

Pntf Masters and Open Cross Country Championships - 11/6/2021**lincoln Park****Results****Event 3 Men 10k Run CC**

Name	Age	Team	Finals	Points
Results - Men				
1 Masterson, Brian	27	36-Unattached	31:56.80	
2 Van Dooren, Tyler	31	Club Northwest	32:24.60	1
3 Stadler, James	25	36-Unattached	32:26.00	
4 Mikkelson, Thomas	23	Club Northwest	32:50.50	2
5 Meier, John	18	B Club Northwest	33:28.70	3
6 Rees-Jones, Mitchell	25	Club Northwest	33:29.50	4
7 Sine, Riley	24	36-Unattached	33:29.70	
8 Iten, Benjamin	24	Club Northwest	33:43.10	5
9 Larpenteur, David	37	Bellingham D	33:47.70	
10 Day, Evan	30	B Club Northwest	33:58.30	6
11 Barringer, Charlie	25	Club Northwest	34:27.10	7
12 Schroeder, Adam	38	Lake Sammami	34:29.20	8
13 LeTavec, Nathan	25	Club Northwest	34:38.70	9
14 Kean, Thomas	27	Bellingham D	34:51.80	
15 MacDougall, Cody	29	Run 26	35:18.30	10
16 Doyon, Tahoma	37	Club Northwest	35:22.90	11
17 Gentry, Eric	29	Lake Sammami	35:25.70	12
18 Roche, Aaron	36	Seattle Running	35:33.00	
19 Bermudez, Jonathon	28	B Club Northwest	35:34.70	13
20 Scott, Gregory	28	36-Unattached	35:49.90	
21 Schwiesow, Alek	24	Run 26	36:06.00	14
22 Young, Paulo	30	Lake Sammami	36:37.00	15
23 Martin, Luke	30	B Club Northwest	36:37.70	16
24 Ponton, Josiah	19	Run 26	36:39.30	17
25 Kinege, Mapenzi	20	Club Northwest	36:42.90	18
26 Davis, Gary	31	Run 26	36:49.80	19
27 Grant, Sheridan	29	B Club Northwest	37:08.50	20
28 Hoeg, Erik	31	Lake Sammami	37:14.70	21
29 Vo, Chris	23	Lake Sammami	37:15.70	22
30 Haffey, Sean	34	B Club Northwest	37:29.50	23
31 Beezhold, Ben	31	B Club Northwest	38:02.00	24
32 Chambers, Anthony	19	Run 26	38:24.40	25
33 Fung, Zachary	32	Lake Sammami	38:33.80	26
34 Patton, Scott	33	Seattle Running	38:41.70	
35 Hammond, Steven	34	Lake Sammami	38:49.40	27
36 Wang, Guanyu	32	Lake Sammami	39:54.30	28
37 Simbeck, Aaron	19	Run 26	40:07.10	29
38 Umana, Bergman	29	Seattle Running	40:37.00	
39 Southerland, Finn	24	B Club Northwest	40:38.20	30
40 Miranda, Raphael	19	36-Unattached	41:56.20	
41 Balen, Chad	30	Lake Sammami	44:11.10	
42 Hsu, Fu-Pang	33	Lake Sammami	45:37.70	
43 Munoz, Rob	31	Lake Sammami	50:16.90	

Pntf Masters and Open Cross Country Championships - 11/6/2021**lincoln Park****Results****Women 39&U 6000 Meter Run**

	Name	Age	Team	Finals	Points
Results - Women 39 & Under					
1	#1103 Keyser-Gibson, Amelia	25	36-Unattached	21:07.80	
2	#1136 Crowther, Sally	27	Club Northwest	21:18.00	
3	#1105 Maton, Ashley	27	36-Unattached	21:29.40	
4	#1130 Olsen, Courtney	34	Bellingham Distance Project	21:49.40	
5	#1131 Rufener, Kennedy	26	Bellingham Distance Project	21:54.30	
6	#1144 Mandi, Alison	38	Club Northwest	21:57.20	
7	#1126 Dorr, Allison	25	Bellingham Distance Project	22:03.90	
8	#1157 Westra, Hannah	25	Club Northwest	22:14.30	
9	#1129 O'Connor, Haley	28	Bellingham Distance Project	22:23.50	
10	#1135 Brown, Rachel	27	Club Northwest	22:34.10	
11	#1124 Hugard, Shannon	25	37-Unattached	22:39.60	
12	#1218 Fredrickson, Erin	28	Oiselle Running	22:51.20	
13	#1150 Reed, Annie	28	Club Northwest	22:59.20	
14	#1156 Westerhoff, Madeline	27	Club Northwest	23:04.10	
15	#1145 McGaffic, Lauren	16	Club Northwest	23:08.40	
16	#1148 Peterson, Emily	24	Club Northwest	23:17.10	
17	#1155 Wendle, Claire	24	Club Northwest	23:20.90	
18	#1125 Cundy, Rachel	27	Bellingham Distance Project	23:44.80	
19	#1143 Lyle, Meghan	39	Club Northwest	23:50.30	
20	#1236 Williams, Kristi	37	Seattle Running	23:54.40	
21	#1220 Koplowitz, Caroline	37	Oiselle Running	23:57.20	
22	#1142 Lam, Hallie	26	Club Northwest	24:14.10	
23	#1225 Rihn, Arella	20	Run 26	24:38.90	
24	#1223 Lopez, Monserrat	19	Run 26	24:40.00	
25	#1233 Brain, Emily	38	Seattle Running	25:02.20	
26	#1222 Daniels, Marie	24	Run 26	25:02.70	
27	#1202 Sords, Molly	28	Lake Sammamish Run Club	25:04.20	
28	#1153 Salzwedel, Adrienne	37	Club Northwest	25:11.60	
29	#1216 Boyes, Kayla	29	Oiselle Running	26:31.70	
30	#1226 Savenkova, Christina	19	Run 26	26:40.70	
31	#1221 Bomgardner, Hannah	19	Run 26	26:41.20	
32	#1217 Evans, Eleanor	31	Oiselle Running	27:05.30	
33	#1224 Ridiros, Chanel	24	Run 26	27:20.10	
34	#1219 Graham, Jessica	38	Oiselle Running	27:36.60	
35	#1200 Huo, Ran	33	Lake Sammamish Run Club	28:24.30	
36	#1199 Corona, Karen	33	Lake Sammamish Run Club	28:34.30	
37	#1197 Amiri, Delaram	30	Lake Sammamish Run Club	30:00.00	
38	#1198 Chan, Joy	33	Lake Sammamish Run Club	31:02.20	

Women 40-44 6000 Meter Run

	Name	Age	Team	Finals	Points
Results - Women 40-44					
1	#1244 Heuer, Megan	40	Club Northwest	22:42.80	
2	#1128 Morrison, Amber	40	Bellingham Distance Project	23:21.50	
3	#1127 Mcmurtry, Alma	42	Bellingham Distance Project	23:28.00	
4	#1151 Roff, Andie	43	Club Northwest	27:31.40	

Pntf Masters and Open Cross Country Championships - 11/6/2021**lincoln Park****Results****Women 45-49 6000 Meter Run**

Name	Age	Team	Finals	Points
Results - Women 45-49				
1 #1140 Klein, Iris	45	Club Northwest	24:04.40	
2 #1146 McLlvaqine, Holly	48	Club Northwest	24:38.20	
3 #1152 Saam, Jennifer	47	Club Northwest	26:38.60	

Women 50-54 6000 Meter Run

Name	Age	Team	Finals	Points
Results - Women 50-54				
1 #1137 Fletcher, Deborah	51	Club Northwest	25:56.00	
2 #1215 Bergesen, Sally	53	Oiselle Running	27:14.20	
3 #1149 Puzon, Judith	53	Club Northwest	27:42.20	
4 #1201 Lang, Susan	50	Lake Sammamish Run Club	28:14.30	

Women 60-64 6000 Meter Run

Name	Age	Team	Finals	Points
Results - Women 60-64				
1 #1138 Hall, Gail	61	Club Northwest	26:52.10	
2 #1154 Sleavin, Kathi	62	Club Northwest	27:27.10	
3 #1141 Kruell, Kelly	62	Club Northwest	33:17.40	

Masters Women's Team Results**W40+**

1. Club Northwest: - 6 points
Megan Heuer
Iris Klein
Holly McLlvaqine

W60+

1. Club Northwest: 6 points
Gail Hall
Kathi Sleavin
Kelly Kruell

Pntf Masters and Open Cross Country Championships - 11/6/2021**lincoln Park****Results****Men 40-44 8000 Meter Run**

Name	Age	Team	Finals	Points
Results - Men 40-44				
1 #1147 Njonjo, Geoffrey	40	Club Northwest	27:53.80	
2 #1190 Simmons, David	43	Club Northwest	28:07.50	
3 #1237 Buckalew, Bryan	40	Seattle Running	29:20.20	
4 #1109 Cadotte, Christopher	40	36-Unattached	30:51.40	

Men 45-49 8000 Meter Run

Name	Age	Team	Finals	Points
Results - Men 45-49				
1 #1240 Steidl, Ulrich	49	Seattle Running	28:42.90	
2 #1177 Mannino, Paul	48	Club Northwest	30:00.90	
3 #1115 Maruca, Todd	47	36-Unattached	31:13.10	

Men 50-54 8000 Meter Run

Name	Age	Team	Finals	Points
Results - Men 50-54				
1 #1170 Hogan, Emmet	52	Club Northwest	28:00.80	
2 #1163 Brauer, Ben	51	Club Northwest	29:41.70	
3 #1166 Foster, Shane	52	Club Northwest	35:24.60	

Men 55-59 8000 Meter Run

Name	Age	Team	Finals	Points
Results - Men 55-59				
1 #1195 Winter, Carl	55	Club Northwest	30:48.80	
2 #1196 Young, Tony	59	Club Northwest	30:59.90	
3 #1173 Leo, John	56	Club Northwest	32:36.70	
4 #1182 Messiter, Sean	55	Club Northwest	34:54.30	
5 #1245 Salazar, Dan	56	36-Unattached	35:53.10	
--- #1187 Roff, Acy	56	Club Northwest	DNF	

Men 60-64 8000 Meter Run

Name	Age	Team	Finals	Points
Results - Men 60-64				
1 #1189 Sheeran, Joe	63	Club Northwest	31:56.30	
2 #1158 Abdalla, Paul	60	Club Northwest	32:08.10	
3 #1194 White-Espin, David	60	Club Northwest	33:43.50	

Men 65-69 8000 Meter Run

Name	Age	Team	Finals	Points
Results - Men 65-69				
1 #1193 Villeneuve, Denis	65	Club Northwest	35:33.90	
2 #1185 Parsons, David	67	Club Northwest	36:59.70	
3 #1111 Cole, Kevin	65	36-Unattached	38:48.60	

Men 70-74 8000 Meter Run

Name	Age	Team	Finals	Points
Results - Men 70-74				
1 #1169 Harvey, Scott	71	Club Northwest	35:57.20	
2 #1175 Longmuir, David	74	Club Northwest	38:12.10	
3 #1176 Mann, Frazer	74	Club Northwest	43:44.80	
4 #1179 McGill, James	73	Club Northwest	44:21.70	

Masters Men's Team Results

M40+1. Club Northwest: -

M50+1. Club Northwest: -

M60+1. Club Northwest: -