

**2018 USATF Pacific Northwest
Open & Masters Cross Country Championships**

November 11 | "Upper" Lower Woodland Park, Seattle

MASTERS WOMEN 6000-METER RUN

Overall Individual Results

Place	Name	Age	Team	Time	Points
1	Farrell, Marlene	43	Seattle RC WA	23:45	1
2	Steidl, Trisha	41	Seattle RC WA	23:59	2
3	Henty, Danielle	40	Club Northwest WA	25:39	3
4	Bergsen, Sally	50	Oiselle Running WA	26:51	
5	Deprey, Teresa	52	Seattle RC WA	26:55	4
6	Joyce, Regina	61	Club Northwest WA	26:59	5
7	Salazar, Tatiana	49	Guerilla Running WA	27:11	
8	Rozler, Jennifer	48	Seattle RC WA	28:30	(6)
9	Kelly, Jenna	48	Guerilla Running WA	28:55	
10	Neal, Michelle	57	Club Northwest WA	28:58	7
11	Gill, Michelle	47	Club Northwest WA	30:31	(8)
12	Lozano, Amanda	41	Seattle RC WA	31:12	(9)
13	Clark, Daisy	52	Seattle RC WA	34:05	

Age-Group Results

40-44

Place	Name	Age	Team	Time
1	Farrell, Marlene	43	Seattle RC WA	23:45
2	Steidl, Trisha	41	Seattle RC WA	23:59
3	Henty, Danielle	40	Club Northwest WA	25:39
4	Lozano, Amanda	41	Seattle RC WA	31:12

45-49

Place	Name	Age	Team	Time
1	Salazar, Tatiana	49	Guerilla Running WA	27:11
2	Rozler, Jennifer	48	Seattle RC WA	28:30
3	Kelly, Jenna	48	Guerilla Running WA	28:55
4	Gill, Michelle	47	Club Northwest WA	30:31

50-54

Place	Name	Age	Team	Time
1	Bergsen, Sally	50	Oiselle Running WA	26:51
2	Deprey, Teresa	52	Seattle RC WA	26:55
3	Clark, Daisy	52	Seattle RC WA	34:05

55-59

Place	Name	Age	Team	Time
1	Neal, Michelle	57	Club Northwest WA	28:58

60-64

Place	Name	Age	Team	Time
1	Joyce, Regina	61	Club Northwest WA	26:59

Team Scores

Rank	Team	Total	1	2	3	(4)	(5)
1	Seattle RC	7	1	2	4	(6)	(9)
2	Club Northwest	15	3	5	7	(8)	

MASTERS MEN 6000-METER RUN**Overall Individual Results**

Place	Name	Age	Team	Time	Team Points			
					40s	50s	60s	70s
1	Steidl, Ulrich	46	Seattle RC WA 40	20:25	1			
2	Mangrum, Benjamin	40	Tacoma City WA 40	20:34	2			
3	Fraser, Ian	44	Club NW WA 40	20:49	3			
4	Bloudek, Mark	44	Club NW WA 40	20:59	4			
5	Combs, Carl	53	Club NW WA 50	21:05		1		
6	Thompson, Lance	42	Club NW WA 40	21:06	5			
7	Bowden, Nicholas	47	Club NW WA 40	21:20	6			
8	Kliot, Gabriel	41	Club NW WA 40	21:40	7			
9	Young, Tony	56	Club NW WA 50	21:45		2		
10	Johnson, Destry	43	Club NW WA 40	21:48	(8)			
11	Poremba, Todd	49	Club NW WA 40	21:54	(9)			
12	Ellis, Matthew	47	Tacoma City WA 40	22:04	10			
13	Rain, Matthew	42	Club NW WA 40	22:06	(11)			
14	Johnson, Joseph	41	Unattached	22:08				
15	McMorrان, Ian	41	Seattle RC WA	22:17	12			
16	Donahue, Mark	47	Club NW WA 40	22:19	(13)			
17	Logan, Lance	54	Club NW WA 50	22:25		3		
18	Lynes, Michael	52	Tacoma City WA 40	22:39	14			
19	Roff, Acy	54	Club NW WA 50	22:48		4		
20	O'Hearn, John	56	Club NW WA 50	22:57		5		
21	Abdalla, Paul	57	Club NW WA 50	23:09		(6)		
22	Hewey, Adam	51	Seattle RC WA	23:15	15			
23	Leo, John	53	Club NW WA 50	23:16		(7)		
24	Montgomery, Josh	47	Tacoma City WA 40	23:18	16			
25	Salazar, Daniel	53	Guerilla Running WA	23:24	17			
26	Winter, Carl	52	Club NW WA 50	23:30		(8)		
27	Seeley, Lane	46	Tacoma City WA 40	23:36	18			
28	Brennand, Bob	57	Club NW WA 50	23:53		(9)		
29	Frindell, Alan	41	Club Northwest WA	24:16				
30	Heaps, Steven	54	Seattle RC WA	24:28	19			
31	Corley, Stephen	48	Cascade Striders WA	24:32				
32	Messiter, Sean	52	Club Northwest WA	24:37				
33	Brinkhaus, Mark	47	Guerilla Running WA	24:47	20			
34	Swenson, Paul	53	Club Northwest WA	25:08				
35	Kenworthy, Craig	56	Club Northwest WA	25:43				
36	Wulfman, Eric	51	Seattle RC WA	25:53	21			
37	Belmont, Claton	64	Club NW WA 60	25:56			1	
38	Johnson, John	50	Guerilla Running WA	26:01	22			

Place	Name	Age	Team	Time	Team Points			
					40s	50s	60s	70s
39	Sundt, Joshua	46	Guerilla Running WA	26:18	23			
40	Motteler, Frederick	62	Club NW WA 60	26:25			2	
41	Hoerlein, Jon	51	Unattached	26:31				
42	Bertrand, Steve	63	Club NW WA 60	26:39			3	
43	Layman, Craig	55	Unattached	26:50				
44	Parsons, David	64	Eastside Runners WA	26:51				
45	Heimann, Erik	46	Guerilla Running WA	27:18	24			
46	Sharpe, Leslie	68	Club NW WA 60	27:46			(4)	
47	Minchew, Ray	49	Club Northwest WA	27:50				
48	Longmuir, David	71	Eastside Runners WA	27:58				1
49	Gilchrist, J.B.	42	Guerilla Running WA	28:18	25			
50	Waters, William	68	Eastside Runners WA	28:56				
51	Mann, Frazer	71	Eastside Runners WA	29:26				2
52	McKay, Peter	57	Club Northwest WA	29:49				
53	McGill, Jim	70	Eastside Runners WA	31:03				3

Age-Group Results

40-44

Place	Name	Age	Team	Time
1	Mangrum, Benjamin	40	Tacoma City RC WA	20:34
2	Fraser, Ian	44	Club Northwest WA	20:49
3	Bloudek, Mark	44	Club Northwest WA	20:59
4	Thompson, Lance	42	Club Northwest WA	21:06
5	Kliot, Gabriel	41	Club Northwest WA	21:40
6	Johnson, Destry	43	Club Northwest WA	21:48
7	Rain, Matthew	42	Club Northwest WA	22:06
8	Johnson, Joseph	41	Unattached	22:08
9	McMorran, Ian	41	Seattle RC WA	22:17
10	Frindell, Alan	41	Club Northwest WA	24:16
11	Gilchrist, J.B.	42	Guerilla Running WA	28:18

45-49

Place	Name	Age	Team	Time
1	Steidl, Ulrich	46	Seattle RC WA	20:25
2	Bowden, Nicholas	47	Club Northwest WA	21:20
3	Porembe, Todd	49	Club Northwest WA	21:54
4	Ellis, Matthew	47	Tacoma City RC WA	22:04
5	Donahue, Mark	47	Club Northwest WA	22:18
6	Montgomery, Josh	47	Tacoma City RC WA	23:18
7	Seeley, Lane	46	Tacoma City RC WA	23:36
8	Corley, Stephen	48	Cascade Striders WA	24:32
9	Brinkhaus, Mark	47	Guerilla Running WA	24:47
10	Sundt, Joshua	46	Guerilla Running WA	26:18
11	Heimann, Erik	46	Guerilla Running WA	27:18
12	Minchew, Ray	49	Club Northwest WA	27:50

50-54

Place	Name	Age	Team	Time
1	Combs, Carl	53	Club Northwest WA	21:05
2	Logan, Lance	54	Club Northwest WA	22:25
3	Lynes, Michael	52	Tacoma City RC WA	22:39
4	Roff, Acy	54	Club Northwest WA	22:48
5	Hewey, Adam	51	Seattle RC WA	23:15
6	Leo, John	53	Club Northwest WA	23:16
7	Salazar, Daniel	53	Guerilla Running WA	23:24
8	Winter, Carl	52	Club Northwest WA	23:30
9	Heaps, Steven	54	Seattle RC WA	24:28
10	Messiter, Sean	52	Club Northwest WA	24:37
11	Swenson, Paul	53	Club Northwest WA	25:08
12	Wulfman, Eric	51	Seattle RC WA	25:53
13	Johnson, John	50	Guerilla Running WA	26:01
14	Hoerlein, Jon	51	Unattached	26:31

55-59

Place	Name	Age	Team	Time
1	Young, Tony	56	Club Northwest WA	21:45
2	O'Hearn, John	56	Club Northwest WA	22:57
3	Abdalla, Paul	57	Club Northwest WA	23:09
4	Brennand, Bob	57	Club Northwest WA	23:53
5	Kenworthy, Craig	56	Club Northwest WA	25:43
6	Layman, Craig	55	Unattached	26:50
7	McKay, Peter	57	Club Northwest WA	29:49

60-64

Place	Name	Age	Team	Time
1	Belmont, Claton	64	Club Northwest WA	25:56
2	Motteler, Frederick	62	Club Northwest WA	26:25
3	Bertrand, Steve	63	Club Northwest WA	26:39
4	Parsons, David	64	Eastside Runners WA	26:51

65-69

Place	Name	Age	Team	Time
1	Sharpe, Leslie	68	Club Northwest WA	27:46
2	Waters, William	68	Eastside Runners WA	28:56

70-74

Place	Name	Age	Team	Time
1	Longmuir, David	71	Eastside Runners WA	27:58
2	Mann, Frazer	71	Eastside Runners WA	29:26
3	McGill, Jim	70	Eastside Runners WA	31:03

Team Scores

Rank	M40s Teams	Total	1	2	3	4	5	(6)	(7)	(8)	(9)
1	Club Northwest WA	25	3	4	5	6	7	(8)	(9)	(11)	(13)
2	Tacoma City RC WA	60	2	10	14	16	18				
3	Seattle RC WA	68	1	12	15	19	21				
4	Guerilla Running WA	106	17	20	22	23	24	(25)			

Rank	M50s Team	Total	1	2	3	4	5	(6)	(7)	(8)	(9)
1	Club Northwest	15	1	2	3	4	5	(6)	(7)	(8)	(9)
Rank	M60s Team	Total	1	2	3	(4)	(5)				
1	Club Northwest	6	1	2	3	(4)					
Rank	M70s Team	Total	1	2	3	(4)	(5)				
1	Eastside Runners WA	6	1	2	3						

OPEN WOMEN 6000-METER RUN

Individual Results

Place	Name	Age	Team	Time	Points
1	Wagner, Erin	23	Club Northwest WA	21:17	1
2	Austin, Caroline	27	Seattle RC WA	21:39	2
3	Olsen, Courtney	31	Bellingham DP WA	21:55	3
4	Mandi, Alison	35	Club Northwest WA	22:04	4
5	Grant, Brittany	23	Bellingham DP WA	22:17	5
6	O'Loughlin, Nicole	28	Tacoma City RC WA	22:28	
7	Harmon, Elizabeth	29	Club Northwest WA	22:37	6
8	Morrison, Amber	37	Bellingham DP WA	22:46	7
9	Nichols, Ashley	26	Club Northwest WA	22:55	8
10	Fleshman, Lauren	37	Unattached	22:57	
11	Hill, Olivia	25	Club Northwest WA	23:05	9
12	McAmis, Rachel	18	Club Northwest WA	23:27	(10)
13	Hinson, Kimberly	32	Club Northwest WA	23:31	(11)
14	Lyle, Meghan	37	Club Northwest WA	23:33	(12)
15	Mcmurtry, Alma	39	Bellingham DP WA	23:35	13
16	Westerhoff, Madeline	24	Club Northwest WA	23:38	
17	Leftwich, Rachel	26	Club Northwest WA	23:39	
18	Anselmini, Mary Kate	25	Club Northwest WA	23:45	
19	Reed, Annie	25	Club Northwest WA	23:53	
20	Schafer, Kristen	31	Bellingham DP WA	24:00	14
21	Webb, Julia	35	Bowerman TC OR	24:00	
22	Malcolm, Corrine	28	Bellingham DP WA	24:08	(15)
23	Steidl, Trisha	41	Seattle RC WA	24:24	16
24	Kreisman, Somer	29	Seattle RC WA	24:26	17
25	Ffitch, Taylor	28	Club Northwest WA	24:37	
26	Cruz, Mariangela	31	Seattle RC WA	25:00	18
27	Reade, Julia	38	Club Northwest WA	25:08	
28	Buurma, Nicole	36	Bellingham DP WA	25:17	(19)
29	Johnson, Sarah	26	Guerilla Running WA	25:32	
30	D'Orazio, Kate	25	Seattle RC WA	25:45	20
31	Ewers, Veronica	24	Club Northwest WA	25:48	
32	Lindstrom, Sophin	19	Club Northwest WA	25:56	
33	Brain, Emily	35	Oiselle Running WA	26:11	
34	Phelan, Katelen	27	Seattle RC WA	26:15	21
35	Freeburg, Bethany	29	Club Northwest WA	26:22	

Place	Name	Age	Team	Time	Points
36	McConnell, Anna	30	Seattle RC WA	26:30	22
37	Gregg, Kimberly	36	Guerilla Running WA	26:39	
38	Lahman, Miranda	26	Club Northwest WA	26:48	
39	Hawley, Wendi	37	Oiselle Running WA	28:10	

Team Scores

Rank	Teams	Total	1	2	3	4	5	(6)	(7)	(8)
1	Club Northwest	28	1	4	6	8	9	(10)	(11)	(12)
2	Bellingham Dist Proj WA	43	3	5	7	13	14	(15)	(19)	
3	Seattle RC WA	77	2	16	17	18	20	21	22	

OPEN MEN 10,000-METER RUN

Individual Results

Place	Name	Age	Team	Time	Points
1	Eaton, Michael	26	Brooks Beasts WA	30:47	
2	Gray, Joseph	34	Club Northwest WA	30:55	1
3	Peloquin, Conner	26	Club Northwest WA	32:07	2
4	Wiley, Turner	25	Club Northwest WA	32:12	3
5	Lafler, Jonathan	28	Club Northwest WA	32:18	4
6	Kesting, Peter	22	Club Northwest WA	32:21	5
7	Sloat, Daniel	29	Seattle RC WA	32:50	6
8	Baraldi, Robert	24	Club Northwest WA	32:54	(7)
9	Van Dooren, Tyler	28	Club Northwest WA	32:59	(8)
10	Williams, Evan	32	Seattle RC WA	33:10	9
11	Mandi, Mark	35	Club Northwest WA	33:15	(10)
12	Njonjo, Geoffrey	37	Club Northwest WA	33:17	
13	Flannery, Tyler	23	Club Northwest WA	33:21	
14	Creighton, Joe	38	Seattle RC WA	33:33	11
15	King, Jamin	29	Club Northwest WA	33:56.76	
16	Reed, Chris	29	Club Northwest WA	34:03.71	
17	Tarbath, Forest	24	Club Northwest WA	34:08.17	
18	Cox, Tyler	23	Seattle RC WA	34:19.43	12
19	Richards, Nathaniel	26	Club Northwest WA	34:24.21	
20	Christian, John Erich	26	Club Northwest WA	34:25.03	
21	Wise, Andrew	24	Club Northwest WA	34:30.32	
22	Scanlon, Rob	24	Club Northwest WA	34:32.78	
23	Quimby, Jonathan	29	Bellingham DP WA	34:34.54	13
24	Larpenteur, David	34	Bellingham DP WA	34:37.43	14
25	Kunze, Jarrett	27	Seattle RC WA	34:49.90	15
26	Short, Christopher	25	Club Northwest WA	34:51.39	
27	Keith, Dennis	18	Tacoma City RC WA	35:02.53	
28	Kelly, Joe	32	Seattle RC WA	35:20.05	(16)
29	Steidl, Ulrich	46	Seattle RC WA	35:34.53	(17)
30	Rees-Jones, Mitchell	22	Club Northwest WA	35:42.06	
31	Freshwaters, Cameron	23	Tacoma City RC WA	35:45.93	
32	Martin, Luke	27	Club Northwest WA	35:46.70	

Place	Name	Age	Team	Time	Points
33	Kean, Thoma	24	Bellingham DP WA	35:50.29	18
34	Nielsen, Jens	35	Tacoma City RC WA	35:53.30	
35	Walsh, Spencer	35	Club Northwest WA	36:04.34	
36	Thornton, Derek	35	Bellingham DP WA	36:09.79	19
37	Moore, James	33	Club Northwest WA	36:17.30	
38	Grant, Sheridan	26	Club Northwest WA	36:18.91	
39	Fisher, Christopher	23	Club Northwest WA	36:22.91	
40	DeJarlais, Nicholas	19	Club Northwest WA	36:27.81	
41	Overson, Leighton	39	Bellingham DP WA	36:35.45	20
42	Reynolds, Francis	29	Tacoma City RC WA	36:39.07	
43	Dietz, Zachary	23	Seattle RC WA	36:40.98	(21)
44	Buckalew, Bryan	37	Seattle RC WA	36:48.58	
45	Parker, Ryan	34	Seattle RC WA	36:57.19	
46	Winegar, Brett	39	Seattle RC WA	36:59.70	
47	Ward, Patrick	24	Club Northwest WA	37:03.44	
48	Kent, Dylan	30	Club Northwest WA	37:11.37	
49	Sundt, Zachary	18	Unattached	37:17.00	
50	Roche, Aaron	33	Seattle RC WA	37:29.94	
51	Danielson, Nick	24	Seattle RC WA	37:43.86	
52	Davis, Garrett	23	Club Northwest WA	38:15.84	
53	Hall, Jackson	19	Unattached	38:21.42	
54	Antush, Maximilian	26	Bellingham DP WA	39:35.61	(22)
55	Meyers, Austin	24	Seattle RC WA	39:45.72	
56	Karas, Michael	38	Unattached	41:48.48	
57	Robertson, Zane	17	Club Northwest WA	42:32.92	
58	Salazar, Daniel	53	Guerilla Running WA	43:16.70	
59	Bishop, James	24	Club Northwest WA	46:52.12	

Team Scores

Rank	Teams	Total	1	2	3	4	5	(6)	(7)	(8)
1	Club Northwest	15	1	2	3	4	5	(7)	(8)	(10)
3	Seattle RC WA	53	6	9	11	12	15	(16)	(17)	(21)
2	Bellingham Dist Proj WA	84	13	14	18	19	20	(22)		