NOVEMBER RACE RESULTS

TALENT, OREGON, NOVEMBER 4 – CASCADE CONFERENCE CROSS COUNTRY CHAMPIONSHIPS:
Men's 8K (76 finishers) – 9. Logan Jones/Southern Oregon (Atascadero HS) 25:32 (#4 finishers for Southern Oregon).

BAKERSFIELD, NOVEMBER 4 – SOUTHERN CALIFORNIA COMMUNITY COLLEGE CHAMPIONSHIP: Cuesta runners - **Men's 4 Mile** (190 finishers) **–** 48. Jordan Reilly 21:00 .. 52. Anthony Erikson (Mission Prep) 21:03 .. 126. Nic Moore 23:23 .. 151. Jorge Merced (Coast Union HS) 24:21 .. 153. Deegan Miller (Atascadero HS) 24:23. - / www.DirectAthletics.com / - **Women's 5K** (137 finishers) – 23. Dulce Esquivel 19:25 .. 30. Paige Medrano (Arroyo Grande HS) 19:35.

ORCUTT, NOVEMBER 5 – SANTA MARIA VALLEY OPEN SPACE TRAIL RUNS

From **Paul Shires**, "Several of us ran the Orcutt Trails 5K/10K/Half Marathon/Marathon today. I should add that we also ran some other distances because the cows ate some of the course markers (see photo), making navigating the correct route difficult. Nevertheless, it was a beautiful day, which made for some fantastic trail running. Here are some other photos, including one of Janet Norem and Adolfo Lopez. When I asked why it took them so long to finish, Janet replied: "Cows. We ended up running 17 miles instead of 13.1." I have also attached the results, although it will be obvious that they are not reflective of the listed distances or even the same distance within each race."

From the **Meet Director**, "Thank you for participating in the 2022 Orcutt Trails Run. Due to damage to the trail markings just before and during the race, the distance covered and the distance signed up for may not be the same. As race director, I am very grateful that everyone took the added challenge of damaged course markings in stride and enjoyed a beautiful day at Los Flores Ranch Park in support of the Santa Maria Valley Open Space. For accepting this challenge with such grace, I want to extend my thanks and a special discount for next year's event when registration opens for the 2023 Orcutt Trails Run, tentatively scheduled for November 4, 2023."

5K (28 finishers) – Leif Kohler 44:21. **10K** (47 finishers) – Rudy Uribe Sr. 70:59 .. 11. Rudy Uribe Jr. 71:01 .. 38. Kymberly Fazzio 2:02:14. **Half Marathon** (44 finishers) – 20. Paul Shires 2:20:52 .. 25. Cyndy Lakowske 2:32:59 .. 27. Dave Dunbar 2:34:01 .. 40. Adolfo Lopez 3:15:01 .. 41. Janet Norem 3:15:02. **Marathon** (6 finishers, none from SLDC).

Adolfo Lopez & Janet Norem

Dave Dunbar

Why the trail markers weren't there

CARMEL, NOVEMBER 5 – C.C.A.A CROSS COUNTRY CHAMPIONSHIPS: **Women's 6K** (95 finishers) -
5. Rosa Granados/Humboldt (Arroyo Grande HS) 21:39 .. 8. Leza Cassidy/Cal State East Bay (AGHS) 22:00.

SANTA BARBARA, NOVEMBER 6 – SANTA BARBARA 5K & HALF MARATHON:
5K (890 finishers) – **SLDC**: 5. Jordan Hasay (1-F) 17:44. **Others** – 35. Matt Haught/Pismo Beach 22:45.

Half Marathon (1,670 finishers) **– SLDC:** 7. Leif Kohler/Nipomo 1:14:21 (club debut) .. 148. Matthew Shuck/Atascadero 1:37:57 .. 288. Frank Hutchinson/Los Osos (1st-70+) 1:45:412 .. 1021. Brian Matis/S.L.O. 2:11:38 .. 1527. Amy Watkins/S.L.O. 2:38:33. **Others**: 1. Philip Reid/S.L.O. (ex-Cal Poly) 1:06:54 .. 6. John Gutierrez/Santa Maria 1:13:47 .. 23. Eva Townsend/Los Angeles (1-F) 1:19:38 .. 25. Joey Flora/Atascadero 1:20:23 .. 111. Kristin Edler/Arroyo Grande 1:35:30.

ALL-TIME BEST S.L.D.C. MARKS AT THE SANTA BARBARA HALF MARATHON

	MEN (Sub 1:20)						**WOMEN**	
1.	Adolfo Lopez/1991	1:08:58	8.	Gregor Robin/1980	1:16:07	1.	Jani Johnson1991	1:20:21
2.	Bob O'Brien/1980	1:11:15	9.	Jon Root/1980	1:16:08	2.	Mary Ryzner/1989	1:22:32
3.	Sean McCormick/1994	1:13:07	10.	Gary Silva/1988	1:17:14	3.	Kristen Orr/1998	1:23:17
4.	Matt Ruane/2001	1:13:36	11.	Brian Waterbury/1991	1:17:44	4.	Laurie Kirkpatrick/1990	1:25:28
5.	**Leif Kohler/2022**	**1:14:21**	12.	Chuck Elkins/1981	1:18:22	5.	Kristen Peers/1991	1:26:38
6.	Craig Lowrie/1982	1:14:24	13.	Jim Casper/1977	1:18:32	6.	Irene Henderson/1990	1:27:37
7.	Doug Sims/1994	1:14:39	14.	Bill Norman/1982	1:19:23	7.	Elizabeth North/1999	1:34:07
			15.	Keith Kirkpatrick/1987	1:19:53			

FRESNO, NOVEMBER 6 – TWO CITIES 5K, 10K, HALF MARATHON, & MARATHON:
5K (817 finishers) – 231. Cornelius Pigott/80/Clovis-SLDC 36:06 (2nd-70+). **10K** (578 finishers).
Half Marathon (1,146 finishers). **Marathon** (SLO County finishers, none from SLDC) – 26. David DuBois/Los Osos 3:07:53 .. 105. Alfredo Padilla/Atascadero 3:45:00 .. 118. Dawn Thompson/S.L.O. 3:48:26 .. 158. Lisa Calhoun/Cayucos 3:51:02 .. 209. Sonja Martin/Paso Robles 4:31:08. (394 finishers)

ALL-TIME TOP S.L.D.C. PERFORMANCES AT THE CENTRAL CALIFORNIA/TWO CITIES MARATHON

	MEN			**FRESNO/TWO CITIES**			**WOMEN**	
1.	Jeff Herten/1982	2:50:03	11.	George Johnson/1984	3:03:00	1.	Aileen Cota/2013	3:56:55
2.	Antonio Arreola/1999	2:50:16	12.	Jeff Herten/1984	3:03:00	2.	Liz Byrnes/2010	4:06:35
3.	Keith Kirkpatrick/1981	2:54:23	13.	Bruce Cikowski/1983	3:05:01	3.	Sharilyn MacKenzie/2011	4:18:02
4.	Clem Michel/1981	2:54:27	14.	Brian Waterbury/1999	3:05:50	4.	Aileen Cota/2017	4:21:03
5.	van Wyngaarden/1982	2:55:00	15.	Patrick Connally/2010	3:06:28	5.	Heidi Harrison/2013	4:22:52
6.	Lee Broshears/1983	2:55:47	16.	Jerry Hill/1980	3:09:49	6.	Linda Stimson/2017	4:51:52
7.	Gary Peterson/1981	2:58:51	17.	Mike Matus/1983	3:11:50	7.	Patsy Schackart/2010	6:01:50
8.	Stan Rosenfield/1981	2:59:39	18.	Mark Martins/1999	3:12:37	8.	Dianne DeTurris/2011	6:02:07
9.	Bruce Cikowski/1981	3:00:06	19.	Alec Briones/2010	3:15:23			
10.	Stan Rosenfield/1979	3:01:16	20.	Jim Adamski/1978	3:26:23	W/C	Rory Cooper/1984	2:21:11

NEW YORK CITY, NEW YORK, NOVEMBER 6 – NEW YORK CITY MARATHON: San Luis Obispo County finishers – 685. Brandon Griffin/Nipomo 3:00:08 .. 2832. Saskia Wright/Los Osos 3:26:23 .. 5220. Tami Pauley/Oceano 3:41:04 .. 9207. Julie Antos/San Luis Obispo 3:57:44 .. 19,899. Tim Northrup/San Luis Obispo 4:33:01 .. 29,135. Soren Christensen/ Paso Robles 5:00:26 .. 46,882. Maria Rubio-O'Reilly/Los Osos 7:19:43 .. 47,498. Debra Roberts/Los Osos 7:59:31.

ALL-TIME TOP S.L.D.C. PERFORMANCES AT THE NEW YORK CITY MARATHON

	MEN			**WOMEN**				
1.	Steve Boaz/1996	2:57:32	1.	Diane Dixon/1991	3:21:21	6.	Aileen Cota/2011	4:04:11
2.	Frank Hutchinson/1996	2:57:32	2.	Mary Beth Smith/1991	3:26:16	7.	Heidi Harrison/2010	4:08:08
3.	Geof Chiapella/2019	3:15:41	3.	Suzanne Wetzel/2007	3:29:34	8.	Anne Power/2010	4:08:25
4.	Alec Briones/2011	3:19:56	4.	Amy Parkinson/2015	3:54:13	9.	Elizabeth Sine/2013	4:14:46
5.	Antonio Arreola/2006	3:25:38	5.	Aileen Cota/2010	4:02:25	10.	Julie Opheim/2010	4:20:17

SAN LUIS OBISPO, NOVEMBER 10 – MOUNTAIN LEAGUE CHAMPIONSHIP (at the Fairbanks Memorial course)

Varsity Boys (49 runners)

1.	Quinn White	16:32
2.	Joshua Bell/Templeton	16:32
3.	Milo Skapinsky	16:32
4.	Luke Reiss	16:37
5.	Weston Greenelsh	16:58
6.	Nolan Roemmich	16:59
7.	Tyler Daillak/Paso Robles	16:59
10.	Cade Backlin	17:26
13.	Conor Mason	17:31

Junior Varsity Boys

1.	Gus Ringley	17:45
2.	Morgan Howland	17:46
3.	Ethan Feeser	18:03
5.	Jacob Schuetze	18:18

Jr. Varsity Boys (cont.)

10.	Nolan Connelly	19:07
11.	Nico Aebischer	19:09
25.	Leonardo Eulate	20:06
57.	Logan McAdoo	21:35
65.	Trevor Pearson	21:50

(140 finishers)

Varsity Girls (44 runners)

1.	Sydney Moore/Paso Robles	19:34
2.	Brinley Ewen	19:43
5.	Phoebe Drazsnzak	20:09
6.	Kashmir Sahota-Flood	20:29
7.	Regan James	21:02
8.	Leila Johnson	21:03
11.	Carly Meeks	21:42

Varsity Girls (cont.)

14.	Abigail Southern	21:52
15.	Kelsey Hammond	22:03
17.	Jordan Hammond	22:09

Junior Varsity Girls

1.	Mia Clifford	21:11
2.	Faith Hartford	21:41
3.	Catherine Tucker	22:06
4.	Kimberly Budinger	22:39
5.	Ava van Luchene	22:50
6.	Gwendolyn Brussel	23:08
7.	Rebekah Waterbury	23:09
8.	Estelle Eulate	23:49

(58 finishers)

- / www.Athletic.net / -

UNIVERSITY PLACE, WASHINGTON, NOVEMBER 11 – N.C.A.A. DIVISION 1 WESTERN REGIONALS:
Men's 10K (217 finishers) – 12. Jake Ritter/Cal Poly 28:43 .. 36. John Bennett 29:16 .. 37. Xian Shively/CP 29:17 .. 51. Aidan McCarthy/CP 29:34 .. 64. Anthony Guerra/CP 29:52 .. 194. Patrick Thomas/Pepperdine (Mission Prep) 32:21.
Women's 6K (249 finishers) – 35. Julia Heckey/Cal Poly 20:00 .. 65. Sydnie Rivas/CP 20:28 .. 72. Tatiana Cornejo/CP 20:35 .. 81. Misty Diaz/CP 20:42 .. 89. Amanda Olla/CP 20:45 .. 167. Shaylee Grimm/Fresno State (SLOHS) 21:45.

SPOKANE, WASHINGTON, NOVEMBER 12 – N.C.A.A DIVISION 3 WESTERN REGIONAL CHAMPIONSHIPS:
Women's 6K (165 finishers) – 65. Jenna LeNay/Occidental College (Arroyo Grande HS) 23:57. / www.DirectAthletics.com /

MONTEREY, NOVEMBER 12 – PACIFIC GROVE LIGHTHOUSE 5K:1. Dustyn Salomon/San Mateo (ex-S.L.O.) 15:54 .. 29. Rachel Banton/4th-Female/Oceanside (ex-Templeton) 21:06 .. 38. Matthew Shuck/Atascadero-SLDC 21:30. (1,360 fin.)

MONTEREY, NOVEMBER 13 – MONTEREY BAY HALF MARATHON (4,710 finishers):
139. Nathan Steinle/Grover Beach-SLDC 1:31:21 .. 309. Matthew Shuck 1:39:16. - / www.SVETiming.com / -

CLARKSBURG, NOVEMBER 13 – COUNTRY HALF MARATHON: 138. Frank Hutchinson/1st-70+ 1:47:01. (278 finishers)

PASO ROBLES, NOVEMBER 13 – 2022 WINE COUNTRY 10K & HALF MARATHON

10K (171 finishers)			**Half Marathon - SLDC**			**Others**		
1.	Jordan Hasay	37:32	3.	Leif Kohler	1:14:23	1.	Silas Frantz/Virginia	1:08:13
5.	Jonathan Maase	43:33	27.	Jeff Sklar	1:36:20	2.	Eric Noel (2021 winner)	1:12:10
6.	Michael Dean	44:07	89.	Paul Shires	1:52:53	7.	Mary Noel/1-F/Berkeley	1:21:29
29.	Gwen Sverson/Paso	56:23	104.	Dave Dunbar	1:55:49	13.	Carin van Gaale/Los Osos	1:26:07
56.	Bill Schackart	61:27	154.	Suzi Jianuzzi	2:04:10	29.	Bryan Kirkpatrick/Atas.	1:36:44
148.	Patsy Schackart	88:15	221.	Sandra Simons	2:24:52	57.	Holly Rodgers/Los Osos	1:45:02
	www.EternalTiming.com		263.	Tony Brizzolara/1st-70+	2:43:42		(283 finishers)	

WINE COUNTRY HALF MARATHON WINNERS - PASO ROBLES (1997 - 2022)

Year	**Men's Winner**	Time	**Women's Winner**	Time	# Fin.
1997	Gary Flacke/Santa Barbara	1:15:55	Mary Coordt/Elk Grove	1:25:40	170
1998	Adolfo Lopez/Santa Maria	1:12:51	Evelyn Reed/Santa Barbara	1:26:08	191
1999	Brent Griffiths/Morro Bay	1:15:59	Kristen Orr/San Luis Obispo	1:28:08	142
2000	Matt Capelouto/Trabuco Hills	1:09:56	Nancy Steinmaus/San Luis Obispo	1:25:10	323
2001	Matt Capelouto/Trabuco Hills	1:11:28	Linda Somers-Smith/San Luis Obispo	1:16:45	425
2002	Ryan Hayes/San Luis Obispo	1:09:21	Linda Somers-Smith/San Luis Obispo	1:19:19	281
2003	Ryan Hayes/San Luis Obispo	1:13:07	Jill Gaitenby/Los Osos	1:20:01	246
2004	Ryan Hayes/San Luis Obispo	1:09:40	Jessica Gillett/Santa Barbara	1:33:28	219
2005	Nestor Chavarria/Coalinga	1:16:42	Jill Boaz/Los Osos	1:21:28	320
2006	Rusty Snow/Santa Barbara	1:12:50	Linda Somers-Smith/Arroyo Grande	1:23:01	248
2007	Aaron Gillen/Santa Barbara	1:10:07	Kelly Flathers/Huntington Beach	1:19:18	279
2008	Jesus Campos/King City	1:14:14	Rochelle Hair/Mammoth Lakes	1:31:39	351
2009	Brian Locher/San Luis Obispo	1:14:34	Molly Friel/Fresno	1:30:55	476
2010	Jason Brosseau/Santa Maria	1:11:45	Jane Maxwell, New York, NY	1:21:49	550
2011	Martin Hernandez/Templeton	1:09:41	Maria Rivera/Visalia	1:24:31	713
2012	Jason Brosseau/Lompoc	1:13:58	Linda Somers-Smith/Arroyo Grande	1:16:25	489
2013	Justin Banks/Atascadero	1:13:47	Sue Zihlmann/Long Beach	1:27:29	167
2014	Scott Bauhs/San Luis Obispo	1:15:08	Molly Friel/Fresno	1:21:43	474
2015	Eric Noel/San Luis Obispo	1:12:48	Molly Friel/Fresno	1:22:24	394
2016	Eric Noel/San Luis Obispo	1:12:35	Kelsey Lakowske/Avila Beach	1:31:57	386
2017	Jameson Mora/Paso Robles	1:07:36	Mary Hillis/San Luis Obispo	1:22:51	396
2018	Phillip Reid/San Luis Obispo	1:09:22	Adriane Thiessen/Paso Robles	1:18:31	262
2019 (1)	Hunter Paris/Santa Monica	1:08:57	Alyssa Houtby/Visalia	1:22:42	341
2019 (2)	Rob Mead/Templeton	1:15:48	Tiana Abdulmassah	1:19:32	138
2020	Cancelled due to COVID	----	Cancelled due to COVID	----	-----
2021	Eric Noel/Berkeley	1:12:17	Lisa Maher/Kingsburg	1:46:07	N/A
2022	Silas Frantz/Richmond, Virginia	1:08:13	Mary Noel/Berkeley	1:21:29	283

FRESNO, NOVEMBER 17 – C.I.F. CENTRAL SECTION CROSS COUNTRY CHAMPIONSHIPS

Boys – Division 1			**Girls – Division 1**			**Girls – Division 2**		
2.	Milo Skapinsky	15:13	13.	Phoebe Drazsnzak	19:17	2.	Sydney Moore/Paso Robles	18:58
4.	Quinn White	15:26	14.	Brinley Ewen	19:18	23.	Kelsey Hammond	21:00
12.	Weston Greenelsh	15:57	17.	Kashmir Sahota-Flood	19:28	33.	Jordan Hammond	21:28
15.	Luke Reiss	16:04	33.	Faith Hartford	20:15		(102 finishers)	
32.	Nolan Roemmich	16:25	35.	Leila Johnson	20:25			
37.	Tyler Daillak/Paso Robles	16:42	44.	Mia Clifford	20:49		**Girls – Div. 3** (124 fin.)	
38.	Cade Backlin	16:47	50.	Regan James	21:29	1.	Frannie Perry/Atascadero	19:12
50.	Conor Mason	17:05		(68 finishers)				
	(98 finishers)						**Girls – Div. 4** (147 fin.)	
	Boys – Div. 3 (170 fin.)			- / www.athletic.net / -		15.	Devyn Kendrick/Orcutt	21:41
1.	Joshua Bell/Templeton	15:31				37.	Annie Wieck/Morro Bay	23:06

TALLAHASSEE, FLORIDA, NOVEMBER 18 – NAIA NATIONAL CROSS COUNTRY CHAMPIONSHIPS:
Men's 8K (318 finishers) - 61. Logan Jones/Southern Oregon (Atascadero HS) 25:09.

BRADLEY, NOVEMBER 18 & 19 – TIERRA REDONDA MOUNTAIN TRAIL RUNS:
10K (35 finishers) – 1. Kevin Cooper 1:02:03 .. 6. Michael Henzler 1:08:34 .. 7. Susan McAdoo 1:10:34 .. 10. Paul Shires 1:12:58 .. 11. Mary Cooper 1:13:01 .. 12. Dave Dunbar 1:13:01 .. 15. Steve Robinow 1:27:29 .. 17. Jana Rawitser 1:29:01.
21K (21 finishers) –6. Roger Fabing/Lompoc 2:25:13 .. 18. Mike Stover/Oceano 3:28:12.
24 Hour (17 finishers) – 9. Alejandra Martinez 40.62 miles. **48 Hour** (16 finishers) – 3. Wes Broshears 115.09 miles.

SAN FRANCISCO, NOVEMBER 20 – PACIFIC ASSOCIATION USAT&F CROSS COUNTRY CHAMPIONSHIPS

OPEN MEN (6 Miles)			**MASTERS MEN** (5 Miles)			**WOMEN** (4 Miles)		
7.	Sean Davidson/S.L.O.	28:58	1.	Sergio Reyes/ex-Cuesta	23:56	26.	Nora Pizzella/S.L.O.	23:57
8.	Philip Reid/S.L.O.	29:01	54.	Jason Blank/S.L.O.	29:37	39.	Courtney Moore/S.L.O.	24:29
9.	Gordon Sturgess/Paso	29:05	73.	Erich Ackermann/ex-C.P.	30:27		(167 female finishers)	
13.	Connor Fisher/S.L.O.	29:19	165.	Frank Hutchinson/70	37:52			
47.	John Gutierrez/S. Maria	31:41	188.	Charles Weston/70/ex-SLO	41:37		- / www.pausatf.org / -	
61.	Derek Thomas/ex-C.P.	32:33		(213 Masters finishers, 104				
74.	James sever/ex-S.L.O.	33:08		finishers in the Open race)				

STILLWATER, OKLAHOMA, NOVEMBER 19 – N.C.A.A. DIVISION 1 NATIONAL CROSS COUNTRY CHAMPIONSHIPS:
Men's 10K (252 finishers) – 90. Jake Ritter/Cal Poly 30:09.

BILLINGS, MONTANA, NOVEMBER 19 – N.C.A.A. DIVISION 2 WEST REGIONAL CHAMPIONSHIPS (168 finishers)**:**
Women's 6K – 43. Leza Cassidy/Cal State East Bay (AGHS) 22:14 .. 47. Rosa Granados/Humboldt (AGHS) 22:23.

LANSING, MICHIGAN, NOVEMBER 19 – N.C.A.A. DIVISION 3 NATIONAL CROSS COUNTRY CHAMPIONSHIPS:
Men's 8K (292 finishers) – 236. Luke Holland/U.C. Santa Cruz (San Luis Obispo HS) 26:58.

FRESNO, NOVEMBER 19 – CALIFORNIA STATE JUNIOR COLLEGE CROSS COUNTRY CHAMPIONSHIPS:
Men's 4 Mile (175 finishers) – 91. Jordan Reilly/Cuesta 22:07.
Women's 5K (155 finishers) – 29. Dulce Esquivel/Cuesta 19:31 .. 44. Paige Medrano/Cuesta 20:02.

BERKELEY, NOVEMBER 13 – BERKELEY HALF MARATHON (2,093 finishers): 5. Jeremy Costello (ex-SLOHS) 1:13:53.

FRESNO, NOVEMBER 17 – C.I.F. CENTRAL SECTION CROSS COUNTRY CHAMPIONSHIPS

Boys – Division 1			**Girls – Division 1**			**Girls – Division 2**		
2.	Milo Skapinsky	15:13	13.	Phoebe Drazsnzak	19:17	2.	Sydney Moore/Paso Robles	18:58
4.	Quinn White	15:26	14.	Brinley Ewen	19:18	23.	Kelsey Hammond	21:00
12.	Weston Greenelsh	15:57	17.	Kashmir Sahota-Flood	19:28	33.	Jordan Hammond	21:28
15.	Luke Reiss	16:04	33.	Faith Hartford	20:15		(102 finishers)	
32.	Nolan Roemmich	16:25	35.	Leila Johnson	20:25			
37.	Tyler Daillak/Paso Robles	16:42	44.	Mia Clifford	20:49		**Girls – Div. 3** (124 fin.)	
38.	Cade Backlin	16:47	50.	Regan James	21:29	1.	Frannie Perry/Atascadero	19:12
50.	Conor Mason	17:05		(68 finishers)				
	(98 finishers)						**Girls – Div. 4** (147 fin.)	
	Boys – Div. 3 (170 fin.)			- / www.athletic.net / -		15.	Devyn Kendrick/Orcutt	21:41
1.	Joshua Bell/Templeton	15:31				37.	Annie Wieck/Morro Bay	23:06

TALLAHASSEE, FLORIDA, NOVEMBER 18 – NAIA NATIONAL CROSS COUNTRY CHAMPIONSHIPS:
Men's 8K (318 finishers) - 61. Logan Jones/Southern Oregon (Atascadero HS) 25:09.

BRADLEY, NOVEMBER 18 & 19 – TIERRA REDONDA MOUNTAIN TRAIL RUNS:
10K (35 finishers) – 1. Kevin Cooper 1:02:03 .. 6. Michael Henzler 1:08:34 .. 7. Susan McAdoo 1:10:34 .. 10. Paul Shires 1:12:58 .. 11. Mary Cooper 1:13:01 .. 12. Dave Dunbar 1:13:01 .. 15. Steve Robinow 1:27:29 .. 17. Jana Rawitser 1:29:01.
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24 Hour (17 finishers) – 9. Alejandra Martinez 40.62 miles. **48 Hour** (16 finishers) – 3. Wes Broshears 115.09 miles.

SAN FRANCISCO, NOVEMBER 20 – PACIFIC ASSOCIATION USAT&F CROSS COUNTRY CHAMPIONSHIPS

OPEN MEN (6 Miles)			**MASTERS MEN** (5 Miles)			**WOMEN** (4 Miles)		
7.	Sean Davidson/S.L.O.	28:58	1.	Sergio Reyes/ex-Cuesta	23:56	26.	Nora Pizzella/S.L.O.	23:57
8.	Philip Reid/S.L.O.	29:01	54.	Jason Blank/S.L.O.	29:37	39.	Courtney Moore/S.L.O.	24:29
9.	Gordon Sturgess/Paso	29:05	73.	Erich Ackermann/ex-C.P.	30:27		(167 female finishers)	
13.	Connor Fisher/S.L.O.	29:19	165.	Frank Hutchinson/70	37:52			
47.	John Gutierrez/S. Maria	31:41	188.	Charles Weston/70/ex-SLO	41:37		- / www.pausatf.org / -	
61.	Derek Thomas/ex-C.P.	32:33		(213 Masters finishers, 104				
74.	James Sever/ex-S.L.O.	33:08		finishers in the open race)				

STILLWATER, OKLAHOMA, NOVEMBER 19 – N.C.A.A. DIVISION 1 NATIONAL CROSS COUNTRY CHAMPIONSHIPS:
Men's 10K (252 finishers) – 90. Jake Ritter/Cal Poly 30:09.

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Women's 6K – 43. Leza Cassidy/Cal State East Bay (AGHS) 22:14 .. 47. Rosa Granados/Humboldt (AGHS) 22:23.

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Women's 5K (155 finishers) – 29. Dulce Esquivel/Cuesta 19:31 .. 44. Paige Medrano/Cuesta 20:02.

FRESNO, NOVEMBER 24 – FRESNO TURKEY TROT (1,720 finishers) – 733. Cornelius Pigott/80/Clovis-SLDC 33:44.

FRESNO, NOVEMBER 26 – CALIFORNIA STATE HIGH SCHOOL CROSS COUNTRY CHAMPIONSHIPS

Boys – Division 1

4.	Milo Skapinsky	15:10
14.	Quinn White	15:28
52.	Weston Greenelsh	16:05
86.	Luke Reiss	16:28
90.	Nolan Roemmich	16:29
143.	Conor Mason	17:10
146.	Cade Backlin	17:16

(182 finishers)
Teams: 5. SLO = 172 pts.

Boys – Div. 3 (215 fin.)

3.	Joshua Bell/Templeton	15:18

Girls – Division 1

43.	Phoebe Drazsnzak	18:57
80.	Brinley Ewen	19:42
88.	Kashmir Sahota-Flood	19:48
108.	Regan James	20:12
151.	Faith Hartford	21:20
161.	Carly Meeks	21:49
162.	Mia Clifford	21:53

(177 finishers)
Teams: 15. San Luis Obispo = 369 points.

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Girls – Division 2

26.	Sydney Moore/Paso Robles	18:47
154.	Kelsey Hammond	21:08
169.	Jordan Hammond	21:38

(202 finishers)
Teams: 20. Paso Robles = 544 points

Girls – Div. 3 (212 runners)

36.	Frannie Perry/Atascadero	19:08

Girls – Div. 4 (201 runners)

182.	Devyn Kendrick/Orcutt	23:18

ALL-TIME SAN LUIS OBISPO COUNTY TOP 10 FINISHERS AT THE CALIFORNIA STATE MEET

Year	Boys	Place	Div.	Time
1987	Luis Quintana/Arroyo Grande	7th	1	15:30
1988	Luis Quintana/Arroyo Grande	9th	1	15:27
1989	Luis Quintana/Arroyo Grande	2nd	1	14:59
1990	Luis Quintana/Arroyo Grande	1st	1	14:47
1990	James Menon/San Luis Obispo	2nd	3	15:26
1992	Eric Dunn/Arroyo Grande	5th	1	15:30
1992	Roger Ciano/San Luis Obispo	6th	3	15:59
1992	Dave Mitchell/Morro Bay	7th	4	16:06
1992	Joey Taverner/Morro Bay	9th	4	16:13
1993	Dave Mitchell/Morro Bay	3rd	4	15:47
1993	Joey Taverner/Morro Bay	5th	4	16:04
1994	Dave Mitchell/Morro Bay	3rd	4	15:47
1994	Isaiah Festa/Morro Bay	7th	4	16:14
1995	Isaiah Festa/Morro Bay	2nd	4	16:04
1996	Avery Blackwell/San Luis Obispo	3rd	3	15:51
1996	Isaiah Festa/Morro Bay	1st	4	15:33
1997	Isaiah Festa/Morro Bay	1st	4	15:18
2003	Daniel Nunn/San Luis Obispo	1st	3	15:15
2003	Mario Mendoza/Coast Union	5th	5	16:42
2004	Brian Medigovich/S.L.O.	7th	3	15:50
2008	James Shipe/Morro Bay	7th	4	15:55
2009	James Shipe/Morro Bay	4th	4	15:53
2009	Andrew Garcia/Nipomo	7th	4	15:57
2014	William Ernst/San Luis Obispo	2nd	4	15:22
2014	Callum Bolger/San Luis Obispo	4th	4	15:29
2014	Austin Lay/Morro Bay	6th	4	15:44
2015	Callum Bolger/San Luis Obispo	2nd	3	15:13
2016	Christian Ricketts/Arroyo Grande	8th	1	15:30
2016	Callum Bolger/San Luis Obispo	1st	4	14:58
2022	Milo Skapinsky/San Luis Obispo	4th	1	15:10
2022	Joshua Bell/Templeton	3rd	3	15:18

Year	Girls	Place	Div.	Time
1989	Jennifer Lacovara/Morro Bay	9th	2	18:56
1990	Angela Orefice/Arroyo Grande	5th	1	18:31
1990	Brandy Barr/Arroyo Grande	9th	1	18:47
1990	Jennifer Lacovara/Morro Bay	1st	4	18:05
1991	Angela Orefice/Arroyo Grande	4th	1	18:13
1991	Deena Strohman/Morro Bay	6th	4	19:28
1991	Faye Roundy/Morro Bay	8th	4	19:36
1997	Kyra Patterson/San Luis Obispo	6th	3	18:46
1997	Samantha Michel/Morro Bay	7th	4	19:01
2000	Kristen Browning/Templeton	2nd	4	18:29
2002	Jenna Kingma/San Luis Obispo	9th	3	18:43
2003	Jenna Kingma/San Luis Obispo	4th	3	18:08
2005	Jordan Hasay/Mission Prep	1st	5	17:11
2006	Jordan Hasay/Mission Prep	1st	5	17:15
2006	Katie Mooney/Mission Prep	10th	5	19:20
2007	Jordan Hasay/Mission Prep	1st	5	17:05
2007	Annie Mooney/Mission Prep	2nd	5	19:19
2008	Jordan Hasay/Mission Prep	1st	5	17:18
2008	Annie Mooney/Mission Prep	2nd	5	18:37
2009	Annie Mooney/Mission Prep	3rd	5	18:24
2010	Christine Hoffman/S.L.O.	8th	3	18:06
2010	Annie Mooney/Mission Prep	2nd	5	18:24
2011	Christine Hoffman/S.L.O.	10th	3	18:21