

2024 USATF NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Mechanicsville, VA

Pole Green Park

Saturday, January 20, 2024



OFFICIAL MEET REPORT

printed: 1/20/2024 11:36 AM

Race #3
Masters Women 6k

Final Results

INDIVIDUAL RESULTS

Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1 DIMOFF, Carrie	576	Bowerman Track Cl	-	21:15.5	---	5:41.9	3:32.6
2 METIVIER, Renee	628	Team Red Lizard (4	-	21:46.5	31.0	5:50.2	3:37.7
3 LUND, April	597	GYS TRACK CLUB	-	21:56.9	41.4	5:53.1	3:39.5
4 LENGE WARREN, Chelsea	630	Team Red Lizard (4	-	21:58.7	43.2	5:53.5	3:39.8
5 ENMAN, Kasie	596	Green Mountain Ath	-	22:06.0	49.5	5:55.5	3:41.0
6 MAMMEN, MINDY	646	UNA Virginia	-	22:29.3	1:13.8	6:01.7	3:44.9
7 BRETON, Julia Siegel	642	UNA Virginia	-	23:01.4	1:45.9	6:10.3	3:50.2
8 SHAW, Kristin	629	Team Red Lizard (4	-	23:20.2	2:04.7	6:15.4	3:53.4
9 PALMER-THOMASEY, Ashle	645	UNA Virginia	-	23:20.7	2:05.2	6:15.5	3:53.4
10 COOKE, Jacqueline	600	Impala Racing Tea	-	23:29.0	2:12.5	6:17.7	3:54.8
11 SMITH, Jodi	638	UNA Iowa	-	23:48.0	2:31.5	6:22.8	3:58.0
12 HEAVNER, Whitney	605	Pacers Running//G	-	23:50.0	2:33.5	6:23.4	3:58.3
13 JOSIAH-TANNER, Euleen	627	T.H.E. Track Team	-	24:28.4	3:12.9	6:33.6	4:04.7
14 WARD, Emily	641	UNA Virginia	-	24:40.1	3:24.6	6:36.8	4:06.7
15 SANDERS, Caroline	647	UNA Virginia	-	24:57.5	3:42.0	6:41.5	4:09.6
16 GANNON, Amy	592	Greater Philadelphi	-	25:04.5	3:49.0	6:43.3	4:10.7
17 RUSK, Sarah	606	Pike Creek Valley R	-	25:15.6	4:00.1	6:46.3	4:12.6
18 FORDE, Samantha	598	Impala Racing Tea	-	25:24.0	4:07.5	6:48.6	4:14.0
19 CASS, Mary	601	Liberty Athletic Club	-	25:37.3	4:21.8	6:52.1	4:16.2
20 PELLETIER, Tamara	580	Colonial Road Runn	-	25:45.1	4:29.6	6:54.2	4:17.5
21 GAGLIARDI, Theresa	588	Greater Philadelphi	-	25:55.8	4:40.3	6:57.1	4:19.3
22 TENNYSON, Jill	640	UNA Maryland	-	26:04.2	4:48.7	6:59.3	4:20.7
23 BOLIN, Colleen	631	UNA Illinois	-	26:25.9	5:10.4	7:05.2	4:24.3
24 KING, Amanda	602	Liberty Athletic Club	-	26:40.5	5:25.0	7:09.1	4:26.7
25 DEAN, Abby	591	Greater Philadelphi	-	26:43.7	5:28.2	7:09.9	4:27.3
26 HODGE, Brenda	608	Pike Creek Valley R	-	26:52.7	5:37.2	7:12.3	4:28.8
27 HOLLOWAY, Katrina	607	Pike Creek Valley R	-	26:56.7	5:41.2	7:13.4	4:29.4
28 CHITI, Melissa	613	Pursuit of Excellenc	-	27:03.1	5:47.6	7:15.1	4:30.5
29 DELEA, Laura	616	Shore Athletic Club	-	27:05.8	5:50.3	7:15.9	4:31.0
30 CARY, Nora	622	Shore Athletic Club	-	27:06.8	5:51.3	7:16.1	4:31.1
31 ROBINSON, Deelyn	582	Colonial Road Runn	-	27:16.4	6:00.9	7:18.7	4:32.7
32 SCHULZE, Megan	579	Colonial Road Runn	-	27:27.4	6:11.9	7:21.6	4:34.6
33 JASPER, Lorraine	594	Greater Philadelphi	-	27:28.8	6:13.3	7:22.0	4:34.8
34 BROWN, Kelly	637	UNA Virginia	-	27:39.8	6:24.3	7:25.0	4:36.6
35 GUARNIERI, Hiroko	565	Atlanta Track Club (-	27:42.8	6:27.3	7:25.8	4:37.1
36 GIANOUKOS, Aimee	581	Colonial Road Runn	-	27:45.4	6:29.9	7:26.5	4:37.6
37 BRUCH, Michelle	633	UNA Virginia	-	27:47.2	6:31.7	7:26.9	4:37.9
38 CRANE, Cassandra	584	Genesee Valley Har	-	27:47.8	6:32.3	7:27.1	4:38.0
39 MARZULLA, Alexandra	618	Shore Athletic Club	-	27:49.5	6:34.0	7:27.6	4:38.2
40 MASSELL, Maureen	619	Shore Athletic Club	-	27:50.4	6:34.9	7:27.8	4:38.4
41 HUFF, Kris	569	Atlanta Track Club (-	27:53.1	6:37.6	7:28.5	4:38.8
42 GUEST, Tracy	644	UNA Colorado	-	27:54.1	6:38.6	7:28.8	4:39.0
43 COX, Kelly	583	Colonial Road Runn	-	27:56.5	6:41.0	7:29.4	4:39.4
44 KLEIN, Tina	626	T.H.E. Track Team	-	27:58.2	6:42.7	7:29.9	4:39.7
45 NEWMAN, Alexandra	599	Impala Racing Tea	-	27:59.0	6:42.5	7:30.1	4:39.8
46 WIEGAND, Kathy	564	Atlanta Track Club (-	28:05.7	6:50.2	7:31.9	4:40.9

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Athlete	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
47 PUMA, Alysia	617	Shore Athletic Club	-	28:10.9	6:55.4	7:33.3	4:41.8
48 OSOVSKI, Brenda	585	Genesee Valley Har	-	28:15.9	7:00.4	7:34.6	4:42.6
49 BOK, Victoria	603	Liberty Athletic Club	-	28:20.0	7:03.5	7:35.7	4:43.3
50 SNAGG, Deborah	614	Richmond Track &	-	29:14.0	7:57.5	7:50.2	4:52.3
51 ALLEN, Michelle	568	Atlanta Track Club (-	29:22.5	8:07.0	7:52.5	4:53.7
52 KELLEY, Louise	586	Greater Philadelphi	-	29:47.8	8:32.3	7:59.3	4:58.0
53 BRATHWAITE, Debbie	624	Shore Athletic Club	-	31:01.8	9:46.3	8:19.1	5:10.3
54 ANDERSON, Jessica	578	Colonial Road Runn	-	31:08.3	9:52.8	8:20.9	5:11.4
55 NEWMAN, Linda	611	Pony Express Track	-	32:19.0	11:02.5	8:39.8	5:23.2
56 TANNER, Robin	567	Atlanta Track Club (-	32:32.2	11:16.7	8:43.4	5:25.4
57 STIRRAT, Susan	620	Shore Athletic Club	-	33:05.0	11:48.5	8:52.1	5:30.8
58 NOWICKI, Leslie	621	Shore Athletic Club	-	34:01.9	12:46.4	9:07.4	5:40.3
59 LUCKING, Cynthia	571	Atlanta Track Club (-	34:49.3	13:33.8	9:20.1	5:48.2
60 BARRERA, Brenda	636	UNA Virginia	-	35:41.4	14:25.9	9:34.1	5:56.9
61 KNOTHE, Lynn	610	Pike Creek Valley R	-	37:15.5	16:00.0	9:59.3	6:12.6
62 MCCARTER, andrea	572	Atlanta Track Club (-	46:18.6	25:03.1	12:24.9	7:43.1
63 MYERS, Helene	612	Potomac Valley Tra	-	51:02.8	29:47.3	13:41.1	8:30.5
64 HODGES-HITE, Joyce	570	Atlanta Track Club (-	1:03:59.8	42:44.3	17:09.4	10:40.0
-- LA BURT, Suzanne	623	Shore Athletic Club	-			---	---
-- HOPKINS, Rachel	625	Sirius Athletics (50)	-			---	---
-- DOSWELL, Kathleen	635	UNA Virginia	-			---	---
-- LEDFORD, Jennifer	639	UNA Virginia	-			---	---
-- BROADBENT, Anabelle	589	Greater Philadelphi	-			---	---
-- MONTINI, Rebecca	590	Greater Philadelphi	-			---	---
-- LUTZ, Jennifer	573	Battle Road Track	-			---	---
-- DUNN, Karen	587	Greater Philadelphi	-			---	---
-- SUTERA STRANGE, Marisa	595	Greater Philadelphi	-			---	---
-- EMMONS, Allison	609	Pike Creek Valley R	-			---	---
-- ANTOS, Nancy	574	Boulder Road Runn	-	DQ		---	---
-- ENO, Alicia	566	Atlanta Track Club (-			---	---
-- BLOOMER, Lorilynn	575	Bowerman Track Cl	-			---	---
-- ROHDE, Kristen	577	Bowerman Track Cl	-			---	---
-- CAMY, Elizabeth	643	UNA California	-			---	---
-- COMLY, Amy	632	UNA Pennsylvania	-			---	---
-- LANGAN, Elle	648	UNA North Carolina	-			---	---
-- PONVERT, Wendy	634	UNA Maryland	-			---	---
-- ELY, Brett	604	Notch Run Club	-			---	---