

2016 Cross Country Championships - 11/6/2016
Southern California Association
Crescenta Valley Park
Rankings

Event 1 Men 8k Run CC Masters

Name	Age	Team	Finals	Points
M49 & Under Results 8000 Run				
1 #421 Frisone, Steve	40	Cal Coast	27:57.16	1
2 #425 Stiles, Jonathan	40	Cal Coast	28:01.94	2
3 #427 Vermeulen, Jerome	40	Cal Coast	29:30.00	3
4 #331 Duff, Brian	40	Track Club L.A.	29:44.01	4
5 #422 Mavhera, Gray	40	Cal Coast	29:44.24	5
6 #424 Stanley, Michael Jo	40	Cal Coast	30:03.52	6
7 #312 Givens, Barry	42	So Cal TC	30:05.17	
8 #362 Fitzpatrick, Mark	46	Arc Racing Project	30:05.31	7
9 #361 Elsinger, Robert	41	Arc Racing Project	31:43.04	8
10 #379 Crill, Brendan	43	Unattached	32:11.45	
11 #364 Gallego, Oliver	40	Arc Racing Project	33:43.60	9
12 #419 Bowles, Jim	40	Cal Coast	33:12.23	10
13 #332 Bernard, Nyron	40	Track Club L.A.	33:22.35	11
14 #363 Hutchen, Radell	40	Arc Racing Project	35:17.36	12
15 #423 Moss, John	40	Cal Coast	33:31.19	13
16 #330 Overlord, Supreme	40	Track Club L.A.	34:18.30	14
17 #360 Deegan, Gerald	48	Arc Racing Project	34:33.37	15
18 #373 Vaidyanathaswamy, A	42	Unattached	57:47.10	
19 #439 Panosian, Brian	40	Track Club L.A.	39:01.22	16
20 #333 Pullman, David	40	Track Club L.A.	45:28.35	17
M50-59 Results 8000 Run				
1 #429 Arsenault, Rob	50	Cal Coast	28:47.90	1
2 #432 Herr, Fredrick	50	Cal Coast	28:52.30	2
3 #433 Magill, Pete	50	Cal Coast	29:03.42	3
4 #435 Schumann, Thomas	50	Cal Coast	30:21.47	4
5 #434 Olds, David	50	Cal Coast	31:07.55	5
6 #378 Underwood, Matthew	50	Unattached	31:29.94	
7 #428 Arsenault, Dan	50	Cal Coast	32:08.22	6
8 #431 DiConti, Andy	50	Cal Coast	32:21.47	7
9 #430 Brisco, Bob	50	Cal Coast	32:38.69	
10 #441 Connelly, Patrick	53	Unattached	32:49.44	
11 #353 Covert, Todd	50	New Basin Blues	36:07.49	
12 #356 Panec, Tim	50	New Basin Blues	36:33.83	
13 #316 De Leon, Arnold	53	So Cal TC	36:59.86	8
14 #442 Andrade, Claudio	50	So Cal TC	38:13.82	9
15 #307 Cleary, Mark	58	So Cal TC	38:28.66	10
16 #375 Smith, Duncan	57	Unattached	38:47.81	
17 #310 Decolibus, Angelo	59	So Cal TC	40:41.82	11
M60-69 Results 8000 Run				
1 #437 Holcomb, John	60	Cal Coast	33:00.99	1
2 #436 Forrester, Perry	60	Cal Coast	33:07.54	2
3 #308 Shaheed, Nolan	67	So Cal TC	34:52.59	
4 #355 Humphries, Douglas	60	New Basin Blues	35:47.28	
5 #438 Schneider, Lars	60	Cal Coast	39:41.97	3
6 #354 Diaz, Mario	60	New Basin Blues	45:37.13	
M70+ Results 8000 Run				
1 #311 Lindsley, Fred	70	So Cal TC	37:55.53	

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Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
=====											
M49 & Under Results 8000 Run											
1	Cal Coast	17	1	2	3	5	6	10	13		
	Total Time:	2:25:16.86									
	Average:	29:03.38									
2	Arc Racing Project	51	7	8	9	12	15				
	Total Time:	2:45:22.69									
	Average:	33:04.54									
3	Track Club L.A.	62	4	11	14	16	17				
	Total Time:	3:01:54.23									
	Average:	36:22.85									
M50-59 Results 8000 Run											
1	Cal Coast	15	1	2	3	4	5	6	7		
	Total Time:	2:28:12.64									
	Average:	29:38.53									
2	So Cal TC	138	8	9	10	11	100				
M60-69 Results 8000 Run											
1	Cal Coast	206	1	2	3	100	100				

2016 Cross Country Championships - 11/6/2016**Southern California Association****Crescenta Valley Park****Rankings****Event 2 Women 6k Run CC Open Masters**

Name	Age	Team	Finals	Points
W39 & Under Results 6000 Run				
1 Shanahan, Danielle	39	Unattached	21:09.91	
2 Paulsen, Laura	39	Greater Boston TC	21:33.06	
3 Smith, Makenna	39	Cal Coast	21:46.14	1
4 Miller, Maggie	39	TeaMosqueda Elite	21:48.19	2
5 Graham-Zamudio, Grace	39	TeaMosqueda Elite	21:53.60	3
6 Blackwell, Elizabeth	39	TeaMosqueda Elite	21:55.82	4
7 Lopez, Sabrina	39	Cal Coast	22:07.35	5
8 Bolf, Christine	39	TeaMosqueda Elite	22:14.75	6
9 Mendona, Mariel	39	TeaMosqueda Elite	22:16.88	7
10 Hunt, Kellian	39	Cal Coast	22:25.89	8
11 Sanchez, Valerie	39	Cal Coast	22:31.56	9
12 Bell, Ashley	39	Cal Coast	22:41.00	10
13 Teran, Ashley	39	Cal Coast	22:48.52	
14 Lopez, Regina	39	Cal Coast	22:52.01	
15 Muira, Rachel	39	The Janes	22:59.61	11
16 Guerra, Andrea	39	TeaMosqueda Elite	23:36.98	
17 Frankian, Karis	39	Cal Coast	23:41.11	
18 Arthur, D'Ann	39	The Janes	23:46.49	12
19 Haur, Damanjot	39	The Janes	23:52.75	13
20 Shearer, Maggie	39	New Basin Blues	24:08.62	14
21 Beneke, Kryssie	39	The Janes	24:24.30	15
22 Urciaga, Yanet	39	New Basin Blues	24:29.99	16
23 Conde, Arielly	39	Cal Coast	24:32.59	
24 Bisagno, Naomi	39	New Basin Blues	24:38.25	17
25 McBirney, Samantha	26	Cal Coast	24:43.26	
26 Jacobsen, Caitlin	39	New Basin Blues	25:01.88	18
27 LaRoe, Maria	39	New Basin Blues	25:11.40	19
28 Delphin-Rodriguez, Renee	39	Cal Coast	25:15.72	
29 Luque, Nicole	39	Arc Racing Project	25:58.93	
30 Ochoa, Vivian	39	Mile Eaters	26:07.13	
31 Anderson, Chloe	39	Arc Racing Project	26:23.81	
32 Chapus, Cami	39	The Janes	26:55.75	20
33 Kachadoorian, Alex	35	Unattached	30:59.88	
W40-49 Results 6000 Run				
1 Padilla, Grace	40	So Cal Roadrunners	23:21.19	
2 Killeen-Fisone, Heather	40	Unattached	24:21.03	
3 Ngo, Mariam	41	Cal Coast	25:05.15	
4 Duff, Michelle	40	Track Club L.A.	25:44.69	1
5 Armenta, Susan	42	Arc Racing Project	28:11.14	
6 Endo, Ryoko	40	Track Club L.A.	29:29.33	2
7 Wong, Wenise	40	Track Club L.A.	29:52.08	3
8 Lazio, Jennifer	48	Unattached	29:59.01	
9 Crawford, Akiko	40	New Basin Blues	30:15.19	
W50-59 Results 6000 Run				
1 Cushing-Murray, Kathleen	51	The Janes	24:19.94	
2 Fischer, Tania	50	The Janes	24:49.83	
3 Allen, Gail	50	So Cal TC	27:26.66	
4 Contreras, Patricia	58	So Cal TC	28:59.19	
W60-69 Results 6000 Run				
1 Lee, Debbie	60	So Cal TC	28:19.28	
W70+ Results 6000 Run				

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....Event 2 Women 6k Run CC Open Masters

1 Jessen, Helga 70 New Basin Blues 44:55.86

Team Scores

Rank	Team	Total	1	2	3	*4	*5	*6	*7	*8	*9
=====											
W39 & Under Results 6000 Run											
1	TeaMosqueda Elite	9	2	3	4	6	7				
	Total Time:	1:05:37.61									
	Average:	21:52.54									
2	Cal Coast	14	1	5	8	9	10				
	Total Time:	1:06:19.38									
	Average:	22:06.46									
3	The Janes	36	11	12	13	15	20				
	Total Time:	1:10:38.85									
	Average:	23:32.95									
4	New Basin Blues	47	14	16	17	18	19				
	Total Time:	1:13:16.86									
	Average:	24:25.62									
W40-49 Results 6000 Run											
1	Track Club L.A.	6	1	2	3						
	Total Time:	1:25:06.10									
	Average:	28:22.04									

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W39 & Under Results 6000 Run				
1 #381 Shanahan, Danielle	39	Unattached	21:09.91	
2 #384 Paulsen, Laura	39	Greater Boston TC	21:33.06	
3 #417 Smith, Makenna	39	Cal Coast	21:46.14	1
4 #304 Miller, Maggie	39	TeaMosqueda Elite	21:48.19	2
5 #301 Graham-Zamudio, Gra	39	TeaMosqueda Elite	21:53.60	3
6 #303 Blackwell, Elizabet	39	TeaMosqueda Elite	21:55.82	4
7 #413 Lopez, Sabrina	39	Cal Coast	22:07.35	5
8 #306 Bolf, Christine	39	TeaMosqueda Elite	22:14.75	6
9 #305 Mendona, Mariel	39	TeaMosqueda Elite	22:16.88	7
10 #411 Hunt, Kellian	39	Cal Coast	22:25.89	8
11 #416 Sanchez, Valerie	39	Cal Coast	22:31.56	9
12 #407 Bell, Ashley	39	Cal Coast	22:41.00	10
13 #418 Teran, Ashley	39	Cal Coast	22:48.52	11
14 #412 Lopez, Regina	39	Cal Coast	22:52.01	12
15 #320 Muira, Rachel	39	The Janes	22:59.61	13
16 #302 Guerra, Andrea	39	TeaMosqueda Elite	23:36.98	14
17 #410 Frankian, Karis	39	Cal Coast	23:41.11	
18 #321 Arthur, D'Ann	39	The Janes	23:46.49	15
19 #322 Haur, Damanjot	39	The Janes	23:52.75	16
20 #341 Shearer, Maggie	39	New Basin Blues	24:08.62	17
21 #324 Beneke, Kryssie	39	The Janes	24:24.30	18
22 #342 Urciaga, Yanet	39	New Basin Blues	24:29.99	19
23 #408 Conde, Arielly	39	Cal Coast	24:32.59	
24 #338 Bisagno, Naomi	39	New Basin Blues	24:38.25	20
25 #445 McBirney, Samantha	26	Cal Coast	24:43.26	
26 #339 Jacobsen, Caitlin	39	New Basin Blues	25:01.88	21
27 #340 LaRoe, Maria	39	New Basin Blues	25:11.40	22
28 #409 Delphin-Rodriguez,	39	Cal Coast	25:15.72	
29 #358 Luque, Nicole	39	Arc Racing Project	25:58.93	
30 #377 Ochoa, Vivian	39	Mile Eaters	26:07.13	
31 #359 Anderson, Chloe	39	Arc Racing Project	26:23.81	
32 #323 Chapus, Cami	39	The Janes	26:55.75	23
33 #443 Kachadoorian, Alex	35	Unattached	30:59.88	
W40-49 Results 6000 Run				
1 #385 Padilla, Grace	40	So Cal Roadrunners	23:21.19	
2 #440 Killeen-Fisone, Hea	40	Unattached	24:21.03	
3 #414 Ngo, Mariam	41	Cal Coast	25:05.15	
4 #336 Duff, Michelle	40	Track Club L.A.	25:44.69	1
5 #357 Armenta, Susan	42	Arc Racing Project	28:11.14	
6 #335 Endo, Ryoko	40	Track Club L.A.	29:29.33	2
7 #334 Wong, Wenise	40	Track Club L.A.	29:52.08	3
8 #376 Lazio, Jennifer	48	Unattached	29:59.01	
9 #351 Crawford, Akiko	40	New Basin Blues	30:15.19	
W50-59 Results 6000 Run				
1 #327 Cushing-Murray, Kat	51	The Janes	24:19.94	
2 #325 Fischer, Tania	50	The Janes	24:49.83	
3 #444 Allen, Gail	50	So Cal TC	27:26.66	
4 #319 Contreras, Patricia	58	So Cal TC	28:59.19	
W60-69 Results 6000 Run				
1 #318 Lee, Debbie	60	So Cal TC	28:19.28	
W70+ Results 6000 Run				

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1 #352 Jessen, Helga 70 New Basin Blues 44:55.86

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
=====											
W39 & Under Results 6000 Run											
1	TeaMosqueda Elite	22	2	3	4	6	7	14			
	Total Time: 1:50:09.24										
	Average: 22:01.85										
2	Cal Coast	33	1	5	8	9	10	11	12		
	Total Time: 1:51:31.94										
	Average: 22:18.39										
3	The Janes	85	13	15	16	18	23				
	Total Time: 2:01:58.90										
	Average: 24:23.78										
4	New Basin Blues	99	17	19	20	21	22				
	Total Time: 2:03:30.14										
	Average: 24:42.03										
W40-49 Results 6000 Run											
1	Track Club L.A.	206	1	2	3	100	100				