

2024 USATF NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Mechanicsville, VA

Pole Green Park

Saturday, January 20, 2024



OFFICIAL MEET REPORT

printed: 1/20/2024 12:33 PM

Race #4
Masters Men 8k

Final Results

INDIVIDUAL RESULTS

Athlete	#	Team	Score	Time	Gap
1 BRADEN, Forest	396	Colonial Road	-	25:34.4	---
2 FLYNN, Brian	429	Garden State T	-	25:51.3	16.9
3 OTSTOT, Adam	398	Colonial Road	-	26:18.8	44.4
4 BARRESI, Matthew	487	Ragged Mounta	-	26:54.5	1:20.1
5 ANGELL, David	368	Blacksburg Stri	-	27:04.1	1:29.7
6 PIRCH, christopher	484	Ragged Mounta	-	27:04.6	1:30.2
7 BAN, Charlie	471	Pacers Running	-	27:09.1	1:34.7
8 DERBY, Peter	545	UNA Virginia	-	27:09.6	1:35.2
9 CHRISTIAN, William	394	Colonial Road	-	27:14.1	1:39.7
10 REDFERN, Jeffrey	418	Dojo Racing (4	-	27:18.1	1:43.7
11 BECKER, John	440	Greater Philade	-	27:23.8	1:49.4
12 SNOW, Rusty	490	Santa Barbara	-	27:28.4	1:54.0
13 PALMER, William	488	Ragged Mounta	-	27:42.7	2:08.3
14 HURT, Charlie	486	Ragged Mounta	-	27:43.1	2:08.7
15 REINHOLD, Derek	442	Greater Philade	-	27:55.6	2:21.2
16 ROLLY, philippe	549	UNA Virginia	-	27:55.9	2:21.5
17 MERCER, Dickson	470	Pacers Running	-	27:58.8	2:24.4
18 GAGLIARDI, John	443	Greater Philade	-	28:02.8	2:28.4
19 HARLOW, Michael	425	Endorphin Fitne	-	28:11.3	2:36.9
20 MCGOUGH, Chris	547	UNA Virginia	-	28:12.6	2:38.2
21 WOLF, Christopher	517	South Chicago	-	28:15.3	2:40.9
22 ICKES, Scott	397	Colonial Road	-	28:19.4	2:45.0
23 HARTE, Tim	449	Greater Philade	-	28:34.3	2:59.9
24 KLAPPER, Bradley	419	Dojo Racing (4	-	28:40.4	3:06.0
25 ROSS, Edward	499	Shore Athletic	-	28:43.1	3:08.7
26 LARSON, Nat	461	Greater Springfi	-	28:51.2	3:16.8
27 MEJIA PEREZ, Marcel	491	Santa Barbara	-	28:54.0	3:19.6
28 ZAMEK, Mark	512	Shore Athletic	-	28:54.4	3:20.0
29 TOMPKINS, Mark	395	Colonial Road	-	29:03.8	3:29.4
30 NORTON, Anderson	379	Blacksburg Stri	-	29:06.9	3:32.5
31 ABBOT, Jason	496	Shadow Project	-	29:08.0	3:33.6
32 DWYER, Jason	416	Dojo Racing (4	-	29:12.1	3:37.7
33 DOWDY, Jason	426	Endorphin Fitne	-	29:13.2	3:38.8
34 WISNIOSKI, Matthew	369	Blacksburg Stri	-	29:15.9	3:41.5
35 GRESZLER, Timothy	420	Dojo Racing (4	-	29:23.0	3:48.6
36 KOLASA, Daneil	370	Blacksburg Stri	-	29:23.7	3:49.3
37 SOHN, Joshua	417	Dojo Racing (4	-	29:24.3	3:49.9
38 ANTHONY, Shane	540	UNA Pennsylv	-	29:28.5	3:54.1
39 DIPRETTORE, Matthew	439	Greater Philade	-	29:34.9	4:00.5
40 ADDISON, Alex	421	Endorphin Fitne	-	29:36.3	4:01.9
41 JACOBY, Bert	485	Ragged Mounta	-	29:40.8	4:06.4
42 SHARP, John	424	Endorphin Fitne	-	29:41.8	4:07.4
43 BEELS, Marten	444	Greater Philade	-	29:44.2	4:09.8
44 DOLAN, Frederick	354	Atlanta Track Cl	-	29:51.0	4:16.6
45 COX, Timothy	415	Dirigo R.C. (50)	-	29:59.5	4:25.1
46 NAHOM, Michael	465	Greater Springfi	-	30:01.1	4:26.7

TEAM SCORING SUMMARY (cont'd)

Athlete	#	Team	Score	Time	Gap
47 LINDSEY, Lee	392	Colonial Road	-	30:01.7	4:27.3
48 DYER, Chris	435	Goon Squad T	-	30:06.3	4:31.9
49 MOORE, Ignacio	376	Blacksburg Stri	-	30:07.5	4:33.1
50 HIGHSMITH, James	393	Colonial Road	-	30:11.5	4:37.1
51 BOOTH, Todd	489	Santa Barbara	-	30:13.2	4:38.8
52 JOOSSE, Matthew	400	Colonial Road	-	30:15.3	4:40.9
53 SHEILS, Duncan	527	UNA Virginia	-	30:18.5	4:44.1
54 LEE, Bronson	557	UNA Virginia	-	30:30.8	4:56.4
55 CONSTON, Jeffrey	505	Shore Athletic	-	30:30.9	4:56.5
56 MCGUIRE, KEVIN	377	Blacksburg Stri	-	30:33.1	4:58.7
57 SUHR, Timothy	404	Colonial Road	-	30:33.5	4:59.1
58 BYRD, Kevin	372	Blacksburg Stri	-	30:36.7	5:02.3
59 SCOTT, Durelle	375	Blacksburg Stri	-	30:39.4	5:05.0
60 SCHUMANN, Keith	408	Colonial Road	-	30:40.2	5:05.8
61 NOTARO, Henry	509	Shore Athletic	-	30:43.2	5:08.8
62 NEFF, Mark	495	Shadow Project	-	30:44.7	5:10.3
63 DRAGSTEDT, Lester	360	Atlanta Track Cl	-	30:48.4	5:14.0
64 WALCHINSKY, Mark	494	Shadow Project	-	30:57.4	5:23.0
65 PAYE, Bradley	373	Blacksburg Stri	-	31:05.5	5:31.1
66 NUCKOLS, Adam	522	UNA Virginia	-	31:15.1	5:40.7
67 WESTENBERG, David	436	Greater Lowell	-	31:17.2	5:42.8
68 GIBSON, Pete	520	Tidewater Strid	-	31:24.6	5:50.2
69 ENSIGN, Tim	390	Chattanooga Tr	-	31:30.3	5:55.9
70 GOODE, David	422	Endorphin Fitne	-	31:30.6	5:56.2
71 ANSTEY, Mitchell	182	UNA North Car	-	31:31.3	5:56.9
72 WEIR, Fred	351	Atlanta Track Cl	-	31:31.8	5:57.4
73 SYDOW, Brian	355	Atlanta Track Cl	-	31:35.5	6:01.1
74 HEUCK, Alejandro	462	Greater Springfi	-	31:35.9	6:01.5
75 MARANZANI, Joseph	498	Shore Athletic	-	31:45.5	6:11.1
76 MCBEE, Robert	409	Colonial Road	-	31:47.9	6:13.5
77 STOWE, Michael	374	Blacksburg Stri	-	31:48.2	6:13.8
78 SANGSTER, Benjamin	434	Goon Squad T	-	31:50.1	6:15.7
79 SWAN, Michael	492	Santa Barbara	-	31:52.9	6:18.5
80 SPILLER, David	423	Endorphin Fitne	-	31:57.3	6:22.9
81 RECHTIN, Larry	455	Greater Philade	-	31:59.3	6:24.9
82 HILLER, Michael	482	PR Track Club	-	32:09.2	6:34.8
83 DINTERMAN, Robert	542	UNA North Car	-	32:14.1	6:39.7
84 WORM, Toby	405	Colonial Road	-	32:16.4	6:42.0
85 CUTRONA, Matthew	450	Greater Philade	-	32:19.9	6:45.5
86 DEVREESE, Joe	493	Santa Barbara	-	32:27.3	6:52.9
87 BENKARD, Andrew	551	UNA New Jerse	-	32:28.3	6:53.9
88 SCHULER, Tim	427	F and M Track	-	32:29.3	6:54.9
89 CONHEADY, Timothy	452	Greater Philade	-	32:30.7	6:56.3
90 SALAMONE, Michael	510	Shore Athletic	-	32:31.7	6:57.3
91 BEARDSLEY, Andy	562	UNA Virginia	-	32:36.0	7:01.6
92 FLANAGAN, Michael	448	Greater Philade	-	32:36.9	7:02.5

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INDIVIDUAL RESULTS (cont'd)

Athlete	#	Team	Score	Time	Gap	Athlete	#	Team	Score	Time	Gap
93 SAYRE, Roger	381	Boulder Road R	-	32:43.5	7:09.1	139 RUMSEY, Kevin	528	UNA North Car	-	36:37.6	11:03.
94 YOUNGERS, Ken	359	Atlanta Track Cl	-	32:44.8	7:10.4	140 ADAMS, Mark	469	Montgomery Co	-	36:42.6	11:08.
95 BLANCHARD, Andrew	554	UNA Virginia	-	32:45.3	7:10.9	141 MYERS, Eugene	481	Potomac Valley	-	36:50.3	11:15.
96 ARMSTRONG, Scott	456	Greater Philade	-	32:53.8	7:19.4	142 FREEMAN, Ward	349	Ann Arbor Trac	-	36:56.9	11:22.
97 DAVIES, Keith	453	Greater Philade	-	32:58.8	7:24.4	143 BELL, Doug	385	Boulder Road R	-	37:05.2	11:30.
98 MERTENS, Michael	432	Genesee Valley	-	33:00.9	7:26.5	144 PEREZ, ORLANDO	410	Colonial Road	-	37:09.5	11:35.
99 DEMETRICK, Joseph	503	Shore Athletic	-	33:12.1	7:37.7	145 ROSE, William	476	Pike Creek Vall	-	37:14.6	11:40.
100 SAK, Lawrence	350	Ann Arbor Trac	-	33:19.6	7:45.2	146 SHEARER, Andrew	446	Greater Philade	-	37:28.3	11:53.
101 BLACK, David	361	Atlanta Track Cl	-	33:24.6	7:50.2	147 DYKES, Gene	459	Greater Philade	-	37:38.2	12:03.
102 KAST, Steven	402	Colonial Road	-	33:28.2	7:53.8	148 PEDERSEN, Nils	356	Atlanta Track Cl	-	37:41.1	12:06.
103 CALKINS, Joe	403	Colonial Road	-	33:37.0	8:02.6	149 DILEVA, Michael	506	Shore Athletic	-	38:12.9	12:38.
104 CHASSE, Craig	480	Potomac Valley	-	33:38.6	8:04.2	150 PRATT, Aaron	347	Ann Arbor Trac	-	38:32.5	12:58.
105 HOLLENBECK, Joel	451	Greater Philade	-	33:42.8	8:08.4	151 OSTWALD, Gary	383	Boulder Road R	-	38:33.2	12:58.
106 LARSON, Norm	467	Green Mountai	-	33:45.1	8:10.7	152 BODRICK, Morris	550	UNA Virginia	-	38:45.9	13:11.
107 FLANDERS, Dale	430	Genesee Valley	-	33:54.7	8:20.3	153 HAGERTY, Tim	438	Greater Lowell	-	38:50.0	13:15.
108 HERSEY, Miles	511	Shore Athletic	-	33:58.4	8:24.0	154 SECKER, Michael	531	UNA Alberta	-	39:13.6	13:39.
109 SHIELDS, Charles	454	Greater Philade	-	34:01.8	8:27.4	155 IRVIN, Ward	365	Atlanta Track Cl	-	39:24.7	13:50.
110 BERGNER, Wade	552	UNA Wisconsin	-	34:07.4	8:33.0	156 WIESINGER, Gary	502	Shore Athletic	-	39:36.8	14:02.
111 DUFFIELD, Rory	558	UNA Virginia	-	34:11.1	8:36.7	157 KATZ, Richard	384	Boulder Road R	-	39:42.1	14:07.
112 QUALLS, Robert	534	UNA Nevada	-	34:25.0	8:50.6	158 HARTLEY, Lou	357	Atlanta Track Cl	-	39:52.1	14:17.
113 CAMPBELL, CHRISTO	563	UNA Virginia	-	34:35.1	9:00.7	159 HORTON, William	477	Pineland Strider	-	39:54.6	14:20.
114 MCGUIRE, Glen	371	Blacksburg Stri	-	34:39.5	9:05.1	160 JENSEN, Gene	431	Genesee Valley	-	40:30.1	14:55.
115 WIECHECKI, David	474	Pike Creek Vall	-	34:42.4	9:08.0	161 MICHAELS, Thomas	529	UNA Maryland	-	40:43.5	15:09.
116 LINN, James	530	UNA Pennsylv	-	34:47.8	9:13.4	162 ALBRITTON, Bob	468	High Point Athl	-	40:47.0	15:12.
117 STRICKLAND, Michael	352	Atlanta Track Cl	-	34:57.8	9:23.4	163 ROBINSON, Tom	411	Colonial Road	-	41:07.2	15:32.
118 CAULLER, Gregory	473	Pike Creek Vall	-	35:00.1	9:25.7	164 LEARNED, Jerry	366	Atlanta Track Cl	-	41:16.6	15:42.
119 D'AMATO, Anthony	483	PR Track Club	-	35:02.5	9:28.1	165 MCCORMICK, Steve	460	Greater Philade	-	41:18.1	15:43.
120 BROWN, Scott	536	UNA Virginia	-	35:04.0	9:29.6	166 DUFFY, Jim	414	Colonial Road	-	41:20.1	15:45.
121 DAWSON, Gregory	407	Colonial Road	-	35:06.3	9:31.9	167 FRISBY, Jan	382	Boulder Road R	-	43:07.5	17:33.
122 IRVING, Timothy	524	UNA Massachu	-	35:14.9	9:40.5	168 CARLIN, Paul	346	Ann Arbor Trac	-	43:25.0	17:50.
123 WHITAKER, Robert	413	Colonial Road	-	35:17.1	9:42.7	169 SPENCER, Mike	362	Atlanta Track Cl	-	43:32.3	17:57.
124 HORVATH, kevin	561	UNA Virginia	-	35:18.2	9:43.8	170 MESTER, Michael	348	Ann Arbor Trac	-	44:10.8	18:36.
125 DOLLARD, Kevin	508	Shore Athletic	-	35:19.9	9:45.5	171 FLAX, David	479	Potomac Valley	-	45:09.7	19:35.
126 LUCKING, Scott	358	Atlanta Track Cl	-	35:26.7	9:52.3	172 JOYCE, Allen	364	Atlanta Track Cl	-	45:17.0	19:42.
127 HARFST, Rich	555	UNA Virginia	-	35:29.1	9:54.7	173 NOWICKI, Przemyslaw	513	Shore Athletic	-	45:52.5	20:18.
128 PELGER, Caleb	560	UNA South Car	-	35:33.8	9:59.4	174 TAYLOR, Patrick	367	Atlanta Track Cl	-	51:53.7	26:19.
129 CORNELL, Mark	433	Goon Squad T	-	35:41.3	10:06.	175 PURNELL, Micks	533	UNA California	-	51:56.1	26:21.
130 PUMA, Eric	504	Shore Athletic	-	35:52.9	10:18.	176 ASSAL, Jim	457	Greater Philade	-	54:23.2	28:48.
131 BURDETT, Francis	463	Greater Springfi	-	35:56.4	10:22.	-- STILES, Rees	388	Bull City Track	-		
132 BLASER, John	380	Boulder Road R	-	36:00.4	10:26.	-- MINER, James	519	Syracuse Track	-		
133 RAGIN, Rodney	559	UNA Virginia	-	36:02.5	10:28.	-- SEMLING, Brian	521	UNA Wisconsin	-		
134 LEDDY, Harold	500	Shore Athletic	-	36:11.7	10:37.	-- AUSTIN JR, Darryl	523	UNA Virginia	-		
135 CALOS, Stefan	537	UNA Virginia	-	36:15.4	10:41.	-- GARDNER, Jonathan	525	UNA Virginia	-		
136 CUTLER, Andrew	412	Colonial Road	-	36:18.8	10:44.	-- HETHERINGTON, Ale	539	UNA Virginia	-		
137 MCGINNIS, Sean	378	Blacksburg Stri	-	36:23.2	10:48.	-- REED, Nene	544	UNA Virginia	-		
138 MORRISON, Don	458	Greater Philade	-	36:32.2	10:57.	-- WOSHNER, Craig	548	UNA Virginia	-		

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Final Results

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Athlete	#	Team	Score	Time	Gap
-- 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	-		
-- SALERNI, Paul	535	UNA New York	-		
-- SCHROEDER, Adam	391	Club Northwest	-		
-- STEENKAMER, Thom	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	-		
-- WELKE, Karl	556	UNA North Car	-		
-- MCHALE, Michael	514	Shore Athletic	-		
-- KILDUFF, John	515	Shore Athletic	-		
-- WILSON, ken	516	Shore Athletic	-		
-- ANDERSON, David	401	Colonial Road	-		
-- PELLETIER, Paul	406	Colonial Road	-		
-- BULLERI, Michael	386	Bull City Track	-		
-- MASLAND, Caleb	387	Bull City Track	-		
-- ROSEN, Harold	532	UNA Maryland	-		