

2013 Club Nationals Cross Country championships

Joe Gray, Gwen Lapham win titles at Club National Cross Country Championships Bend, OR Club Northwest had a fantastic day at the Club National cross country championships. The day's races were climaxed by the fantastic run by Joe Gray, as he swept to the men's title, the first time a Club Northwest open athlete has won this competition. Gray ran a conservative race on the extremely hilly and technical course, taking each 2000m loop faster, and going from 36-38th place after one lap, to 19th after two, 9th after three, 3rd after four, and taking the lead decisively on the final lap to win by six seconds.

Our masters teams ran super, highlighted by Gwen Lapham defending her 6K title by winning the master's womens race by ten seconds over a hard-charging Lisa Nye. Lapham used a similar conservative strategy, going from tenth place after one lap, to third on the second lap and taking the lead on the final lap. Lapham helped lead her Club Northwest team to the silver medal, in a race won by the Atlanta Track Club. The Club Northwest team had great performances from Linda Huyck, who was 8th in team scoring and Janet McDevitt, who was 15th in her first cross country race in 17 years.

The men's and women's senior (over 50) teams were medallists as the men took second place, behind the defending champions Cal Coast Track Club. Mike Smith led the men's senior team and won the national championship in the men's 55+age group. He was followed closely by teammate Joe Sheeran, who won the silver medal. Strong performances by John O'Hearn, Tony Young, and Joe Bisignano, helped hold off the other eleven teams. O'Hearn was 7th, Young 11th and Bisignano 17th in what is almost certainly the most very competitive field ever assembled for this event.

The women's senior team finished third behind the Impalas from San Francisco, and Team Red Lizard, a club from Portland, Oregon. The team featured smart and tenacious running by Kelly Kruell, Gail Hall and Laurie Porter, who finished 5th, 13th and 14th in their age group.

The open women's team had a strong day as they finished in an oh-so-close 11th place, in a race won by The Beasts Track Club, a Brooks training group from Seattle. The Club Northwest women were only 1 point from 10th, and only 7 points from 9th. The team was lead by the 50th place finish by Rose Wetzel. The race featured strong performances by all team members, who ran in a loose pack for much of the race. Claudia Copeland was the team leader for the first half of the race as she finished in 62nd, and first in her 35-39 age group, Ruth Perkins was 82nd, Kimber Lemon was 91st and Jane Ricardi was 102nd in a field of over 300 women.

The 10th place open men were lead by Gray, Bennett Grimes in 50th, John Ricardi in 89th, Mark Mandi in 102nd, and Mike Sayenko in 116th, competing in a field of over 400 men. Grimes took a bad fall that caused him to lose 18 places. The footing was treacherous at times and foot placement was difficult to see in a crowded field in the early

sections of the race. They also finished 1 point behind a team from Washington, DC. Fifty scoring teams were represented in the field.

The men's 40s team ran a very strong race to grab 7th place out of 27 teams. The team was lead by the 10th place finish of Sean Sundwall, but was backed by strong performances by Ben Sauvage (24th age), Jeff Hashimoto (30th), David McCulloch (34th) and Keefer Whan (28th in his 45-49 age group).

Club Northwest had two teams in the open races and the men's 50s race. The men's second team, lead by the 115th place of Chris Boyle, finished in 29th out of 50 teams, two places ahead of the Seattle Running Club. The women's second team, lead by Drea Garvue, finished in 30th, two places ahead of the Portland Running Club. The men's 50s second team was led by a very strong run by Bob Brennand, and finished in 10th. The men's 60s team suffered an injury and did not score.

Results, with the age group finish in parentheses.

MASTERS WOMEN	Team	# older runners finished behind
1) Gwen Lapham--National Champion!!	40s	0
9) Linda Huyck (9th)	40s	5
22) Janet McDevitt (14th)	40s	15
Women's 50s		
39) Kelly Kruell (5th)	50s	3
60) Gail Hall (13th)	50s	7
61) Laurie Porter (14th)	50s	15
MASTERS MEN		
	Team	
10) Sean Sundwall (9)	40s	6
29) Ben Sauvage (24)	40s	5
39) Jeff Hashimoto (30)	40s	17
44) David McCulloch (34)	40s	17
73) Mike Smith (1) (National Champion!!)	50s	0
77) Joe Sheeran (2)	50s	0
79) John O'Hearn (7)	50s	5
88) Tony Young (11)	50s	7
98) Joe Bisignano (17)	50s	3
104) Glen Weissman (57)	40s	44
105) Keefer Whan (28)	40s	20
119) Lance Logan (34)	50s	25
123) Acy Roff (36)	40s	25
124) Ray Prentice (24)	50s	3
135) David Cannon (5)	50s	1
137) Bob Brennand (28)	50s	11
153) Paul Abdalla (33)	50s	13
156) David White-Espin (36)	50s	14
157) Chuck Purnell (37)	50s	37
180) Kevin McGinnis (50)	40s	55

207) Ian Brown (55)	50s	41
218) Craig Kenworthy (60)	50s	46
232) Ed Haywood (63)	50s	18
249) Mark Drangsholt (20)	50s	23
250) Tom Cotner (10)	60s	3
254) Michael Allison (12)	60s	6
262) Jerry Zykowski (15)	60s	15
279) Win Van Pelt (23)	50s	35
293) Woody Harris (25)	60s	40

OPEN WOMEN

50) Rose Wetzel (8)
62) Claudia Copeland (1)
82) Ruth Perkins (16)
91) Kimber Lemon (40)
102) Jane Ricardi (47)
125) Alison Mandi (22)
133) Lauren Matthews (23)
136) Kristi Houk (66)
166) Natty Plunkett (47)
175) Drea Garvue (79)
194) Angenie McCleary (8)
199) Erica Pitman (43)
208) Valerie Weilert (92)
211) Talia Ringer (57)
217) Adrienne Salzwedel (96)
247) Amber Farthing (54)
255) Amanda Kennedy (58)
266) Andie Roff (20)

OPEN MEN

1) Joe Gray (1)
50) Bennett Grimes (26)
89) John Ricardi (47)
102) Mark Mandi (13)
115) Chris Boyle (38)
116) Mike Sayenko (61)
149) Seth Bridges (51)
167) Brett Winegar (23)
178) Nick Welch (84)
182) Chad Trammel (87)
203) Tahoma Khalsa (102)
208) Destry Johnson (6)
248) Kevin Aubol (81)
290) Spencer Walsh (41)
361) Andy Reed (168)