

**USATF Northwest Region**  
**2018 Open / Masters Cross Country Championships**  
**Saturday, November 24, at Warren G. Magnuson Park, Seattle**

**WOMEN 6050-METER RUN**

**Overall Individual Results**

-- Place --							-- Team Points --			
Ovrl	Div	Time	Bib	First Name	Last Name	Age	Team	Open	40s	50s
1	1	21:54	33	Ladia	Albertson-Junkans	32	Bellingham Dist Proj	1	--	--
2	1	22:04	399	Kate	Landau	42	Tacoma City RC	--	--	--
3	2	22:22	384	Courtney	Olsen	31	Bellingham Dist Proj	2	--	--
4	3	22:30	400	Nicole	O'Loughlin	28	Tacoma City RC	--	--	--
5	4	22:42	373	Jane	Ricardi	29	Club Northwest	3	--	--
6	5	22:44	334	Moira	O'Connor Lenth	23	Club Northwest	4	--	--
7	6	22:49	333	Ashley	Nichols	26	Club Northwest	5	--	--
8	7	22:55	196	Alison	Mandi	35	Club Northwest	6	--	--
9	8	23:14	122	Kayla	Moore	23	Jacuzzi Boys AC	--	--	--
10	9	23:42	193	Olivia	Hill	25	Club Northwest	7	--	--
11	10	23:49	382	Alma	Mcmurtry	39	Bellingham Dist Proj	8	--	--
12	2	23:55	388	Marlene	Farrell	43	Seattle RC	9	1	--
13	11	23:56	186	Mary Kate	Anselmini	25	Club Northwest	(10)	--	--
14	12	24:03	394	Lauren	Elgee	27	Team Red Lizard	--	--	--
15	13	24:08	195	Rachel	Leftwich	26	Club Northwest	(11)	--	--
16	14	24:13	123	Olivia	Enright	26	Jacuzzi Boys AC	--	--	--
17	15	24:23	50	Annie	Reed	27	Club Northwest	(12)	--	--
18	16	24:28	188	Taylor	Ffitch	28	Club Northwest	--	--	--
19	3	24:31	393	Trisha	Steidl	41	Seattle RC	13	2	--
20	17	24:33	381	Rachel	Cundy	24	Bellingham Dist Proj	14	--	--
21	18	24:42	397	Sarah	Johnson	26	Guerilla Running	--	--	--
22	4	24:45	374	Linda	Huyck	40	Club Northwest	--	3	--
23	19	24:49	383	Kathryn	Merrill	36	Bellingham Dist Proj	15	--	--
24	20	24:53	199	Caitlin	Mcllwain	22	Club Northwest	--	--	--
25	21	25:05	124	Renee	Gordon	38	Unattached	--	--	--
26	22	25:19	338	Julia	Reade	38	Club Northwest	--	--	--
27	23	25:25	386	Kate	D'Orazio	25	Seattle RC	16	--	--
28	24	25:30	344	Natalie	Smith	24	Club Northwest	--	--	--
29	25	25:33	187	Veronica	Ewers	24	Club Northwest	--	--	--
30	26	25:37	395	Cara	Enright	28	Brooklyn TC	--	--	--
31	27	25:54	49	Emily	Brain	36	Oiselle RC	17	--	--
32	28	25:55	389	Laura	Goodfellow	26	Seattle RC	18	--	--
33	29	26:07	198	Amber	McCulloch	39	Club Northwest	--	--	--
34	30	26:09	380	Nicole	Buurma	36	Bellingham Dist Proj	19	--	--
35	31	26:20	189	Bethany	Freeburg	29	Club Northwest	--	--	--
36	5	26:24	192	Danielle	Henty	40	Club Northwest	--	4	--
37	32	26:29	377	Kayla	Boyes	26	Oiselle RC	20	--	--
38	33	26:43	391	Katelen	Phelan	27	Seattle RC	21	--	--
39	34	26:44	390	Anna	McConnell	30	Seattle RC	(22)	--	--
40	1	26:56	200	Kristen	Mossman	55	Club Northwest	--	--	1
41	1	27:02	387	Teresa	Deprey	52	Seattle RC	(23)	5	--
42	1	27:18	398	Tatiana	Salazar	49	Guerilla Running	--	--	--
43	2	27:24	191	Gail	Hall	58	Club Northwest	--	--	2
44	35	27:40	379	Wendi	Hawley	37	Oiselle RC	24	--	--
45	36		396	Kimberly	Gregg	36	Guerilla Running	--	--	--
46	37		378	Jessica	Graham	35	Oiselle RC	25	--	--
47	2		392	Jennifer	Rozler	48	Seattle RC	(26)	(6)	--
48	38		375	Emily	Birchman	35	Oiselle RC	27	--	--
49	6		343	Andie	Roff	40	Club Northwest	--	7	--

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-- Place --								-- Team Points --		
Ovrl	Div	Time	Bib	First Name	Last Name	Age	Team	Open	40s	50s
50	3		58	Deborah	Fletcher	48	Club Northwest	—	(8)	—
51	39		376	Sophia	Bowe	30	Oiselle RC	(28)	—	—
52	3		194	Kelly	Kruell	59	Club Northwest	—	—	3
53	4		190	Michelle	Gill	47	Club Northwest	—	(9)	—
54	2		385	Daisy	Clark	52	Seattle RC	—	(10)	—

**OPEN Team Scores (all runners considered)**

Rank	Teams	Total	1	2	3	4	5	(6)	(7)	(8)
1	Club Northwest WA	25	3	4	5	6	7	(10)	(11)	(12)
2	Bellingham Dist Proj WA	40	1	2	8	14	15	(19)		
3	Seattle RC WA	87	9	13	16	18	21	(22)	(23)	(26)
4	Oiselle RC WA	113	17	20	24	25	27	(28)		

**F40 Team Scores**

Rank	Team	Total	1	2	3	(4)	(5)
1	Seattle RC WA	8	1	2	5	(6)	(10)
2	Club Northwest WA	14	3	4	7	(8)	(9)

**F50 Team Scores**

Rank	Team	Total	1	2	3	(4)	(5)
1	Club Northwest WA	6	1	2	3		

**MEN 8000-METER RUN**

**Overall Individual Results**

-- Place --								---- Team Points ----				
Ovrl	Div	Time	Bib	First Name	Last Name	Age	Team	Open	40s	50s	60s	70s
1	1	25:10	127	Gregory	Leak	30	Tacoma City RC	1	—	—	—	—
2	2	25:15	454	Gilbert	Grundy	29	Jacuzzi Boys AC	2	—	—	—	—
3	3	25:22	412	Jonathan	Lafler	28	Club Northwest	3	—	—	—	—
4	4	25:26	456	Daniel	Martinez	24	Jacuzzi Boys AC	4	—	—	—	—
5	5	25:28	422	Conner	Peloquin	26	Club Northwest	5	—	—	—	—
6	6	25:29	410	Peter	Kesting	22	Club Northwest	6	—	—	—	—
7	7	25:45	453	Matthew	Crichlow	25	Jacuzzi Boys AC	7	—	—	—	—
8	8	25:46	457	Derek	Wehunt	27	Jacuzzi Boys AC	8	—	—	—	—
9	9	25:48	162	Henry	Mong	19	Unattached	—	—	—	—	—
10	10	25:51	455	Jesse	Joseph	23	Jacuzzi Boys AC	9	—	—	—	—
11	11	25:55	480	Evan	Williams	32	Seattle RC	10	—	—	—	—
12	12	26:05	477	Daniel	Sloat	29	Seattle RC	11	—	—	—	—
13	13	26:10	144	Jackson	Baker	24	Unattached	—	—	—	—	—
14	14	26:13	286	Robert	Baraldi	24	Club Northwest	12	—	—	—	—
15	15	26:19	415	Mark	Mandi	35	Club Northwest	13	—	—	—	—
16	16	26:28	437	Tyler	Van Dooren	28	Club Northwest	(14)	—	—	—	—
17	17	26:38	425	Chris	Reed	30	Club Northwest	(15)	—	—	—	—
18	18	26:44	444	Geoffrey	Njonjo	23	Club Northwest	(16)	—	—	—	—
19	19	26:48	489	Keegan	McCormick	22	Bowerman TC	17	—	—	—	—
20	20	26:56	466	Robert	Bond	29	Seattle RC	18	—	—	—	—
21	21	26:56	411	Jamin	King	29	Club Northwest	—	—	—	—	—
22	22	27:04	430	Robert	Scanlon	24	Club Northwest	—	—	—	—	—
23	1	27:07	170	John	Howell	47	Bowerman TC	19	1	—	—	—
24	23	27:10	297	John Erich	Christian	27	Club Northwest	—	—	—	—	—
25	24	27:13	443	Forest	Tarbath	27	Club Northwest	—	—	—	—	—
26	25	27:17	298	Mark	De Luca	28	Club Northwest	—	—	—	—	—
27	2	27:24	491	Orin	Schumacher	45	Bowerman TC	20	2	—	—	—
28	1	27:26	129	Benjamin	Mangrum	40	Tacoma City RC	21	—	—	—	—

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Ovrl	Div	Time	Bib	First Name	Last Name	Age	Team	Open	40s	50s	60s	70s
29	26	27:27	474	Jarrett	Kunze	27	Seattle RC	22	—	—	—	—
30	27	27:28	463	Jonathan	Quimby	29	Bellingham DstPrj	23	—	—	—	—
31	28	27:29	461	David	Larpenteur	34	Bellingham DstPrj	24	—	—	—	—
32	29	27:34	433	Christopher	Short	25	Club Northwest	—	—	—	—	—
33	3	27:35	478	Ulrich	Steidl	46	Seattle RC	25	3	—	—	—
34	2	27:36	486	Joshua	Gordon	44	Bowerman TC	26	4	—	—	—
35	30	27:42	126	Dennis	Keith	18	Tacoma City RC	27	—	—	—	—
36	3	27:44	492	Scott	Williams	40	Bowerman TC	28	5	—	—	—
37	31	27:54	459	Peter	Ellis	34	Bellingham DstPrj	29	—	—	—	—
38	32	27:59	125	Cameron	Freshwaters	23	Tacoma City RC	30	—	—	—	—
39	33	28:00	496	Matthew	Lowe	29	Guerilla Running	31	—	—	—	—
40	4	28:01	436	Lance	Thompson	42	Club Northwest	—	6	—	—	—
41	34	28:05	439	Spencer	Walsh	35	Club Northwest	—	—	—	—	—
42	35	28:14	405	Sheridan	Grant	26	Club Northwest	—	—	—	—	—
43	36	28:16	469	Zachary	Dietz	23	Seattle RC	(32)	—	—	—	—
44	37	28:18	132	Francis	Reynolds	29	Tacoma City RC	33	—	—	—	—
45	38	28:20	416	Luke	Martin	27	Club Northwest	—	—	—	—	—
46	39	28:22	460	Thomaa	Kean	24	Bellingham DstPrj	34	—	—	—	—
47	40	28:30	458	Maximilian	Antush	26	Bellingham DstPrj	35	—	—	—	—
48	41	28:31	145	Bryce	Burgess	29	Unattached	—	—	—	—	—
49	4	28:34	293	Nicholas	Bowden	47	Club Northwest	—	7	—	—	—
50	42	28:37	407	Kevin	Hansen	35	Club Northwest	—	—	—	—	—
51	5	28:40	292	Mark	Bloudek	44	Club Northwest	—	8	—	—	—
52	43	28:41	290	Tahoma	Doyon	34	Club Northwest	—	—	—	—	—
53	44	28:43	462	Leighton	Overson	39	Bellingham DstPrj	(36)	—	—	—	—
54	45	28:49	464	Derek	Thornton	35	Bellingham DstPrj	(37)	—	—	—	—
55	46	28:50	169	Zachary	Sundt	18	Unattached	—	—	—	—	—
56	47	28:52	32	Adam	Frye	34	Bellingham DstPrj	(38)	—	—	—	—
57	48	28:56	401	Christopher	Fisher	23	Club Northwest	—	—	—	—	—
58	49	28:58	452	Chris	Anderson	25	Jacuzzi Boys AC	(39)	—	—	—	—
59	50	28:59	468	Bryan	Buckalew	37	Seattle RC	(40)	—	—	—	—
60	51	29:01	426	Mitchell	Rees-Jones	22	Club Northwest	—	—	—	—	—
61	52	29:03	299	Nicholas	DeJarlais	19	Club Northwest	—	—	—	—	—
62	53	29:09	130	Jens	Nielsen	35	Tacoma City RC	(41)	—	—	—	—
63	54	29:19	409	Dylan	Kent	30	Club Northwest	—	—	—	—	—
64	55	29:26	406	Sean	Haffey	31	Club Northwest	—	—	—	—	—
65	5	29:30	408	Emmet	Hogan	49	Club Northwest	—	9	—	—	—
66	1	29:35	483	Mike	Blackmore	56	Bowerman TC	(42)	10*	—	—	—
67	6	29:39	424	Matthew	Rain	42	Club Northwest	—	11	—	—	—
68	56	29:41	131	Brien	O'Loughlin	29	Tacoma City RC	(43)	—	—	—	—
69	2	29:45	442	Tony	Young	56	Club Northwest	—	—	1	—	—
70	6	29:52	423	Todd	Porembe	49	Club Northwest	—	(12)	—	—	—
71	57	29:57	475	Aaron	Roche	33	Seattle RC	(44)	—	—	—	—
72	1	30:16	404	Tony	Gerbino	54	Club Northwest	—	—	2	—	—
73	2	30:19	414	Lance	Logan	54	Club Northwest	—	—	3	—	—
74	7	30:24	402	David	Fort	40	Club Northwest	—	(13)	—	—	—
75	3	30:26	429	Acy	Roff	54	Club Northwest	—	—	4	—	—
76	1	30:29	434	Michael	Smith	60	Club Northwest	—	—	—	1	—
77	4	30:33	128	Michael	Lynes	52	Tacoma City RC	(45)	—	—	—	—
78	7	30:38	417	David	McCulloch	48	Club Northwest	—	(14)	—	—	—
79	3	30:46	421	John	O'Hearn	56	Club Northwest	—	—	5	—	—

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Ovrl	Div	Time	Bib	First Name	Last Name	Age	Team	Open	40s	50s	60s	70s
80	5	30:53	485	Dan	Franek	53	Bowerman TC	(46)	(15*)	—	—	—
81	8	30:54	467	Eric	Bone	44	Seattle RC	—	16	—	—	—
82	4	30:57	291	Joe	Bisignano	58	Club Northwest	—	—	6	—	—
83	5	31:05	285	Paul	Abdalla	57	Club Northwest	—	—	7	—	—
84	6	31:30	295	Bob	Brennand	57	Club Northwest	—	—	8	—	—
85	6	31:37	472	Adam	Hewey	51	Seattle RC	—	17*	—	—	—
86	7	31:41	497	Daniel	Salazar	53	Guerilla Running	47	18*	—	—	—
87	8	31:53	490	David	Rees	51	Bowerman TC	(48)	(19*)	—	—	—
88	9	31:58	413	John	Leo	54	Club Northwest	—	—	9	—	—
89	10	32:29	493	Craig	Dickson	51	Guerilla Running	49	20*	—	—	—
90	58	32:33	465	Matthew	Beal	30	Seattle RC	—	—	—	—	—
91	11	32:42	471	Steven	Heaps	54	Seattle RC	—	21*	—	—	—
92	9	32:58	403	Alan	Frindell	41	Club Northwest	—	(22)	—	—	—
93	12	33:01	418	Sean	Messiter	52	Club Northwest	—	—	—	—	—
94	59	33:09	294	Robert	Brajkovich	38	Club Northwest	—	—	—	—	—
95	7	33:10	488	Steven	Kollars	59	Bowerman TC	—	(23*)	—	—	—
96	13	33:15	495	John	Johnson	50	Guerilla Running	50	24*	—	—	—
97	8	33:19	296	Paul	Carr	55	Club Northwest	—	—	—	—	—
98	2	33:45	438	Denis	Villeneuve	62	Club Northwest	—	—	—	2	—
99	60	33:47	428	Zane	Robertson	17	Club Northwest	—	—	—	—	—
100	61	33:52	427	John	Renehan	27	Club Northwest	—	—	—	—	—
101	14	34:03	435	Paul	Swenson	53	Club Northwest	—	—	—	—	—
102	9	34:17	487	Michael	Gorriaran	58	Bowerman TC	—	(25*)	—	—	—
103	8	34:22	57	Mark	Brinkhaus	47	Guerilla Running	51	26	—	—	—
104	3	34:34	476	Kent	Sizer	63	Seattle RC	—	—	—	3	—
105	9	34:36	494	Erik	Heimann	46	Guerilla Running	(52)	27	—	—	—
106	4	34:43	288	Claton	Belmont	64	Club Northwest	—	—	—	4	—
107	5	35:10	420	Frederick	Motteler	62	Club Northwest	—	—	—	5	—
108	15	35:53	447	Jon	Hoerlein	51	Eastside Runners	53	—	—	—	—
109	16	36:02	481	Eric	Wulfman	52	Seattle RC	—	28*	—	—	—
110	10	36:09	498	Joshua	Sundt	46	Guerilla Running	(54)	(29)	—	—	—
111	6	36:35	289	Steve	Bertrand	63	Club Northwest	—	—	—	6	—
112	1	37:05	448	David	Longmuir	71	Eastside Runners	55	—	—	—	1
113	11	37:52	419	Ray	Minchew	49	Club Northwest	—	—	—	—	—
114	1	38:11	431	Leslie	Sharpe	68	Club Northwest	—	—	—	—	—
115	7	38:30	470	Mark	Drangsholt	60	Seattle RC	—	—	—	7	—
116	2	38:46	449	Frazer	Mann	71	Eastside Runners	56	—	—	—	2
117	10	38:50	473	Bruce	Hoff	55	Seattle RC	—	(30*)	—	—	—
118	8	39:39	479	Win	Van Pelt	61	Seattle RC	—	—	—	8	—
119	3	39:51	445	Craig	Andersen	71	Eastside Runners	57	—	—	—	3
120	4	40:22	446	Charles	Crouse	72	Eastside Runners	58	—	—	—	4
121	5	42:33	450	James	McGill	70	Eastside Runners	(59)	—	—	—	5
122	6	51:25	499	Patrick	Dwyer	72	Gns Vly Harriers	—	—	—	—	—

**OPEN Team Scores**

Rank	Teams	Total	1	2	3	4	5	(6)	(7)	(8)
1	Jacuzzi Boys RC OR	30	2	4	7	8	9	(39)		
2	Club Northwest WA	39	3	5	6	12	13	(14)	(15)	(16)
3	Seattle RC WA	86	10	11	18	22	25	(32)	(40)	(44)
4	Bowerman TC OR	110	17	19	20	26	28	(42)	(46)	(48)
5	Tacoma City RC WA	112	1	21	27	30	33	(41)	(43)	(45)
6	Bellingham Dist Proj WA	145	23	24	29	34	35	(36)	(37)	(38)

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7	Guerilla Running WA	228	31	47	49	50	51	(52)	(54)
8	Eastside Runners WA	279	53	55	56	57	58		

**M40 Team Scores** (Note: in the individual results' team scoring columns, a runner scoring down is marked "\*\*")

Rank	Teams	Total	1	2	3	4	5	(6)	(7)	(8)	(9)
1	Bowerman TC OR	22	1	2	4	5	10	(15)	(19)	(23)	(25)
2	Club Northwest WA	41	6	7	8	9	11	(12)	(13)	(14)	(22)
3	Seattle RC WA	85	3	16	17	21	28	(30)			
4	Guerilla Running WA	115	18	20	24	26	27	(29)			

**M50 Team Scores** (Note: 50s runners from Bowerman, Guerilla, and Seattle RC scored in the M40s)

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

**M60 Team Scores**

Rank	Team	Total	1	2	3	(4)	(5)
1	Club Northwest WA	6	1	2	4	(5)	(6)
2	Seattle Running Club WA	18	3	7	8		

**M70 Team Scores**

Rank	Team	Total	1	2	3	(4)	(5)
1	Eastside Runners WA	6	1	2	3	(4)	(5)