

# 2008 USATF National Club Cross Country Championships Final Results

Friday, December 26, 2008 3:04:27 PM

## Overall by Distance: Master Women

| OvrAll | /Gndr | / Div | No | Name                               | Age | Representing                         | Division | Age Grade | Total Time | Back     | Pace   |
|--------|-------|-------|----|------------------------------------|-----|--------------------------------------|----------|-----------|------------|----------|--------|
| 1      | 658   |       |    | AYALA-TRONCOSO, Carmen             | 49  | ROGUE RUNNING                        |          | 85.39%    | 23:39.399  | 0:00.000 | 3:48.2 |
| 2      | 682   |       |    | JOYCE, Regina                      | 51  | CLUB NORTHWEST - B                   |          | 80.67%    | 25:39.672  | 2:00.273 | 4:07.5 |
| 3      | 695   |       |    | GROESZ, Jeanette                   | 59  | TEAM RED LIZARD                      |          | 79.49%    | 28:58.592  | 5:19.193 | 4:39.5 |
| 4      | 697   |       |    | FOLTZ, Patty                       | 60  | GREATER LOWELL ROAD RUNNERS (GLRR)   |          | 79.28%    | 29:27.180  | 5:47.781 | 4:44.1 |
| 5      | 696   |       |    | RAY, Suzanne                       | 56  | TEAM RED LIZARD                      |          | 78.95%    | 27:59.456  | 4:20.057 | 4:30.0 |
| 6      | 655   |       |    | ARBOGAST, Meghan                   | 47  | CORVALLIS RUNNING PROJECT            |          | 78.88%    | 24:59.765  | 1:20.366 | 4:01.1 |
| 7      | 685   |       |    | MONTGOMERY, Michele                | 51  | IMPALA RACING TEAM                   |          | 78.61%    | 26:19.901  | 2:40.502 | 4:14.0 |
| 8      | 677   |       |    | KRUJELL, Kelly                     | 49  | CLUB NORTHWEST - B                   |          | 78.53%    | 25:43.437  | 2:04.038 | 4:08.1 |
| 9      | 684   |       |    | FREITAS, Sara                      | 50  | IMPALA RACING TEAM                   |          | 78.36%    | 26:05.891  | 2:26.492 | 4:11.8 |
| 10     | 691   |       |    | HARPER, Joanna                     | 51  | TEAM RED LIZARD                      |          | 77.86%    | 26:35.117  | 2:55.718 | 4:16.4 |
| 11     | 683   |       |    | BARTLEY, Mo                        | 53  | IMPALA RACING TEAM                   |          | 77.77%    | 27:18.150  | 3:38.751 | 4:23.4 |
| 12     | 689   |       |    | STEELE, Karen                      | 51  | TAMALPA RUNNERS INC.                 |          | 77.50%    | 26:42.650  | 3:03.251 | 4:17.7 |
| 12     | 636   |       |    | WILSON, Liz                        | 40  | EASTSIDE RUNNERS                     |          | 77.50%    | 23:54.840  | 0:15.441 | 3:50.7 |
| 14     | 637   |       |    | GOLDSMITH, Lisa                    | 44  | FLEET FEET BOULDER: REAL WOMEN. R... |          | 77.40%    | 24:41.872  | 1:02.473 | 3:58.2 |
| 15     | 674   |       |    | HANNA, Mary                        | 47  | SEATTLE RUNNING CLUB                 |          | 77.10%    | 25:34.390  | 1:54.991 | 4:06.7 |
| 16     | 649   |       |    | DECKERT, Alysun                    | 42  | SEATTLE RUNNING CLUB                 |          | 77.08%    | 24:23.388  | 0:43.989 | 3:55.3 |
| 17     | 675   |       |    | TAYLOR, Kelle                      | 45  | SEE JANE RUN                         |          | 76.98%    | 25:04.352  | 1:24.953 | 4:01.9 |
| 18     | 662   |       |    | TOWER, Alyssa                      | 46  | CLUB NORTHWEST                       |          | 76.76%    | 25:24.237  | 1:44.838 | 4:05.1 |
| 19     | 690   |       |    | WILLARD, Mimi                      | 54  | TAMALPA RUNNERS INC.                 |          | 76.25%    | 28:13.036  | 4:33.637 | 4:32.2 |
| 20     | 632   |       |    | EMPEY, Susan                       | 40  | CLUB NORTHWEST                       |          | 76.11%    | 24:21.019  | 0:41.620 | 3:54.9 |
| 21     | 633   |       |    | STEEN, Karen                       | 44  | CLUB NORTHWEST                       |          | 76.06%    | 25:08.104  | 1:28.705 | 4:02.5 |
| 22     | 676   |       |    | HALL, Gail                         | 49  | CLUB NORTHWEST - B                   |          | 75.72%    | 26:40.546  | 3:01.147 | 4:17.3 |
| 23     | 646   |       |    | BERGESEN, Sally                    | 40  | OISELLE RUNNING CLUB                 |          | 75.28%    | 24:37.168  | 0:57.769 | 3:57.5 |
| 24     | 626   |       |    | OLEN, Christine                    | 40  | ASICS AGGIE RUNNING CLUB             |          | 75.18%    | 24:39.166  | 0:59.767 | 3:57.8 |
| 25     | 653   |       |    | RONDASH, Amanda                    | 40  | SEE JANE RUN                         |          | 75.13%    | 25:56.264  | 2:16.865 | 3:58.0 |
| 26     | 671   |       |    | BRENNAN-ERLER, Eileen              | 47  | IMPALA RACING TEAM                   |          | 75.02%    | 26:16.916  | 2:37.517 | 4:13.5 |
| 27     | 638   |       |    | KINDT, Kirsten Russell             | 43  | FLEET FEET BOULDER: REAL WOMEN. R... |          | 75.00%    | 25:16.016  | 1:36.617 | 4:03.7 |
| 28     | 639   |       |    | KRAKOFF, Sarah                     | 43  | FLEET FEET BOULDER: REAL WOMEN. R... |          | 74.63%    | 25:23.471  | 1:44.072 | 4:04.9 |
| 29     | 694   |       |    | WELLS, Mary                        | 54  | TAMALPA RUNNERS INC. - B             |          | 74.44%    | 28:54.357  | 5:14.958 | 4:38.8 |
| 30     | 641   |       |    | GARCIA, Lisa                       | 43  | HARD CORE RUNNERS CLUB               |          | 73.95%    | 25:37.424  | 1:58.025 | 4:07.2 |
| 30     | 699   |       |    | NELSON, Phyllis                    | 61  | ROAD RUNNER SPORTS - SEATTLE         |          | 73.95%    | 32:02.954  | 8:23.555 | 5:09.2 |
| 32     | 660   |       |    | ASHBY, Christina                   | 45  | CLUB NORTHWEST                       |          | 73.86%    | 26:07.817  | 2:28.418 | 4:12.1 |
| 33     | 645   |       |    | VOLLWEILER, Jill                   | 40  | NIKE CENTRAL PARK TRACK CLUB         |          | 73.84%    | 25:06.024  | 1:26.625 | 4:02.1 |
| 34     | 628   |       |    | ***** BERNTSEN-HEBER *****, Sissel | 44  | SEE JANE RUN                         |          | 73.70%    | 24:40.184  | 1:00.785 | 4:10.2 |
| 35     | 688   |       |    | LACHMAN, Christina                 | 50  | TAMALPA RUNNERS INC.                 |          | 72.90%    | 28:03.051  | 4:23.652 | 4:30.6 |
| 36     | 640   |       |    | WRIGHT, Sheri                      | 44  | FLEET FEET BOULDER: REAL WOMEN. R... |          | 72.83%    | 26:14.847  | 2:35.448 | 4:13.2 |
| 37     | 635   |       |    | FAURE, Francie                     | 42  | EASTSIDE RUNNERS                     |          | 72.19%    | 26:02.573  | 2:23.174 | 4:11.2 |
| 38     | 627   |       |    | REASER, Christine                  | 42  | DIRIGO R.C.                          |          | 72.09%    | 26:04.772  | 2:25.373 | 4:11.6 |
| 39     | 665   |       |    | HOBBS, Nancy                       | 48  | FLEET FEET BOULDER: REAL WOMEN. R... |          | 71.37%    | 27:57.067  | 4:17.668 | 4:29.6 |
| 40     | 648   |       |    | CRUZAN, Amber                      | 40  | SEATTLE RUNNING CLUB                 |          | 71.04%    | 26:05.425  | 2:26.026 | 4:11.7 |
| 41     | 644   |       |    | PEARSALL, Susan                    | 43  | NIKE CENTRAL PARK TRACK CLUB         |          | 70.12%    | 27:01.483  | 3:22.084 | 4:20.7 |
| 42     | 664   |       |    | HURD, Molly                        | 46  | EASTSIDE RUNNERS                     |          | 69.81%    | 27:56.044  | 4:16.645 | 4:29.5 |
| 43     | 673   |       |    | HOLLEMAN, Mary                     | 48  | OISELLE RUNNING CLUB                 |          | 69.22%    | 28:49.205  | 5:09.806 | 4:38.0 |
| 44     | 647   |       |    | STAHL, Elizabeth                   | 41  | OISELLE RUNNING CLUB                 |          | 69.15%    | 26:58.173  | 3:18.774 | 4:20.2 |
| 45     | 651   |       |    | NUGENT, Heather                    | 42  | SEATTLE RUNNING CLUB                 |          | 68.20%    | 27:33.884  | 3:54.485 | 4:25.9 |
| 46     | 693   |       |    | WALLACE, Tricia                    | 50  | TAMALPA RUNNERS INC. - B             |          | 68.14%    | 30:00.619  | 6:21.220 | 4:49.5 |
| 47     | 668   |       |    | GERARDI, Ilene                     | 48  | HARD CORE RUNNERS CLUB               |          | 68.09%    | 29:17.872  | 5:38.473 | 4:42.6 |
| 48     | 670   |       |    | STUHLEY, Carol                     | 46  | HARD CORE RUNNERS CLUB               |          | 67.94%    | 28:42.159  | 5:02.760 | 4:36.9 |
| 49     | 669   |       |    | NETTLESHIP, Donna                  | 46  | HARD CORE RUNNERS CLUB               |          | 67.89%    | 28:43.302  | 5:03.903 | 4:37.1 |
| 50     | 681   |       |    | BRIONES, Maria                     | 53  | IMPALA RACING TEAM                   |          | 67.15%    | 31:37.246  | 7:57.847 | 5:05.0 |
| 51     | 634   |       |    | CARTER, Brenda                     | 40  | EASTSIDE RUNNERS                     |          | 66.84%    | 27:43.779  | 4:04.380 | 4:27.5 |
| 52     | 650   |       |    | MARAVELLER, Kristy                 | 40  | SEATTLE RUNNING CLUB                 |          | 66.48%    | 27:52.568  | 4:13.169 | 4:28.9 |
| 53     | 686   |       |    | CORDELL, Joy                       | 53  | ROAD RUNNER SPORTS - SEATTLE         |          | 66.12%    | 32:06.844  | 8:27.445 | 5:09.8 |
| 54     | 659   |       |    | TAYLOR, Demaris                    | 48  | BIG SKY DISTANCE PROJECT             |          | 65.73%    | 30:21.032  | 6:41.633 | 4:52.8 |
| 55     | 679   |       |    | ALLEN, Lois                        | 52  | UNATTACHED                           |          | 65.60%    | 31:57.822  | 8:18.423 | 5:08.3 |
| 56     | 667   |       |    | BACON, Rosanne                     | 49  | HARD CORE RUNNERS CLUB               |          | 65.48%    | 30:50.955  | 7:11.556 | 4:57.6 |
| 57     | 657   |       |    | FINNEGAN, Erin                     | 46  | EASTSIDE RUNNERS                     |          | 64.89%    | 30:02.983  | 6:23.584 | 4:49.9 |
| 58     | 692   |       |    | HO, Adele                          | 50  | TAMALPA RUNNERS INC. - B             |          | 64.67%    | 31:37.256  | 7:57.857 | 5:05.0 |

\* indicates adjustments applied, see last page for details

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# 2008 USATF National Club Cross Country Championships

## Overall by Distance: Master Women Continued

| OvrAll /Gndr / Div | No  | Name            | Age | Representing                 | Division | Age Grade | Total Time | Back      | Pace   |
|--------------------|-----|-----------------|-----|------------------------------|----------|-----------|------------|-----------|--------|
| 59                 | 643 | MARTIN, Devon   | 40  | NIKE CENTRAL PARK TRACK CLUB |          | 58.14%    | 31:52.558  | 8:13.159  | 5:07.5 |
| 60                 | 687 | PRATHER, Sherri | 54  | ROAD RUNNER SPORTS - SEATTLE |          | 55.71%    | 38:37.550  | 14:58.151 | 6:12.6 |