

USA MASTERS 5KM  
 CROSS COUNTRY CHAMPIONSHIPS  
 Mission Bay, San Diego, CA  
 Saturday, October 12, 2019  
 Registration & Results by the San Diego Track Club

\*\*\*\*\*MENS RESULTS\*\*\*\*\*

Place	Name	No.	Age	Div/Tot	S	Affiliation	Time	Pace
1	JACQUES SALLBERG	257	45	1/14	M	Cal Coast Track	15:54	5:07
2	ROOSEVELT COOK	139	40	1/23	M	Cal Coast Track	16:05	5:11
3	NEVILLE DAVEY	145	44	2/23	M	West Valley Tra	16:06	5:11
4	ADAM DAILEY	144	43	3/23	M	boom RUNNING	16:08	5:12
5	JASON BATTERSON	120	43	4/23	M	Prado Racing Te	16:46	5:24
6	MARK YUEN	309	48	2/14	M	West Valley Tra	16:47	5:25
7	JOHN GARDINER	173	47	3/14	M	Cal Coast Track	16:54	5:27
8	DAN LESSER	200	43	5/23	M	boom RUNNING	16:56	5:28
9	IVAN LIEBEN	201	50	1/29	M	West Valley Tra	16:58	5:28
10	OKWARO RAURA	244	44	6/23	M	boom RUNNING	17:07	5:31
11	JOHN MONTGOMERY	222	44	7/23	M	West Valley Tra	17:22	5:36
12	MATTHEW FARLEY	161	51	2/29	M	Bowerman Track	17:25	5:37
13	JAMAAL RYAN	256	42	8/23	M	Prado Racing Te	17:35	5:40
14	CHARLES MULLANE	226	50	3/29	M	West Valley Tra	17:37	5:40
15	CLINTON BELL	121	40	9/23	M		17:42	5:42
16	JUSTIN TURNER	289	40	10/23	M	Prado Racing Te	17:49	5:45
17	ROBERT VERHEES	293	53	4/29	M	boom RUNNING	17:54	5:46
18	THOMAS KNOWLES	191	43	11/23	M	Garden State Tr	17:55	5:46
19	KEVIN ZIMMER	311	56	1/25	M	Prado Racing Te	17:59	5:47
20	MIKE NIER	229	54	5/29	M	Genesee Valley	18:06	5:50
21	CHRISTIAN CUSHING-M	143	51	6/29	M	Cal Coast Track	18:09	5:51
22	JACOB FORD	166	41	12/23	M	Garden State Tr	18:13	5:52
23	BRADLEY PETERSON	237	56	2/25	M	Cal Coast Track	18:14	5:52
24	SAULO RIVERA	252	42	13/23	M	Perros Bravos	18:14	5:53
25	SHAWN WILLIAMS	303	42	14/23	M	Garden State Tr	18:15	5:53
26	JOE SHEERAN	262	61	1/35	M	Club Northwest	18:18	5:54
27	CHUCK SCHNEEKLOTH	260	42	15/23	M	Garden State Tr	18:19	5:54
28	DAVID LIPKE	204	41	16/23	M	boom RUNNING	18:22	5:55
29	DANIEL KING	190	60	2/35	M	Athletics Bould	18:29	5:57
30	LARS SCHMITZ (NC)	259	41	17/23	M	West Valley Tra	18:29	5:57
31	JEFF CREIGHTON	142	56	3/25	M	Prado Racing Te	18:35	5:59
32	SCOTT SIRIANO	268	53	7/29	M	Eastern Buckeye	18:40	6:01
33	MICHAEL CONNORS	136	52	8/29	M	Cal Coast Track	18:40	6:01
34	KURT WHITTINGTON	300	41	18/23	M	Cal Coast Track	18:40	6:01
35	MARK ZAMEK	310	56	4/25	M	Garden State Tr	18:45	6:02
36	MARC SOSNOWSKI	274	52	9/29	M	Prado Racing Te	18:46	6:03
37	JIM WALSH	297	58	5/25	M	Jamul Toads	18:47	6:03
38	MICHAEL STRICKLAND	280	53	10/29	M	Atlanta Track C	18:51	6:04
39	LINDSAY HAMOUDI (NC)	181	40	19/23	M	boom RUNNING	18:52	6:05
40	DALE FLANDERS	163	54	11/29	M	Genesee Valley	18:53	6:05
41	TREVOR COX	140	40	20/23	M	Cal Coast Track	18:57	6:06
42	DAVID BISCHOFF	125	57	6/25	M	Genesee Valley	19:04	6:08
43	MICHAEL LEBOLD	197	62	3/35	M	Jamul Toads	19:05	6:09
44	GARY DROZE	151	58	7/25	M	Atlanta Track C	19:06	6:09
45	MICHAEL SLINSKEY	272	50	12/29	M		19:12	6:11
46	BIN LIU	205	56	8/25	M		19:18	6:13
47	OSCAR LEMUS	199	47	4/14	M	Cal Coast Track	19:21	6:14
48	DAVID REES	248	52	13/29	M	Bowerman Track	19:22	6:14
49	PATRICK LANOISELEE	193	56	9/25	M	Prado Racing Te	19:23	6:15

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50	WILLIAM ENICKS	159	60	4/35	M So Cal Track Cl	19:24	6:15
51	ANTHONY UZWIAK	290	60	5/35	M Kansas City Smo	19:25	6:15
52	BRIAN SKILES	270	50	14/29	M boom RUNNING	19:26	6:16
53	BRAD SLAVENS	271	50	15/29	M Atlanta Track C	19:33	6:18
54	MICHAEL STANGE	277	49	5/14	M Prado Racing Te	19:36	6:19
55	KEVIN CARR	132	53	16/29	M Cal Coast Track	19:38	6:19
56	THOM HUNT	183	61	6/35	M Prado Racing Te	19:40	6:20
57	ERIK VAN DER BURG	291	55	10/25	M	19:45	6:22
58	MICHAEL GORRIARAN	178	59	11/25	M Bowerman Track	19:50	6:23
59	JOSEPH REDA	247	65	1/11	M	19:50	6:23
60	ARNO SIST	269	60	7/35	M Jamul Toads	19:55	6:25
61	RICK BRUESS	127	60	8/35	M Athletics Bould	19:55	6:25
62	JEFF RULAND	255	60	9/35	M Jamul Toads	19:57	6:26
63	MIMO PARKINS	234	54	17/29	M Perros Bravos	20:01	6:27
64	EFREN LIMBAG	202	47	6/14	M	20:04	6:28
65	MARIO BALCOM	117	54	18/29	M Jamul Toads	20:04	6:28
66	MICHAEL NORCIA	231	55	12/25	M	20:05	6:28
67	BRIAN NELSON	227	62	10/35	M Cal Coast Track	20:07	6:29
68	RANDY RAY	246	43	21/23	M Prado Racing Te	20:08	6:29
69	WILLIAM RICE	250	45	7/14	M Wolfpack Runnin	20:10	6:30
70	SCOTT MCENTEE	216	62	11/35	M Prado Racing Te	20:14	6:31
71	LESTER DRAGSTEDT	150	57	13/25	M Atlanta Track C	20:14	6:31
72	LUIS MORALES	223	58	14/25	M Cal Coast Track	20:15	6:31
73	GREGORY CAULLER	134	60	12/35	M Pike Creek Vall	20:18	6:32
74	TIMOTHY STAFFORD	276	54	19/29	M Milestone Runni	20:23	6:34
75	DAMIAN COYLE	141	45	8/14	M	20:23	6:34
76	JOSE RIVERA (NC)	251	47	9/14	M Perros Bravos	20:25	6:35
77	STAN MCCORMACK	214	62	13/35	M Kansas City Smo	20:27	6:35
78	JAYSON FULTZ	172	47	10/14	M Jamul Toads	20:28	6:36
79	ISAAC MEDRANO	219	40	22/23	M Wolfpack Runnin	20:31	6:37
80	RICHARD MAYNE	211	55	15/25	M Trojan Masters	20:32	6:37
81	PATRICK MCBRIDE	212	46	11/14	M San Diego Track	20:32	6:37
82	JORGE CASTRO	133	51	20/29	M Jamul Toads	20:34	6:37
83	VENELIN TCHAMOV	284	53	21/29	M Genesee Valley	20:34	6:38
84	CHUCK SMEAD	273	68	2/11	M Boulder Road Ru	20:37	6:38
85	JOHN ARAUJO	115	61	14/35	M	20:46	6:42
86	ROBERT QUALLS	242	67	3/11	M River City Rebe	20:47	6:42
87	KEVIN PAULK	236	59	16/25	M Bowerman Track	20:53	6:44
88	JEFFREY BRODINE	126	54	22/29	M	20:56	6:45
89	SHELDON SUBITH	281	64	15/35	M Cal Coast Track	20:59	6:46
90	SEAN STEVENSON	279	54	23/29	M Jamul Toads	21:02	6:46
91	JOHN VAN KERKHOVE	292	57	17/25	M Genesee Valley	21:08	6:48
92	BRIAN BIGONI	124	52	24/29	M	21:12	6:50
93	JOHN GRIEGO	180	61	16/35	M Cal Coast Track	21:16	6:51
94	BEN BAILEY	116	54	25/29	M Atlanta Track C	21:16	6:51
95	RICK PFEIFFER	239	68	4/11	M San Diego Track	21:20	6:52
96	MATTHEW SIMPSON	267	58	18/25	M Cal Coast Track	21:21	6:53
97	TERENCE MCLAUGHLIN	218	59	19/25	M Potomac Valley	21:21	6:53
98	BRYAN WALLBANK	296	51	26/29	M Jamul Toads	21:23	6:53
99	EVODIO NERI	228	48	12/14	M Cal Coast Track	21:25	6:54
100	RICK SIEBERN	266	59	20/25	M Jamul Toads	21:28	6:55
101	KIRK LARSON	194	68	5/11	M Atlanta Track C	21:31	6:56
102	STEVEN FRAYNE	168	60	17/35	M Cal Coast Track	21:31	6:56
103	PAUL COOK	138	67	6/11	M Cal Coast Track	21:32	6:56
104	TONY MARSHALL	209	75	1/7	M San Diego Strid	21:37	6:58
105	GREG WAGNER	294	64	18/35	M Prado Racing Te	21:41	6:59
106	BILL BEYERBACH	123	64	19/35	M Genesee Valley	21:48	7:01
107	DAVID DUNBAR	152	69	7/11	M San Diego Strid	21:48	7:01
108	LES SHIBATA	264	64	20/35	M San Diego Track	21:51	7:02

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109	TERRY MCCLUSKEY	213	71	1/32	M Ann Arbor Track	21:52	7:03
110	RICHARD KATZ	187	71	2/32	M Boulder Road Ru	21:53	7:03
111	MARK ALFARO	111	40	23/23	M	21:56	7:04
112	PETER GERSTOFT	174	61	21/35	M San Diego Track	22:00	7:05
113	MARK PLUNGY	240	51	27/29	M	22:02	7:06
114	DOUG GOODHUE	176	77	2/7	M Ann Arbor Track	22:06	7:07
115	RONALD WELLS	298	73	3/32	M San Diego Strid	22:09	7:08
116	RANDY MCDERMOTT	215	61	22/35	M Kansas City Smo	22:26	7:14
117	DONALD PORTEOUS	241	73	4/32	M Tamalpa Runners	22:31	7:15
118	DOC RAPPOLE	243	70	5/32	M Genesee Valley	22:31	7:15
119	JOSE OLIVAS	232	52	28/29	M	22:34	7:16
120	KEVIN MILLER	220	63	23/35	M Jamul Toads	22:34	7:16
121	LEN GOLDMAN	175	75	3/7	M Tamalpa Runners	22:35	7:16
122	ANDRE BASLER	119	45	13/14	M Raptors	22:35	7:16
123	BOB MORRIS	224	67	8/11	M A Snail's Pace	22:44	7:19
124	ARNOLD DE LEON	146	56	21/25	M So Cal Track Cl	22:48	7:21
125	STEVE ROBINSON	253	64	24/35	M San Diego Track	22:49	7:21
126	KEITH WITTHAUER	304	63	25/35	M Cal Coast Track	22:53	7:22
127	AARON LEE	198	45	14/14	M West Valley Jog	22:54	7:23
128	JAMES REYNOLDS	249	70	6/32	M Boulder Road Ru	22:57	7:24
129	JIM MAY	210	73	7/32	M Genesee Valley	23:19	7:31
130	JERRY LEARNED	196	71	8/32	M Atlanta Track C	23:20	7:31
131	NATHAN KICKLIGHTER	189	59	22/25	M	23:29	7:34
132	JAN FRISBY	170	75	4/7	M Boulder Road Ru	23:33	7:35
133	GORDON LUTES	207	74	9/32	M San Diego Strid	23:37	7:37
134	WILLIAM AMOR	113	60	26/35	M Cal Coast Track	23:44	7:39
135	CRAIG ANDERSEN	114	71	10/32	M Eastside Runner	23:46	7:39
136	MARK CLEARY	135	61	27/35	M So Cal Track Cl	23:50	7:41
137	WILLIAM SUMNER	283	71	11/32	M Cal Coast Track	24:02	7:44
138	AMALIO TELENTI (NC)	285	59	23/25	M	24:02	7:44
139	KEITH YEATES	308	72	12/32	M Genesee Valley	24:18	7:50
140	GEORGE GRECO	179	71	13/32	M Florida Track C	24:23	7:51
141	PAUL CARLIN	131	73	14/32	M Ann Arbor Track	24:25	7:52
142	DANIEL DIEHR	148	70	15/32	M San Diego Strid	24:30	7:53
143	DAVID LONGMUIR	206	72	16/32	M Eastside Runner	24:32	7:54
144	THOMAS ALBRIGHT	110	63	28/35	M Cal Coast Track	24:35	7:55
145	RICK ALLAN	112	71	17/32	M	24:39	7:57
146	BRIAN CONROY	137	63	29/35	M	24:41	7:57
147	DANIEL TRONE	288	59	24/25	M San Diego Track	24:47	7:59
148	LIAM FINNIGAN	162	73	18/32	M Genesee Valley	24:51	8:00
149	ROBB LATIMER	195	67	9/11	M San Diego Track	25:05	8:05
150	JAMES MORRIS	225	70	19/32	M Tamalpa Runners	25:09	8:06
151	GENE FRENCH	169	73	20/32	M Tamalpa Runners	25:27	8:12
152	DAVID PETERSON	238	71	21/32	M Atlanta Track C	25:35	8:15
153	STEVE DOYLE	149	71	22/32	M San Diego Strid	25:54	8:21
154	JAMES MCGILL	217	70	23/32	M Eastside Runner	26:21	8:29
155	RICARDO TRONCOSO	287	60	30/35	M	26:29	8:32
156	DANIEL LINEHAN	203	70	24/32	M	26:35	8:34
157	ARTURO NOGUERON	230	59	25/25	M	26:39	8:35
158	JOHN BUCKLEY	129	70	25/32	M San Diego Track	26:49	8:38
159	JAMES FLANIGAN	164	70	26/32	M Tamalpa Runners	26:52	8:39
160	GLENN ROGET	254	62	31/35	M San Diego Track	27:02	8:42
161	MORRIS WILLIAMS	301	74	27/32	M Atlanta Track C	27:02	8:42
162	FRANK WHITTEMORE	299	64	32/35	M Jamul Toads	27:12	8:46
163	WILLIAM MOLESWORTH	221	66	10/11	M San Diego Track	27:19	8:48
164	SAM BENEDICT	122	72	28/32	M Atlanta Track C	27:24	8:50
165	CHARLES TUCKER BRUG	128	64	33/35	M So Cal Track Cl	27:51	8:58
166	CHARLIE PATTERSON	235	77	5/7	M Atlanta Track C	27:58	9:00
167	DENNIS KASISCHKE	186	73	29/32	M San Diego Track	28:37	9:13

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168	PETER STERN	278	74	30/32	M San Diego Track	28:41	9:14
169	FRANCIS BURDETT	130	54	29/29	M Greater Springf	28:58	9:20
170	RON ENOS	160	74	31/32	M Florida Track C	29:22	9:27
171	ELMO SHROPSHIRE	265	82	1/7	M	29:44	9:35
172	JOHN ELLIOTT	156	81	2/7	M Potomac Valley	29:55	9:38
173	JAMES SUMMERS	282	60	34/35	M San Diego Track	30:26	9:48
174	JOSEPH SCHERGER	258	69	11/11	M	30:33	9:50
175	JEFFERY JACOBS	184	76	6/7	M	30:48	9:55
176	ANDREW SHERWOOD	263	79	7/7	M Atlanta Track C	31:17	10:05
177	RICHARD WILLIAMS	302	83	3/7	M San Diego Strid	32:42	10:32
178	PATRICK DWYER	153	73	32/32	M Genesee Valley	32:59	10:37
179	WARREN OSBORN	233	85	1/3	M San Diego Strid	33:24	10:45
180	BENJAMIN SPOWART	275	64	35/35	M San Diego Track	33:36	10:49
181	JAMES KURTZ	192	81	4/7	M San Diego Strid	36:53	11:53
182	STEVEN FUCHS	171	82	5/7	M Long Island Roa	42:40	13:44
183	JIM TEMPLES	286	81	6/7	M San Diego Track	46:03	14:49
184	EDWIN GOOKIN	177	85	2/3	M San Diego Track	46:25	14:57
185	STEPHEN FRANKUM	167	80	7/7	M San Diego Track	46:37	15:01
186	AL RAY	245	86	3/3	M Atlanta Track C	53:10	17:07