

2015 Carmel Valley Trail Run (5K)  
Sept. 19th - 8:00am

Gonzalez Canyon, S.D., Ca.  
Seasick Marketing

**Top 3 OA MEN**

Plc	Bib #	Name	Time	Pace	Ag	GN	Evt	City	ST
1	76	Sheldon Subith	22:52.3	7:23	60	M	5K	hemet	CA
2	20	Logan Derr	25:39.1	8:16	30	M	5K	San diego	CA
3	11	Krish Coughran	25:45.1	8:18	42	M	5K	Cardiff	CA

**Top 3 OA WOMEN**

Plc	Bib #	Name	Time	Pace	Ag	GN	Evt	City	ST
1	19	Gayle Derfus	25:35.6	8:15	37	F	5K	Solana Beach	CA
2	27	Cindy Gary	26:25.8	8:31	50	F	5K	Encinitas	CA
3	22	Mei-Shen Edwards	28:17.8	9:07	32	F	5K	San Diego	CA

19U

Plc	Bib #	Name	Time	Pace	Ag	GN	Evt	City	ST
1	136	Cameron Cooper	36:05.2	11:38	11	M	5K	San Diego	CA
2	38	Owen Ingle	44:38.0	14:24	12	M	5K	Carlsbad	CA
3	36	Arden Ilgaz	1:04:39.9	20:51	6	M	5k	san diego	CA

20-29

Plc	Bib #	Name	Time	Pace	Ag	GN	Evt	City	ST
1	54	Mitch Mackay	45:15.5	14:36	22	M	5K	San Diego	CA
2	83	Sadeq Zabihi	48:46.1	15:44	25	M	5k	San Diego	CA

30-39

Plc	Bib #	Name	Time	Pace	Ag	GN	Evt	City	ST
1	13	Daniel Craig	28:16.7	9:07	36	M	5K	San Diego	CA
2	31	Michael Heltzen	30:15.2	9:45	35	M	5K	San Diego	CA
3	32	Anson Hsu	31:35.0	10:11	31	M	5K	San Diego	CA
4	26	Steven Fry	33:36.4	10:50	35	M	5K	Carlsbad	CA
5	17	Kevin Dake	40:55.4	13:12	39	M	5K	Oceanside	CA

40-49

Plc	Bib #	Name	Time	Pace	Ag	GN	Evt	City	ST
1	39	Daniel Ingle	44:38.3	14:24	45	M	5K	Carlsbad	CA
2	72	Steven Sawaya	45:54.5	14:48	40	M	5K	La Mesa	CA
3	185	BJ Jacquot	46:11.8	14:54	41	M	5K	Yorba Linda	CA
4	5	Armand Bright	46:16.4	14:55	41	M	5K	San Diego	CA
5	9	Jeremiah Convery	49:21.6	15:55	43	M	5K	San Diego	CA
6	2	DEV RIM ALBAYRAK	53:06.5	17:08	46	M	5K	SAN DIEGO	CA
7	64	Gustavo Padilla	54:59.1	17:44	40	M	5K	Chula Vista	CA

50-59

Plc	Bib #	Name	Time	Pace	Ag	GN	Evt	City	ST
1	10	Wayne Cottrell	26:14.4	8:28	53	M	5K	San Clemente	CA

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2	86	Glenn Frater	28:29.9	9:11	53	M	5K	rancho santa fe	CA
3	61	Ronald Mendes	29:32.6	9:32	57	M	5K	San Diego	CA
4	73	Patrick Sheehan	45:36.2	14:43	55	M	5K	San Diego	CA

## 60+

Plc	Bib #	Name	Time	Pace	Ag	GN	Evt	City	ST
1	30	George Greco	28:55.9	9:20	67	M	5K	Carlsbad	CA
2	14	John Crawley	37:59.1	12:15	61	M	5K	San Diego	CA

## 19U

Plc	Bib #	Name	Time	Pace	Ag	GN	Evt	City	ST
1	70	AYSU SAGLAM	50:09.6	16:11	11	F	5K	SAN DIEGO	CA
2	106	Tamara Andrijanic	50:33.0	16:18	11	F	5K	San Diego	CA

## 20-29

Plc	Bib #	Name	Time	Pace	Ag	GN	Evt	City	ST
1	51	Victoria Lalonde	42:28.5	13:42	23	F	5k	Montreal	QC

## 30-39

Plc	Bib #	Name	Time	Pace	Ag	GN	Evt	City	ST
1	4	Brooke Benlifer	29:01.7	9:22	36	F	5K	Carlsbad	CA
2	29	Lauren Gray	30:01.5	9:41	34	F	5K	Cardiff	CA
3	84	Erica Zempko	30:13.5	9:45	30	F	5K	San Diego	CA
4	3	Anna Andersen	36:51.1	11:53	36	F	5K	La Jolla	CA
5	25	Selena Fergurson	42:17.1	13:38	32	F	5K	Alton	IL
6	180	Virginia Howard	43:26.9	14:01	39	F	5K	Yorba Linda	CA
7	12	Nicole Craig	44:45.5	14:26	33	F	5K	San Diego	CA
8	28	Stephanie Gilliland	49:54.4	16:06	35	F	5K	San Diego	CA
9	135	Amy Cooper	50:08.5	16:10	38	F	5K	San Diego	CA
10	52	Diana Lemos	50:52.2	16:25	30	F	5K	San Diego	CA
11	7	Joelle Chandler	55:01.5	17:45	32	F	5K	Escondido	CA
12	65	Cynthia Padilla	1:02:39.4	20:13	36	F	5K	San Diego	CA
13	99	Laura Ross	1:15:48.8	0:24:27	38	F	5K	Poway	CA

## 40-49

Plc	Bib #	Name	Time	Pace	Ag	GN	Evt	City	ST
1	68	Tricia Rott	34:32.9	11:08	45	F	5K	San Diego	CA
2	37	Erica Ingle	41:17.2	13:19	46	F	5K	Carlsbad	CA
3	77	Suzanne Sutton	43:49.4	14:08	45	F	5K	Del Mar	CA
4	66	Stacy Roberts	43:53.3	14:09	45	F	5K	Lakeside	CA
5	34	Jean Hunt	43:55.2	14:10	40	F	5K	Santee	CA
6	16	Kendra Dake	45:19.9	14:37	40	F	5K	Oceanside	CA
7	55	Andrea Marshall	45:36.6	14:43	49	F	5K	San Diego	CA
8	85	Laura Serrano	45:44.7	14:45	46	F	5K	Chula Vista	CA
9	21	Katherine Dicker	47:08.9	15:12	42	F	5k	San Diego	CA
10	219	Susie Pagan	47:48.5	15:25	42	F	5K	San Marcos	CA
11	230	Jessica Porter	48:09.0	15:32	40	F	5k	Poway	CA

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12	166	Alina Grun	50:08.4	16:10	44	F	5K	san diego	CA
13	263	Nela T-Andrijanic	50:08.5	16:10	45	F	5K	San Diego	CA
14	69	EYLEM SAGLAM	51:14.9	16:32	42	F	5K	SAN DIEGO	CA
15	1	Angeli Adriano	52:35.7	16:58	46	F	5K	San Diego	CA
16	40	Alvina Jarquin	52:49.4	17:02	43	F	5K	campo	CA
17	75	Emmy Sobieski	53:05.2	17:07	49	F	5k	San Marcos	CA
18	48	Ceann KEREKES	53:16.3	17:11	47	F	5K	Oceanside	CA
19	35	Zeynep Ilgaz	1:04:35.6	20:50	42	F	5k	san diego	CA

## 50-59

Plc	Bib #	Name	Time	Pace	Ag	GN	Evt	City	ST
1	62	Sheryl Mercer	37:47.2	12:11	53	F	5k	Victorville	CA
2	249	Marnie Sismanis	47:48.5	15:25	57	F	5K	del mar	CA
3	60	Melissa Meetze-Hall	1:00:16.9	19:26	52	F	5K	Temecula	CA

## 60+

Plc	Bib #	Name	Time	Pace	Ag	GN	Evt	City	ST
1	80	Yvonne Valenzuela	47:56.7	15:28	61	F	5K	San Diego	CA
2	79	Tami Torris	52:48.9	17:02	60	F	5K	Fallbrook	CA