

# 2022 USATF COLORADO OPEN & MASTERS CROSS COUNTRY CHAMPIONSHIPS

November 5, 2022

Nevin Platt Middle School | Boulder, CO

PLACE	NAME	AGE	TEAM	TIME	AGE-GRADED
<b>OPEN WOMEN   6 km</b>					
1	Claire Benjamin	29		21:40	
2	Jessica Gockley	24		21:58	
3	Amanda Eisman	28		23:05	
4	Jessica Cunningham	31	Fort Collins Running Club	23:31	
5	Rachel Hulse	31	Fort Collins Running Club	24:19	
6	Olivia Gallardo	36	TEAM Boulder	24:36	
7	Candice Chavez	37	Fort Collins Running Club	25:18	
8	Ivy Glade	23	Fort Collins Running Club	25:24	
9	Riley Ceglowski	27	TEAM Boulder	25:59	
10	Erika Bournival	23	TEAM Boulder	26:03	
11	Elisabeth Marsh	20	Fort Collins Running Club	26:14	
12	Ellie Lansdown	18		26:19	
13	Becca Rauch	36	Fort Collins Running Club	26:22	
14	Kate Morgan	18	TEAM Boulder	26:32	
15	Kierann Toth	39	Fort Collins Running Club	26:58	
<b>TEAMS</b>					
1	Fort Collins Running Club (Cunningham, Hulse, Chavez, Glade, Marsh)			15 pts.	
<b>OPEN MEN   6 km</b>					
1	Marcelo Laguera	26		18:20	
2	Carson Hume	27	Fort Collins Running Club	18:48	
3	Nicholas Costello	27	Fort Collins Running Club	19:34	
4	Cole Rutkowski	20	TEAM Boulder	19:36	
5	John Napoli	18	TEAM Boulder	19:38	
6	Chandler Reid	27		19:42	
7	Tait Rutherford	29	Fort Collins Running Club	19:43	
8	Brian Glassey	31	TEAM Boulder	19:43	
9	Brandon Birdsong	34		20:08	
10	Theodorakis Medrano	25	TEAM Boulder	20:19	
11	Weston Christensen	28	Fort Collins Running Club	20:23	
12	Austin Hunter	19	TEAM Boulder	20:30	

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13	Nicholas Sterghos	35		20:37	
14	Rob Jenson	32	Fort Collins Running Club	20:44	
15	Christopher Thompson	26		20:47	
16	Brandon Stapanowich	38	Square State Striders	21:38	
17	Eric Monda	43	Boulder Road Runners	22:08	
18	Tommy Gilfillan	20		22:28	
19	Carson Rickey	34	Square State Striders	26:36	
<b>TEAMS</b>					
1	Fort Collins Running Club (Hume, Costello, Rutherford, Christensen, Jenson)			26 pts.	
2	TEAM Boulder (Rutkowski, Napoli, Glassey, Medrano, Hunter)			29 pts.	

## MASTERS WOMEN | 5 km

### 40-44

1	Shelley McDonald	41		22:29	67.70%
2	Lori Walker	40	Colorado Racing Club	23:05	65.56%

### 45-49

1	Melinda Redenius	48		24:21	66.23%
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### 50-54

1	Marcey Cote	51	Boulder Road Runners	24:25	68.25%
2	Katharine De Simone	51	Boulder Road Runners	26:20	63.26%
3	Tina Duncan	51	Fort Collins Running Club	26:27	63.00%
4	Jeannie Freis	52	Boulder Road Runners	29:12	57.70%

### 55-59

1	Cheryl Aley	55	Fort Collins Running Club	23:51	73.05%
2	Lesia Atkinson	56	Boulder Road Runners	25:04	70.32%
3	Tina Gini Larter	55	Athletics Boulder	25:52	67.44%
4	Heli Uusitalo	55	Fort Collins Running Club	26:54	64.80%
5	Monika King	58	Athletics Boulder	32:17	55.92%

### 60-64

1	Laura Bruess	62	Athletics Boulder	27:04	70.02%
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PLACE	NAME	AGE	TEAM	TIME	AGE-GRADED
<b>65-69</b>					
1	Mary Sparks	67	Boulder Road Runners	29:28	68.61%
2	Virginia Schultz	68	Boulder Road Runners	44:38	45.93%
<b>70-74</b>					
1	Nancy Antos	72	Boulder Road Runners	36:15	59.78%
2	Lorraine Green	70	Boulder Road Runners	37:28	56.23%
<b>AGE-GRADED</b>					
1	Cheryl Aley	55	Fort Collins Running Club	23:51	73.05%
2	Lesia Atkinson	56	Boulder Road Runners	25:04	70.32%
3	Laura Bruess	62	Athletics Boulder	27:04	70.02%
4	Mary Sparks	67	Boulder Road Runners	29:28	68.61%
5	Marcey Cote	51	Boulder Road Runners	24:25	68.25%
6	Shelley McDonald	41		22:29	67.70%
7	Tina Gini Larter	55	Athletics Boulder	25:52	67.44%
8	Melinda Redenius	48		24:21	66.23%
9	Lori Walker	40	Colorado Racing Club	23:05	65.56%
10	Heli Uusitalo	55	Fort Collins Running Club	26:54	64.80%
11	Katharine De Simone	51	Boulder Road Runners	26:20	63.26%
12	Tina Duncan	51	Fort Collins Running Club	26:27	63.00%
13	Nancy Antos	72	Boulder Road Runners	36:15	59.78%
14	Jeannie Freis	52	Boulder Road Runners	29:12	57.70%
15	Lorraine Green	70	Boulder Road Runners	37:28	56.23%
16	Monika King	58	Athletics Boulder	32:17	55.92%
17	Virginia Schultz	68	Boulder Road Runners	44:38	45.93%
<b>TEAMS 50+</b>					
1	Boulder Road Runners (Cote, Atkinson, De Simone)			10 pts	
2	Fort Collins Running Club (Aley, Duncan, Chavez, Glade, Uusitalo)			14 pts.	
3	Athletics Boulder (Larter, Bruess, King)			22 pts.	
<b>TEAMS 60+</b>					
1	Boulder Road Runners (Sparks, Antos, Green)			6 pts	

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<b>MASTERS MEN   5 km</b>					
<b>40-44</b>					
1	Adam Rich	41	Square State Striders	17:41	77.11%
2	Neil McDonagh	41	Square State Striders	18:11	75.01%
3	Christopher Copenhave	42	Fort Collins Running Club	18:37	73.80%
4	Logan Wealing	41	Square State Striders	18:41	73.03%
5	Juan Morales	42	Fort Collins Running Club	19:40	69.89%
6	Sedge Southworth	43	Fort Collins Running Club	20:49	66.50%
<b>45-49</b>					
1	Florian Hild	49	Fort Collins Running Club	19:04	76.05%
2	Jason Toth	45	Fort Collins Running Club	19:29	72.11%
3	Mark Saunders	46	Fort Collins Running Club	19:33	72.45%
4	Nick Clark	48	Fort Collins Running Club	19:52	72.41%
5	Jon Teisher	47	Square State Striders	20:49	68.55%
6	Humberto Zelaya	48		21:41	66.36%
<b>50-54</b>					
1	Flavio De Simone	51	Boulder Road Runners	19:08	76.98%
2	Duane Rorie	53	Boulder Road Runners	20:17	73.83%
3	Chris McDonald	53	Boulder Road Runners	20:23	73.44%
4	Shaun Schafer	54		23:48	63.41%
<b>55-59</b>					
1	Rick Granquist	57	Boulder Road Runners	19:54	77.75%
2	Todd Straka	55	Boulder Road Runners	20:58	72.58%
3	David Crowe	58		22:21	69.85%
<b>60-64</b>					
1	Dan King	63	Athletics Boulder	19:36	83.15%
2	Daniel Greer	63	Colorado Racing Club	20:28	79.62%
3	David Litoff	61	Athletics Boulder	21:08	75.81%
4	Rick Bruess	63	Athletics Boulder	21:47	74.84%
5	Jay Littlepage	63	Athletics Boulder	22:09	73.58%
<b>65-69</b>					

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1	Jack Pottle	67	Boulder road runners	22:12	76.14%
2	Kyle Hubbart	66	Colorado Racing Club	24:13	69.17%
3	Fred Beavers	65	Colorado Racing Club	25:26	65.25%
4	Richard Sandoval	68		25:30	66.92%
<b>75-79</b>					
1	Jeff Dumas	77	Boulder Road Runners	26:13	74.18%
2	Tom LeMire	79	Boulder Road Runners	29:54	67.84%
3	Richard Castro	75	Boulder Road Runners	30:16	61.93%
4	Arthur Thomas Linnell	78		30:45	64.55%
<b>AGE-GRADED</b>					
1	Dan King	63	Athletics Boulder	19:36	83.15%
2	Daniel Greer	63	Colorado Racing Club	20:28	79.62%
3	Rick Granquist	57	Boulder Road Runners	19:54	77.75%
4	Adam Rich	41	Square State Striders	17:41	77.11%
5	Flavio De Simone	51	Boulder Road Runners	19:08	76.98%
6	Jack Pottle	67	Boulder road runners	22:12	76.14%
7	Florian Hild	49	Fort Collins Running Club	19:04	76.05%
8	David Litoff	61	Athletics Boulder	21:08	75.81%
9	Neil McDonagh	41	Square State Striders	18:11	75.01%
10	Rick Bruess	63	Athletics Boulder	21:47	74.84%
11	Jeff Dumas	77	Boulder Road Runners	26:13	74.18%
12	Duane Rorie	53	Boulder Road Runners	20:17	73.83%
13	Christopher Copenhaver	42	Fort Collins Running Club	18:37	73.80%
14	Jay Littlepage	63	Athletics Boulder	22:09	73.58%
15	Chris McDonald	53	Boulder Road Runners	20:23	73.44%
16	Logan Wealing	41	Square State Striders	18:41	73.03%
17	Todd Straka	55	Boulder Road Runners	20:58	72.58%
18	Mark Saunders	46	Fort Collins Running Club	19:33	72.45%
19	Nick Clark	48	Fort Collins Running Club	19:52	72.41%
20	Jason Toth	45	Fort Collins Running Club	19:29	72.11%
21	Juan Morales	42	Fort Collins Running Club	19:40	69.89%

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22	David Crowe	58		22:21	69.85%
23	Kyle Hubbart	66	Colorado Racing Club	24:13	69.17%
24	Jon Teisher	47	Square State Striders	20:49	68.55%
25	Tom LeMire	79	Boulder Road Runners	29:54	67.84%
26	Richard Sandoval	68		25:30	66.92%
27	Sedge Southworth	43	Fort Collins Running Club	20:49	66.50%
28	Humberto Zelaya	48		21:41	66.36%
29	Fred Beavers	65	Colorado Racing Club	25:26	65.25%
30	Arthur Thomas Linnell	78		30:45	64.55%
31	Shaun Schafer	54		23:48	63.41%
32	Richard Castro	75	Boulder Road Runners	30:16	61.93%
<b>TEAMS 40+</b>					
1	<b>Fort Collins Running Club</b> (Copenhaver, Wild, Toth, Saunders, Morales)			15 pts	
<b>TEAMS 50+</b>					
1	<b>Boulder Road Runners</b> (De Simone, Granquist, Rorie, McDonald, Straka)			15 pts	
<b>TEAMS 60+</b>					
1	<b>Athletics Boulder</b> (King, Litoff, Rorie, Bruess)			8 pts	
2	<b>Colorado Racing Club</b> (Greer, Hubbart, Beavers)			15 pts.	
<b>TEAMS 70+</b>					
1	<b>Boulder Road Runners</b> (Dumas, LeMire, Castro)			6 pts	