

Southern California USATF
CROSS COUNTRY SERIES FINAL
Sunday, November 13, 2005
Kenneth Hahn Park, Baldwin Hills, CA

Course: Hilly all-grass international style 2K loop

Event-1 Open Men's 8K

Name	Age Team	Avg Mile	Finals
1 Frome, Eric	25 A Snail's Pace	5:43.8	28:28.93
2 Clemons, Liam	27 A Snail's Pace	5:54.6	29:22.71

Event-2 Open Women's 6K

Name	Age Team	Avg Mile	Finals	Points
1 Sutton, Melissa	36 Track West	6:02.8	22:32.40	1
2 Addo-Agboke, Roseline	25 Track West	6:15.0	23:18.04	2
3 Deren, Aleksandra	27 Track West	6:16.0	23:21.56	3
4 Gentile, Chris	35 Track West	6:19.5	23:34.79	4
5 Murphy, Jennifer	31 Track West	6:27.3	24:03.81	5

Open Women's Team Scores:

Rank Team	Total	1	2	3	4	5	*6	*7	*8	*9
1 Track West	15	1	2	3	4	5				
Total Time: 1:56:50.60										
Average: 23:22.12										

Event-3 Masters Women's 6K

Name	Age Team	Avg Mile	Finals	Points
1 Seawright-Newton, Annie	W40 Track West	6:22.8	23:47.04	1
2 Davis, Lisa	W40 Track West	6:29.1	24:10.62	2
3 Campos, Claudia	W44 See Jane Run Racing	6:57.2	25:55.39	
4 Janneck, Denise	W51 So Cal Track Club	7:05.3	26:25.61	3
5 Garcia, Jeaney	W43 See Jane Run Racing	7:09.2	26:40.16	
6 Ware, Caren	W43 So Cal Track Club	7:11.5	26:48.65	4
7 Rogers, Maria	W40 Track West	7:16.1	27:05.88	5
8 Eichel, Yoko	W58 So Cal Track Club	7:46.2	28:57.92	6

Masters Women's Team Scores:

Rank	Team	Total	1	2	3	*4	*5	*6	*7	*8	*9
1	Track West	8	1	2	5						
	Total Time:	1:15:03.54									
	Average:	25:01.18									
2	So Cal Track Club/Fleet F	13	3	4	6						
	Total Time:	1:22:12.18									
	Average:	27:24.06									

Event-3 Masters Men's 6K

Name	Age	Team	Avg Mile	Finals	Points
Men's Overall Results-					
1 Shaheed, Nolan	M56	So Cal Track Clu	5:40.3	21:08.75	1
2 Marquez, Jim	M45	So Cal Track Clu	5:52.2	21:52.94	2
3 Cleary, Mark	M47	So Cal Track Clu	5:54.7	22:02.15	3
4 Morris, Bob	M53	A Snail's Pace	6:07.6	22:50.51	
5 Lewis, Mark	M46	So Cal Track Clu	6:41.3	24:55.97	4
6 Cohen, George	M65	So Cal Track Clu	7:36.1	28:20.46	5
7 Bienenfield, Mark		Unattached	7:36.3	28:21.01	

Masters Men's Team Scores:

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	So Cal Track Club	15	1	2	3	4	5				
	Total Time:	1:58:20.27									
	Average:	23:40.06									

Master's Women's Age-Group Results49 & Under-

1 Seawright-Newton, Annie	W40	Track West	6:22.8	23:47.04
2 Davis, Lisa	W40	Track West	6:29.1	24:10.62
3 Campos, Claudia	W44	See Jane Run Racing	6:57.2	25:55.39
4 Garcia, Jeaney	W43	See Jane Run Racing	7:09.2	26:40.16
5 Ware, Caren	W43	So Cal Track Club	7:11.5	26:48.65
6 Rogers, Maria	W40	Track West	7:16.1	27:05.88

50-59 -

1 Janneck, Denise	W51	So Cal Track Club	7:05.3	26:25.61
2 Eichel, Yoko	W58	So Cal Track Club	7:46.2	28:57.92

Master's Men's Age-Group Results49 & Under-

1 Marquez, Jim	M45	So Cal Track Club	5:52.2	21:52.94
2 Cleary, Mark	M47	So Cal Track Club	5:54.7	22:02.15
3 Lewis, Mark	M46	So Cal Track Club	6:41.3	24:55.97
4 Bienenfield, Mark		Unattached	7:36.3	28:21.01

50-59 -

1 Shaheed, Nolan	M56	So Cal Track Club	5:40.3	21:08.75
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2	Morris, Bob	M53 A Snail's Pace	6:07.6	22:50.51
60+	-			
1	Cohen, George	M65 So Cal Track Club	7:36.1	28:20.46

Event-4 Open Women's 4K

Name	Age Team	Avg Mile	Finals
1	Ishio, Michelle	W33 Track West	6:13.4 15:27.98
2	Bentley, Eliza	W27 Unattached	6:30.2 16:09.80
3	Lunsman, Anne Marie	W35 Track West	6:51.1 17:01.80
4	Cresalia, Therese	W20 Track West	7:08.7 17:45.48

Event-4 Open Men's 4K

Name	Age Team	Avg Mile	Finals
1	Pullman, David	Track Club LA	7:08.8 17:45.76
2	Bienenfield, Mark	Unattached	7:33.0 18:45.85
3	Hecker, Ron	M66 Unattached	9:31.4 23:40.06

SOUTHERN CALIFORNIA USATF CHAMPIONSHIPS
Kenneth Hahn Park, Baldwin Hills, CA
Sunday, October 30, 2005

Course: Hilly all-grass international style 2K loop

Event-1 OPEN MEN'S 8K CHAMPIONSHIP RESULTS(4-loops)

Name	Age	Team	Avg Mile	Finals	Points
1 Sallberg, Jacques	30	Run With US	4:52.7	24:14.95	1
2 Keino, Josephat		Unattached	4:52.8	24:15.22	
3 Emilsson, Erik	23	Unattached	4:59.6	24:48.90	
4 Broderick, Kalpanatit		Nike Team Run LA	5:03.9	25:10.63	2
5 Koeper, Kevin		Nike Team Run LA	5:06.4	25:22.86	3
6 Appell, Johann	28	Cal Coast	5:07.0	25:25.66	4
7 Sharp, Aaron		Nike Team Run LA	5:08.7	25:34.11	5
8 Reyes, Tony	43	Team Runners High	5:09.1	25:36.49	6
9 Cook, Roosevelt	26	Cal Coast	5:10.2	25:41.70	7
10 Magill, Peter	43	Team Runners High	5:10.5	25:43.48	8
11 Ibarra, Luis		Nike Team Run LA	5:12.2	25:51.87	9
12 Villela, Jose	20	Run With US	5:13.8	25:59.73	10
13 Olds, David	44	Team Runners High	5:14.0	26:00.59	11
14 Yelsey, Josh	22	Cal Coast	5:15.3	26:06.97	12
15 Pennell, Martin	28	Cal Coast	5:17.6	26:18.63	13
16 Diconti, Andy	44	Team Runners High	5:17.8	26:19.75	14
17 Lemus-Lopez, Oscar	33	Cal Coast	5:18.3	26:21.86	15
18 Garibaldi, Ralph		Cal Coast	5:19.8	26:29.58	16
19 Patananan, Justin		Nike Team Run LA	5:21.0	26:35.57	17
20 Jackson, Michael	30	Cal Coast	5:22.8	26:44.55	18
21 Barda, Kevin	38	Cal Coast	5:23.6	26:48.19	19
22 Garcia, Damian	27	Fluffy Bunnies	5:24.1	26:51.10	20
23 Arsenault, Dan	42	Cal Coast	5:24.4	26:52.51	
24 Chen, Wayne	28	Fluffy Bunnies	5:24.8	26:54.33	21
25 Ramirez, Juan	36	Cal Coast	5:25.5	26:57.63	
26 Gable, Phillip	27	Run With US	5:26.3	27:01.98	22
27 Moss, John	36	Run With US	5:27.4	27:07.16	23
28 Maynard, Jim	37	Cal Coast	5:27.4	27:07.50	
29 Atkesom, Andrew	44	Team Runners High	5:27.8	27:09.16	24
30 Sakalowsky, Pete	35	Fluffy Bunnies	5:32.2	27:31.19	25
31 Riordan, Sean	27	Fluffy Bunnies	5:32.4	27:32.17	26
32 Harris, Matt		Fluffy Bunnies	5:33.4	27:36.97	27
33 Sacco, Tyson	32	Fluffy Bunnies	5:34.2	27:41.12	28
34 Schmiede, Ben	21	Cal Coast	5:38.1	28:00.40	
35 Purcell, Kevin		Fluffy Bunnies	5:45.1	28:35.46	29
36 Thatcher, Michael	28	Run With US	5:54.9	29:23.87	30
37 Salgade, Eddie	24	Cal Coast	6:03.1	30:04.76	
38 Landry, John	43	Unattached	6:48.9	33:52.35	

OPEN MEN'S 8K TEAM SCORES:

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
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SOUTHERN CALIFORNIA USATF CHAMPIONSHIPS

1 Nike Team Run LA	<u>36</u>	2	3	5	9	17			
Total Time:	2:08:35.04								
Average:	25:43.01								
2 Cal Coast Track Club	<u>51</u>	4	7	12	13	15	16	18	19
Total Time:	2:09:54.82								
Average:	25:58.97								
3 Team Runners High	<u>63</u>	6	8	11	14	24			
Total Time:	2:10:49.47								
Average:	26:09.90								
4 Run With US	<u>86</u>	1	10	22	23	30			
Total Time:	2:13:47.69								
Average:	26:45.54								
5 Fluffy Bunnies Track Club	<u>119</u>	20	21	25	26	27	28	29	
Total Time:	2:16:25.76								
Average:	27:17.16								

Event-2 OPEN WOMEN'S 6K CHAMPIONSHIP (3-loops)

Name	Age	Team	Avg Mile	Finals	Points
1 Aklufi, Erika	29	See Jane Run Racing	5:30.9	20:33.50	1
2 St. Geme, Ceci	42	Cal Coast	5:33.7	20:44.07	2
3 Vashchuk, Iryna		Nike Team Run LA	5:38.5	21:01.80	
4 Schulte-Sasse, Linn	28	See Jane Run Racing	5:47.9	21:36.92	3
5 Smith, Cosette	24	See Jane Run Racing	5:49.7	21:43.50	4
6 Ramirez, Kim	23	See Jane Run Racing	5:50.7	21:47.28	5
7 O'Hara, Kirsten	39	See Jane Run Racing	5:52.2	21:53.05	6
8 Sutton, Melissa	36	Track West	5:56.1	22:07.54	7
9 Flathers, Kelly	34	Cal Coast	5:58.0	22:14.49	8
10 Overlock, Jennifer	30	Run With US	6:05.6	22:42.91	
11 Gomez, Gloria	24	Cal Coast	6:07.2	22:48.70	9
12 Torres, Grace	34	See Jane Run Racing	6:09.5	22:57.36	10
13 Murphy, Jennifer	31	Track West	6:13.7	23:13.01	11
14 Taylor, Kelle	42	See Jane Run Racing	6:15.1	23:18.16	12
15 Addo-Agboke, Roseline	25	Track West	6:15.5	23:19.94	13
16 Mann, Ali		Nike Team Run LA	6:21.5	23:42.25	
17 Appell, Christine	27	Cal Coast	6:23.9	23:51.20	14
18 Deren, Aleksandra	27	Track West	6:30.2	24:14.57	15
19 Ishio, Michelle	33	Track West	6:32.7	24:23.85	16
20 Eastwood, Amy	26	Run With US	6:36.7	24:38.67	
21 Toler, Jen	24	Run With US	6:41.9	24:58.37	
22 O'Bryan, Lauren	24	Cal Coast	7:00.4	26:07.13	17

OPEN WOMEN'S 6K TEAM SCORES:

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	See Jane Run Racing	<u>19</u>	1	3	4	5	6	10	12		
	Total Time:	1:47:34.25									
	Average:	21:30.85									
2	Cal Coast Track Club	<u>50</u>	2	8	9	14	17				
	Total Time:	1:55:45.59									
	Average:	23:09.12									

3 Track West 62 7 11 13 15 16

Total Time: 1:57:18.91

Average: 23:27.79

Event-3 MASTERS WOMEN'6K CHAMPIONSHIP (3-loops)

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Name                               Age Team                               Avg Mile   Finals   Points
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Results - Women

1	Davis, Lisa	W40	Track West	6:27.5	24:04.56	1
2	Buckley-Wheeler, Elizabe	W41	See Jane Run Racing	6:40.2	24:51.75	2
3	Fullove, Marianne	W49	Track West	6:55.3	25:48.19	3
4	Campos, Claudia	W44	See Jane Run Racing	6:59.9	26:05.23	4
5	Janneck, Denise	W51	So Cal Track Club	7:05.0	26:24.25	5
6	Garcia, Jeaney	W43	See Jane Run Racing	7:08.8	26:38.54	6
7	Rogers, Maria	W40	Track West	7:27.6	27:48.62	7
8	Barraza-Lee, Debbie	W49	So Cal Track Club	7:38.9	28:30.82	8
9	Eichel, Yoko	W59	So Cal Track Club	7:50.3	29:13.24	9
10	Sorenson, Jean	W42	So Cal Track Club	8:20.5	31:05.95	10

MASTERS WOMEN'S 6K TEAM SCORES:

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Rank Team                               Total   1    2    3   *4   *5   *6   *7   *8   *9
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1	Track West	<u>11</u>	1	3	7					
	Total Time:	1:17:41.37								
	Average:	25:53.79								
2	See Jane Run Racing	<u>12</u>	2	4	6					
	Total Time:	1:17:35.52								
	Average:	25:51.84								
3	So Cal Track Club	<u>22</u>	5	8	9	10				
	Total Time:	1:24:08.31								
	Average:	28:02.77								

Event-3 MASTERS MEN'S 6K CHAMPIONSHIP (3-loops)

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Name                               Age Team                               Avg Mile   Finals   Points
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Results - Men

1	Ernst, Ken	M44	Cal Coast	5:26.6	20:17.59	
2	Shaheed, Nolan	M56	So Cal Track Club	5:39.8	21:06.59	1
3	Clingan, Dave	M51	Team Runners High	5:42.5	21:16.65	2
4	Creer, Jeffery	M46	So Cal Track Club	5:44.2	21:23.00	3
5	Burns, Rich	M50	Team Runners High	5:45.0	21:26.18	4
6	Ewing, Vince	M40	Run With US	5:48.7	21:39.84	
7	Jensen, Brad	M43	Team Runners High	5:51.9	21:51.91	5
8	Cleary, Mark	M47	So Cal Track Club	5:53.8	21:58.87	6
9	Marquez, Jim	M45	So Cal Track Club	6:06.1	22:44.84	7
10	Gomez, Nabor	M53	Team Runners High	6:12.8	23:09.87	8
11	Forrester, Perry	M53	Team Runners High	6:17.1	23:25.91	9
12	Hitt, Walt	M55	Team Runners High	6:30.9	24:17.27	10
13	Lewis, Mark	M46	Unattached	6:39.0	24:47.30	
14	Tipping, Mike	M53	So Cal Track Club	7:17.5	27:10.96	11

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15	Herrera, Lorenzo	M53	Team Runners High	7:21.9	27:27.36	12
16	Cohen, George	M65	So Cal Track Club	7:36.2	28:20.78	13
17	Parsel, Dave	M50	Team Runners High	8:00.9	29:52.71	14
18	Simms Jr., Louis	M72	Usc Trojan Masters	10:59.3	40:58.00	

MASTERS MEN'S 6K TEAM SCORES:

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Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Team Runners High	**28	2	4	5	8	9	10	12	14	
	Total Time:	1:51:10.53									
	Average:	22:14.11									
2	So Cal Track Club	28	1	3	6	7	11	13			
	Total Time:	1:54:24.26									
	Average:	22:52.86									

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NOTE: **Team Runners High wins with the higher-placing #5 runner (9th)

Event-4 OPEN MEN'S/WOMEN'S 4K CHAMPIONSHIP (2-loops)

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Name	Age	Team	Avg Mile	Finals
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Women's Results -

1	Kataoka, Sabrina	W19	Soka Track Club	6:36.9	16:26.31
2	Bentley, Eliza	W27	Unattached	6:38.6	16:30.73
3	Cresalia, Therese	W20	Track West	7:19.8	18:12.98
4	Gandhi, Tana	W18	Soka Track Club	8:05.0	20:05.48
5	Dixon, Emily	W18	Soka Track Club	8:27.2	21:00.43
6	Cherubini, Margarita	W19	Soka Track Club	9:17.6	23:05.76
7	Haghighi, Emily	W19	Soka Track Club	9:17.8	23:06.31
8	Samaniego, Stephanie	W18	Soka Track Club	10:52.3	27:01.25

Men's Results -

1	Munguia, Martell		Unattached	5:09.5	12:49.18
2	Romano, Zane	M17	Soka Track Club	6:20.8	15:46.48
3	Pullman, David		LA Track Club	7:29.8	18:37.92
4	Barclay, Kerry	M17	Soka Track Club	7:45.6	19:17.08
5	Bienenfield, Mark		Unattached	7:50.2	19:28.46
6	Hecker, Ron	M66	Unattached	9:31.7	23:40.88

(No Team Scoring)

**Southern California
USATF Cross Country Series
Kenneth Hahn Park - 10/16/2005
Results - SCA/USATF OPEN & MASTERS MEET**

Event 1 Men 8k Run CC (4 loops)

	Name	Yr	Team	Seed
Finals	Points			
1	Babiszkiewicz, Tomas		Unattached	30:39.27
2	Veiga, Jacob		Unattached	32:45.98
3	Pullman, David		LA Track Club	43:29.48

Event 2 Women 6000 Meter Run (3 loops)

	Name	Yr	Team	Seed
Finals	Points			
1	Budniak, Julia		Unattached	22:45.18
2	Sutton, Melissa		Track West	
22:49.63	1			
3	Addo-Agboke, Roseline		Track West	
23:01.52	2			
4	Fricke, Therese		Unattached	23:14.35
5	Gentile, Chris		Track West	
24:10.60	3			
6	Deren, Aleksandra		Track West	
24:30.45	4			
7	Murphy, Jennifer		Track West	
24:47.91	5			
8	Davis, Lisa		Track West	
25:03.44	6			
9	Dee, Jenna		See Jane Run Racing	25:11.00

Event 3 Women 6000 Meter Run (3 loops)

	Name	Yr	Team	Seed
Finals	Points			
1	Fullove, Marianne		Track West	26:41.74
2	Janneck, Denise		So Cal Track Club	27:03.66
3	Campos, Claudia		See Jane Run Racing	27:25.91
4	Garcia, Jeaney		See Jane Run Racing	27:41.14
5	Ware, Caren		So Cal Track Club	27:52.92
6	Hafford, Deborah		See Jane Run Racing	28:24.01
7	Rogers, Maria		Track West	28:43.36

Event 3 Men 6000 Meter Run (3 loops)

	Name	Yr	Team	Seed
Finals	Points			
1	Reyes, Tony		Unattached	19:32.11
2	Creer, Jeffery		So Cal Track Club	22:30.83
3	Cleary, Mark		So Cal Track Club	22:53.83
4	Forrester, Perry		Unattached	23:32.24
5	Foote, Chuck		Unattached	24:57.97
6	Cohen, George		So Cal Track Club	29:00.88

Event 4 Mixed 4k Run CC (2 loops)

	Name	Yr	Team	Seed
Finals	Points			
1	Stoltz, Gabriel		France	13:32.19
1	Ishio, Michelle		Track West	16:09.37
2	Judge, Chris		Unattached	14:57.53
2	Hernandezzzz, Devora		Unattached	16:59.29
3	Gessler, Larry		Unattached	15:33.57
3	Cresalia, Therese		Track West	19:06.88
4	Bell, Daniel		Unattached	16:59.41