

44TH ANNUAL  
4 MILE RUN/WALK

Saturday, August 30, 2008 7:30 am

Registration & Results by San Diego Track Club

Place	Name	No.	Age	Div/Tot	S	City	4mm	Pace
1	OKWARO RAURA	143	33	1/21	M	ENCINITAS	21:02	5:16
2	PAUL WELLMAN	257	30	2/21	M	ENCINITAS	21:06	5:17
3	MARCO VENANCO	175	23	1/16	M	SAN DIEGO	21:06	5:17
4	ALLEN WAGNER	218	27	1/17	M	SAN DIEGO	21:45	5:27
5	JEREMY BROWN	291	28	2/17	M	SAN DIEGO	21:58	5:30
6	DAVID DOMINGUEZ	122	33	3/21	M	SAN DIEGO	22:05	5:32
7	EDGAR LOPEZ	281	18	1/26	M	IMPERIAL BEACH	22:07	5:32
8	SEAN MC KEON	173	25	3/17	M	SAN DIEGO	22:08	5:32
9	FERNANDO BLANCO	252	29	4/17	M	VISTA	22:13	5:34
10	CHRIS HUPFELD	142	39	1/15	M	CARLSBAD	22:24	5:36
11	FREDDY RODRIGUEZ	224	15	2/26	M	CHULA VISTA	22:28	5:37
12	EAMONN MC CAREY	220	16	3/26	M	SAN DIEGO	22:29	5:38
13	JIM VANCE	139	32	4/21	M	SAN DIEGO	22:41	5:41
14	DAVID KLOZ	137	33	5/21	M	OCEANSIDE	22:50	5:43
15	CAMERON SUNDIN	118	18	4/26	M	LA MESA	22:52	5:43
16	NICK PRADEL	236	17	5/26	M	SAN DIEGO	23:00	5:45
17	MICHAEL DENMAN	106	19	2/16	M	LA MESA	23:00	5:45
18	MARCOS CORONA	79	18	6/26	M	SAN DIEGO	23:01	5:46
19	BARRETT TILLEY	105	19	3/16	M	SPRING VALLEY	23:01	5:46
20	MULUKEN BERESSA	84	19	4/16	M	SAN DIEGO	23:01	5:46
21	MICHAEL HANSEN	268	41	1/15	M	SAN MARCOS	23:02	5:46
22	KYLE FOX	116	19	5/16	M	ALPINE	23:07	5:47
23	GARRETT INCE	234	24	6/16	M	SAN DIEGO	23:11	5:48
24	JAMES FIEBERG	198	32	6/21	M	SAN DIEGO	23:15	5:49
25	MATT STOHL	260	32	7/21	M	SAN DIEGO	23:21	5:51
26	DAVID IGNACIO	145	24	7/16	M	TEMECULA	23:22	5:51
27	JIM WALSH	89	47	1/22	M	SAN DIEGO	23:23	5:51
28	BRYAN WALLBANK	47	40	2/15	M	CHULA VISTA	23:29	5:53
29	PAUL COOVER	177	22	8/16	M	LA JOLLA	23:34	5:54
30	BRIAN SCOTT	146	34	8/21	M	SAN DIEGO	23:35	5:54
31	BERNARDO BAHENA	83	20	9/16	M	SAN DIEGO	23:35	5:54
32	MICHAEL CLICH	138	26	5/17	M	SAN DIEGO	23:37	5:55
33	NICK BERNAL	41	25	6/17	M	SAN DIEGO	23:41	5:56
34	ROSS DAMMANN	144	31	9/21	M	SAN DIEGO	23:44	5:56
35	CHASE ROBERTS	237	17	7/26	M	LA MESA	23:45	5:57
36	DAVID GARCIA	223	17	8/26	M	BONITA	23:47	5:57
37	DARIUS BASTANI	217	26	7/17	M	SAN DIEGO	23:48	5:57
38	JOSE RODHA	48	21	10/16	M	SAN DIEGO	23:53	5:59
39	JASON LEWIS	216	34	10/21	M	SAN MARCOS	23:54	5:59
40	DAVE ESSA	141	33	11/21	M	VISTA	24:06	6:02
41	KEN VELASQUEZ	183	45	2/22	M	CHULA VISTA	24:08	6:02
42	SAULO RIVERA	11	30	12/21	M	SAN DIEGO	24:12	6:03
43	TOM BACHE	39	36	2/15	M	SAN DIEGO	24:17	6:05
44	MARK STELL	69	46	3/22	M	SAN DIEGO	24:24	6:06
45	GREG WILSON	187	56	1/11	M	CHULA VISTA	24:26	6:07
46	RICH BROWNSBERGER	288	45	4/22	M	EL CAJON	24:28	6:07
47	ABRAHAM CHAVEZ	255	23	11/16	M	CHULA VISTA	24:29	6:08
48	MITCHELL DOMINGUEZ	117	18	9/26	M	EL CAJON	24:29	6:08
49	BRYANT HAMMERSHAIMB	1180	16	10/26	M	LA JOLLA	24:30	6:08
50	ADAM WEINER	6	48	5/22	M	SAN DIEGO	24:31	6:08
51	JUAN NARANJO	197	42	3/15	M	CHULA VISTA	24:33	6:09

52	COSTNER MC INTOSH	104	18	11/26	M SAN DIEGO	24:35	6:09
53	RYAN MC MONIGLE	82	17	12/26	M SAN DIEGO	24:36	6:09
54	MARSHALL VARANO	53	46	6/22	M SAN DIEGO	24:39	6:10
55	ALEX EVE	256	15	13/26	M LA JOLLA	24:39	6:10
56	DANIEL GEISZLER	295	33	13/21	M SAN DIEGO	24:41	6:11
57	NOLAN HANSEN	140	26	8/17	M SAN DIEGO	24:41	6:11
58	JOHN BURKE	150	26	9/17	M LA JOLLA	24:44	6:11
59	JAKE SCHNEIDER	120	20	12/16	M ALPINE	24:45	6:12
60	STEVE ALBANESE	151	23	13/16	M OCEANSIDE	24:48	6:12
61	GREG HOULGATE	88	40	4/15	M SAN DIEGO	24:49	6:13
62	VINNIE DE ROCCO	274	29	10/17	M SAN DIEGO	24:50	6:13
63	SAL GARCIA	190	50	1/22	M SAN DIEGO	24:54	6:14
64	JAYSON FULTZ	184	36	3/15	M SAN DIEGO	25:00	6:15
65	SCOTT LA PRATH	210	45	7/22	M SAN DIEGO	25:04	6:16
66	DAVE SPINLER	212	49	8/22	M EL CAJON	25:09	6:18
67	MIKE LEBOLD	165	51	2/22	M SAN DIEGO	25:15	6:19
68	GEORGE VONTSOLOS	188	43	5/15	M SAN DIEGO	25:15	6:19
69	MICHAEL GONIA	107	17	14/26	M EL CAJON	25:17	6:20
70	CONNOR BETANCOURT	108	18	15/26	M SAN DIEGO	25:17	6:20
71	MASON WESTPHA	81	18	16/26	M RAMONA	25:19	6:20
72	JUAN GARCIA	222	17	17/26	M CHHULA VISTA	25:24	6:21
73	DANIEL ANDERSON	262	26	11/17	M LA JOLLA	25:32	6:23
74	GREG WAGNER	93	52	3/22	M SAN DIEGO	25:36	6:24
75	MARTIN ELLISON	156	53	4/22	M ESCONDIDO	25:36	6:24
76	JOSE RIVERA	232	36	4/15	M SPRING VALLEY	25:45	6:27
77	DAVID LIPKE	27	30	14/21	M CARDIFF	25:47	6:27
78	TONY HERR	264	26	12/17	M TUSTIN	25:49	6:28
79	KEVIN GORDON	297	33	15/21	M SAN DIEGO	25:57	6:30
80	SCOTT DAZEY	86	45	9/22	M SAN DIEGO	25:58	6:30
81	JOHN ORTEGA	1185	18	18/26	M SAN DIEGO	26:00	6:30
82	CHARLIE PROKOP	94	51	5/22	M SAN DIEGO	26:01	6:31
83	MARCUS CATANO	45	35	5/15	M SAN DIEGO	26:08	6:32
84	TOM BERGE	87	45	10/22	M SAN DIEGO	26:12	6:33
85	KEVIN RINE	249	42	6/15	M SAN DIEGO	26:15	6:34
86	ALLEN TURRIETTA	202	50	6/22	M SAN DIEGO	26:18	6:35
87	CLARENCE ZACHOW	251	46	11/22	M EL CAJON	26:18	6:35
88	LES SHIBATA	8	53	7/22	M POWAY	26:19	6:35
89	DAVID OKER	201	33	16/21	M ALPINE	26:20	6:35
90	RON WELLS	7	62	1/11	M ALPINE	26:20	6:35
91	DAVID SANFORD	4	45	12/22	M SAN DIEGO	26:21	6:36
92	JESUS MARIN	176	15	19/26	M SAN DIEGO	26:23	6:36
93	MITCHELL FOCHT	200	22	14/16	M SAN DIEGO	26:24	6:36
94	CARROLL POPE	157	53	8/22	M CARLSBAD	26:26	6:37
95	KEN BAUER	159	57	2/11	M CARLSBAD	26:31	6:38
96	ROGER HEIM	270	45	13/22	M DEL MAR	26:39	6:40
97	DANIEL HOLL	111	17	20/26	M SAN DIEGO	26:50	6:43
98	KEVIN PROCHASKA	10	51	9/22	M VALLEY CENTER	26:51	6:43
99	MANUEL RAMIREZ	194	44	7/15	M SPRING VALLEY	26:56	6:44
100	LARRY ROBERTS	273	44	8/15	M SAN DIEGO	27:00	6:45
101	JON TRIMBLE	192	51	10/22	M CHULA VISTA	27:05	6:47
102	LUC TEYTON	158	51	11/22	M OCEANSIDE	27:07	6:47
103	RON ENOS	22	63	2/11	M POWAY	27:07	6:47
104	STEVEN LOPEZ	1183	36	6/15	M SAN DIEGO	27:08	6:47
105	KYLE BILLINGS	26	45	14/22	M CARLSBAD	27:10	6:48
106	ANDY THACHER	13	45	15/22	M SAN DIEGO	27:23	6:51
107	KEVIN MONAHAN	241	38	7/15	M CARLSBAD	27:37	6:55
108	RANDY STOPPELMOOR	227	49	16/22	M OCEANSIDE	27:53	6:59

109	JAN KAFKA	16	61	3/11	M SAN DIEGO	28:14	7:04
110	GARY AULTZ	155	54	12/22	M POWAY	28:16	7:04
111	SEAN DAUGHERTY	215	17	21/26	M LEMON GROVE	28:21	7:06
112	GUY PERKINS	5	46	17/22	M ENCINITIS	28:22	7:06
113	ROBERT BOYCE	1182	56	3/11	M SAN DIEGO	28:27	7:07
114	SHERIDAN WRIGHT	242	21	15/16	M CHULA VISTA	28:30	7:08
115	JOE ESPOSITO	219	52	13/22	M OCEANSIDE	28:32	7:08
116	KURT HALLOCK	248	52	14/22	M SAN DIEGO	28:36	7:09
117	SAM WALLING	178	47	18/22	M CHULA VISTA	28:41	7:11
118	MICHAEL ANDEERSON	189	50	15/22	M SANTEE	28:43	7:11
119	BRYAN HILL	1191	32	17/21	M SAN DIEGO	28:44	7:11
120	MIKE DRURY	245	36	8/15	M CHULA VISTA	28:45	7:12
121	SEAN BREADMORE	253	44	9/15	M SAN DIEGO	29:01	7:16
122	LHAL GOFORTH	258	63	4/11	M EL CAJON	29:03	7:16
123	JEFF HOLMES	50	44	10/15	M SAN DIEGO	29:14	7:19
124	JEFFREY JIMENEZ	269	36	9/15	M SAN DIEGO	29:17	7:20
125	WILSON LAI	208	39	10/15	M CHULA VISTA	29:21	7:21
126	SCOTT MURRAY	250	41	11/15	M SAN DIEGO	29:22	7:21
127	ED WINCZOWSKI	196	36	11/15	M CHULA VISTA	29:24	7:21
128	WILLIAM MOLESWORTH	1	55	4/11	M SAN DIEGO	29:25	7:22
129	DENNIS KASISCHKE	221	62	5/11	M SAN DIEGO	29:26	7:22
130	DAVID KING	299	37	12/15	M SAN DIEGO	29:30	7:23
131	ERNIE MENDEZ	97	50	16/22	M SAN DIEGO	29:32	7:23
132	DAVID EKMAN	276	46	19/22	M CARLSBAD	29:33	7:24
133	JEFF MALOY	199	19	16/16	M SAN DIEGO	29:39	7:25
134	ANTONIO MELCHOR	186	47	20/22	M CHULA VISTA	29:47	7:27
135	TROY DE WITT	40	26	13/17	M SNATA BARBARA	29:52	7:28
136	MIKE ROUSE	1179	55	5/11	M SAN DIEGO	30:01	7:31
137	YALE STRUM	211	48	21/22	M SAN DIEGO	30:04	7:31
138	GOERGE TUBON	179	41	12/15	M SAN DIEGO	30:17	7:35
139	PETER STERN	1001	63	6/11	M SAN DIEGO	30:23	7:36
140	ROBB LATIMER	18	55	6/11	M SAN DIEGO	30:23	7:36
141	MICHAEL ROUSE	182	34	18/21	M SAN MARCOS	30:28	7:37
142	JOSEAS CHURCHMAR	286	37	13/15	M SAN DIEGO	30:32	7:38
143	JACK NASH	293	54	17/22	M CORONADO	31:04	7:46
144	FRANK DE JONG	275	11	1/1	M ESCONDIDO	31:13	7:49
145	DAN LINEHAN	233	59	7/11	M CARLSBAD	31:17	7:50
146	SCOTT CARGILL	259	33	19/21	M SAN DIEGO	31:22	7:51
147	JONATHON OCHOA	96	25	14/17	M SAN DIEGO	31:28	7:52
148	EMILIO RAMIREZ	185	31	20/21	M SAN DIEGO	31:36	7:54
149	STEVEN BARROS	228	51	18/22	M SAN DIEGO	31:37	7:55
150	STEVEN BRENNECK	214	67	1/3	M SAN DIEGO	31:39	7:55
151	ALEXANDER CHIN	1174	41	13/15	M RANCHO PALOS VE	31:41	7:56
152	SEAN WATERS	280	17	22/26	M SAN DIEGO	32:07	8:02
153	HELIODORO CASTANEDA	205	61	7/11	M BONITA	32:23	8:06
154	IAN KELLILNG	226	26	15/17	M EL CAJON	32:35	8:09
155	STEVE KLEINSTUBER	62	51	19/22	M EL CAJON	32:35	8:09
156	JOE CROSSWHITE	59	50	20/22	M FALLBROOK	32:39	8:10
157	BEREK FISZLEWICZ	24	60	8/11	M CHULA VISTA	32:45	8:12
158	TOM TIFT	278	50	21/22	M AVERILL PARK	32:49	8:13
159	BANDIT	000			SAN DIEGO	32:50	8:13
160	DENNIS RAMIREZ	284	42	14/15	M SAN DIEGO	32:56	8:14
161	ANGEL LOPEZ	279	14	23/26	M IMPERIAL BEACH	33:08	8:17
162	MAC LARSON	1188	60	9/11	M SAN DIEGO	33:25	8:22
163	RAY MENEGUS	240	56	8/11	M SAN DIEGO	33:30	8:23
164	IVAN MONTOYA	51	29	16/17	M SAN DIEGO	33:31	8:23
165	MARK ZEZZA	287	31	21/21	M WASHINGTON DC	33:45	8:27

166	DAVID DE ROCHE	28	39	14/15	M SAN DIEGO	34:01	8:31
167	MICHAEL JACKMAN	272	44	15/15	M SAN DIEGO	34:32	8:38
168	ALEX VAUGHN	282	16	24/26	M IMPERIAL BEACH	34:52	8:43
169	ROBERVAL MACHADO DE	267	54	22/22	M SAN DIEGO	34:57	8:45
170	BOB BABBITT	246	57	9/11	M CARLSBAD	35:33	8:54
171	RICHARD KONOPASEK	235	65	2/3	M POWAY	36:08	9:02
172	DARRYL SMITH	261	47	22/22	M SAN DIEGO	36:17	9:05
173	JOHN WEIL	1186	14	25/26	M SAN DIEGO	36:55	9:14
174	GARY DEMERS	160	57	10/11	M EL CAJON	37:07	9:17
175	MIKE DRAKE	123	38	15/15	M SAN DIEGO	37:13	9:19
176	GRAEME SHIRLEY	195	62	10/11	M SAN DIEGO	37:14	9:19
177	BRYNDON HUMPHREY	204	15	26/26	M SPRING VALLEY	37:20	9:20
178	ALFORD CLAIBORNE	61	63	11/11	M SAN DIEGO	37:24	9:21
179	PAUL BAUMHOEFNER	14	56	11/11	M SAN DIEGO	38:09	9:33
180	JAMES HIX	180	29	17/17	M IMPERIAL BEACH	38:53	9:44
181	BOB PARKINSON	239	80	1/2	M SAN DIEGO	40:20	10:05
182	D. LEO IKE	1004	65	3/3	M SAN DIEGO	40:34	10:09
183	JOHN CROSS	66	84	2/2	M BONITA	41:06	10:17