

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	Finishm	Agegrad
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1	JACQUES SALLBERG	257	45	1/14	M	Cal Coast Track	15:54	89.38
2	JOE SHEERAN	262	61	1/35	M	Club Northwest	18:18	87.98
3	DOUG GOODHUE	176	77	1/7	M	Ann Arbor Track	22:06	87.95
4	NEVILLE DAVEY	145	44	1/23	M	West Valley Tra	16:06	87.63
5	IVAN LIEBEN	201	50	1/29	M	West Valley Tra	16:58	86.95
6	ADAM DAILEY	144	43	2/23	M	boom RUNNING	16:08	86.81
7	TONY MARSHALL	209	75	2/7	M	San Diego Strid	21:37	86.72
8	MARK YUEN	309	48	2/14	M	West Valley Tra	16:47	86.58
9	DANIEL KING	190	60	2/35	M	Athletics Bould	18:29	86.39
10	KEVIN ZIMMER	311	56	1/25	M	Prado Racing Te	17:59	85.96
11	MATTHEW FARLEY	161	51	2/29	M	Bowerman Track	17:25	85.35
12	JOHN GARDINER	173	47	3/14	M	Cal Coast Track	16:54	85.34
13	ROOSEVELT COOK	139	40	3/23	M	Cal Coast Track	16:05	85.23
14	MICHAEL LEBOLD	197	62	3/35	M	Jamul Toads	19:05	85.08
15	BRADLEY PETERSON	237	56	2/25	M	Cal Coast Track	18:14	84.78
16	ROBERT VERHEES	293	53	3/29	M	boom RUNNING	17:54	84.34
17	MIKE NIER	229	54	4/29	M	Genesee Valley	18:06	84.06
18	JOSEPH REDA	247	65	1/11	M		19:50	83.97
19	CHARLES MULLANE	226	50	5/29	M	West Valley Tra	17:37	83.74
20	JIM WALSH	297	58	3/25	M	Jamul Toads	18:47	83.63
21	JASON BATTERSON	120	43	4/23	M	Prado Racing Te	16:46	83.53
22	JEFF CREIGHTON	142	56	4/25	M	Prado Racing Te	18:35	83.18
23	LEN GOLDMAN	175	75	3/7	M	Tamalpa Runners	22:35	83.01
24	CHUCK SMEAD	273	68	2/11	M	Boulder Road Ru	20:37	82.95
25	DAN LESSER	200	43	5/23	M	boom RUNNING	16:56	82.71
26	MARK ZAMEK	310	56	5/25	M	Garden State Tr	18:45	82.44
27	OKWARO RAURA	244	44	6/23	M	boom RUNNING	17:07	82.42
28	WILLIAM ENICKS	159	60	4/35	M	So Cal Track Cl	19:24	82.31
29	GARY DROZE	151	58	6/25	M	Atlanta Track C	19:06	82.25
30	ANTHONY UZWIAK	290	60	5/35	M	Kansas City Smo	19:25	82.24
31	RONALD WELLS	298	73	1/32	M	San Diego Strid	22:09	82.01
32	CHRISTIAN CUSHING-M	143	51	6/29	M	Cal Coast Track	18:09	81.90
33	THOM HUNT	183	61	6/35	M	Prado Racing Te	19:40	81.87
34	DAVID BISCHOFF	125	57	7/25	M	Genesee Valley	19:04	81.73
35	ROBERT QUALLS	242	67	3/11	M	River City Rebe	20:47	81.53
36	JOHN MONTGOMERY	222	44	7/23	M	West Valley Tra	17:22	81.23
37	SCOTT SIRIANO	268	53	7/29	M	Eastern Buckeye	18:40	80.88
38	TERRY MCCLUSKEY	213	71	2/32	M	Ann Arbor Track	21:52	80.85
39	RICHARD KATZ	187	71	3/32	M	Boulder Road Ru	21:53	80.79
40	BRIAN NELSON	227	62	7/35	M	Cal Coast Track	20:07	80.71
41	DONALD PORTEOUS	241	73	4/32	M	Tamalpa Runners	22:31	80.68
42	DALE FLANDERS	163	54	8/29	M	Genesee Valley	18:53	80.58
43	MICHAEL CONNORS	136	52	9/29	M	Cal Coast Track	18:40	80.25
44	SCOTT CENTEE	216	62	8/35	M	Prado Racing Te	20:14	80.24
45	ARNO SIST	269	60	9/35	M	Jamul Toads	19:55	80.17
46	RICK BRUESS	127	60	10/35	M	Athletics Bould	19:55	80.17
47	RICK PFEIFFER	239	68	4/11	M	San Diego Track	21:20	80.16
48	BIN LIU	205	56	8/25	M		19:18	80.09
49	MICHAEL STRICKLAND	280	53	10/29	M	Atlanta Track C	18:51	80.09

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50	JEFF RULAND	255	60	11/35	M Jamul Toads	19:57	80.04
51	MICHAEL GORRIARAN	178	59	9/25	M Bowerman Track	19:50	79.85
52	MARC SOSNOWSKI	274	52	11/29	M Prado Racing Te	18:46	79.82
53	PATRICK LANOISELEE	193	56	10/25	M Prado Racing Te	19:23	79.75
54	JAN FRISBY	170	75	4/7	M Boulder Road Ru	23:33	79.60
55	KIRK LARSON	194	68	5/11	M Atlanta Track C	21:31	79.48
56	STAN MCCORMACK	214	62	12/35	M Kansas City Smo	20:27	79.39
57	DAVID DUNBAR	152	69	6/11	M San Diego Strid	21:48	79.25
58	JAMAAL RYAN	256	42	8/23	M Prado Racing Te	17:35	79.08
59	PAUL COOK	138	67	7/11	M Cal Coast Track	21:32	78.69
60	SHELDON SUBITH	281	64	13/35	M Cal Coast Track	20:59	78.69
61	GREGORY CAULLER	134	60	14/35	M Pike Creek Vall	20:18	78.66
62	THOMAS KNOWLES	191	43	9/23	M Garden State Tr	17:55	78.17
63	GORDON LUTES	207	74	5/32	M San Diego Strid	23:37	78.09
64	JIM MAY	210	73	6/32	M Genesee Valley	23:19	77.91
65	ERIK VAN DER BURG	291	55	11/25	M	19:45	77.65
66	LUIS MORALES	223	58	12/25	M Cal Coast Track	20:15	77.57
67	DOC RAPPOLE	243	70	7/32	M Genesee Valley	22:31	77.57
68	JOHN ARAUJO	115	61	15/35	M	20:46	77.53
69	CLINTON BELL	121	40	10/23	M	17:42	77.45
70	DAVID REES	248	52	12/29	M Bowerman Track	19:22	77.35
71	LESTER DRAGSTEDT	150	57	13/25	M Atlanta Track C	20:14	77.01
72	JUSTIN TURNER	289	40	11/23	M Prado Racing Te	17:49	76.94
73	KEVIN CARR	132	53	13/29	M Cal Coast Track	19:38	76.89
74	MICHAEL SLINSKEY	272	50	14/29	M	19:12	76.83
75	MICHAEL NORCIA	231	55	14/25	M	20:05	76.36
76	SAULO RIVERA	252	42	12/23	M Perros Bravos	18:14	76.26
77	SHAWN WILLIAMS	303	42	13/23	M Garden State Tr	18:15	76.19
78	GREG WAGNER	294	64	16/35	M Prado Racing Te	21:41	76.15
79	JAMES REYNOLDS	249	70	8/32	M Boulder Road Ru	22:57	76.11
80	MIMO PARKINS	234	54	15/29	M Perros Bravos	20:01	76.01
81	CHUCK SCHNEEKLOTH	260	42	14/23	M Garden State Tr	18:19	75.92
82	BRIAN SKILES	270	50	16/29	M boom RUNNING	19:26	75.91
83	KEVIN PAULK	236	59	15/25	M Bowerman Track	20:53	75.84
84	MARIO BALCOM	117	54	17/29	M Jamul Toads	20:04	75.83
85	JACOB FORD	166	41	15/23	M Garden State Tr	18:13	75.79
86	JERRY LEARNED	196	71	9/32	M Atlanta Track C	23:20	75.77
87	BILL BEYERBACH	123	64	17/35	M Genesee Valley	21:48	75.74
88	JOHN GRIEGO	180	61	18/35	M Cal Coast Track	21:16	75.71
89	LES SHIBATA	264	64	19/35	M San Diego Track	21:51	75.57
90	BRAD SLAVENS	271	50	18/29	M Atlanta Track C	19:33	75.46
91	DAVID LIPKE	204	41	16/23	M boom RUNNING	18:22	75.17
92	MICHAEL STANGE	277	49	4/14	M Prado Racing Te	19:36	74.70
93	LARS SCHMITZ (NC)	259	41	17/23	M West Valley Tra	18:29	74.69
94	RICHARD MAYNE	211	55	16/25	M Trojan Masters	20:32	74.69
95	TIMOTHY STAFFORD	276	54	19/29	M Milestone Runni	20:23	74.65
96	BOB MORRIS	224	67	8/11	M A Snail's Pace	22:44	74.54
97	OSCAR LEMUS	199	47	5/14	M Cal Coast Track	19:21	74.54
98	PAUL CARLIN	131	73	10/32	M Ann Arbor Track	24:25	74.40
99	CRAIG ANDERSEN	114	71	11/32	M Eastside Runner	23:46	74.39
100	STEVEN FRAYNE	168	60	20/35	M Cal Coast Track	21:31	74.21
101	TERENCE MCLAUGHLIN	218	59	17/25	M Potomac Valley	21:21	74.18
102	KURT WHITTINGTON	300	41	18/23	M Cal Coast Track	18:40	73.96
103	RICK SIEBERN	266	59	18/25	M Jamul Toads	21:28	73.78
104	JOHN VAN KERKHOVE	292	57	19/25	M Genesee Valley	21:08	73.73
105	KEITH YEATES	308	72	12/32	M Genesee Valley	24:18	73.71
106	MATTHEW SIMPSON	267	58	20/25	M Cal Coast Track	21:21	73.58
107	WILLIAM SUMNER	283	71	13/32	M Cal Coast Track	24:02	73.56
108	VENELIN TCHAMOV	284	53	20/29	M Genesee Valley	20:34	73.40

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109	ELMO SHROPSHIRE	265	82	1/7	M		29:44	73.33
110	PETER GERSTOFT	174	61	21/35	M	San Diego Track	22:00	73.18
111	LIAM FINNIGAN	162	73	14/32	M	Genesee Valley	24:51	73.10
112	DAVID LONGMUIR	206	72	15/32	M	Eastside Runner	24:32	73.00
113	JEFFREY BRODINE	126	54	21/29	M		20:56	72.69
114	LINDSAY HAMOUDI (NC)	181	40	19/23	M	boom RUNNING	18:52	72.66
115	KEVIN MILLER	220	63	22/35	M	Jamul Toads	22:34	72.55
116	GEORGE GRECO	179	71	16/32	M	Florida Track C	24:23	72.50
117	STEVE ROBINSON	253	64	23/35	M	San Diego Track	22:49	72.37
118	TREVOR COX	140	40	20/23	M	Cal Coast Track	18:57	72.34
119	SEAN STEVENSON	279	54	22/29	M	Jamul Toads	21:02	72.34
120	JORGE CASTRO	133	51	23/29	M	Jamul Toads	20:34	72.28
121	EFREN LIMBAG	202	47	6/14	M		20:04	71.87
122	RANDY MCDERMOTT	215	61	24/35	M	Kansas City Smo	22:26	71.77
123	RICK ALLAN	112	71	17/32	M		24:39	71.72
124	KEITH WITTHAUER	304	63	25/35	M	Cal Coast Track	22:53	71.55
125	BEN BAILEY	116	54	24/29	M	Atlanta Track C	21:16	71.55
126	WARREN OSBORN	233	85	1/3	M	San Diego Strid	33:24	71.39
127	GENE FRENCH	169	73	18/32	M	Tamalpa Runners	25:27	71.38
128	DANIEL DIEHR	148	70	19/32	M	San Diego Strid	24:30	71.30
129	JOHN ELLIOTT	156	81	2/7	M	Potomac Valley	29:55	71.00
130	BRIAN BIGONI	124	52	25/29	M		21:12	70.66
131	JOSE RIVERA (NC)	251	47	7/14	M	Perros Bravos	20:25	70.64
132	WILLIAM RICE	250	45	8/14	M	Wolfpack Runnin	20:10	70.47
133	JAYSON FULTZ	172	47	9/14	M	Jamul Toads	20:28	70.47
134	PATRICK MCBRIDE	212	46	10/14	M	San Diego Track	20:32	69.72
135	DAMIAN COYLE	141	45	11/14	M		20:23	69.72
136	RANDY RAY	246	43	21/23	M	Prado Racing Te	20:08	69.56
137	BRYAN WALLBANK	296	51	26/29	M	Jamul Toads	21:23	69.52
138	CHARLIE PATTERSON	235	77	5/7	M	Atlanta Track C	27:58	69.50
139	JAMES MORRIS	225	70	20/32	M	Tamalpa Runners	25:09	69.45
140	DAVID PETERSON	238	71	21/32	M	Atlanta Track C	25:35	69.10
141	RICHARD WILLIAMS	302	83	3/7	M	San Diego Strid	32:42	68.56
142	STEVE DOYLE	149	71	22/32	M	San Diego Strid	25:54	68.26
143	MORRIS WILLIAMS	301	74	23/32	M	Atlanta Track C	27:02	68.22
144	EVODIO NERI	228	48	12/14	M	Cal Coast Track	21:25	67.85
145	ARNOLD DE LEON	146	56	21/25	M	So Cal Track Cl	22:48	67.80
146	ROBB LATIMER	195	67	9/11	M	San Diego Track	25:05	67.56
147	MARK CLEARY	135	61	26/35	M	So Cal Track Cl	23:50	67.55
148	MARK PLUNGY	240	51	27/29	M		22:02	67.47
149	NATHAN KICKLIGHTER	189	59	22/25	M		23:29	67.44
150	WILLIAM AMOR	113	60	27/35	M	Cal Coast Track	23:44	67.28
151	ISAAC MEDRANO	219	40	22/23	M	Wolfpack Runnin	20:31	66.82
152	THOMAS ALBRIGHT	110	63	28/35	M	Cal Coast Track	24:35	66.60
153	JOSE OLIVAS	232	52	28/29	M		22:34	66.38
154	BRIAN CONROY	137	63	29/35	M		24:41	66.33
155	JAMES MCGILL	217	70	24/32	M	Eastside Runner	26:21	66.29
156	AMALIO TELENTI (NC)	285	59	23/25	M		24:02	65.90
157	DANIEL LINEHAN	203	70	25/32	M		26:35	65.71
158	SAM BENEDICT	122	72	26/32	M	Atlanta Track C	27:24	65.37
159	JOHN BUCKLEY	129	70	27/32	M	San Diego Track	26:49	65.14
160	JAMES FLANIGAN	164	70	28/32	M	Tamalpa Runners	26:52	65.01
161	ANDREW SHERWOOD	263	79	6/7	M	Atlanta Track C	31:17	64.77
162	PETER STERN	278	74	29/32	M	San Diego Track	28:41	64.30
163	DANIEL TRONE	288	59	24/25	M	San Diego Track	24:47	63.90
164	DENNIS KASISCHKE	186	73	30/32	M	San Diego Track	28:37	63.48
165	ANDRE BASLER	119	45	13/14	M	Raptors	22:35	62.93
166	RON ENOS	160	74	31/32	M	Florida Track C	29:22	62.80
167	MARK ALFARO	111	40	23/23	M		21:56	62.50

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168	AARON LEE	198	45	14/14	M West Valley Jog	22:54	62.06
169	JEFFERY JACOBS	184	76	7/7	M	30:48	61.94
170	WILLIAM MOLESWORTH	221	66	10/11	M San Diego Track	27:19	61.49
171	FRANK WHITTEMORE	299	64	30/35	M Jamul Toads	27:12	60.71
172	RICARDO TRONCOSO	287	60	31/35	M	26:29	60.29
173	GLENN ROGET	254	62	32/35	M San Diego Track	27:02	60.06
174	ARTURO NOGUERON	230	59	25/25	M	26:39	59.43
175	CHARLES TUCKER BRUG	128	64	33/35	M So Cal Track Cl	27:51	59.29
176	JAMES KURTZ	192	81	4/7	M San Diego Strid	36:53	57.59
177	JOSEPH SCHERGER	258	69	11/11	M	30:33	56.55
178	PATRICK DWYER	153	73	32/32	M Genesee Valley	32:59	55.08
179	FRANCIS BURDETT	130	54	29/29	M Greater Springf	28:58	52.53
180	JAMES SUMMERS	282	60	34/35	M San Diego Track	30:26	52.47
181	EDWIN GOOKIN	177	85	2/3	M San Diego Track	46:25	51.37
182	STEVEN FUCHS	171	82	5/7	M Long Island Roa	42:40	51.10
183	BENJAMIN SPOWART	275	64	35/35	M San Diego Track	33:36	49.14
184	AL RAY	245	86	3/3	M Atlanta Track C	53:10	46.41
185	JIM TEMPLES	286	81	6/7	M San Diego Track	46:03	46.13
186	STEPHEN FRANKUM	167	80	7/7	M San Diego Track	46:37	44.47