

Cal-Pac Championships

CROSS COUNTRY

=====Male 8K=====

Redding, CA 11/6/2009

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Place	Tm	PI No.	Name	Yr	School	Time	Pace
1	1	121	Juan Gomez	SR	Holy Names	00:27:34	5:33
2	2	105	Antony Earley	FR	Bethany (Cal.)	00:28:08	5:40
3	3	126	Edrian Luna	SO	Holy Names	00:28:28	5:44
4	4	186	Ben Burchett	FR	William Jessup	00:28:47	5:48
5	5	179	Henry Kosky	SO	Simpson (Cal.)	00:29:13	5:53
6	6	123	Zachary Holt	FR	Holy Names	00:29:17	5:54
7	7	127	Juan Monje	JR	Holy Names	00:29:37	5:58
8	8	185	Chadd Baltzley	SO	William Jessup	00:29:48	6:00
9	9	103	William Copsey	FR	Bethany (Cal.)	00:30:08	6:04
10	10	184	Juan Aguirre	SR	William Jessup	00:30:14	6:05
11	11	194	Bentley Nunes	FR	William Jessup	00:30:56	6:14
12	12	143	Sean Weeks	SR	Menlo College	00:31:18	6:18
13	13	129	Miguel Solis	JR	Holy Names	00:31:28	6:20
14	14	172	Nathaniel Elles	JR	Simpson (Cal.)	00:31:48	6:24

15 15 191 Shawn McPhie SR William Jessup 00:32:17 6:30
16 16 135 Adrian Gonzales JR Menlo College 00:34:14 6:54
17 17 188 Spencer Jackson FR William Jessup 00:34:21 6:55
18 18 169 Daniel Zurkic JR Pacific Union 00:34:27 6:56
19 19 173 Matt Eyman FR Simpson (Cal.) 00:34:33 6:57
20 20 142 Jordan Shiffler SR Menlo College 00:34:58 7:02
21 21 164 Stephen Lutes JR Pacific Union 00:35:02 7:03
22 22 192 Kristoffer Mitchell SO William Jessup 00:35:03 7:03
23 23 170 Daniel Board SR Simpson (Cal.) 00:36:12 7:17
24 24 133 Raul Estrada FR Menlo College 00:36:34 7:22
25 25 134 Eric Garcia JR Menlo College 00:36:56 7:26
26 26 171 Logan Denney JR Simpson (Cal.) 00:36:58 7:27
27 27 165 Ian Miller JR Pacific Union 00:37:10 7:29
28 28 122 Leonardo Gonzalez FR Holy Names 00:37:22 7:31
29 29 182 Lupe Sanchez FR Simpson (Cal.) 00:38:49 7:49
30 30 158 Scott Brizendine SR Pacific Union 00:41:00 8:15
31 31 111 Ricky Hinman FR Bethany (Cal.) 00:41:06 8:16
32 32 160 Theodore Griswold FR Pacific Union 00:47:37 9:35
33 33 106 Jonathan Francisco SO Bethany (Cal.) 00:50:20 10:08
34 34 114 Khristian Miller SO Bethany (Cal.) 00:50:20 10:08

Cal-Pac Championships

CROSS COUNTRY

=====Female 5K=====

Redding, CA 11/6/2009

Team Results

1. 40 Mills College (00:22:55 01:54:31)

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1 1 Lupe Cazares 00:21:31

2 4 Angie Sandoval 00:22:06

3 6 Kim Chew 00:22:22

4 14 Dana Webb 00:24:16

5 15 Jillian Harris 00:24:16

6 (21) Safi Karmy-Jones 00:24:49

7 (22) Rachel Jensen 00:24:59

2. 49 Pacific Union (00:23:12 01:55:57)

=====

1 3 Sophie Grise 00:22:00

2 5 Kelley Hawkins 00:22:15

3 8 Shuree Arthur 00:22:48

4 16 Kristen Nixon 00:24:25

5 17 Alba Hernandez 00:24:29

6 (31) Jessica Kremer 00:27:21

3. 68 Holy Names (00:23:48 01:58:57)

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1 2 Maricruz Espindola 00:21:49

2 10 Chenique Jackson 00:23:14

3 13 Jenna Pasillas 00:23:47

4 19 Veronica Cuevas 00:24:44

5 24 Katy Anklam 00:25:23

6 (26) Laura Crabtree 00:25:59

7 (27) Torres Alicia 00:26:02

4. 95 Simpson (Cal.) (00:24:43 02:03:32)

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1 7 Lynette Garringer 00:22:33

2 11 Alyssa Hope 00:23:25

3 20 Amelia Rederburg 00:24:47

4 28 Wendy Hecker 00:26:17

5 29 Megan Patton 00:26:30

6 (34) Rebekah Groen 00:29:16

7 (38) Rachel Harrison 00:34:14

5. 136 Bethany (Cal.) (00:26:27 02:12:13)

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- 1 18 Alexandra Brunson 00:24:34
- 2 23 Janet Ashdown 00:25:05
- 3 30 Shannell Keck 00:26:40
- 4 32 Melissa Rossi 00:27:56
- 5 33 Kaylyn Hausmann 00:27:58

6. 140 William Jessup (00:30:58 02:34:46)

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- 1 9 Kimberly Spencer 00:23:08
- 2 12 Andrea DeVries 00:23:28
- 3 36 Stephanie Murrow 00:30:29
- 4 41 Joyann Lee 00:38:02
- 5 42 Jennifer Marple 00:39:39

7. 176 Menlo College (00:31:48 02:38:57)

=====

- 1 25 Sherylyn Sabado 00:25:34
- 2 35 Brittany Ladion-Luce 00:30:08
- 3 37 Keaton Long 00:33:52
- 4 39 Rebecca Medieros 00:34:21
- 5 40 Sara Duran 00:35:02

Cal-Pac Championships

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=====Female 5K=====

Redding, CA 11/6/2009

*

Place	Tm	PI No.	Name	Yr	School	Time	Pace
1	1	147	Lupe Cazares	SR	Mills College	00:21:31	6:56
2	2	120	Maricruz Espindola	FR	Holy Names	00:21:49	7:02
3	3	159	Sophie Grise	JR	Pacific Union	00:22:00	7:05
4	4	154	Angie Sandoval	SR	Mills College	00:22:06	7:07
5	5	161	Kelley Hawkins	JR	Pacific Union	00:22:15	7:10
6	6	148	Kim Chew	JR	Mills College	00:22:22	7:12
7	7	174	Lynette Garringer	SR	Simpson (Cal.)	00:22:33	7:16
8	8	157	Shuree Arthur	FR	Pacific Union	00:22:48	7:21
9	9	195	Kimberly Spencer	SO	William Jessup	00:23:08	7:27
10	10	124	Chenique Jackson	SR	Holy Names	00:23:14	7:29
11	11	178	Alyssa Hope	SO	Simpson (Cal.)	00:23:25	7:33
12	12	187	Andrea DeVries	FR	William Jessup	00:23:28	7:34
13	13	128	Jenna Pasillas	JR	Holy Names	00:23:47	7:40
14	14	156	Dana Webb	FR	Mills College	00:24:16	7:49
15	15	150	Jillian Harris	SO	Mills College	00:24:16	7:49
16	16	167	Kristen Nixon	SR	Pacific Union	00:24:25	7:52

17 17 162 Alba Hernandez SO Pacific Union 00:24:29 7:53
18 18 102 Alexandra Brunson FR Bethany (Cal.) 00:24:34 7:55
19 19 119 Veronica Cuevas FR Holy Names 00:24:44 7:58
20 20 181 Amelia Rederburg SO Simpson (Cal.) 00:24:47 7:59
21 21 152 Safi Karmy-Jones FR Mills College 00:24:49 8:00
22 22 151 Rachel Jensen FR Mills College 00:24:59 8:03
23 23 101 Janet Ashdown FR Bethany (Cal.) 00:25:05 8:05
24 146 Perla Cantu SR Mills College 00:25:13 8:07
25 24 117 Katy Anklam FR Holy Names 00:25:23 8:11
26 25 141 Sherylyn Sabado FR Menlo College 00:25:34 8:14
27 149 Larkana Chong FR Mills College 00:25:46 8:18
28 26 118 Laura Crabtree FR Holy Names 00:25:59 8:22
29 27 116 Torres Alicia SO Holy Names 00:26:02 8:23
30 28 177 Wendy Hecker FR Simpson (Cal.) 00:26:17 8:28
31 29 180 Megan Patton SO Simpson (Cal.) 00:26:30 8:32
32 30 112 Shannell Keck SR Bethany (Cal.) 00:26:40 8:35
33 144 Elena Adler SR Mills College 00:27:01 8:42
34 31 163 Jessica Kremer JR Pacific Union 00:27:21 8:48
35 153 Mariah Olivera SO Mills College 00:27:28 8:51
36 155 Kylie Stevens FR Mills College 00:27:41 8:55
37 32 115 Melissa Rossi SR Bethany (Cal.) 00:27:56 9:00
38 33 110 Kaylyn Hausmann FR Bethany (Cal.) 00:27:58 9:00
39 145 Hattie Brown FR Mills College 00:28:14 9:05
40 34 175 Rebekah Groen FR Simpson (Cal.) 00:29:16 9:26
41 35 137 Brittany Ladion-Luce SR Menlo College 00:30:08 9:42

42 36 193 Stephanie Murrow FR William Jessup 00:30:29 9:49
43 37 138 Keaton Long FR Menlo College 00:33:52 10:54
44 38 176 Rachel Harrison SO Simpson (Cal.) 00:34:14 11:02
45 39 139 Rebecca Medieros JR Menlo College 00:34:21 11:04
46 40 132 Sara Duran JR Menlo College 00:35:02 11:17
47 41 189 Joyann Lee FR William Jessup 00:38:02 12:15
48 42 190 Jennifer Marple FR William Jessup 00:39:39 12:46

Cal-Pac Championships

CROSS COUNTRY

=====Male 8K=====

Redding, CA 11/6/2009

Team Results

1. 30 Holy Names (00:29:17 02:26:24)

=====

1 1 Juan Gomez 00:27:34

2 3 Edrian Luna 00:28:28

3 6 Zachary Holt 00:29:17

4 7 Juan Monje 00:29:37

5 13 Miguel Solis 00:31:28

6 (28) Leonardo Gonzalez 00:37:22

2. 48 William Jessup (00:30:25 02:32:02)

=====

1 4 Ben Burchett 00:28:47

2 8 Chadd Baltzley 00:29:48

3 10 Juan Aguirre 00:30:14

4 11 Bentley Nunes 00:30:56

5 15 Shawn McPhie 00:32:17

6 (17) Spencer Jackson 00:34:21

7 (22) Kristoffer Mitchell 00:35:03

3. 87 Simpson (Cal.) (00:33:45 02:48:44)

=====

1 5 Henry Kosky 00:29:13

2 14 Nathaniel Elles 00:31:48

3 19 Matt Eyman 00:34:33

4 23 Daniel Board 00:36:12

5 26 Logan Denney 00:36:58

6 (29) Lupe Sanchez 00:38:49

4. 97 Menlo College (00:34:48 02:54:00)

=====

1 12 Sean Weeks 00:31:18

2 16 Adrian Gonzales 00:34:14

3 20 Jordan Shiffler 00:34:58

4 24 Raul Estrada 00:36:34

5 25 Eric Garcia 00:36:56

5. 109 Bethany (Cal.) (00:40:01 03:20:02)

=====

1 2 Antony Earley 00:28:08

2 9 William Copsey 00:30:08

3 31 Ricky Hinman 00:41:06

4 33 Jonathan Francisco 00:50:20

5 34 Khristian Miller 00:50:20

6. 128 Pacific Union (00:39:04 03:15:16)

=====

1 18 Daniel Zurkic 00:34:27

2 21 Stephen Lutes 00:35:02

3 27 Ian Miller 00:37:10

4 30 Scott Brizendine 00:41:00

5 32 Theodore Griswold 00:47:37