

# 2008 USATF National Club Cross Country Championships Final Results

Friday, December 26, 2008 3:05:12 PM

## Division: Masters F 40 – 44

PL	No	Name	Age	Representing	Reg: 28 DNS: 5 DNF: 0 DQ: 0		
					Total Time	Back	Pace
1	636	WILSON, Liz	40	EASTSIDE RUNNERS	23:54.840	0:00.000	3:50.7
2	632	EMPEY, Susan	40	CLUB NORTHWEST	24:21.019	0:26.179	3:54.9
3	649	DECKERT, Alysun	42	SEATTLE RUNNING CLUB	24:23.388	0:28.548	3:55.3
4	646	BERGESEN, Sally	40	OISELLE RUNNING CLUB	24:37.168	0:42.328	3:57.5
5	626	OLEN, Christine	40	ASICS AGGIE RUNNING CLUB	24:39.166	0:44.326	3:57.8
6	628	***** BERNTSEN-HEBER *****, Sissel	44	SEE JANE RUN	24:40.184	0:45.344	4:10.2
7	637	GOLDSMITH, Lisa	44	FLEET FEET BOULDER: REAL WOMEN. R..	24:41.872	0:47.032	3:58.2
8	645	VOLLWEILER, Jill	40	NIKE CENTRAL PARK TRACK CLUB	25:06.024	1:11.184	4:02.1
9	633	STEEN, Karen	44	CLUB NORTHWEST	25:08.104	1:13.264	4:02.5
10	638	KINDT, Kirsten Russell	43	FLEET FEET BOULDER: REAL WOMEN. R..	25:16.016	1:21.176	4:03.7
11	639	KRAKOFF, Sarah	43	FLEET FEET BOULDER: REAL WOMEN. R..	25:23.471	1:28.631	4:04.9
12	641	GARCIA, Lisa	43	HARD CORE RUNNERS CLUB	25:37.424	1:42.584	4:07.2
13	653	RONDASH, Amanda	40	SEE JANE RUN	25:56.264	2:01.424	3:58.0
14	635	FAURE, Francie	42	EASTSIDE RUNNERS	26:02.573	2:07.733	4:11.2
15	627	REASER, Christine	42	DIRIGO R.C.	26:04.772	2:09.932	4:11.6
16	648	CRUZAN, Amber	40	SEATTLE RUNNING CLUB	26:05.425	2:10.585	4:11.7
17	640	WRIGHT, Sheri	44	FLEET FEET BOULDER: REAL WOMEN. R..	26:14.847	2:20.007	4:13.2
18	647	STAHL, Elizabeth	41	OISELLE RUNNING CLUB	26:58.173	3:03.333	4:20.2
19	644	PEARSALL, Susan	43	NIKE CENTRAL PARK TRACK CLUB	27:01.483	3:06.643	4:20.7
20	651	NUGENT, Heather	42	SEATTLE RUNNING CLUB	27:33.884	3:39.044	4:25.9
21	634	CARTER, Brenda	40	EASTSIDE RUNNERS	27:43.779	3:48.939	4:27.5
22	650	MARAVELLER, Kristy	40	SEATTLE RUNNING CLUB	27:52.568	3:57.728	4:28.9
23	643	MARTIN, Devon	40	NIKE CENTRAL PARK TRACK CLUB	31:52.558	7:57.718	5:07.5

## Division: Masters F 45 – 49

PL	No	Name	Age	Representing	Reg: 23 DNS: 5 DNF: 0 DQ: 0		
					Total Time	Back	Pace
1	658	AYALA-TRONCOSO, Carmen	49	ROGUE RUNNING	23:39.399	0:00.000	3:48.2
2	655	ARBOGAST, Meghan	47	CORVALLIS RUNNING PROJECT	24:59.765	1:20.366	4:01.1
3	675	TAYLOR, Kelle	45	SEE JANE RUN	25:04.352	1:24.953	4:01.9
4	662	TOWER, Alyssa	46	CLUB NORTHWEST	25:24.237	1:44.838	4:05.1
5	674	HANNA, Mary	47	SEATTLE RUNNING CLUB	25:34.390	1:54.991	4:06.7
6	677	KRUELL, Kelly	49	CLUB NORTHWEST – B	25:43.437	2:04.038	4:08.1
7	660	ASHBY, Christina	45	CLUB NORTHWEST	26:07.817	2:28.418	4:12.1
8	671	BRENNAN-ERLER, Eileen	47	IMPALA RACING TEAM	26:16.916	2:37.517	4:13.5
9	676	HALL, Gail	49	CLUB NORTHWEST – B	26:40.546	3:01.147	4:17.3
10	664	HURD, Molly	46	EASTSIDE RUNNERS	27:56.044	4:16.645	4:29.5
11	665	HOBBS, Nancy	48	FLEET FEET BOULDER: REAL WOMEN. R..	27:57.067	4:17.668	4:29.6
12	670	STUHLEY, Carol	46	HARD CORE RUNNERS CLUB	28:42.159	5:02.760	4:36.9
13	669	NETTLESHIP, Donna	46	HARD CORE RUNNERS CLUB	28:43.302	5:03.903	4:37.1
14	673	HOLLEMAN, Mary	48	OISELLE RUNNING CLUB	28:49.205	5:09.806	4:38.0
15	668	GERARDI, Ilene	48	HARD CORE RUNNERS CLUB	29:17.872	5:38.473	4:42.6
16	657	FINNEGAN, Erin	46	EASTSIDE RUNNERS	30:02.983	6:23.584	4:49.9
17	659	TAYLOR, Demaris	48	BIG SKY DISTANCE PROJECT	30:21.032	6:41.633	4:52.8
18	667	BACON, Rosanne	49	HARD CORE RUNNERS CLUB	30:50.955	7:11.556	4:57.6

## Division: Masters F 50 – 54

PL	No	Name	Age	Representing	Reg: 16 DNS: 1 DNF: 0 DQ: 0		
					Total Time	Back	Pace
1	682	JOYCE, Regina	51	CLUB NORTHWEST – B	25:39.672	0:00.000	4:07.5
2	684	FREITAS, Sara	50	IMPALA RACING TEAM	26:05.891	0:26.219	4:11.8
3	685	MONTGOMERY, Michele	51	IMPALA RACING TEAM	26:19.901	0:40.229	4:14.0
4	691	HARPER, Joanna	51	TEAM RED LIZARD	26:35.117	0:55.445	4:16.4
5	689	STEELE, Karen	51	TAMALPA RUNNERS INC.	26:42.650	1:02.978	4:17.7
6	683	BARTLEY, Mo	53	IMPALA RACING TEAM	27:18.150	1:38.478	4:23.4
7	688	LACHMAN, Christina	50	TAMALPA RUNNERS INC.	28:03.051	2:23.379	4:30.6
8	690	WILLARD, Mimi	54	TAMALPA RUNNERS INC.	28:13.036	2:33.364	4:32.2
9	694	WELLS, Mary	54	TAMALPA RUNNERS INC. – B	28:54.357	3:14.685	4:38.8
10	693	WALLACE, Tricia	50	TAMALPA RUNNERS INC. – B	30:00.619	4:20.947	4:49.5

\* indicates adjustments applied, see last page for details

Page: 1

# 2008 USATF National Club Cross Country Championships

## Division: Masters F 50 – 54 Continued

				Reg: 16 DNS: 1 DNF: 0 DQ: 0			
PL	No	Name	Age	Representing	Total Time	Back	Pace
11	681	BRIONES, Maria	53	IMPALA RACING TEAM	31:37.246	5:57.574	5:05.0
12	692	HO, Adele	50	TAMALPA RUNNERS INC. - B	31:37.256	5:57.584	5:05.0
13	679	ALLEN, Lois	52	UNATTACHED	31:57.822	6:18.150	5:08.3
14	686	CORDELL, Joy	53	ROAD RUNNER SPORTS - SEATTLE	32:06.844	6:27.172	5:09.8
15	687	PRATHER, Sherri	54	ROAD RUNNER SPORTS - SEATTLE	38:37.550	12:57.878	6:12.6

## Division: Masters F 55 – 59

				Reg: 2 DNS: 0 DNF: 0 DQ: 0			
PL	No	Name	Age	Representing	Total Time	Back	Pace
1	696	RAY, Suzanne	56	TEAM RED LIZARD	27:59.456	0:00.000	4:30.0
2	695	GROESZ, Jeanette	59	TEAM RED LIZARD	28:58.592	0:59.136	4:39.5

## Division: Masters F 60 – 64

				Reg: 3 DNS: 1 DNF: 0 DQ: 0			
PL	No	Name	Age	Representing	Total Time	Back	Pace
1	697	FOLTZ, Patty	60	GREATER LOWELL ROAD RUNNERS (GLRR)	29:27.180	0:00.000	4:44.1
2	699	NELSON, Phyllis	61	ROAD RUNNER SPORTS - SEATTLE	32:02.954	2:35.774	5:09.2