

# 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 50+ Teams

## Final Results

### TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.
1 Blacksburg Striders (	46	4-6-9-11-16(30)	2:32:16	30:28
2 Santa Barbara Runni	48	1-3-7-17-20	2:30:56	30:12
3 Colonial Road Runne	78	10-12-15-18-23(24)(27)	2:38:47	31:46
4 Atlanta Track Club (5	90	5-13-14-26-32(34)	2:45:38	33:08
5 Greater Philadelphia	98	2-19-21-25-31	2:44:43	32:57
6 Shore Athletic Club (5	120	8-22-28-29-33	2:53:09	34:38
DNP Greater Springfield H				
DNP Greater Philadelphia				
DNP Colonial Road Runne				
DNP Potomac Valley Track				
DNP Formula TC (50)				
DNP Genesee Valley Harri				
DNP Dirigo R.C. (50)				
DNP Atlanta Track Club (5				
DNP Shore Athletic Club (5				

### TEAM SCORING SUMMARY (cont'd)

Athlete	YR	#	Team	Score	Time	Gap
30 Norton, Anderson	379		Blacksburg Stri	4	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	-	29:12.10	3:37.7
33 Dowdy, Jason	426		Endorphin Fitne	-	29:13.20	3:38.8
34 Wisnioski, Matthew	369		Blacksburg Stri	-	29:15.90	3:41.5
35 Greszler, Timothy	420		Dojo Racing (4	-	29:23.00	3:48.6
36 Kolasa, Daneil	370		Blacksburg Stri	-	29:23.70	3:49.3
37 Sohn, Joshua	417		Dojo Racing (4	-	29:24.30	3:49.9
38 Anthony, Shane	540		UNA Pennsylv	-	29:28.50	3:54.1
39 DiPretore, Matthew	439		Greater Philade	-	29:34.90	4:00.5
40 Addison, Alex	421		Endorphin Fitne	-	29:36.30	4:01.9
41 Jacoby, Bert	485		Ragged Mounta	-	29:40.80	4:06.4
42 Sharp, John	424		Endorphin Fitne	-	29:41.80	4:07.4
43 Beels, Marten	444		Greater Philade	-	29:44.20	4:09.8
44 Dolan, Frederick	354		Atlanta Track Cl	5	29:51.00	4:16.6
45 Cox, Timothy	415		Dirigo R.C. (50)	-	29:59.50	4:25.1

### INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap
1 Braden, Forest	396		Colonial Road	-	25:34.40	---
2 Flynn, Brian	429		Garden State T	-	25:51.30	16.90
3 Otstot, Adam	398		Colonial Road	-	26:18.80	44.40
4 Barresi, Matthew	487		Ragged Mounta	-	26:54.50	1:20.1
5 Angell, David	368		Blacksburg Stri	-	27:04.10	1:29.7
6 pirch, christopher	484		Ragged Mounta	-	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	-	27:14.10	1:39.7
10 Redfern, Jeffrey	418		Dojo Racing (4	-	27:18.10	1:43.7
11 Becker, John	440		Greater Philade	-	27:23.80	1:49.4
12 Snow, Rusty	490		Santa Barbara	1	27:28.40	1:54.0
13 Palmer, William	488		Ragged Mounta	-	27:42.70	2:08.3
14 Hurt, Charlie	486		Ragged Mounta	-	27:43.10	2:08.7
15 Reinhold, Derek	442		Greater Philade	-	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	-	28:02.80	2:28.4
19 Harlow, Michael	425		Endorphin Fitne	-	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	-	28:19.40	2:45.0
23 Harte, Tim	449		Greater Philade	2	28:34.30	2:59.9
24 Klapper, Bradley	419		Dojo Racing (4	-	28:40.40	3:06.0
25 Ross, Edward	499		Shore Athletic	-	28:43.10	3:08.7
26 Larson, Nat	461		Greater Springfi	-	28:51.20	3:16.8
27 Mejia Perez, Marcelo	491		Santa Barbara	3	28:54.00	3:19.6
28 Zamek, Mark	512		Shore Athletic	-	28:54.40	3:20.0
29 Tompkins, Mark	395		Colonial Road	-	29:03.80	3:29.4
46 Nahom, Michael	465		Greater Springfi	-	30:01.10	4:26.7
47 Lindsey, Lee	392		Colonial Road	-	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	6	30:07.50	4:33.1
50 Highsmith, James	393		Colonial Road	-	30:11.50	4:37.1
51 Booth, Todd	489		Santa Barbara	7	30:13.20	4:38.8
52 Joosse, Matthew	400		Colonial Road	-	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	8	30:30.90	4:56.5
56 MCGUIRE, KEVIN	377		Blacksburg Stri	9	30:33.10	4:58.7
57 Suhr, Timothy	404		Colonial Road	10	30:33.50	4:59.1
58 Byrd, Kevin	372		Blacksburg Stri	-	30:36.70	5:02.3
59 Scott, Durelle	375		Blacksburg Stri	11	30:39.40	5:05.0
60 Schumann, Keith	408		Colonial Road	12	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	-	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	-	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	13	31:31.80	5:57.4
73 Sydow, Brian	355		Atlanta Track Cl	14	31:35.50	6:01.1
74 Heuck, Alejandro	462		Greater Springfi	-	31:35.90	6:01.5
75 Maranzani, Joseph	498		Shore Athletic	-	31:45.50	6:11.1

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Athlete	YR	#	Team	Score	Time	Gap	Athlete	YR	#	Team	Score	Time	Gap
76 Mcbee, Robert		409	Colonial Road	15	31:47.90	6:13.5	122 Irving, Timothy		524	UNA Massachu	-	35:14.90	9:40.5
77 Stowe, Michael		374	Blacksburg Stri	16	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	17	31:52.90	6:18.5	125 Dollard, Kevin		508	Shore Athletic	28	35:19.90	9:45.5
80 Spiller, David		423	Endorphin Fitne	-	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	18	32:16.40	6:42.0	130 Puma, Eric		504	Shore Athletic	29	35:52.90	10:18.
85 Cutrona, Matthew		450	Greater Philade	19	32:19.90	6:45.5	131 Burdett, Francis		463	Greater Springfi	-	35:56.40	10:22.
86 DeVreese, Joe		493	Santa Barbara	20	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	-	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	(30)	36:23.20	10:48.
92 Flanagan, Michael		448	Greater Philade	21	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	22	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	31	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	23	33:28.20	7:53.8	148 Pedersen, Nils		356	Atlanta Track Cl	32	37:41.10	12:06.
103 Calkins, Joe		403	Colonial Road	(24)	33:37.00	8:02.6	149 DiLeva, Michael		506	Shore Athletic	33	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	25	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	-	39:36.80	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	(34)	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	-	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	26	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.
119 D'Amato, Anthony		483	PR Track Club	-	35:02.50	9:28.1	165 McCormick, Steve		460	Greater Philade	-	41:18.10	15:43.
120 Brown, Scott		536	UNA Virginia	-	35:04.00	9:29.6	166 Duffy, Jim		414	Colonial Road	-	41:20.10	15:45.
121 Dawson, Gregory		407	Colonial Road	(27)	35:06.30	9:31.9	167 Frisby, Jan		382	Boulder Road R	-	43:07.50	17:33.

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**Final Results**

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Athlete	YR	#	Team	Score	Time	Gap	Athlete	YR	#	Team	Score	Time	Gap
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	-	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	-									
-- Welke, Karl		556	UNA North Car	-									
-- McHale, Michael		514	Shore Athletic	-									
-- Kilduff, John		515	Shore Athletic	-									