

***** 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	Carmen Ayala-Troncoso	F	59	Unattached-W1	25:00	89.02
2	Jennifer Teppo	F	60	Team Red Lizard-A	25:32	88.25
3	Jeanette Groesz	F	69	Team Red Lizard-A	29:00	87.56
4	Patricia Bellan	F	55	HOKA Aggie Running Club-A	24:27	86.73
5	Regina Joyce	F	61	Club Northwest-A	26:21	86.59
6	Kate Landau	F	42	Tacoma City Running Club	21:29	86.48
7	Joannie Siegler	F	61	Golden Valley Harriers	26:35	85.83
8	Sara Freitas	F	60	Impala Racing Team-A	26:20	85.56
9	Shannon Teslow	F	54	The Janes Elite Racing-A	24:36	85.20
10	Kirsten Leetch	F	52	The Janes Elite Racing-A	24:07	84.92
11	Grace Padilla	F	47	The Janes Elite Racing-A	22:56	84.52
12	Eileen Brennan-Erler	F	57	Impala Racing Team-A	25:48	84.17
13	Tania Fischer	F	52	The Janes Elite Racing-A	24:21	84.11
14	Susan Hay	F	55	Team Red Lizard-A	25:13	84.09
15	Beverley Anderson-Abbs	F	54	Buffalo Chips Running Club-A	24:58	83.94
16	Gail Hall	F	59	Club Northwest-A	26:36	83.66
17	Mo Bartley	F	63	Impala Racing Team-A	28:04	83.41
18	Liane Pancoast	F	60	Greater Lowell Road Runners	27:02	83.35
19	Suzanne Cordes	F	59	Impala Racing Team-A	26:42	83.35
20	Katherine MacTavish	F	55	Team Red Lizard-A	25:27	83.32
21	Maggie Shearer	F	41	TeaMosqueda Elite	22:10	83.27
22	Gretchen Hurlbutt	F	40	Boise Betties & Billies-A	22:05	83.09
23	Mary Swan	F	57	Athena Track Club	26:19	82.52
24	Nancy Thomas	F	49	Impala Racing Team-A	24:01	82.46
25	Trisha Kluge	F	59	Oregon Track Club-A	27:05	82.17
26	Kristen Mossman	F	55	Club Northwest-A	25:53	81.92
27	Laura Stuart	F	53	San Diego Track Club-A	25:19	81.83
28	Kaela O'Neil	F	40	Boston Athletic Association	22:27	81.73
29	Liisa Miller	F	53	Santa Cruz Track Club	25:29	81.30
30	Nancy James-Klinger	F	41	The Janes Elite Racing-A	22:49	80.89
31	Kimberly Mueller	F	42	San Diego Track Club-A	22:58	80.89

32	Susan Pappalardo	F	52	Club Northwest-A	25:23	80.68
33	Marlene Farrell	F	43	Seattle Running Club-A	23:15	80.48
34	Heather Webster	F	44	Genesee Valley Harriers-A	23:27	80.42
35	Meriah Earle	F	40	San Diego Track Club-A	22:53	80.19
36	Nancy Kaiser	F	48	Bull City Track Club-A	24:27	80.12
37	Valerie Banks	F	50	Team Red Lizard-A	25:02	79.99
38	Robyn Schmidt	F	58	HOKA Aggie Running Club-A	27:30	79.93
39	Rachel Jaten	F	43	Spokane Swifts-A	23:25	79.91
40	Donna Chan	F	67	Impala Racing Team-A	31:06	79.41
41	Valerie Miller	F	48	San Diego Track Club-A	24:41	79.36
42	Christine Olen	F	50	HOKA Aggie Running Club-	25:15	79.31
43	Jill Pettibone	F	51	Team Red Lizard-A	25:33	79.25
44	Keysha Stutz	F	49	Boise Betties & Billies-A	25:00	79.22
45	Claire Saxton	F	41	Wolfpack Running Club	23:18	79.22
46	Kathleen Cushing- murray	F	53	The Janes Elite Racing-A	26:13	79.02
47	Genevieve Clavier	F	55	Buffalo Chips Running Club-A	26:58	78.63
48	Cambria Wu	F	40	The Janes Elite Racing-A	23:22	78.53
49	Jackie Sword-Olson	F	55	Buffalo Chips Running Club-A	27:01	78.49
50	Jennifer Fedorov	F	47	Team Red Lizard-A	24:43	78.42
51	Janne Heinonen	F	43	Team Red Lizard-A	23:52	78.41
52	Mireille Silva	F	59	Atlanta Track Club-A	28:24	78.36
53	Kris Huff	F	54	Atlanta Track Club-A	26:46	78.30
54	Alanna Bernacchi	F	43	Phoenix Free Soles	23:59	78.02
55	Trisha Steidl	F	42	Seattle Running Club-A	23:49	78.01
56	Betsy Miller	F	60	Team Red Lizard-A	28:54	77.97
57	Ernestina Martin	F	65	San Diego Track Club-A	30:52	77.87
58	Linda Powers	F	61	San Diego Track Club-A	29:23	77.65
59	Marion Hayes-NC	F	62	Santa Cruz Track Club	29:49	77.51
60	Gwendolen Twist	F	43	The Janes Elite Racing-A	24:09	77.48
61	Jenni Brown	F	40	Run Wild Missoula	23:44	77.31
62	Cynthia Williams	F	62	Atlanta Track Club-A	29:55	77.25
63	Joanna Harper	F	61	Team Red Lizard-A	29:33	77.22
64	Mary Lynch	F	52	The Janes Elite Racing-A	26:32	77.18
65	Mary Ryzner	F	64	San Diego Track Club-A	30:50	76.92
66	Colleen Magnussen	F	58	Genesee Valley Harriers-A	28:35	76.90
67	Maureen Bischoff	F	52	Genesee Valley Harriers-A	26:39	76.85
68	Sarah Barber	F	42	Boise Betties & Billies-A	24:13	76.72
69	Cynthia Lucking	F	65	Atlanta Track Club-A	31:20	76.71
70	Rosemarie MacGuinness	F	61	Impala Racing Team-A	29:46	76.65
71	Kathleen Allen	F	69	Atlanta Track Club-A	33:10	76.56
72	Nancy Wilkins-Diehr	F	56	San Diego Track Club-B	28:04	76.45
73	Jodi Suter	F	46	Spokane Swifts-A	25:09	76.32
74	Lyda Cruden	F	46	Bull City Track Club-A	25:09	76.32

75	Lisa Renteria	F	40	Skechers Performance / Wolfpac	24:04	76.24
76	Alexandra Bigelow	F	45	Bull City Track Club-A	24:57	76.23
77	Kelly Kruell	F	59	Club Northwest-A	29:12	76.21
78	Michelle Neal	F	57	Club Northwest-A	28:30	76.19
79	Liz Gottlieb	F	43	Impala Racing Team-A	24:34	76.17
80	Willie Mundt	F	69	San Diego Track Club-B	33:23	76.06
81	Cori Stern	F	41	Run Wild Missoula	24:27	75.49
82	Tracy Wright	F	50	San Diego Track Club-A	26:32	75.47
83	Susan Stirrat	F	63	Shore Athletic Club	31:04	75.35
84	Tatiana Salazar	F	49	Guerilla Running	26:19	75.25
85	Mary Shah	F	50	Atlanta Track Club-A	26:38	75.19
86	Andi Camp	F	44	Team Red Lizard-A	25:07	75.09
87	Angela Lindbo	F	48	Team Red Lizard-A	26:06	75.06
88	Charlene Fox	F	55	Oregon Track Club-A	28:16	75.02
89	Alexandra Newman	F	46	Impala Racing Team-A	25:38	74.88
90	Linda Huyck	F	46	Club Northwest-A	25:44	74.59
91	Roseann Parry	F	52	San Diego Track Club-A	27:28	74.56
92	Jackie Allen	F	53	Spokane Swifts	27:48	74.52
93	Sandra Gregorich	F	56	Genesee Valley Harriers-A	28:48	74.50
94	Margaret Taylor	F	63	Atlanta Track Club-A	31:31	74.28
95	Deborah Shea	F	64	San Diego Track Club-A	31:57	74.23
96	Heather LeFrieck	F	46	Spokane Swifts-A	25:52	74.20
97	Angela Longworth	F	51	Impala Racing Team-A	27:18	74.17
98	Danette Bloomer	F	51	Oregon Track Club-A	27:19	74.13
99	Maureen Bookwalter	F	43	Run Wild Missoula	25:15	74.11
100	Jennifer Brennan	F	51	Oregon Track Club-A	27:27	73.77
101	Murphee Hayes	F	45	Genesee Valley Harriers-A	25:47	73.77
102	Jeanine Holmlund	F	54	Lake Merritt Joggers and Strid	28:25	73.75
103	Janicka Umile	F	50	Mountain West Track Club-A	27:11	73.67
104	Debbie Zakerski	F	56	Buffalo Chips Running Club-A	29:11	73.52
105	Deborah Fletcher	F	48	Club Northwest-A	26:40	73.46
106	Danielle Henty	F	40	Club Northwest-A	25:02	73.30
107	Annie Herrin	F	56	San Diego Track Club-A	29:22	73.06
108	Martha Amrine	F	42	Run Wild Missoula	25:26	73.05
109	Jacqueline Van Allen-NC	F	55	Spokane Swifts-A	29:02	73.03
110	Amanda King	F	57	Liberty Athletic Club-A	29:54	72.63
111	Sarah Ranson	F	46	Spokane Swifts-A	26:28	72.52
112	Tina Breen	F	62	San Diego Track Club-A	31:55	72.41
113	Sinead Thornton	F	54	San Diego Track Club-A	28:57	72.39
114	Jenniffer Patenge	F	45	Unattached-W5	26:18	72.32
115	Jennifer Williams	F	41	San Diego Track Club-A	25:33	72.24

116	Heidi Bresson	F	46	Spokane Swifts-B	26:35	72.20
117	Chris Gentile	F	48	The Janes Elite Racing-A	27:21	71.63
118	Melissa Senall	F	46	Genesee Valley Harriers-A	26:54	71.35
119	Elizabeth Unislawski	F	63	Atlanta Track Club-A	32:51	71.26
120	Elizabeth Anderson	F	42	Boise Betties & Billies-B	26:08	71.09
121	Livia Peras	F	52	Buffalo Chips Running Club-A	28:51	70.99
122	Robin Tanner	F	57	Atlanta Track Club-A	30:36	70.97
123	Laura Meadors	F	41	Impala Racing Team-A	26:13	70.40
124	Jill Lohmeier	F	51	Greater Lowell Road Runners	28:47	70.35
125	Jennifer Rozler	F	48	Seattle Running Club-A	27:51	70.34
126	Michelle Nahom	F	49	Greater Springfield Harriers,	28:30	69.49
127	Kerry Parker	F	45	Spokane Swifts-C	27:39	68.79
128	Drusilla Pratt-Otto	F	60	Liberty Athletic Club-A	32:50	68.63
129	Cynthia Hastings	F	61	Greater Boston Track Club	33:15	68.62
130	Lora Jackson	F	47	Spokane Swifts-B	28:15	68.61
131	Judy Schickler	F	73	San Diego Track Club-A	39:14	68.59
132	Manya Hult	F	73	San Diego Track Club-A	39:19	68.45
133	Shahdokht Reeder	F	56	Liberty Athletic Club-A	31:24	68.33
134	Andie Roff	F	40	Club Northwest-A	26:55	68.17
135	Marian Schmidt	F	63	San Diego Track Club-B	34:28	67.92
136	Phaedra Branom	F	45	Spokane Swifts-B	28:02	67.85
137	Christina Nelson	F	42	Team Red Lizard-A	27:25	67.76
138	Carolyn Mather	F	70	Atlanta Track Club-A	38:21	67.16
139	Heather Silverman	F	52	Boise Betties & Billies-B	30:39	66.82
140	Cynthia Slinsky	F	40	San Diego Track Club-A	27:28	66.81
141	Jennifer Westra	F	41	Spokane Swifts-B	27:46	66.47
142	Laura Ketcham-Duchow	F	47	Spokane Swifts-B	29:15	66.27
143	Gail Geiger	F	55	Genesee Valley Harriers-A	32:12	65.85
144	Vanessa Lordi	F	41	Strawberry Canyon Track Club	28:11	65.49
145	Michelle Holmes	F	48	Impala Racing Team-A	30:08	65.01
146	Susan Shirzad	F	40	Spokane Swifts-A	28:26	64.53
147	Stephanie Kuest	F	54	Spokane Swifts-A	32:29	64.52
148	Lauriea Blume-Michels	F	52	Guerilla Running	31:52	64.27
149	Myrtle Spowart	F	65	San Diego Track Club-B	37:32	64.04
150	Jodi Bragassa	F	50	Boise Betties & Billies-B	31:34	63.44
151	Dianne Anderson	F	72	Impala Racing Team-A	42:34	62.29
152	Catherine Radle	F	75	Atlanta Track Club-A	44:42	62.06
153	Amanda Lozano	F	41	Seattle Running Club-A	30:27	60.62
154	Carol Rhodes	F	70	Atlanta Track Club-A	43:36	59.08
155	Virginia Lopez	F	78	San Diego Track Club-A	53:13	54.66
156	Nancy Morris	F	72	San Diego Track Club-A	56:26	46.98
157	Iwona Boruch	F	44	Greater Springfield Harriers,	52:44	35.76

