

***** RESULTS GRADED BY AGE AND SEX BASED ON WORLD MASTERS
ATHLETICS TABLES **
USATF National Club Cross Country Championships
Plantes Ferry Sports Complex -Spokane, WA 12/8/18
Results at RecordTiming.com**

Place	Name	Sex	Age	Affiliation	Time	Age%
1	Nat Larson	M	56	Greater Springfield Harriers,	35:01	90.36
2	Peter Hammer	M	52	Boston Athletic Association-A	34:09	89.48
3	Andy Gardiner	M	53	Boston Athletic Association-A	34:43	88.77
4	Carl Combs	M	53	Club Northwest-A	34:58	88.14
5	Tony Young	M	56	Club Northwest-A	36:02	87.81
6	Jaime Heilpern	M	48	HOKA Aggie Running Club-A	33:50	87.32
7	Mark Zamek	M	55	Garmin Runners	36:16	86.47
8	Eric Williams	M	54	Bowerman Track Club-A	35:59	86.39
9	Mark Hixson	M	53	Greater Springfield Harriers,	35:45	86.21
10	John Gardiner	M	46	Cal Coast Track Club-A	33:51	85.86
11	Michael Nahom	M	51	Greater Springfield Harriers,	35:18	85.83
12	Mark Reeder	M	59	Greater Lowell Road Runners	37:54	85.76
13	Christian Cushing- murray	M	51	Cal Coast Track Club-A	35:20	85.75
14	John Howell	M	45	Bowerman Track Club-A	33:41	85.59
15	Gregory Mitchell	M	45	Bowerman Track Club-A	33:46	85.38
16	Stephen Bean	M	57	Bowerman Track Club-A	37:28	85.20
17	Scott Tucker	M	56	Bowerman Track Club-A	37:09	85.17
18	Todd Rose	M	45	West Valley Track Club-A	33:56	84.96
19	Jorge Maravilla	M	41	West Valley Track Club-A	32:53	84.93
20	Jacques Sallberg	M	44	Cal Coast Track Club-A	33:42	84.86
21	David Angell	M	42	Roanoke Valley Elite	33:14	84.70
22	Orin Schumacher	M	45	Bowerman Track Club-A	34:03	84.67
23	Michael Bresson	M	47	Club Northwest-A	34:38	84.61
24	Jonathan Frieder	M	48	Garden State Track Club New Ba	34:57	84.53
25	Alan Evans	M	55	Genesee Valley Harriers-A	37:06	84.53
26	Eric Stabb	M	50	Atlanta Track Club-A	35:33	84.51
27	Eric Loeffler	M	41	Run MN-A	33:07	84.33
28	Neville Davey	M	43	West Valley Track Club-A	33:39	84.31
29	Mike Blackmore	M	56	Bowerman Track Club-A	37:32	84.30
30	Eric Hartmann	M	50	Bowerman Track Club-A	35:41	84.19
31	Kent Lemme	M	52	Greater Springfield Harriers,	36:19	84.14
32	Joshua Gordon	M	44	Bowerman Track Club-A	34:02	84.03
33	Gary Leaman	M	59	Garden State Track Club New	38:41	84.02

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34	Frederick Herr	M	52	Cal Coast Track Club-A	36:23	83.99
35	Tony Gerbino	M	54	Club Northwest-A	37:02	83.94
36	Patrick Billig	M	56	Run MN-A	37:46	83.78
37	William Lindell	M	51	Run MN-A	36:10	83.77
38	Dean Thompson	M	53	Chattanooga Track Club-A	36:50	83.67
39	Mike Nier	M	54	Genesee Valley Harriers-A	37:11	83.61
40	Jim Walsh	M	58	Jamul Toads-A	38:32	83.58
41	Joe Bisignano	M	58	Club Northwest-A	38:37	83.41
42	Alan Black	M	45	Atlanta Track Club-A	34:38	83.24
43	Steven Short	M	42	Team Red Lizard-A	33:49	83.24
44	Alan Jackson	M	44	HOKA Aggie Running Club-A	34:23	83.17
45	Royce Hogue	M	55	Unattached-M9	37:43	83.15
46	Eric Shafer	M	49	Pittsburgh Pharaoh Hounds	35:51	83.10
47	Ryan McCalmon	M	43	Boston Athletic Association-A	34:13	82.92
48	Tim Hardy	M	43	Run MN-A	34:15	82.83
49	Nicholas Bowden	M	47	Club Northwest-A	35:25	82.74
50	Craig Godwin	M	51	Bowerman Track Club-A	36:38	82.71
51	Julian Marsh-NC	M	45	West Valley Track Club	34:53	82.65
52	Christopher Magill	M	45	Boston Athletic Association-A	34:53	82.65
53	Ahrlin Bauman	M	45	Bowerman Track Club-A	34:54	82.61
54	Lance Logan	M	54	Club Northwest-A	37:38	82.61
55	Torrey Lindbo	M	46	Team Red Lizard-A	35:12	82.57
56	Paul Abdalla	M	57	Club Northwest-A	38:40	82.56
57	Richard Osifchin	M	54	Garden State Track Club New Ba	37:41	82.50
58	Ulrich Steidl	M	46	Seattle Running Club-A	35:14	82.49
59	David Bedoya	M	41	Boston Athletic Association-A	33:52	82.47
60	Thomas McGlynn	M	46	West Valley Track Club-A	35:16	82.42
61	Iain Mickle	M	58	SRA Elite-A	39:09	82.27
62	Dan Franek	M	53	Bowerman Track Club-A	37:28	82.26
63	Jesse Zentz	M	42	Helena Vigilante Runners	34:14	82.23
64	Edward Randolph	M	49	West Valley Track Club-A	36:14	82.22
65	Olivier Vrambout	M	44	Run MN-A	34:47	82.22
66	Charles Mullane	M	49	West Valley Track Club-A	36:15	82.18
67	Mark Bloudek	M	44	Club Northwest-A	34:51	82.06
68	Brantley Lutz	M	43	Dukes Track Club	34:35	82.04
69	Wesley Sealand	M	54	Bowerman Track Club-B	37:57	81.92
70	Robert Economy	M	54	Run MN-A	37:59	81.84
71	Brendan Prindiville	M	41	Boston Athletic Association-A	34:08	81.82
72	Scott Williams	M	40	Bowerman Track Club-A	33:53	81.79
73	John O'Hearn	M	56	Club Northwest-A	38:41	81.79
74	Eric Hartmark	M	40	Run MN-A	33:55	81.71
75	Lance Thompson	M	42	Club Northwest-A	34:29	81.63

76	Gary Blanco	M	51	SRA Elite-A	37:09	81.56
77	Matthew Carter	M	40	Boston Athletic Association-A	33:59	81.55
78	Eric Johnson	M	44	Run MN-A	35:05	81.52
79	Matthew Waite	M	50	Run MN-A	36:56	81.34
80	Thomas Bache	M	46	San Diego Track Club	35:45	81.30
81	Jason Page	M	44	Bull City Track Club-A	35:11	81.28
82	Ron Hyde	M	59	Phoenix Free Soles-A	40:01	81.22
83	Elliott Frieder	M	48	Garden State Track Club New Ba	36:23	81.20
84	Craig Magness	M	46	Cal Coast Track Club-A	35:49	81.15
85	Bill Brist	M	54	Great Falls Track Club	38:20	81.10
86	Jeff Soares	M	55	Santa Cruz Track Club	38:41	81.07
87	Matt Seeley	M	48	Unattached-M13	36:27	81.05
88	Shawn Crockett	M	49	Unattached-M7	36:46	81.03
89	Rob Class	M	58	Run MN-A	39:45	81.03
90	Paul Jones	M	43	Bull City Track Club-A	35:01	81.02
91	Michael Thomas	M	49	Movin' Shoes Race Team-A	36:47	80.99
92	Bob Brennand	M	57	Club Northwest-A	39:29	80.85
93	Acy Roff	M	54	Club Northwest-A	38:27	80.85
94	Michael Axinn	M	58	Pamakids-A	39:52	80.79
95	Thomas Schumann	M	53	Cal Coast Track Club-A	38:10	80.75
96	Konrad Knutsen	M	42	West Valley Track Club-A	34:52	80.73
97	Timothy Ensign	M	55	Chattanooga Track Club-A	38:55	80.59
98	Patrick Russell	M	42	Run MN-A	34:56	80.58
99	Alejandro Heuck	M	53	Greater Springfield Harriers,	38:20	80.40
100	Theodor Schnauffer	M	54	Genesee Valley Harriers-A	38:44	80.26
101	Francis Burdett	M	53	Greater Springfield Harriers,	38:26	80.19
102	Brian Sydow	M	45	Atlanta Track Club-A	35:58	80.16
103	John Clifford	M	56	Bowerman Track Club-B	39:29	80.14
104	Anthony McGrath	M	51	Pamakids-A	37:50	80.08
105	Jonah Backstrom	M	45	West Valley Track Club-A	36:01	80.05
106	Jesse Barragan	M	40	SRA Elite-A	34:38	80.02
107	Ricardo Maldonado	M	54	Phoenix Free Soles-A	38:51	80.02
108	Charlie Brenneman	M	40	SRA Elite-A	34:39	79.98
109	Sam Teigen	M	44	Garden State Track Club New Ba	35:46	79.96
110	Ian Fraser	M	44	Club Northwest-A	35:47	79.92
111	Benjamin Mangrum	M	40	Tacoma City Running Club	34:42	79.87
112	Ed Brooks	M	47	SRA Elite-A	36:43	79.81
113	Dale Flanders	M	53	Genesee Valley Harriers-A	38:39	79.74
114	Brent Fields	M	46	Atlanta Track Club-A	36:28	79.70
115	Thomas Knowles	M	43	Garden State Track Club New Ba	35:36	79.69
116	Shanon Winkelman	M	48	Cal Coast Track Club-A	37:05	79.67
117	Brett Bernacchi	M	46	Phoenix Free Soles-A	36:31	79.59

118	Jason Batterson	M	42	Prado Racing Team	35:28	79.37
119	Scott Abbott	M	41	SRA Elite-A	35:13	79.31
120	Allen Baddour	M	47	Bull City Track Club-A	36:58	79.27
121	Gary Gellin	M	50	HOKA Aggie Running Club-A	37:56	79.20
122	Darren Moore	M	44	Team Red Lizard-A	36:07	79.18
123	John Montgomery	M	43	West Valley Track Club-B	35:50	79.17
124	James Callaghan	M	49	Boston Athletic Association-B	37:39	79.13
125	Carl Winter	M	52	Club Northwest-B	38:38	79.10
126	Todd Poremba	M	49	Club Northwest-A	37:42	79.02
127	John Reich	M	49	Phoenix Free Soles-A	37:44	78.95
128	Paul Kramer	M	50	Phoenix Free Soles-A	38:06	78.85
129	Dan Feda	M	44	Run MN-A	36:18	78.78
130	Tim Willcox	M	40	Movin' Shoes Race Team-A	35:14	78.66
131	Erich Ackermann	M	50	HOKA Aggie Running Club-A	38:14	78.58
132	Ryan Shrum	M	51	Chattanooga Track Club-A	38:35	78.53
133	Kenny Miller	M	41	Run MN-A	35:35	78.49
134	Steve Kirschke	M	47	Unattached-M10	37:21	78.46
135	Chris Lundstrom	M	42	Run MN-A	35:55	78.37
136	Michael Joh Stanley	M	47	Cal Coast Track Club-A	37:25	78.32
137	Daniel Salazar	M	53	Guerilla Running	39:22	78.29
138	Ben Sauvage	M	49	Phoenix Free Soles-A	38:04	78.26
139	Steven Kollars	M	59	Bowerman Track Club-B	41:32	78.25
140	Jim Larranaga	M	53	Run MN-A	39:23	78.25
141	David McCulloch	M	48	Club Northwest-A	37:47	78.19
142	David Bischoff	M	56	Genesee Valley Harriers-A	40:28	78.19
143	Michael Fadling	M	50	SRA Elite-A	38:30	78.03
144	Chris Georgules	M	45	Boston Athletic Association-B	36:58	77.99
145	Gabriel Kliot-NC	M	41	Club Northwest	35:49	77.98
146	John Markell-NC	M	45	West Valley Track Club	37:00	77.92
147	Ron Lombardi	M	54	Greater Springfield Harriers,	39:55	77.88
148	Daniel Bartosz	M	42	Team Red Lizard-A	36:11	77.80
149	John Van Kerkhove	M	56	Genesee Valley Harriers-A	40:41	77.77
150	Sid Sullivan	M	52	HOKA Aggie Running Club-A	39:24	77.56
151	Steven Heaps	M	54	Seattle Running Club-A	40:06	77.53
152	Kevin Barda	M	51	Cal Coast Track Club-A	39:05	77.52
153	Mario Cadete	M	46	West Valley Track Club-B	37:33	77.40
154	Orestes Gutierrez	M	42	Bowerman Track Club-A	36:24	77.33
155	Michael McGrane	M	48	Boston Athletic Association-B	38:13	77.31
156	Justin Daghlish-NC	M	41	Greater Lowell Road Runners	36:12	77.15
157	Shawn Conway	M	48	Greater Lowell Road Runners	38:21	77.04
158	Ryan Davenport	M	44	Boston Athletic Association-B	37:08	77.02
159	Mark Donahue	M	47	Club Northwest-A	38:05	76.95
160	Roger Dix	M	51	HOKA Aggie Running Club-A	39:23	76.93
161	Beau Seegmiller	M	48	Boise Betties & Billies	38:26	76.87

162	Chuck Coats	M	59	Bowerman Track Club-B	42:17	76.87
163	Peter Kotchen	M	49	Atlanta Track Club-A	38:47	76.81
164	Matthew Farley	M	50	Bowerman Track Club-A	39:07	76.80
165	Jeff Turner	M	46	Phoenix Free Soles-A	37:52	76.76
166	John Leo	M	54	Club Northwest-B	40:31	76.73
167	Douglas Cross	M	50	Chattanooga Track Club-A	39:13	76.61
168	Brad Slavens	M	49	Atlanta Track Club-A	38:55	76.55
169	Kevan Chu	M	50	Santa Cruz Track Club	39:19	76.41
170	Peter Kessler	M	57	Run MN-A	41:48	76.37
171	Michael Gorriaran	M	58	Bowerman Track Club-B	42:12	76.32
172	Mitchell Phariss	M	59	Chattanooga Track Club-A	42:38	76.24
173	Joe Van De Water	M	51	SRA Elite-A	39:51	76.03
174	E J Hrynowski	M	56	Greater Lowell Road Runners	41:38	76.00
175	Andrew Chan	M	47	Pamakids-A	38:35	75.95
176	Nate Bowen	M	42	West Valley Track Club-A	37:04	75.94
177	Christopher Benestad	M	41	Boston Athletic Association-B	36:49	75.86
178	Blake Sacha	M	53	Phoenix Free Soles-A	40:40	75.78
179	Russell Fairles	M	51	Pamakids-A	40:01	75.71
180	Corey Brantley	M	46	Unattached-M5	38:24	75.69
181	Sean Messiter	M	52	Club Northwest-B	40:24	75.64
182	Greg Hales	M	52	Santa Cruz Track Club	40:27	75.55
183	Chris Weiss	M	43	Atlanta Track Club-A	37:35	75.49
184	Matthew Simpson	M	57	Cal Coast Track Club-A	42:20	75.41
185	Bill Fitzner	M	53	Spokane Distance Project-A	41:01	75.14
186	John Burton	M	50	Unattached-M6	40:05	74.95
187	Jerry Flanagan	M	53	Pamakids-A	41:10	74.86
188	Mark LaRosa	M	40	Boston Athletic Association-B	37:05	74.73
189	Ryan Carlson	M	42	Team Red Lizard-A	37:40	74.73
190	Jamey Gifford	M	40	West Valley Track Club-B	37:07	74.67
191	Denis Glenn	M	48	Pamakids-A	39:44	74.36
192	William Cleves	M	57	Jamul Toads-A	42:56	74.36
193	Christopher Rinaldi	M	49	Garden State Track Club New Ba	40:04	74.35
194	Shawn Williams	M	41	Garden State TC	37:34	74.34
195	Paul Miller	M	54	Movin' Shoes Race Team-A	41:53	74.22
196	Gregory Coughlan	M	49	Bowerman Track Club-A	40:10	74.17
197	William Wheeler	M	49	Pamakids-A	40:15	74.02
198	Zachary Ames	M	47	Seattle Running Club-A	39:36	74.00
199	Jason Timochko	M	42	Garden State Track Club New Ba	38:04	73.95
200	Paul Wellman	M	40	Prado Racing Team	37:31	73.87
201	Jeffrey Brandt	M	54	Unattached-M4	42:09	73.75
202	Charles Joy	M	41	Spokane Distance Project-A	37:53	73.72
203	Chris McGinness	M	40	Team Red Lizard-A	37:39	73.61

204	Thomas Fuchs	M	53	Spokane Distance Project-A	42:01	73.35
205	Randall Conner	M	50	Pamakids-A	41:04	73.16
206	John Blue	M	55	SRA Elite-A	42:55	73.08
207	Todd Barnes	M	55	Phoenix Free Soles-A	43:02	72.88
208	Zachary Redding	M	40	Movin' Shoes Race Team-A	38:09	72.65
209	Mario Balcom	M	53	Jamul Toads-A	42:29	72.54
210	Travis Price	M	42	West Valley Track Club-B	38:57	72.27
211	Ben Jones	M	44	Movin' Shoes Race Team-A	39:38	72.16
212	Zachary Hedling	M	43	Pamakids-A	39:24	72.01
213	Rick Siebern	M	58	Jamul Toads-A	44:46	71.95
214	John Johnson	M	50	Guerilla Running	41:57	71.61
215	Dan Arsenault	M	56	Cal Coast Track Club-A	44:11	71.61
216	Martin Tomasi	M	50	Bull City Track Club-A	42:00	71.53
217	Michael Lauffer	M	53	Spokane Distance Project-A	43:10	71.39
218	Craig Kenworthy	M	56	Club Northwest-B	44:23	71.29
219	Jacob Michaels	M	51	West Valley Track Club-B	42:32	71.23
220	Lars Schmitz-NC	M	40	West Valley Track Club	38:58	71.12
221	Bryan Stevens	M	40	Phoenix Free Soles-A	39:00	71.06
222	Chris Forti	M	40	Dashing Whippets Running Team	39:01	71.03
223	Jon Hoerlein	M	51	Eastside Runners-	42:43	70.93
224	Jack Brodhead	M	49	Spokane Distance Project-A	42:12	70.59
225	Aric Trantum	M	47	Spokane Distance Project-A	41:45	70.19
226	Mathieu DesJardins	M	48	West Valley Track Club-B	42:24	69.68
227	Sean Stevenson	M	53	Jamul Toads-A	44:15	69.65
228	Carl Anstrom	M	45	Bull City Track Club-A	41:25	69.61
229	Curt Casazza	M	47	SRA Elite-A	42:08	69.55
230	Bryan Wallbank	M	50	Jamul Toads-A	43:29	69.09
231	Dave Ross	M	51	Bowerman Track Club-B	43:59	68.89
232	Rodney Hemingway	M	42	Greater Boston Track Club	41:05	68.52
233	Alan Frindell	M	41	Club Northwest-A	40:48	68.45
234	Andrew Ehlert	M	40	Movin' Shoes Race Team-A	40:36	68.26
235	Andy Harris	M	59	River City Rebels	48:06	67.57
236	Charles Simpson	M	50	Bowerman Track Club-B	44:37	67.33
237	Ted Chauvin	M	45	Spokane Distance Project-A	42:49	67.33
238	Shad Birkholz	M	42	Seattle Running Club-A	42:10	66.76
239	Christopher Melleby	M	40	Greater Boston Track Club	41:43	66.44
240	Joshua Sundt	M	46	Guerilla Running	43:47	66.38
241	Ronnie Weed	M	43	Bull City Track Club-A	42:52	66.18
242	Peter McKay	M	57	Club Northwest-B	50:06	63.72
243	Dave Durand	M	48	Flying Irish Running Club	46:23	63.70
244	Mike Spencer	M	58	Atlanta Track Club-A	50:50	63.36
245	Ken Sandberg	M	49	Pamakids-A	47:46	62.37
246	William Swafford	M	55	Unattached-M14	50:28	62.14

247	Erik Heimann	M	46	Guerilla Running	47:16	61.49
248	Jorge Castro	M	50	Jamul Toads-A	49:07	61.16

12/08/2018 1:02PM