

2024 USATF NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Mechanicsville, VA
Pole Green Park

Saturday, January 20, 2024



OFFICIAL MEET REPORT
printed: 1/20/2024 12:54 PM

**Race #4
Masters Men 8k 40+ Teams**

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.
1 Colonial Road Runne	40	1-2-6-14-17(29)(30)(31)	2:16:31	27:19
2 Ragged Mountain Ra	53	3-5-9-10-26	2:19:06	27:50
3 Greater Philadelphia	83	8-11-12-24-28	2:22:42	28:33
4 Dojo Racing (40)	84	7-15-18-21-23	2:23:58	28:48
5 Blacksburg Striders (111	4-20-22-32-33(37)	2:27:26	29:30
6 Endorphin Fitness (4	118	13-19-25-27-34(36)	2:28:14	29:39
7 Shore Athletic Club (4	168	16-35-38-39-40	3:02:10	36:26
DNP Goon Squad TC (40)				
DNP Shore Athletic Club (4				
DNP Pacers Running//GR				
DNP Bull City Track Club (
DNP Shadow Project TC (
DNP PR Track Club Virgini				
DNP Greater Philadelphia				
DNP Colonial Road Runne				
DNP Pineland Striders (40)				
DNP Club Northwest (40)				
DNP Garden State Track C				

TEAM SCORING SUMMARY (cont'd)

Athlete	YR	#	Team	Score	Time	Gap
27 Mejia Perez, Marcelo		491	Santa Barbara	-	28:54.00	3:19.6
28 Zamek, Mark		512	Shore Athletic	-	28:54.40	3:20.0
29 Tompkins, Mark		395	Colonial Road	17	29:03.80	3:29.4
30 Norton, Anderson		379	Blacksburg Stri	-	29:06.90	3:32.5
31 Abbot, Jason		496	Shadow Project	-	29:08.00	3:33.6
32 Dwyer, Jason		416	Dojo Racing (4	18	29:12.10	3:37.7
33 Dowdy, Jason		426	Endorphin Fitne	19	29:13.20	3:38.8
34 Wisnioski, Matthew		369	Blacksburg Stri	20	29:15.90	3:41.5
35 Greszler, Timothy		420	Dojo Racing (4	21	29:23.00	3:48.6
36 Kolasa, Daneil		370	Blacksburg Stri	22	29:23.70	3:49.3
37 Sohn, Joshua		417	Dojo Racing (4	23	29:24.30	3:49.9
38 Anthony, Shane		540	UNA Pennsylv	-	29:28.50	3:54.1
39 DiPretore, Matthew		439	Greater Philade	24	29:34.90	4:00.5
40 Addison, Alex		421	Endorphin Fitne	25	29:36.30	4:01.9
41 Jacoby, Bert		485	Ragged Mounta	26	29:40.80	4:06.4
42 Sharp, John		424	Endorphin Fitne	27	29:41.80	4:07.4
43 Beels, Marten		444	Greater Philade	28	29:44.20	4:09.8
44 Dolan, Frederick		354	Atlanta Track Cl	-	29:51.00	4:16.6
45 Cox, Timothy		415	Dirigo R.C. (50)	-	29:59.50	4:25.1
46 Nahom, Michael		465	Greater Springfi	-	30:01.10	4:26.7
47 Lindsey, Lee		392	Colonial Road	(29)	30:01.70	4:27.3
48 Dyer, Chris		435	Goon Squad T	-	30:06.30	4:31.9
49 Moore, Ignacio		376	Blacksburg Stri	-	30:07.50	4:33.1
50 Highsmith, James		393	Colonial Road	(30)	30:11.50	4:37.1
51 Booth, Todd		489	Santa Barbara	-	30:13.20	4:38.8
52 Joosse, Matthew		400	Colonial Road	(31)	30:15.30	4:40.9
53 Sheils, Duncan		527	UNA Virginia	-	30:18.50	4:44.1
54 Lee, Bronson		557	UNA Virginia	-	30:30.80	4:56.4
55 Conston, Jeffrey		505	Shore Athletic	-	30:30.90	4:56.5
56 MCGUIRE, KEVIN		377	Blacksburg Stri	-	30:33.10	4:58.7
57 Suhr, Timothy		404	Colonial Road	-	30:33.50	4:59.1
58 Byrd, Kevin		372	Blacksburg Stri	32	30:36.70	5:02.3
59 Scott, Durelle		375	Blacksburg Stri	-	30:39.40	5:05.0
60 Schumann, Keith		408	Colonial Road	-	30:40.20	5:05.8
61 Notaro, Henry		509	Shore Athletic	-	30:43.20	5:08.8
62 Neff, Mark		495	Shadow Project	-	30:44.70	5:10.3
63 Dragstedt, Lester		360	Atlanta Track Cl	-	30:48.40	5:14.0
64 Walchinsky, Mark		494	Shadow Project	-	30:57.40	5:23.0
65 Paye, Bradley		373	Blacksburg Stri	33	31:05.50	5:31.1
66 Nuckols, Adam		522	UNA Virginia	-	31:15.10	5:40.7
67 Westenberg, David		436	Greater Lowell	-	31:17.20	5:42.8
68 Gibson, Pete		520	Tidewater Strid	-	31:24.60	5:50.2
69 Ensign, Tim		390	Chattanooga Tr	-	31:30.30	5:55.9
70 Goode, David		422	Endorphin Fitne	34	31:30.60	5:56.2
71 Anstey, Mitchell		182	UNA North Car	-	31:31.30	5:56.9
72 Weir, Fred		351	Atlanta Track Cl	-	31:31.80	5:57.4

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap
1 Braden, Forest		396	Colonial Road	1	25:34.40	---
2 Flynn, Brian		429	Garden State T	-	25:51.30	16.90
3 Otstot, Adam		398	Colonial Road	2	26:18.80	44.40
4 Barresi, Matthew		487	Ragged Mounta	3	26:54.50	1:20.1
5 Angell, David		368	Blacksburg Stri	4	27:04.10	1:29.7
6 pirch, christopher		484	Ragged Mounta	5	27:04.60	1:30.2
7 Ban, Charlie		471	Pacers Running	-	27:09.10	1:34.7
8 Derby, Peter		545	UNA Virginia	-	27:09.60	1:35.2
9 Christian, William		394	Colonial Road	6	27:14.10	1:39.7
10 Redfern, Jeffrey		418	Dojo Racing (4	7	27:18.10	1:43.7
11 Becker, John		440	Greater Philade	8	27:23.80	1:49.4
12 Snow, Rusty		490	Santa Barbara	-	27:28.40	1:54.0
13 Palmer, William		488	Ragged Mounta	9	27:42.70	2:08.3
14 Hurt, Charlie		486	Ragged Mounta	10	27:43.10	2:08.7
15 Reinhold, Derek		442	Greater Philade	11	27:55.60	2:21.2
16 roly, philippe		549	UNA Virginia	-	27:55.90	2:21.5
17 Mercer, Dickson		470	Pacers Running	-	27:58.80	2:24.4
18 Gagliardi, John		443	Greater Philade	12	28:02.80	2:28.4
19 Harlow, Michael		425	Endorphin Fitne	13	28:11.30	2:36.9
20 McGough, Chris		547	UNA Virginia	-	28:12.60	2:38.2
21 Wolf, Christopher		517	South Chicago	-	28:15.30	2:40.9
22 Ickes, Scott		397	Colonial Road	14	28:19.40	2:45.0
23 Harte, Tim		449	Greater Philade	-	28:34.30	2:59.9
24 Klapper, Bradley		419	Dojo Racing (4	15	28:40.40	3:06.0
25 Ross, Edward		499	Shore Athletic	16	28:43.10	3:08.7
26 Larson, Nat		461	Greater Springfi	-	28:51.20	3:16.8

2024 USATF NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Mechanicsville, VA

Pole Green Park

Saturday, January 20, 2024



OFFICIAL MEET REPORT

printed: 1/20/2024 12:54 PM

Race #4 Masters Men 8k 40+ Teams

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Athlete	YR	#	Team	Score	Time	Gap
73 Sydow, Brian		355	Atlanta Track Cl	-	31:35.50	6:01.1	119 D'Amato, Anthony		483	PR Track Club	-	35:02.50	9:28.1
74 Heuck, Alejandro		462	Greater Springfi	-	31:35.90	6:01.5	120 Brown, Scott		536	UNA Virginia	-	35:04.00	9:29.6
75 Maranzani, Joseph		498	Shore Athletic	35	31:45.50	6:11.1	121 Dawson, Gregory		407	Colonial Road	-	35:06.30	9:31.9
76 Mcbee, Robert		409	Colonial Road	-	31:47.90	6:13.5	122 Irving, Timothy		524	UNA Massachu	-	35:14.90	9:40.5
77 Stowe, Michael		374	Blacksburg Stri	-	31:48.20	6:13.8	123 Whitaker, Robert		413	Colonial Road	-	35:17.10	9:42.7
78 Sangster, Benjamin		434	Goon Squad T	-	31:50.10	6:15.7	124 horvath, kevin		561	UNA Virginia	-	35:18.20	9:43.8
79 Swan, Michael		492	Santa Barbara	-	31:52.90	6:18.5	125 Dollard, Kevin		508	Shore Athletic	-	35:19.90	9:45.5
80 Spiller, David		423	Endorphin Fitne	(36)	31:57.30	6:22.9	126 Lucking, Scott		358	Atlanta Track Cl	-	35:26.70	9:52.3
81 Rehtin, Larry		455	Greater Philade	-	31:59.30	6:24.9	127 Harfst, Rich		555	UNA Virginia	-	35:29.10	9:54.7
82 Hiller, Michael		482	PR Track Club	-	32:09.20	6:34.8	128 Pelger, Caleb		560	UNA South Car	-	35:33.80	9:59.4
83 Dinterman, Robert		542	UNA North Car	-	32:14.10	6:39.7	129 Cornell, Mark		433	Goon Squad T	-	35:41.30	10:06.
84 Worm, Toby		405	Colonial Road	-	32:16.40	6:42.0	130 Puma, Eric		504	Shore Athletic	-	35:52.90	10:18.
85 Cutrona, Matthew		450	Greater Philade	-	32:19.90	6:45.5	131 Burdett, Francis		463	Greater Springfi	-	35:56.40	10:22.
86 DeVreese, Joe		493	Santa Barbara	-	32:27.30	6:52.9	132 Blaser, John		380	Boulder Road R	-	36:00.40	10:26.
87 Benkard, Andrew		551	UNA New Jerse	-	32:28.30	6:53.9	133 Ragin, Rodney		559	UNA Virginia	-	36:02.50	10:28.
88 Schuler, Tim		427	F and M Track	-	32:29.30	6:54.9	134 Leddy, Harold		500	Shore Athletic	38	36:11.70	10:37.
89 Conheady, Timothy		452	Greater Philade	-	32:30.70	6:56.3	135 Calos, Stefan		537	UNA Virginia	-	36:15.40	10:41.
90 Salamone, Michael		510	Shore Athletic	-	32:31.70	6:57.3	136 Cutler, Andrew		412	Colonial Road	-	36:18.80	10:44.
91 Beardsley, Andy		562	UNA Virginia	-	32:36.00	7:01.6	137 McGinnis, Sean		378	Blacksburg Stri	-	36:23.20	10:48.
92 Flanagan, Michael		448	Greater Philade	-	32:36.90	7:02.5	138 Morrison, Don		458	Greater Philade	-	36:32.20	10:57.
93 Sayre, Roger		381	Boulder Road R	-	32:43.50	7:09.1	139 Rumsey, Kevin		528	UNA North Car	-	36:37.60	11:03.
94 Youngers, Ken		359	Atlanta Track Cl	-	32:44.80	7:10.4	140 Adams, Mark		469	Montgomery Co	-	36:42.60	11:08.
95 Blanchard, Andrew		554	UNA Virginia	-	32:45.30	7:10.9	141 Myers, Eugene		481	Potomac Valley	-	36:50.30	11:15.
96 Armstrong, Scott		456	Greater Philade	-	32:53.80	7:19.4	142 Freeman, Ward		349	Ann Arbor Trac	-	36:56.90	11:22.
97 Davies, Keith		453	Greater Philade	-	32:58.80	7:24.4	143 Bell, Doug		385	Boulder Road R	-	37:05.20	11:30.
98 Mertens, Michael		432	Genesee Valley	-	33:00.90	7:26.5	144 PEREZ, ORLANDO		410	Colonial Road	-	37:09.50	11:35.
99 Demetrick, Joseph		503	Shore Athletic	-	33:12.10	7:37.7	145 Rose, William		476	Pike Creek Vall	-	37:14.60	11:40.
100 Sak, Lawrence		350	Ann Arbor Trac	-	33:19.60	7:45.2	146 Shearer, Andrew		446	Greater Philade	-	37:28.30	11:53.
101 Black, David		361	Atlanta Track Cl	-	33:24.60	7:50.2	147 Dykes, Gene		459	Greater Philade	-	37:38.20	12:03.
102 Kast, Steven		402	Colonial Road	-	33:28.20	7:53.8	148 Pedersen, Nils		356	Atlanta Track Cl	-	37:41.10	12:06.
103 Calkins, Joe		403	Colonial Road	-	33:37.00	8:02.6	149 DiLeva, Michael		506	Shore Athletic	-	38:12.90	12:38.
104 Chasse, Craig		480	Potomac Valley	-	33:38.60	8:04.2	150 Pratt, Aaron		347	Ann Arbor Trac	-	38:32.50	12:58.
105 Hollenbeck, Joel		451	Greater Philade	-	33:42.80	8:08.4	151 Ostwald, Gary		383	Boulder Road R	-	38:33.20	12:58.
106 Larson, Norm		467	Green Mountai	-	33:45.10	8:10.7	152 Bodrick, Morris		550	UNA Virginia	-	38:45.90	13:11.
107 Flanders, Dale		430	Genesee Valley	-	33:54.70	8:20.3	153 Hagerty, Tim		438	Greater Lowell	-	38:50.00	13:15.
108 Hersey, Miles		511	Shore Athletic	-	33:58.40	8:24.0	154 Secker, Michael		531	UNA Alberta	-	39:13.60	13:39.
109 Shields, Charles		454	Greater Philade	-	34:01.80	8:27.4	155 Irvin, Ward		365	Atlanta Track Cl	-	39:24.70	13:50.
110 Bergner, Wade		552	UNA Wisconsin	-	34:07.40	8:33.0	156 Wiesinger, Gary		502	Shore Athletic	39	39:36.80	14:02.
111 Duffield, Rory		558	UNA Virginia	-	34:11.10	8:36.7	157 Katz, Richard		384	Boulder Road R	-	39:42.10	14:07.
112 Qualls, Robert		534	UNA Nevada	-	34:25.00	8:50.6	158 Hartley, Lou		357	Atlanta Track Cl	-	39:52.10	14:17.
113 CAMPBELL, CHRISTO		563	UNA Virginia	-	34:35.10	9:00.7	159 Horton, William		477	Pineland Strider	-	39:54.60	14:20.
114 McGuire, Glen		371	Blacksburg Stri	(37)	34:39.50	9:05.1	160 Jensen, Gene		431	Genesee Valley	-	40:30.10	14:55.
115 Wiechecki, David		474	Pike Creek Vall	-	34:42.40	9:08.0	161 Michaels, Thomas		529	UNA Maryland	-	40:43.50	15:09.
116 Linn, James		530	UNA Pennsylva	-	34:47.80	9:13.4	162 Albritton, Bob		468	High Point Athl	-	40:47.00	15:12.
117 Strickland, Michael		352	Atlanta Track Cl	-	34:57.80	9:23.4	163 Robinson, Tom		411	Colonial Road	-	41:07.20	15:32.
118 Cauller, Gregory		473	Pike Creek Vall	-	35:00.10	9:25.7	164 Learned, Jerry		366	Atlanta Track Cl	-	41:16.60	15:42.

2024 USATF NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Mechanicsville, VA

Pole Green Park

Saturday, January 20, 2024



OFFICIAL MEET REPORT

printed: 1/20/2024 12:54 PM

Race #4 Masters Men 8k 40+ Teams

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Athlete	YR	#	Team	Score	Time	Gap
165 McCormick, Steve		460	Greater Philade	-	41:18.10	15:43.	-- Welke, Karl		556	UNA North Car	-		
166 Duffy, Jim		414	Colonial Road	-	41:20.10	15:45.	-- McHale, Michael		514	Shore Athletic	-		
167 Frisby, Jan		382	Boulder Road R	-	43:07.50	17:33.	-- Kilduff, John		515	Shore Athletic	-		
168 Carlin, Paul		346	Ann Arbor Trac	-	43:25.00	17:50.	-- wilson, ken		516	Shore Athletic	-		
169 Spencer, Mike		362	Atlanta Track Cl	-	43:32.30	17:57.	-- Anderson, David		401	Colonial Road	-		
170 Mester, Michael		348	Ann Arbor Trac	-	44:10.80	18:36.	-- Pelletier, Paul		406	Colonial Road	-		
171 Flax, David		479	Potomac Valley	-	45:09.70	19:35.	-- Bulleri, Michael		386	Bull City Track	-		
172 Joyce, Allen		364	Atlanta Track Cl	-	45:17.00	19:42.	-- Masland, Caleb		387	Bull City Track	-		
173 Nowicki, Przemyslaw		513	Shore Athletic	40	45:52.50	20:18.	-- Rosen, Harold		532	UNA Maryland	-		
174 Taylor, Patrick		367	Atlanta Track Cl	-	51:53.70	26:19.							
175 Purnell, Micks		533	UNA California	-	51:56.10	26:21.							
176 Assal, Jim		457	Greater Philade	-	54:23.20	28:48.							
-- Stiles, Rees		388	Bull City Track	-									
-- Miner, James		519	Syracuse Track	-									
-- Semling, Brian		521	UNA Wisconsin	-									
-- Austin Jr, Darryl		523	UNA Virginia	-									
-- Gardner, Jonathan		525	UNA Virginia	-									
-- Hetherington, Alexande		539	UNA Virginia	-									
-- Reed, Nene		544	UNA Virginia	-									
-- Woshner, Craig		548	UNA Virginia	-									
-- McCormick, Michael		553	UNA Virginia	-									
-- Chadim, William		478	Pony Express T	-									
-- Smith, Duncan		445	Greater Philade	-									
-- Montini, Paul		447	Greater Philade	-									
-- Naimoli, Christopher		441	Greater Philade	-									
-- Becker, Rick		363	Atlanta Track Cl	-									
-- Putnam, Gregory		541	UNA Massachu	-									
-- Garbini, Hernan		389	Charlottesville	-									
-- Cable, Trevor		399	Colonial Road	-									
-- CAMPBELL, DANIEL		497	Shore Athletic	-									
-- Linnell, Scott		501	Shore Athletic	-									
-- McKee, Guian		428	Formula TC (50	-									
-- Cabada, Fernando		546	UNA Colorado	-									
-- McDonagh, Neil		518	Square State St	-									
-- Siriano, Scott		538	UNA Georgia	-									
-- Fields, Brent		353	Atlanta Track Cl	-									
-- Hadcock, John		437	Greater Lowell	-									
-- Salerno, Paul		535	UNA New York	-									
-- Schroeder, Adam		391	Club Northwest	-									
-- Steenkamer, Thomas		472	Pike Creek Vall	-									
-- Costello, John		475	Pike Creek Vall	-									
-- Hixson, Mark		464	Greater Springfi	-									
-- Rebenciuc, Sandu		466	Greater Springfi	-									
-- Birkholz, Shad		543	UNA Montana	-									
-- Stirrat, Reno		507	Shore Athletic	-									
-- Murray, Dan		526	UNA North Car	-									