

USATF – PACIFIC NORTHWEST CROSS COUNTRY CHAMPIONSHIPS

Sunday, November 6, 2016 • Lower Woodland Park, Seattle, WA

EVENT 1 • MASTERS WOMEN 6000-METER RUN

Masters Women Overall Individual Results

<i>Place</i>	<i>Bib</i>	<i>Name</i>	<i>Age</i>	<i>Team</i>	<i>Time</i>	<i>Points</i>
1	10	McDevitt, Janet	43	Club Northwest	22:45	1
2	98	Farrell, Marlene	41	Seattle Running Club	23:15	2
3	137	Pappalardo, Susan	50	Unattached	25:10	—
4	96	Cruzan, Amber	48	Seattle Running Club	25:58	3
5	17	Ward, Susan	49	Club Northwest	26:11	4
6	155	Fletcher, Deborah	40	Club Northwest	26:37	5
7	11	Mossman, Kristen	53	Club Northwest	26:44	1*
8	97	Deprey, Teresa	50	Seattle Running Club	27:26	6
9	156	Hall, Gail	56	Club Northwest	27:42	2*
10	77	Salazar, Tatiana	47	Guerilla Running	28:10	7
11	63	Rozler, Jennifer	46	Eastside Runners	28:56	—
12	7	Kruell, Kelly	57	Club Northwest	29:45	3*
13	78	Taylor, Monica	47	Guerilla Running	31:56	8
14	74	Jamison, Rachael	40	Guerilla Running	34:10	9
15	79	Villalobos, Aide	42	Guerilla Running	35:35	10
16	73	Irwin, Dianne	55	Guerilla Running	38:01	11
17	167	Nelson, Phyllis	69	Eastside Runners	38:18	—

Masters Women Individual Results by Division

<i>Place</i>	<i>Bib</i>	<i>Name</i>	<i>Age</i>	<i>Team</i>	<i>Time</i>	<i>Points</i>
40-44 Results						
1	10	McDevitt, Janet	43	Club Northwest	22:45	1
2	98	Farrell, Marlene	41	Seattle Running Club	23:15	2
3	155	Fletcher, Deborah	40	Club Northwest	26:37	5
4	74	Jamison, Rachael	40	Guerilla Running	34:10	9
5	79	Villalobos, Aide	42	Guerilla Running	35:35	10
45-49 Results						
1	96	Cruzan, Amber	48	Seattle Running Club	25:58	3
2	17	Ward, Susan	49	Club Northwest	26:11	4
3	77	Salazar, Tatiana	47	Guerilla Running	28:10	7
4	63	Rozler, Jennifer	46	Eastside Runners	28:56	—
5	78	Taylor, Monica	47	Guerilla Running	31:56	8
50-54 Results						
1	137	Pappalardo, Susan	50	Unattached	25:10	—
2	11	Mossman, Kristen	53	Club Northwest	26:44	1
3	97	Deprey, Teresa	50	Seattle Running Club	27:26	6*
55-59 Results						
1	156	Hall, Gail	56	Club Northwest	27:42	2
2	7	Kruell, Kelly	57	Club Northwest	29:45	3
3	73	Irwin, Dianne	55	Guerilla Running	38:01	11
65-69 Results						
1	167	Nelson, Phyllis	69	Eastside Runners	38:18	—

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Masters Women Team Scores

Rank	Team	Total	1	2	3	*4	*5
40-49 Team Scores							
1	Club Northwest	10	1	4	5		
2	Seattle Running Club	11	2	3	6		
3	Guerilla Running	24	7	8	9	10	11
50-59 Team Scores							
1	Club Northwest	6	1	2	3		

EVENT 2 • MASTERS MEN 6000-METER RUN

Masters Men Overall Individual Results

Place	Bib	Name	Age	Team	Time	Points
1	127	Steidl, Ulrich	44	Seattle Running Club	20:17	1
2	54	Thompson, Lance	40	Club Northwest	20:23	2
3	35	Johnson, Destry	41	Club Northwest	20:32	3
4	51	Sauvage, Ben	47	Club Northwest	20:44	4
5	28	Fraser, Ian	42	Club Northwest	20:56	5
6	110	Crowther, Gregory	43	Seattle Running Club	21:14	6
7	33	Hogan, Emmet	47	Club Northwest	21:18	7
8	119	Mannino, Paul	43	Seattle Running Club	21:49	8
9	169	Bartholomy, Jak	40	Club Northwest	21:56	9
10	62	Young, Tony	54	Club Northwest A	22:05	1*
11	46	O'Hearn, John	54	Club Northwest A	22:10	2*
12	40	Maruca, Todd	42	Club Northwest	22:12	10
13	37	Logan, Lance	52	Club Northwest A	22:16	3*
14	52	Smith, Michael	58	Club Northwest A	22:17	4*
15	174	Ames, Zachary	45	Seattle Running Club	22:22	11
16	26	Donahue, Mark	45	Club Northwest	22:25	12
17	60	White-Espin, David	55	Club Northwest A	22:42	5*
18	43	Messiter, Sean	50	Club Northwest A	23:02	6*
19	61	Winter, Carl	50	Club Northwest A	23:05	7*
20	18	Abdalla, Paul	55	Club Northwest A	23:21	8*
21	80	Dickson, Craig	49	Guerilla Running	23:36	13
22	82	Jaspersen, Phillip	49	Guerilla Running	23:40	14
23	34	Johannesen, Jay	53	Club Northwest B	23:56	9*
24	85	Salazar, Daniel	51	Guerilla Running	24:00	15
25	53	Swenson, Paul	51	Club Northwest B	24:03	10*
26	20	Beyerlein, Greg	62	Club Northwest	24:07	1**
27	83	Johnson, John	48	Guerilla Running	24:16	16
28	141	Hainsworth, Michael	47	Unattached	24:46	—
29	57	Villeneuve, Denis	60	Club Northwest	24:56	2**
30	24	Cyra, Bruce	58	Club Northwest B	25:09	11*
31	171	Carr, Paul	53	Club Northwest B	25:14	12*
32	44	Motteler, Frederick	60	Club Northwest B	25:15	—
33	123	Richards, Cliff	55	Seattle Running Club	25:44	13*

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Place	Bib	Name	Age	Team	Time	Points
34	86	Stevens, Van	45	Guerilla Running	25:50	17
35	81	Heimann, Erik	44	Guerilla Running	25:50	18
36	130	Wulfman, Eric	49	Seattle Running Club	25:54	19
37	125	Sitz, Herbert	53	Seattle Running Club	26:01	14*
38	19	Allison, Michael	65	Club Northwest	26:08	3**
39	120	Mansen, Jim	46	Seattle Running Club	26:19	20
40	64	Andersen, Craig	69	Eastside Runners	26:28	4**
41	29	Hamilton, Clark	60	Club Northwest	26:56	5**
42	111	Fadiman, Erik	50	Seattle Running Club	26:56	15*
43	66	Longmuir, David	69	Eastside Runners	27:00	6**
44	69	Waters, William	66	Eastside Runners	27:12	7**
45	67	Mann, Frazer	69	Eastside Runners	27:29	8**
46	31	Harvey, Scott	66	Club Northwest	27:31	9**
47	128	Van Pelt, Win	59	Seattle Running Club	27:36	16*
48	126	Sizer, Kent	61	Seattle Running Club	27:50	—
49	115	Hoff, Bruce	53	Seattle Running Club	29:34	17*
50	113	Gibson, Stephen	52	Seattle Running Club	30:27	18*
51	65	Corroone, Richard	68	Eastside Runners	30:42	10**
52	42	McKay, Peter	55	Club Northwest B	30:55	19*
53	41	McGill, James	68	Club Northwest	30:59	—
54	84	McGrath, Patrick	43	Guerilla Running	31:47	21
55	140	Gough, G Michael	61	Unattached	31:56	—
56	68	Sherrill, John	70	Eastside Runners	34:48	—
57	133	Joslin, Timothy	75	Snohomish Track Club	34:51	—

Masters Men Individual Results by Division

Place	Bib	Name	Age	Team	Time	Points
40-44 Results						
1	127	Steidl, Ulrich	44	Seattle Running Club	20:17	1
2	54	Thompson, Lance	40	Club Northwest	20:23	2
3	35	Johnson, Destry	41	Club Northwest	20:32	3
4	28	Fraser, Ian	42	Club Northwest	20:56	5
5	110	Crowther, Gregory	43	Seattle Running Club	21:14	6
6	119	Mannino, Paul	43	Seattle Running Club	21:49	8
7	169	Bartholomy, Jak	40	Club Northwest	21:56	9
8	40	Maruca, Todd	42	Club Northwest	22:12	10
9	81	Heimann, Erik	44	Guerilla Running	25:50	18
10	84	McGrath, Patrick	43	Guerilla Running	31:47	21
45-49 Results						
1	51	Sauvage, Ben	47	Club Northwest	20:44	4
2	33	Hogan, Emmet	47	Club Northwest	21:18	7
3	174	Ames, Zachary	45	Seattle Running Club	22:22	11
4	26	Donahue, Mark	45	Club Northwest	22:25	12
5	80	Dickson, Craig	49	Guerilla Running	23:36	13
6	82	Jaspersen, Phillip	49	Guerilla Running	23:40	14
7	83	Johnson, John	48	Guerilla Running	24:16	16

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Place	Bib	Name	Age	Team	Time	Points
8	141	Hainsworth, Michael	47	Unattached	24:46	—
9	86	Stevens, Van	45	Guerilla Running	25:50	17
10	130	Wulfman, Eric	49	Seattle Running Club	25:54	19
11	120	Mansen, Jim	46	Seattle Running Club	26:19	20
50-54 Results						
1	62	Young, Tony	54	Club Northwest A	22:05	1
2	46	O'Hearn, John	54	Club Northwest A	22:10	2
3	37	Logan, Lance	52	Club Northwest A	22:16	3
4	43	Messiter, Sean	50	Club Northwest A	23:02	6
5	61	Winter, Carl	50	Club Northwest A	23:05	7
6	34	Johannesen, Jay	53	Club Northwest B	23:56	9
7	85	Salazar, Daniel	51	Guerilla Running	24:00	15*
8	53	Swenson, Paul	51	Club Northwest B	24:03	10
9	171	Carr, Paul	53	Club Northwest B	25:14	12
10	125	Sitz, Herbert	53	Seattle Running Club	26:01	14
11	111	Fadiman, Erik	50	Seattle Running Club	26:56	15
12	115	Hoff, Bruce	53	Seattle Running Club	29:34	17
13	113	Gibson, Stephen	52	Seattle Running Club	30:27	18
55-59 Results						
1	52	Smith, Michael	58	Club Northwest A	22:17	4
2	60	White-Espin, David	55	Club Northwest A	22:42	5
3	18	Abdalla, Paul	55	Club Northwest A	23:21	8
4	24	Cyra, Bruce	58	Club Northwest B	25:09	11
5	123	Richards, Cliff	55	Seattle Running Club	25:44	13
6	128	Van Pelt, Win	59	Seattle Running Club	27:36	16
7	42	McKay, Peter	55	Club Northwest B	30:55	19
60-64 Results						
1	20	Beyerlein, Greg	62	Club Northwest	24:07	1
2	57	Villeneuve, Denis	60	Club Northwest	24:56	2
3	44	Motteler, Frederick	60	Club Northwest B	25:15	—
4	29	Hamilton, Clark	60	Club Northwest	26:56	5
5	126	Sizer, Kent	61	Seattle Running Club	27:50	—
6	140	Gough, G Michael	61	Unattached	31:56	—
65-69 Results						
1	19	Allison, Michael	65	Club Northwest	26:08	3
2	64	Andersen, Craig	69	Eastside Runners	26:28	4
3	66	Longmuir, David	69	Eastside Runners	27:00	6
4	69	Waters, William	66	Eastside Runners	27:12	7
5	67	Mann, Frazer	69	Eastside Runners	27:29	8
6	31	Harvey, Scott	66	Club Northwest	27:31	9
7	65	Corroone, Richard	68	Eastside Runners	30:42	10
8	41	McGill, James	68	Club Northwest	30:59	—
70-74 Results						
1	68	Sherrill, John	70	Eastside Runners	34:48	—

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Place	Bib	Name	Age	Team	Time	Points
75-79 Results						
1	133	Joslin, Timothy	75	Snohomish Track Club	34:51	—

Masters Men Team Scores										
Rank	Team	Total	1	2	3	4	5	*6	*7	*8

40-49 Team Scores										
1	Club Northwest	21	2	3	4	5	7	9	10	12
2	Seattle Running Club	45	1	6	8	11	19	20		
3	Guerilla Running	75	13	14	15	16	17	18	21	

50-59 Team Scores										
1	Club Northwest A	15	1	2	3	4	5	6	7	8
2	Club Northwest B	61	9	10	11	12	19			
3	Seattle Running Club	75	13	14	15	16	17	18		

Rank	Team	Total	1	2	3	*4	*5
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60-69 Team Scores							
1	Club Northwest	6	1	2	3	5	9
2	Eastside Runners	17	4	6	7	8	10

EVENT 3 • OPEN WOMEN 6000-METER RUN

Open Women Overall Individual Results

Place	Bib	Name	Age	Team	Time	Points
1	94	Austin, Caroline	25	Seattle Running Club	21:36	1
2	12	Nichols, Ashley	24	Club Northwest A	21:51	2
3	13	Ricardi, Jane	28	Club Northwest A	22:07	3
4	8	Lacey, Lana	29	Club Northwest A	22:09	4
5	157	Ehrhardt, Tess	22	Club Northwest A	22:13	5
6	15	Schultz, Amber	25	Club Northwest A	22:25	6
7	16	Troksa, Brianna	21	Club Northwest B	22:30	7
8	135	Crossman, Bronwyn	27	Unattached	22:45	
9	6	Heuer, Megan	35	Club Northwest A	22:51	8
10	1	Dalzot, Maria	28	Bellingham Distance Project	22:53	
11	4	Ferjan Ramirez, Naj	32	Club Northwest A	23:32	9
12	136	Melville, Tracy	19	Unattached	23:41	
13	99	Grimm, Stephanie	29	Seattle Running Club	23:47	10
14	148	Laiblin, Alex	20	Western Washington Univ	23:51	11
15	101	Liu, Sophia	32	Seattle Running Club	24:00	12
16	173	Ffitch, Taylor	26	Club Northwest	24:11	
17	91	Knutson, Cathleen	34	Oiselle Running	24:19	13
18	105	Smith, Alison	23	Seattle Running Club	24:24	14
19	153	Whitley, Hallie	19	Western Washington Univ	24:29	15
20	176	Fullerton, Kelly	35	Unattached	24:32	
21	103	Roberts, Natalie	33	Seattle Running Club	24:39	16
22	106	Spiess, Liz	27	Seattle Running Club	24:41	17
23	75	Johnson, Sarah	24	Guerilla Running	24:42	18
24	151	Shreffler, Wavily		Western Washington Univ	24:44	19

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Place	Bib	Name	Age	Team	Time	Points
25	158	McCulloch, Amber		Club Northwest B	24:48	20
26	159	Salzwedel, Adrienne		Club Northwest B	24:59	21
27	88	Dowtin, Paula	32	Oiselle Running	25:03	22
28	149	Marakis, Sofie		Western Washington Univ	25:12	23
29	14	Saarel, Emma	24	Club Northwest B	25:31	24
30	92	Leftwich, Rachel	24	Oiselle Running	25:35	25
31	147	Koger, Dre		Western Washington Univ	25:57	26
32	9	Lahman, Miranda	24	Club Northwest B	26:02	27
33	150	McEachern, Molly		Western Washington Univ	26:06	28
34	131	Cooney, Lisa		Seattle University	26:44	
35	87	Brain, Emily	33	Oiselle Running	26:57	29
36	95	Bayart, Cheryl	34	Seattle Running Club	27:11	30
37	177	Fura, Magena	22	Unattached	27:13	
38	76	Kelly, Jenna	46	Guerilla Running	27:16	31
39	70	Gosling, Ariel	33	Guerilla Running	27:24	32
40	152	Vijgen, Nicole		Western Washington Univ	27:30	33
41	102	Phelan, Katelen	25	Seattle Running Club	27:33	
42	90	Hawley, Wendi	35	Oiselle Running	28:12	34
43	89	Graham, Jessica	33	Oiselle Running	28:19	35
44	146	Johnson, Julian		Western Washington Univ	28:30	36
45	104	Saunders, Karina	30	Seattle Running Club	28:38	
46	71	Gregg, Kimberly	34	Guerilla Running	29:00	37
47	132	O'Hara, Emily		Seattle University	29:02	
48	72	Howard, Stephanie	23	Guerilla Running	31:29	38

Open Women Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8
1	Club Northwest A	20	2	3	4	5	6	8	9	
2	Seattle Running Club	53	1	10	12	14	16	17	30	
3	Western Washington	94	11	15	19	23	26	28	33	36
4	Club Northwest B	99	7	20	21	24	27			
5	Oiselle Running Club	123	13	22	25	29	34	35		
6	Guerilla Running	156	18	31	32	37	38			

EVENT 4 • OPEN MEN 10,000-METER RUN

Open Men Overall Individual Results

Place	Bib	Name	Age	Team	Time	Points
1	134	Leak, Gregory	28	Tacoma City Racing Team	32:05	
2	50	Richards, Nathaniel	24	Club Northwest A	32:57	1
3	160	Crichlow, Mathew		Club Northwest A	33:19	2
4	48	Polson, Trevor	24	Club Northwest A	33:40	3
5	55	Van Dooren, Tyler	26	Club Northwest A	33:58	4
6	127	Steidl, Ulrich	44	Seattle Running Club A	34:10	5
7	122	Redfield, Stefan	27	Seattle Running Club A	34:19	6
8	45	Moore, Jared	21	Club Northwest A	34:22	7

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Place	Bib	Name	Age	Team	Time	Points
9	129	Williams, Evan	30	Seattle Running Club A	34:48	8
10	109	Creighton, Joe	36	Seattle Running Club A	34:59	9
11	39	Martin, Luke	25	Club Northwest A	35:20	10
12	170	Schoor, Ari		Club Northwest C	35:26	11
13	145	McMichael, Porter		Unattached	35:28	
14	27	Fisher, Christopher	21	Club Northwest B	35:29	12
15	142	Hamel, Eric		Unattached	35:53	
16	108	Barkhaus, Erik	26	Seattle Running Club A	35:59	13
17	163	Wojtasik, Nick		Club Northwest	36:06	
18	59	Waters, Charles	30	Club Northwest	36:21	
19	165	Pulver, Colton		Western Washington Univ	36:54	
20	116	Jennings, Erik	33	Seattle Running Club B	37:16	14
21	107	Auld, Christopher	26	Seattle Running Club A	37:19	15
22	23	Christen, Ian	21	Club Northwest B	37:24	16
23	162	Riordan, Ruben		Club Northwest C	37:27	17
24	154	Spiller, Keaton		Western Washington Univ	37:27	
25	161	Johnson, Ryan		Club Northwest C	37:27	18
26	112	Gaddy, Spencer	29	Seattle Running Club A	37:35	19
27	124	Roach, James	31	Seattle Running Club B	37:39	20
28	36	Kent, Dylan	28	Club Northwest B	38:13	21
29	25	Dimond, Al	32	Club Northwest B	38:27	22
30	175	James, Karsten	26	Darkhorse International	39:00	
31	164	Young, Paul		Club Northwest C	39:04	23
32	139	Gomez, Enriquer		Unattached	39:18	
33	114	Giusti, Ambrogino	30	Seattle Running Club B	41:03	24
34	32	Harvey, Stephen	35	Club Northwest B	41:35	25
35	118	Lingbloom, Andrew	28	Seattle Running Club B	41:47	26
36	2	McFarlane, Chris	33	Cascade Endurance	41:53	
37	121	Miya, Eric	23	Seattle Running Club B	43:02	27
38	38	MacQuarrie, Irvin	33	Club Northwest B	44:52	28
39	22	Brisbois, Michael	52	Club Northwest	45:11	
40	30	Harmon, Paul	35	Club Northwest C	49:47	29

Open Men Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8
1	Club Northwest A	17	1	2	3	4	7	10		
2	Seattle Running Club A	41	5	6	8	9	13	15	19	
3	Club Northwest B	96	12	16	21	22	25	28		
4	Club Northwest C	98	11	17	18	23	29			
5	Seattle Running Club B	111	14	20	24	26	27			