	20.	Sandra Simons/2018	5:15:22

LONG BEACH, OCTOBER 9 – LONG BEACH HALF MARATHON & MARATHON:

Half Marathon (7,500+ finishers) – 4. Sergio Reyes/1-40+ (ex-Los Osos, Cuesta College) 1:05:43 .. 24. Alyssa Block/1-F 1:16:28 (2016 & 2017 Pismo Beach Stride with the Tide 5K winner).

Marathon (1,936 finishers, none from SLDC) - 709. Austin Boomer/S.L.O. 4:15:57 .. 787. Annika Morse/S.L.O. 4:22:29.

ALL-TIME TOP S.L.D.C. RUNNERS AT THE LONG BEACH MARATHON

MEN			LONG BEACH			WOMEN		
1. Adolfo Lopez/1992	2:24:40	11. Mark Anderson/1988	2:59:10	1. Mary Ryzner/1989	2:57:00			
2. Steve Boaz/1995	2:33:45	12. Matt Thibodeau/2007	2:59:17	2. Diane Dixon/1988	3:13:02			
3. Adolfo Lopez/1999	2:41:33	13. Stan Rosenfield/1985	3:01:07	3. Jill Clements/1990	3:38:54			
4. Luis Escobar/2000	2:47:34	14. Keith Kirkpatrick/1988	3:04:18	4. Joanna Garcia/2006	4:00:32			
5. Doug Sims/2000	2:48:42	15. Jim Brown/1985	3:04:39	5. Sonja Martin/2013	4:02:04			
6. Luis Escobar/1992	2:53:00	16. Doug Sims/2001	3:05:53	6. Ginette Gallagher/1991	4:06:21			
7. Gino Brunello/1999	2:56:36	17. Galen Kirn/1989	3:11:05					
8. Keith Kirkpatrick/1987	2:57:37	18. Roger Boedecker/1983	3:19:05					
9. Chris Connors/1985	2:58:14	19. Tim O'Hara/1983	3:21:30	WHEELCHAIR				
10. Jim Brown/1983	2:58:34	20. Tony Brizzolara/1992	3:22:42	Rory Cooper/1986	2:11:16			

NIPOMO, OCTOBER 15 – DANA ADOBE CROSS COUNTRY MEET

Race #1 - J.V. Girls (48 finishers) – 1. Amelie Moustirats/Arroyo Grande 22:39 .. 2. Ava Van Luchene/SLO 23:29 .. 14. Estelle Eulate/SLO 26:40 .. 19. Ivy Kragness/Arroyo Grande 28:40.

Race #2 - J.V. Boys (113 finishers) – 1. Stewart Caldwell/SLO 19:36 .. 2. Aidan Dellinger/SLO 19:40 .. 27. Logan McAdoo/Templeton 22:03.

Race #3 - Varsity Girls (63 finishers) – 1. Fran Perry/Atascadero 21:03 .. 15. Jordan Hammond/Paso Robles 24:03 .. 26. Devyn Kendrick/Orcutt Academy 25:02 .. 34. Kelsey Hammond/Paso Robles 25:52.

Race #4 - Varsity Boys (86 finishers) – 1. Joshua Bell/Templeton 17:23 .. 2. Tyler Daillak/Paso Robles 17:41 .. 7. Gus Ringley/SLO 18:40 .. 34. Leonardo Eulate/SLO 20:33 .. 70. Diego Freeman-Garcia/SLO 21:58. - / www.PhotoTiming.com / -

RIVERSIDE, OCTOBER 15 – HIGHLANDER INVITATIONAL:

Men's 8K (276 runners) – 91. Duncan Speirs/Pomona-Pitzer (SLOHS) 25:42.

Women's 6K (275 runners) – 91. Jenna LeNay/Occidental College (Arroyo Grande HS) 22:26. / www.FinishedResults.com /

ROCK ISLAND, ILLINOIS, OCTOBER 15 – AUGUSTANA INVITATIONAL (277 runners):

43. Luke Holland/UC Santa Cruz (SLOHS, 2022 Brian Waterbury Scholarship winner) 24:40. / <https://onlineraceresults.com> /

SANTA CLARA, OCTOBER 15 – BRONCO CROSS COUNTRY MEET:

Men's Invitational 8K (213 finishers) – 189. Patrick Thomas/Pepperdine (Mission Prep) 26:22.

Men's Open 8K (240 finishers) – 13. Lewis Westwood/Unattached-Cal Poly (SLOHS) 24:54 (2022 Brian Waterbury Scholarship recipient) 24:54 .. 21. John Gutierrez/Santa Maria Distance Club 25:14.

Women's Invitational 6K (226 finishers) – 150. Shaylee Grimm/Fresno Stated (SLOHS) 22:37. - / <https://www.tfrs.org> / -

ESTACADA, OREGON, OCTOBER 15 – LEWIS & CLARK INVITATIONAL (at McIver Park):

Men's 8K (345 runners) – 22. Logan Jones/Southern Oregon (#2 finisher for So. Oregon; Atascadero HS) 25:02.

EARLYSVILLE, VIRGINIA, OCTOBER 15 – XC23 INVITATIONAL (at Panorama Farms): Top 5 finishers for Cal Poly –

Men's 8K (176 runners) – 10. Jake Ritter 23:24 .. 25. Aidan McCarthy 23:53 .. 30. John Bennett 23:55 .. 45. Spencer Thurman 24:09 .. 53. Anthony Guerra 24:19.

LOS OSOS, OCTOBER 16 – SPOONER'S COVE TRAIL RUNS (at Montana de Oro State Park)

8K (44 finishers): **SLDC** – 2. Paul Lee 49:35 .. 22. Steve Robinow 66:49. **Others** – 1. Jared Serna/Santa Ana 47:41.

13K (44 finishers): **SLDC** – 18. Michael Henzler 1:31:54. **Others** – 1. Jasper Hunter/Olympia, WA 58:51 .. 2. Carin Van Gaale/Los Osos (1-F) 64:40 .. 4. Stephen Potter/Arroyo Grande 68:11 .. 17. Roger Fabing/Lompoc 1:31:51.

25K (62 finishers): **SLDC** = 10. Wes Broshears 2:36:54 .. 44. Craig Campbell 3:43:54 .. 62. Dave Dunbar 5:17:54.

Others: 1. Connor Fisher/SLO (ex-Cuesta) 1:49:34 .. 45. Charles (Hoagy) Weston/Morgan Hill 3:43:55 .. 30. Dave Kragness/Arroyo Grande 3:10:37 .. 31. Shu Kragness/Arroyo Grande 3:11:19 .. 48. Sonja Martin/Paso Robles 3:46:23 .. 54. Kelly Resnick/Morro Bay 3:51:26.

37K (6 finishers): **SLDC** – 4. Terry Wong 5:53:35. **Others** – 1. Gretchen Ziemer/SLO 4:19:07.

50K (26 finishers): **SLDC** – No entrants. **Others**: 1. Joe Flora/Atascadero 5:15:03.

Race Notes: In addition to the race winners, those listed under “others” are former members, some from long ago. **Carin (Serba) van Gaale** was the winner of the 2012 Race SLO Marathon and her 3:16:33 at that race ranks her 20th on the all-time club marathon list and 3rd on the all-time SLO Red Cross/Race SLO list. . . **Stephen Potter** ran for Arroyo Grande High School as well as SLDC. . . **Roger Fabing** was one of the top high school runners in the country in the early/mid-1970's as a member of the famed Lompoc HS team of that era. His top SLDC finish was a second place for the team at the Westmont Invitational in 2001. . . **Hoagy Weston** was a member in the early 1980's and ranks 16th on the all-time SLDC marathon list with his 2:36:20 at Oakland in 1980. Hoagy also ranks 17th on Lompoc's Valley of the Flowers list at 2:51:41 and 12th on the Santa Barbara list at 3:00:20 from 1980 when he was the first finisher for an SLDC team that placed third. . . **Kelly Resnick** is 10th on the all-time Rock & Roll San Diego women's list at 4:02:38 from 2004 while **Sonja Martin** is 5th on the Long Beach list for her 4:02:04 in 2013.

VENTURA, OCTOBER 21 – WESTERN STATES CONFERENCE MEET: Cuesta College finishers -

Men's 4 Mile (99 finishers) – 19. Jordan Reilly 21:37 .. 22. Anthony Erikson 21:50 .. 34. Axel Reich 23:00 .. 63. Deegan Miller 24:26 .. 64. Nic Moore 24:28 .. 65. Jorge Merced 24:34.

Women's 5K (54 finishers) – 11. Paige Medrano 20:04 .. 16. Dulce Esquivel 20:35 .. 37. Adrienne Frere 24:05.

FULLERTON, OCTOBER 21 – TITAN INVITATIONAL (173 runners): 4. Sara Van Dyke/Cal Coast TC (ex-Cal Poly) 16:56.

FRESNO, OCTOBER 21 - CLOVIS NORTH TWILIGHT INVITATIONAL (2 Miles)

<u>Var. Boys – Small Schools</u>			<u>Frosh/Soph Boys</u> (all)		<u>Junior Varsity Girls</u> (all)			
1.	Milo Skapinsky	9:18	3.	Ethan Feeser	10:49	20.	Riley Passanisi	15:07
2.	Quinn White	9:31	7.	Stewart Caldwell	10:57	54.	Emily Lopez	19:34
3.	Weston Greenelsh	9:46	13.	Jacob Schuetze	11:04	(57 finishers)		
7.	Nolan Roemmich	9:59	24.	Nico Aebischer	11:18			
8.	Luke Reiss	10:06	39.	Nolan Connelly	11:34			
17.	Conor Mason	10:30	91.	Trevor Pearson	12:40			
24.	Morgan Howland	10:54	(161 finishers)					
(74 finishers)			<u>Var. Girls – Small Sch.</u>			<u>Frosh/Soph Girls</u> (all div.)		
			3.	Brinley Ewen	12:09	3.	Leila Johnson	12:33
			4.	Kashmir Sahota-Flood	12:10	5.	Carly Meeks	12:47
<u>Jr. Varsity Boys</u> (all div.)			6.	Faith Hartford	12:30	7.	Catherine Tucker	13:10
4.	Cade Backlin	10:48	9.	Regan James	12:47	10.	Kimberly Budinger	13:26
5.	Gus Ringley	10:53	15.	Abigail Southern	12:55	19.	Rebekah Waterbury	14:07
6.	Ethan Wood	10:56	21.	Phoebe Draznszak	13:22	23.	Molly Berkeland	14:27
22.	Leonardo Eulate	11:42	31.	Ava Van Luchene	13:49	(51 finishers)		
29.	Diego Freeman-Garcia	11:54	(67 finishers)					
(83 finishers)								

UNIVERSITY PLACE, WASHINGTON, OCT. 22 – N.C.A.A. DIVISION 2 PRE-NATIONALS: Women's 6K (224 runners) - 28. Leza Cassidy/Cal State East Bay (Arroyo Grande HS) 21:53 .. 31. Rosa Granados/Humboldt (Arroyo Grande HS) 22:00.

LOMPOC, OCTOBER 22 – LOMPOC VALLEY DISTANCE CLUB PARK TO PARK RUNS & WALK:

4 Mile Run (12 finishers) – 1. Adolfo Lopez/SLDC 29:49 .. 2. Kent Yankee/LVDC (meet director) 30:00 .. 4. Kristin Fenton/1-F 44:11 .. 7. Fran Zimmerman/75/LVDC 50:23. **4 Mile Walk** (4 walkers) – 1. Stan Rosenfield/SLDC 66:15.

8 Mile Run (8 finishers) – 1. Kevin Fenton 61:16 .. 3. Larry Li/LVDC 65:30 .. 4. Jessica Ecker/1-F 71:03.

LARAMIE, WYOMING, OCTOBER 28 – MOUNTAIN WEST CONFERENCE CHAMPIONSHIPS:

Women's 6K (96 finishers) – 65. Shaylee Grimm/Fresno State (SLOHS) 22:41 (#1 finisher for Fresno State).

RIVERSIDE, OCTOBER 29 – BIG WEST CONFERENCE CHAMPIONSHIPS: Top five Cal Poly finishers –

Men's 8K (69 finishers) – 1. Jake Ritter 23:27 .. 2. William Fallini-Haas 23:41 .. 3. Aidan McCarthy 23:46 .. 6. Anthony Guerra 23:53 .. 10. John Bennett 24:02. **Women's 6K** (83 finishers) - 3. Julia Heckey 19:50 .. 12. Sydnie Rivas 20:34 .. 14. Tatiana Cornejo 20:41 .. 15. Misty Diaz 20:44 .. 19. Carissa Buchholz 20:52. - / www.FinishedResults.com / -

POMONA, OCTOBER 29 – S.C.I.A.C. CONFERENCE CHAMPIONSHIPS:

Men's 8K (114 finishers) – 15. Duncan Speirs/Pomona-Pitzer (San Luis Obispo HS) 25:33.

Women's 6K (106 finishers) – 20. Jenna LaNay/Occidental College (Arroyo Grande HS) 23:13 (#1 finisher for Occidental).

PORTLAND, OREGON, OCTOBER 29 – WEST COAST CONFERENCE CHAMPIONSHIPS:

Men's 8K (84 finishers) – 64. Patrick Thomas/Pepperdine (Mission Prep) 25:02.

MARTINEZ, OCTOBER 29 – MATT YEO MEMORIAL AGGIE CROSS COUNTRY MEET (PA-USAT&F Grand Prix race):

Men's Open (80 finishers) – 2. Craig Huff/Paso Robles 19:26 .. 6. Gordon Sturgess/Paso Robles (ex-Cuesta College) 19:48 .. 12. Connor Fisher (ex-Cuesta College) 20:05 .. 22. Scott Bauhs/Danville (ex-S.L.O.) 20:30 .. 25. John Gutierrez/Santa Maria 20:51 .. 46. Derek Thomas/Renegade Elite (ex-Cal Poly) 22:01 .. 54. James Sever/Wolfpack TC (ex-S.L.O.) 22:38 .. 69. Ben Walker/Paso Robles 24:43.

Men's Masters (153 finishers) – 1. Sergio Reyes/41 (ex-Cuesta College) 19:43 .. 51. Erich Ackermann/53 (ex-Cal Poly) 25:14 .. 123. Charles Weston/70/Santa Cruz TC (ex-SLDC) 32:43.

Women (114 finishers) – 19. Nora Pizzella/San Luis Obispo 24:21 .. 35. Courtney Moore/San Luis Obispo 26:03.
(Those without a listed club affiliation are with the Hoka Aggies.) - / www.Phototiming.com / -

SALISBURY, MARYLAND, OCTOBER 29 - COAST TO COAST CHAMPIONSHIPS:

Men's 8K (56 finishers) – 4. Luke Holland/U.C. Santa Cruz (San Luis Obispo HS) 24:31 (#3 finisher for U.C. Santa Cruz)

FOUNTAIN HILLS, ARIZONA, OCTOBER 29 – JAVELINA 100K (298 entrants, 266 starters, 196 finishers):

165. Brian Emerson/Grover Beach 20:07:40 .. 166. Neil Silvers/Arroyo Grande-SLDC 20:08:50. - / www.ultrasignup.com / -

SAN LUIS OBISPO, OCT. 29 – SAN LUIS OBISPO HIGH SCHOOL COUNTY CROSS COUNTRY CHAMPIONSHIPS

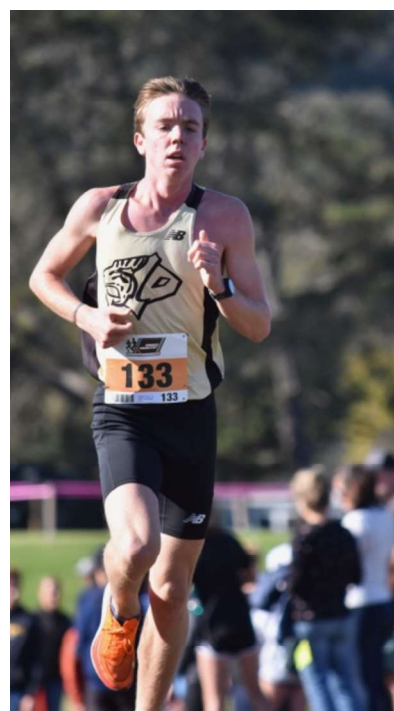
Boys Race (all grades)					
1.	Joshua Bell/Templeton	14:42	6.	Tyler Daillak	16:03
2.	Milo Skapinsky	15:28	8.	Cade Backlin	16:43
3.	Quinn White	15:52	10.	Conor Mason	16:48
4.	Weston Greenelsh	15:56	12.	Gus Ringley	16:50
5.	Nolan Roemmich	15:58	14.	Ethan Feeser	16:55
			26.	Jacob Schuetze	17:39
			32.	Nico Aebischer	18:03
			34.	Morgan Howland	18:08
			39.	Nolan Connelly	18:23
			42.	Leonardo Eulate	18:37
			79.	Logan McAdoo	20:30
				(125 finishers)	



County cross country winner Joshua Bell



Second place finisher Milo Skapinsky

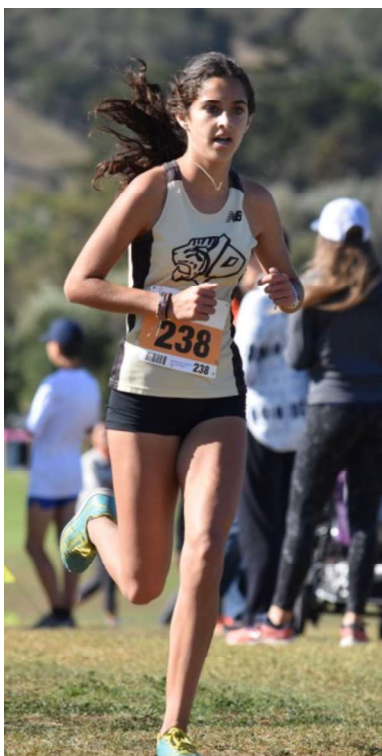


Third place - Quinn White

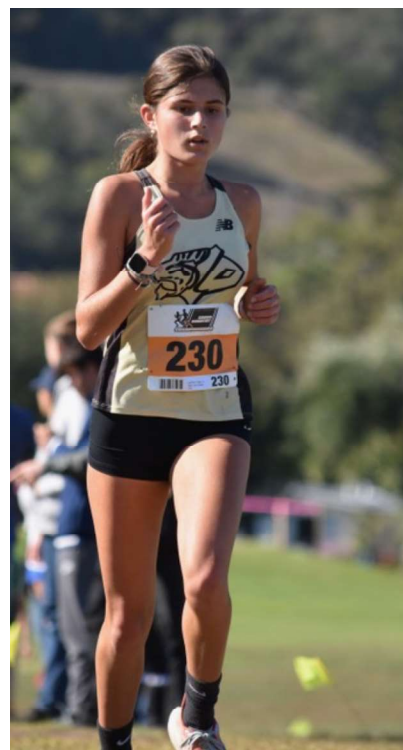
Girls Race (all grades)		
1. Sydney Moore/Paso Robles	18:36	14. Mia Clifford 21:09
2. Brinley Ewen	19:15	16. Faith Hartford 21:28
3. Regan James	19:42	18. Kelsey Hammond 21:33
5. Kashmir Sahota-Flood	19:49	21. Jordan Hammond 21:39
7. Leila Johnson	20:23	22. Phoebe Draznszak 21:44
9. Carly Meeks (1 st , 9 th grade)	20:29	23. Kimberly Budinger 21:51
10. Catherine Tucker	20:37	24. Ava Van Luchene 21:51
		27. Abigail Southern 22:12
		28. Gwendolyn Brussel 22:15
		29. Rebekah Waterbury 22:20
		38. Annie Wieck/Morro Bay 23:07
		39. Estella Eulate 23:08
		48. Makena Johnson 23:42
		58. Kaitlyn Spann/Atascadero 26:56
		(70 finishers)
		- / www.athletic.net / -



Girls winner Sydney Moore



Kashmir Sahota-Flood



Faith Hartford

Paul Shires competed in four events at the Bay Area Senior Games in Hayward. He did 3.22m in the long jump, 3:00.31 for the 800 meters, 6:11.81 for the 1500 meters, and 6.24m in the triple jump, picking up several medals along the way.

SLDC - MEN

21.	Thomas Reiss	23:30
34.	Kevin Cooper	27:41
39.	Matthew Shuck	28:09
40.	Adolfo Lopez	28:12
41.	Luke Reiss	28:15
42.	Quinn White	28:18
44.	Nolan Roemmich	28:19
45.	Adam Basch	28:20
50.	Mark Hays	29:20
52.	Frank Hutchinson	29:49
59.	Steve Boaz	30:48
63.	Dave Dunbar	31:34
65.	Matt Ruane	31:44
71.	Chris Haggie	32:46
80.	Agustin Rosales	35:22
85.	Nico Uribe	37:01
86.	Rudy Uribe	37:22
105.	Charlie Trenbeth	60:20
	(115 male finishers)	

2.	Jordan Hasay	22:47
18.	Samantha Mauro	30:55
22.	Mary Cooper	32:40
37.	Denise Youngman	37:24
38.	Debbie Dorney	37:31
60.	Stephanie Smith	43:34
86.	Tamara Kaizuka	53:58
93.	Beth Schaefer	60:21
96.	Nova Poff	60:37
---	Giovanna Schaefer	N.T.A.
	(116 female finishers)	

Stan Rosenfield	No
Nina Joe	times
Anne Klinger	recorded

1.	Spencer Pickren	18:58
25.	Ivan Huff	24:43
43.	Mason Lebed	28:18
53.	Armando Siqueros	29:57
69.	Will Ruoff	32:14
70.	Tim Crowley	32:19
76.	Mike Kinter	33:56

1.	Rachel Victor	22:28
6.	Carin van Gaale	24:40
7.	Aeron Arlin	26:55
10.	Kira Abernathy	28:14
15.	Jessica Hoyt	29:17
21.	Jennifer Rubio	32:39
65.	Andrea Lueker	45:23
83.	Faye (Roundy) Padayache	52:57

/ Results from Tyler Hoyt /