

Guest gets first win



Shmuel Thaler/Sentinel photos

The second men's wave hits the water at Main Beach in Santa Cruz at the start of the Sentinel Triathlon on Sunday. There were 996 triathletes in the race, which features a 1.5-kilometer swim around the Santa Cruz wharf, a 40k bike to Davenport, and a 10k run along West Cliff Drive.

Tobin takes record fourth title in women's race

By LEO MAXAM
SENTINEL STAFF WRITER

SANTA CRUZ — The record books were rewritten at the 26th annual Sentinel Triathlon on Sunday.

Former UCSC swimmer Shaun Guest set the third-fastest time in the current course's history en route to winning his first overall title and Santa Cruz's Katrin Tobin won the women's race for an unprecedented fourth time.

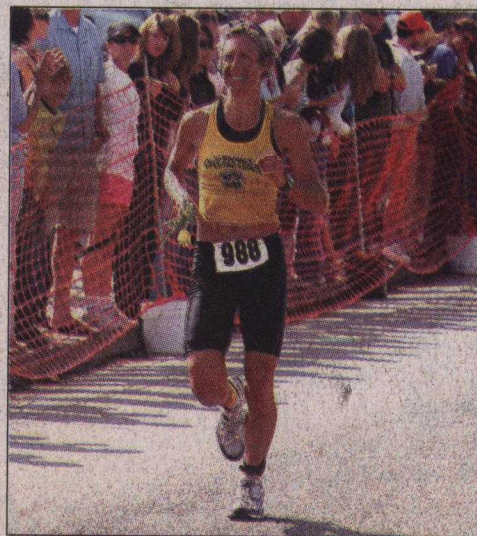
Nearly 1,000 athletes competed in this year's Sentinel, according to race director Kem Akol.

Guest, 26, tore through the 1.5k swim, 40k bike and 10k run in a time of 1 hour, 55 minutes and 9 seconds. His time was just 51 seconds off the course record set in 2007. Over three minutes back was second place finisher Sami Inkinen, 32, of San Francisco in 1:58:50. In third was Alan Archard, 26, also from San Francisco, with a time of 2:00:28.

After the race, Guest appeared more surprised than anyone about his first-ever Sentinel title.

"Best race of my life," said Guest, who's previous best at the Sentinel was a 43rd in 2006. "I don't know where that came out of. It was really hard, but I put it down. I'm really happy."

Guest, who currently lives in San Diego, drove up for the race on Friday. Once he got to Santa Cruz, he realized he forgot his wetsuit for the swim portion of the Olympic distance triathlon.

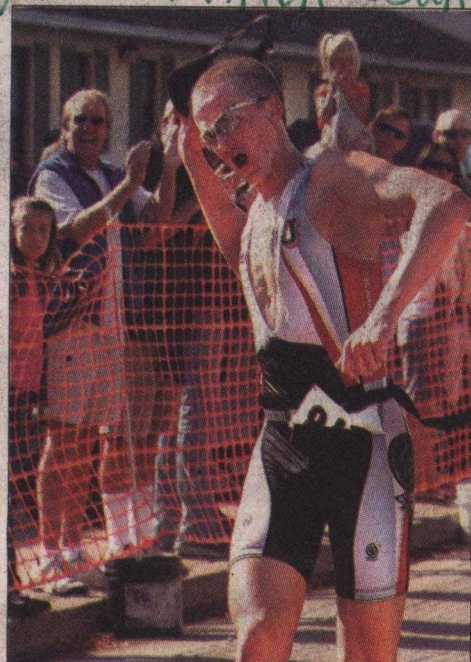


More Sentinel Triathlon

See notes and complete results on **PAGES B4-B5**.
For video highlights and a slide show go to
WWW.SANTACRUZSENTINEL.COM

"My mom treated me to a new \$300 wetsuit yesterday, but it paid off," he said.

With her victory in 2008, Tobin, who also won



Former UC Santa Cruz student Shaun Guest celebrates as he crosses the finish line in a time of 1:55:09 to win the Sentinel Triathlon on Sunday. Katrin Tobin, right, won the women's title for the fourth time, finishing in 2:16:07.

SENTINEL TRIATHLON

DIVISION RESULTS

ATHENA

RANK	BIB#	NAME	AGE	HOMETOWN	TIME
1	567	ARIEL PARRISH	33	SAN FRANCISCO, CA	02:44:34
2	746	ROBIN VAN VLIET	40	MILL VALLEY, CA	02:53:14
3	95	DEBBIE GAIN	45	SANTA CLARA, CA	03:02:20
4	184	JOY DURAND	34	SAN FRANCISCO, CA	03:07:53
5	591	YULIANA PROKOPENKO	30	SAN JOSE, CA	03:16:57
6	560	CLAIRE OWENS	41	SANTA CRUZ, CA	03:21:05
7	557	ADRIANA OSPINA	36	OAKLAND, CA	03:42:03

CLYDESDALE

RANK	BIB#	NAME	AGE	HOMETOWN	TIME
1	642	BRINK SANDERS	35	SAN JOSE, CA	02:24:21
2	454	MICHAEL MASER	38	SAN FRANCISCO, CA	02:27:32
3	232	NEIL FRASER	39	NOVATO, CA	02:28:42
4	554	TED ORNDUFF	43	GILROY, CA	02:29:24
5	119	TIMOTHY CHURCH	27	SAN FRANCISCO, CA	02:32:21
6	618	ERIK ROCKWELL	40	SAN JOSE, CA	02:39:14
7	275	JAMES GRISWOLD	26	SAN FRANCISCO, CA	02:41:17
8	103	STEVEN CAPOBIANCO	36	LOS GATOS, CA	02:45:27
9	586	MICHAEL PRAMUK	46	SANTA CRUZ, CA	02:49:54
10	112	KEVIN CHEA	34	SAN FRANCISCO, CA	02:50:16
11	830	SEAN-MICHAEL HOLMAN	34	SANTA CRUZ, CA	02:50:49
12	319	RAND HOFFMAN	32	SAN FRANCISCO, CA	02:52:19
13	111	JEFF CHASE	50	SARATOGA, CA	02:54:42
14	288	JESSE HALBLEIB	48	SANTA CRUZ, CA	02:55:59
15	152	GREGORY CULLEN	49	CUPERTINO, CA	03:05:30
16	867	KEVIN HAUGH	37	OAKLAND, CA	03:11:03
17	539	STEVE NOBLE	52	SOQUEL, CA	03:26:37

WOMEN 15-19

RANK	BIB#	NAME	AGE	HOMETOWN	TIME
1	478	DANIELA MEHECH	18	SANTA CLARA, CA	02:27:10
2	266	RAINEY GRAEVEN	19	SAN FRANCISCO, CA	02:47:44
3	80	KATHERINE BOWLIN	19	MAINEVILLE, OH	03:22:08

WOMEN 20-24

RANK	BIB#	NAME	AGE	HOMETOWN	TIME
1	149	GABRIEL CRAIG	24	DAVIS, CA	02:34:00
2	24	CHRISTINE ARNESON	21	CHICO, CA	02:39:14
3	100	MACKENZIE CANE	21	SAN RAFAEL, CA	02:40:44
4	36	LISA BANDNER	23	SAN LUIS OBISPO, CA	02:41:27
5	25	JULIANNA ASHLOCK	21	BERKELEY, CA	02:42:55
6	7	LAURA ALBRECHT	24	SCOTTS VALLEY, CA	02:46:12
7	601	SARAH REA	23	SAN FRANCISCO, CA	02:46:55
8	413	KRISTEN LEASE	24	SAN FRANCISCO, CA	02:55:23
9	260	DIANE GOODING	24	SAN FRANCISCO, CA	02:55:46
10	804	CHRISTINE YIN	20	BERKELEY, CA	02:56:20
11	688	KELLY STACK	24	SAN FRANCISCO, CA	02:56:39
12	135	KATE CONWAY	24	SEASIDE, CA	02:58:25
13	870	BRENNAN SULLIVAN	21	SANTA CRUZ, CA	02:58:29
14	127	MARRI COEN	23	SAN FRANCISCO, CA	02:58:48
15	31	KRISTEN BAGWELL	23	SAN FRANCISCO, CA	03:00:11
16	595	SHEA PUTNAM	23	SANTA CRUZ, CA	03:02:28
17	726	LINDSEY TJIAN	23	BERKELEY, CA	03:13:40
18	873	PATRICIA SCHUPPERT	21	SANTA CRUZ, CA	03:32:14
19	508	KALIE MOORE	22	OAKLAND, CA	03:44:00
20	607	NAVNEET RIAR	23	ANTELOPE, CA	03:54:01
21	313	ERICA HENDRICKS	23	SANTA CRUZ, CA	04:19:28

WOMEN 25-29

RANK	BIB#	NAME	AGE	HOMETOWN	TIME
1	992	KRISTIN IAVARONE	29	SANTA CRUZ, CA	02:19:50
2	307	MELODY HAZI	27	LOS GATOS, CA	02:25:56
3	528	WENN MURPHY	27	BERKELEY, CA	02:29:12
4	65	AMY BERTKEN	26	BOULDER, CO	02:31:58
5	482	RACHEL MELICK	25	MILL VALLEY, CA	02:32:27
6	465	ROHANNA MCCORD	29	SANTA CRUZ, CA	02:33:32
7	32	KATHRYN BAILEY	25	SAN FRANCISCO, CA	02:34:03
8	172	MEGAN DIBIASE	27	BERKELEY, CA	02:34:44
9	697	SARA STERN	25	SAN JOSE, CA	02:37:13
10	671	AMANDA SHUMAN	28	SANTA CRUZ, CA	02:37:38
11	857	ASHLEY PYLES	28	SAN FRANCISCO, CA	02:37:45
12	675	HEATHER SINGERMAN	28	SAN FRANCISCO, CA	02:40:56
13	780	JULIA WILHELM	27	SAN FRANCISCO, CA	02:42:00
14	448	MADLINE MAJER	28	CARMICHAEL, CA	02:42:32
15	723	MICHELLE THOMAS	29	ORANGEVALE, CA	02:45:14
16	431	CHERYL LOGAN	28	PACIFIC GROVE, CA	02:47:21
17	745	KRISTEN VAN KLEY	29	SANTA CRUZ, CA	02:47:37
18	514	ANNA MORELAND	29	LOS ALTOS, CA	02:50:47
19	262	LINDSEY GOURLEY	28	INCLINE VILLAGE, NV	02:50:53
20	297	DANA HARRIGAN	26	SAN FRANCISCO, CA	02:54:05
21	264	NICOLE GOYETTE	25	CONCORD, CA	02:54:56
22	423	MOLLIE LEWIS	25	SAN FRANCISCO, CA	02:55:40
23	781	KATHERINE WILLIAMS	26	SAN FRANCISCO, CA	02:57:04
24	689	SARAH STAFFORD	27	SAN FRANCISCO, CA	02:58:50
25	435	NICKOLA LOSEE	29	SANTA CRUZ, CA	03:01:57
26	765	KARA WERNER	28	SAN RAFAEL, CA	03:02:12
27	386	KIM KLINEDINST	28	SAN FRANCISCO, CA	03:02:42
28	747	AMY VANDERWARKER	28	OAKLAND, CA	03:05:13
29	238	MARIA FUCHS	28	SANTA CRUZ, CA	03:10:54
30	696	RYAN STERN	26	LOS ALTOS, CA	03:13:19
31	189	SARA EDEL	28	SAN FRANCISCO, CA	03:14:35
32	712	KELLY SWIFT	29	SAN FRANCISCO, CA	03:14:43
33	418	VERONICA LEE	29	SAN FRANCISCO, CA	03:15:00
34	341	REBECCA JACKSON	27	SANTA CRUZ, CA	03:15:53
35	602	STACY REDD	26	BERKELEY, CA	03:17:07
36	417	CATHERINE LEE	27	SAN FRANCISCO, CA	03:19:10
37	450	STEFANIE MALLOW	28	CAPITOLA, CA	03:24:04
38	113	CATHERINE CHIN	25	SAN FRANCISCO, CA	03:25:23
39	58	JOANNA BERESNIOWICZ	28	SAN FRANCISCO, CA	03:27:33
40	739	ELIZABETH ULATOWSKI	27	SAN FRANCISCO, CA	03:29:12
41	797	NIKKI (KA) WONG	27	SAN FRANCISCO, CA	03:40:39
42	579	AMY PHAM	25	FREMONT, CA	03:48:12

WOMEN 30-34

RANK	BIB#	NAME	AGE	HOMETOWN	TIME
1	19	JOEHLEEN ARCHARD	31	SAN FRANCISCO, CA	02:28:53
2	828	ASHLEY FORGNER	30	CAMPELL, CA	02:31:06
3	255	BRITTANY GLIDDEN	33	SAN FRANCISCO, CA	02:38:19
4	587	MELANIE PRAUGHT	30	SAN FRANCISCO, CA	02:40:22



A competitor begins the 10k run along West Cliff Drive at the Sentinel Triathlon on Sunday.

Shmuel Thaler/Sentinel

21	568	STACEY PARTCH	44	WOODSIDE, CA	02:58:08
22	776	HEATHER WHITFIELD	41	SAN FRANCISCO, AZ	03:00:52
23	128	BRYONY COHELAN	40	SANTA CRUZ, CA	03:01:41
24	139	SHEILA COOPER	44	HILLSBOROUGH, CA	03:02:24
25	428	MARIA LINES	42	PALO ALTO, CA	03:04:06
26	676	SHANE SINNOTT	41	MILL VALLEY, CA	03:08:33
27	667	KAREN SHIPE	44	SAN JOSE, CA	03:12:45
28	107	LORI CARTWRIGHT	42	SANTA CRUZ, CA	03:16:10
29	351	MAUREEN JERRETT	44	BERKELEY, CA	03:22:23
30	72	ELIZABETH BLAND	40	SAN FRANCISCO, CA	03:22:50
31	659	ELIZABETH SEBAHAR	42	SAUSALITO, CA	03:23:24
32	752	REN VOLPE	43	SAN FRANCISCO, CA	03:26:56
33	406	MARY LARKIN	40	APTOS, CA	03:32:34
34	708	SUE HEE SUNG	40	SAN FRANCISCO, CA	03:34:16
35	336	MONICA IFLAND	40	SCOTTS VALLEY, CA	03:48:54
36	306	SHELLEY HAYDEN	40	BERKELEY, CA	04:05:26
45	204	ERIC ESLAO	29	SAN JOSE, CA	03:28:33
46	537	ISAAC NOBLE	27	SANTA CRUZ, CA	03:38:24
47	397	DANIEL KWON	26	FREMONT, CA	04:13:12

MEN 30-34

RANK	BIB#	NAME	AGE	HOMETOWN	TIME
1	339	SAMI INKINEN	32	SAN FRANCISCO, CA	01:58:50
2	687	MARTIN SPIERINGS	31	SANTA CRUZ, CA	02:02:14
3	773	STAFFAN WESTERBERG	33	MOUNTAIN VIEW, CA	02:02:48
4	347	JAMES JANIK	33	SACRAMENTO, CA	02:04:37
5	864	DAVID CONDON	31	SAN FRANCISCO, CA	02:06:25
6	865	BRIAN WILLIAMS	33	SAN FRANCISCO, CA	02:11:52
7	822	CARLO FACCHINO	33	SANTA CLARA, CA	02:13:30
8	97	MIKE CALLAHAN	30	SONORA, CA	02:13:59
9	827	LAURENTE CRUZ	34	SAN JOSE, CA	02:14:26
10	808	JOSHUA YOUNGBLOOD	33	SANTA CRUZ, CA	02:14:26
11	989	SAMMY CAI	32	MONTE SERENO, CA	02:15:44
12	310	CHRIS HEISTERKAMP	33	SAN FRANCISCO, CA	02:16:32
13	140	ARON COOPERMAN	30	LOS GATOS, CA	02:22:31
14	681	ADAM MEISENHOLDER	33	SAN JOSE, CA	02:23:36
15	663	RUSSELL SHAW	34	SAN JOSE, CA	02:23:47
16	294	DANIEL HANG	30	SAN FRANCISCO, CA	02:24:53
17	424	MIKE LIBERATORE	32	SCOTTS VALLEY, CA	02:27:04
18	625	DAVID ROLNITZKY	31	SAN FRANCISCO, CA	02:27:22
19	144	MICHAEL COTTINI	33	SAUSALITO, CA	02:29:08
20	756	JOEL WAGNER	32	BURLINGAME, CA	02:29:14
21	57	TONY BENASSI	34	SAN JOSE, CA	02:29:26
22	96	JOSHUA CALLAHAN	30	SAN FRANCISCO, CA	02:31:23
23	162	JAY DECOONS	31	SAN FRANCISCO, CA	02:32:30
24	470	DEVIN MCDONELL	34	SAN FRANCISCO, CA	02:32:31
25	639	TOM RYAN	33	SACRAMENTO, CA	02:32:54
26	987	MICHAEL SPENCE	34	SAN FRANCISCO, CA	02:33:22
27	240	TAK FUZITA	32	SAN JOSE, CA	02:33:42
28	67	DAVID BIANCHI	31	SAN FRANCISCO, CA	02:35:09
29	141	MICHAEL CORR	32	SAN FRANCISCO, CA	02:35:22
30	194	STANLEY ELLEY	30	MILL VALLEY, CA	02:37:02
31	991	ABE CACUAN	33	SAN FRANCISCO, CA	02:37:06
32	833	BRENNAN MORAN	33	SAN FRANCISCO, CA	02:38:08

7	524	EMILY MURAI	34	SAN FRANCISCO, CA	02:45:15
8	322	ERIC HOLLISTER	32	SARATOGA, CA	02:45:15
9	257	JODY GOLD	32	PALO ALTO, CA	02:48:38
10	429	THERESA LO	33	LOS GATOS, CA	02:49:17
11	750	IVY VIOLA	31	SAN FRANCISCO, CA	02:51:53
12	561	TATIANA PADILLA	30	CORTE MADERA, CA	02:53:10
13	682	JULIE SOLIS	33	EMERYVILLE, CA	02:53:40
14	597	ROXANNE RAPAN	32	SANTA CRUZ, CA	02:55:04
15	133	JILL CONNELLY	32	SANTA MONICA, CA	02:55:08
16	735	JOSAPHINE TUCHEL	31	SAN LUIS OBISPO, CA	02:55:09
17	427	NOREE LIEGINGER	31	SAN FRANCISCO, CA	02:55:16
18	163	ALICA DEL VALLE	32	SAN FRANCISCO, CA	02:55:17
19	396	CATHERINE KRUKAR	32	SAN FRANCISCO, CA	02:56:50
20	456	JACQUELINE MASTER	33	SAUSALITO, CA	02:57:12
21	505	MELISSA MONAHAN	32	CUPERTINO, CA	02:57:55
22	393	KRISTY KROEGER	30	DAVENPORT, CA	02:59:21
23	599	SABRINA RAUST	34	SAN RAMON, CA	03:02:31
24	812	LARA ZAMAN	34	SAN FRANCISCO, CA	03:03:05
25	217	KAREN FITZGERALD	31	SAN FRANCISCO, CA	03:04:00
26	845	LISSA STREEGAM	32	CAPITOLA, CA	03:04:04
27	312	GINNY HENDERSON	32	SAN FRANCISCO, CA	03:04:52
28	301	ROBIN HARTFORD	33	SAN FRANCISCO, CA	03:05:09
29	759	CARLIE WARE	30	SANTA CRUZ, CA	03:05:34
30	161	JENNIFER DAY	30	SAN FRANCISCO, CA	03:09:24
31	148	TAMARA CRACKNELL	30	SAN JOSE, CA	03:10:22
32	460	KARI MCCALLIE	32	MENLO PARK, CA	03:10:45
33	645	SARAH SAVAGE	33	SAN FRANCISCO, CA	03:10:51
34	606	JENNIFER REYES	30	SAN FRANCISCO, CA	03:11:30
35	609	LINDSAY RIDDELL	30	SAN RAFAEL, CA	03:13:20
36	5	LAURA ALBERS	31	SAN FRANCISCO, CA	03:14:00
37	814	CHERIE ZEILER	33	SAN JOSE, CA	03:15:53
38	810	JENNIFER ZABALLOS	34	CONCORD, CA	03:17:27
39	114	LAURA CHIORELLO	34	SOQUEL, CA	03:18:22
40	646	JOANNA SAX	33	SAN FRANCISCO, CA	03:18:43
41	762	MONICA WAY	30	OAKLAND, CA	03:18:52
42	850	ELISSA PRESTON	33	SANTA CRUZ, CA	03:20:20
43	138	ROBYN COOPER	32	SANTA CRUZ, CA	03:22:55
44	284	KAREN HAFEZ	33	MOUNTAIN VIEW, CA	03:27:03
45	330	AMY HUANG	32	SAN FRANCISCO, CA	03:29:29
46	59	SUSIE BERG	31	SAN FRANCISCO, CA	03:30:55
47	462	ROXANNE MCCARLEY	31	SOMERVILLE, MA	03:31:46
48	344	EMMA JACOBSON	34	SAN RAFAEL, CA	03:52:32
49	610	CHRISTIANA RIEDL	33	SAN CARLOS, CA	03:54:55
50	563	JENN PALBUSA	32	SAN FRANCISCO, CA	03:59:07
51	588	DIANA PRAY	33	SAN FRANCISCO, CA	04:16:05

WOMEN 35-39					
RANK	BIB#	NAME	AGE	HOMETOWN	TIME
1	343	TANA JACKSON	38	SUNNYVALE, CA	02:29:27
2	580	DEBBIE PHILLIPS	38	SANTA CLARA, CA	02:31:12
3	507	JENNIFER MOORE	35	SAN CARLOS, CA	02:34:57
4	16	JAMI ANDREWS	39	SANTA CLARA, CA	02:36:54
5	492	SANDRINE MICOLEAU	37	SAUSALITO, CA	02:39:18
6	613	AMY RISK	39	SAN FRANCISCO, CA	02:41:17
7	990	KELLY VAILLANCOURT	35	SANTA CRUZ, CA	02:41:17
8	203	AIMEE ESCALANTE	35	APTOS, CA	02:45:21
9	436	JUDIT LOSONCZI	37	PALO ALTO, CA	02:48:34
10	358	LAURA JOHNSTON	39	SANTA CRUZ, CA	02:48:41
11	175	MEGAN DISNEY	36	SANTA CRUZ, CA	02:49:17
12	763	MARFA WEATHERS	37	PORTOLA VALLEY, CA	02:49:26
13	432	KATHY LONGAKER	37	SAN FRANCISCO, CA	02:49:50
14	181	KIRSTEN DRYDEN	37	LOS GATOS, CA	02:51:13
15	445	TANYA MACHNICK	37	SANTACRUZ, CA	02:51:39
16	635	STEPHANIE ROWEN	36	MENLO PARK, CA	02:52:22
17	402	LORI LANGONA	35	APTOS, CA	02:53:39
18	555	SHOSHANAH ORZECZ	36	SANTA CRUZ, CA	02:53:39
19	360	JENNIFER JOLLY	37	SAN FRANCISCO, CA	02:53:49
20	672	JANET SIM	36	RICHMOND, CA	02:55:58
21	589	JULIA PRESCOTT	36	SAN FRANCISCO, CA	02:56:46
22	430	SUZI LOEW	36	CAMPBELL, CA	02:57:10
23	375	GISELA KELLY	37	FOSTER CITY, CA	02:59:31
24	693	MELISSA STEENSON	35	TIGARD, OR	02:59:40
25	699	KATIE STIMSON	37	SAN CARLOS, CA	03:03:03
26	6	MIRA ALBERT-BULLIS	36	SAN JOSE, CA	03:03:38
27	442	JENNIFER MACDONALD	37	WALNUT CREEK, CA	03:06:04
28	628	NINA ROSENBLAT	35	CUPERTINO, CA	03:06:22
29	300	SHELLY HARRINGTON	35	SAN FRANCISCO, CA	03:07:26
30	200	SHERRI ENG	37	SAN FRANCISCO, CA	03:09:04
31	744	JULIA VAN DER WYK	37	SANTA CRUZ, CA	03:09:18
32	766	KELLY WERNER	36	STANFORD, CA	03:09:42
33	866	LISA HAUGH	37	OAKLAND, CA	03:09:52
34	632	ANDREA ROTH	35	SAN FRANCISCO, CA	03:10:55
35	369	SARAH KALICIN	36	SAN JOSE, CA	03:12:26
36	249	STACY GEAGAN WAGNER	35	BURLINGAME, CA	03:12:48
37	653	BIRTHE SCHNEGELSBERG	37	PALO ALTO, CA	03:12:58
38	515	SHANNON MOELLER	37	SAN FRANCISCO, CA	03:14:25
39	823	MARISOL GONZINEZ	36	SAN JOSE, CA	03:15:48
40	316	NANCI HIBSCHMAN	37	SAN FRANCISCO, CA	03:18:46
41	265	DEBRA GRACEFA	37	OAKLAND, CA	03:23:33
42	370	HERY KAMIMURA	39	SANTA CRUZ, CA	03:24:09
43	395	JILL KRUEGER	38	SAN JOSE, CA	03:25:36
44	328	JENNIFER HORSMAN	39	CARR, CA	03:26:42
45	318	RENEE HOCH	35	PALO ALTO, CA	03:26:46
46	761	NIKO WATRY	35	SAN JOSE, CA	03:28:58
47	678	JULIANA SLYE	38	TIBURON, CA	03:35:41
48	365	JENNIFER JURAS	38	SAN FRANCISCO, CA	03:38:57
49	52	GWEN BECKER	35	SPRING VALLEY, CA	03:39:05
50	433	MARY LONHART	39	APTOS, CA	03:52:39
51	356	LIV JOHNSON	37	SAN JOSE, CA	03:54:50
52	836	SAMEEN AHMAD	38	CUPERTINO, CA	04:25:46

WOMEN 40-44					
RANK	BIB#	NAME	AGE	HOMETOWN	TIME
1	22	BODIL ARLANDER	44	BELVEDERE, CA	02:24:39
2	368	SHARI KAIN	44	CUPERTINO, CA	02:27:32
3	846	TINA LOUNT-PRETRE	41	WOODSIDE, CA	02:27:56
4	43	CATHRIN BARSCH	42	LOS GATOS, CA	02:34:28
5	799	LEISHA WOOLWINE	40	SAN FRANCISCO, CA	02:34:29
6	574	SUSAN PEOPLES	42	APTOS, CA	02:38:28
7	4	BROOKE AGHAJANI	40	PALO ALTO, CA	02:40:16
8	250	SHARLENE GEE	42	MOUNTAIN VIEW, CA	02:40:44
9	199	KELLY EMO	43	CAMPBELL, CA	02:42:57
10	361	LJNN JOLLY	43	MENLO PARK, CA	02:45:38
11	383	STEPHANIE KING	41	PALO ALTO, CA	02:49:20
12	815	DIERDRE ZIMITS	41	HILLSBOROUGH, CA	02:49:36
13	146	MOLLY COX	42	SUNNYVALE, CA	02:51:59
14	452	MICHELLE MARIAN	43	SAN RAMON, CA	02:54:36
15	270	JENNY GREEN	43	CARMEL, CA	02:56:18
16	408	SUSAN LARSON	42	MARTINEZ, CA	02:56:32
17	758	REBECCA WARDLE	40	APTOS, CA	02:57:17
18	469	ROBIN MCDONALD	40	MENLO PARK, CA	02:57:37
19	215	KIM FISHER	40	SAN FRANCISCO, CA	02:57:40
20	274	LAURA GRISHAVER	40	DALY CITY, CA	02:57:40

WOMEN 50-54					
RANK	BIB#	NAME	AGE	HOMETOWN	TIME
1	619	LINDA RODGERS	52	AUBURN, CA	02:39:58
2	123	TERESA CLAYTON	52	LA SELVA BEACH, CA	02:48:13
3	786	CANDACE WILSON	53	SOQUEL, CA	02:51:51
4	540	VICKI NOBLE	54	SAN JOSE, CA	02:52:37
5	233	CAROL FREDRICKSON	50	LOS ALTOS, CA	02:54:29
6	496	CONSTANCE MILLER	50	MENLO PARK, CA	02:56:55
7	834	LAURIE CONNER	54	SANTA CRUZ, CA	03:05:57
8	332	GLORIA HUM	54	MILLBRAE, CA	03:15:50
9	661	KRISTINE SHAHMIRZA	51	MODESTO, CA	03:23:26
10	29	ROBYN AYE	54	SCOTTS VALLEY, CA	03:24:01
11	874	ANNIE WARR	51	SAN FRANCISCO, CA	03:36:31
12	228	SUE FORSTAT	54	SAN FRANCISCO, CA	04:11:41

WOMEN 55-59					
RANK	BIB#	NAME	AGE	HOMETOWN	TIME
1	502	MELANIE MOCIUN	55	MILL VALLEY, CA	02:37:36
2	472	SUE MCGLENNON	57	MENLO PARK, CA	02:54:38
3	669	LINDA SHOTWELL	55	SLO, CA	02:56:07
4	75	JOAN BONDSU	57	MODESTO, CA	03:00:02
5	206	PATRICIA EVANS	56	UNION CITY, CA	03:03:11
6	421	ESTHER LEVANDOSKI	55	SOQUEL, CA	03:23:08
7	494	HEATHER MILLAR	56	CHICO, CA	03:34:14
8	216	CATHERINE FITZGERALD	55	PALO ALTO, CA	03:43:51
9	851	CHERYL TAYLOR	56	MT HERMON, CA	03:44:26
10	757	LINDA WAGNER	55	MILL VALLEY, CA	04:18:41
11	98	RUTH CALLAHAN	59	SAN JOSE, CA	04:24:32
12	785	SHARON WILLIAMS	55	SANTA CRUZ, CA	

WOMEN 60-64					
RANK	BIB#	NAME	AGE	HOMETOWN	TIME
1	99	DANIELLE CANE	61	SAN RAFAEL, CA	03:12:44
2	585	MARY JEAN PRAMIK	60	SAN FRANCISCO, CA	04:13:22

WOMEN 65-69					
RANK	BIB#	NAME	AGE	HOMETOWN	TIME
1	551	SALLIE OLSEN	66	OAKLAND, CA	03:16:19

MEN 14-UNDER					
RANK	BIB#	NAME	AGE	HOMETOWN	TIME
1	583	ANDREW PORTER	14	APTOS, CA	02:34:41

MEN 15-19					
RANK	BIB#	NAME	AGE	HOMETOWN	TIME
1	536	TREVOR NIBBI	17	SAN CARLOS, CA	02:25:01
2	720	REED THAYER	17	PEBBLE BEACH, CA	02:27:01
3	741	DANIEL VAHRADIAN	19	SANTA CRUZ, CA	02:55:27
4	711	CONNOR SWEENEY	19	SACRAMENTO, CA	03:03:51
5	168	KYLE DEMBSKI	17	SANTA CRUZ, CA	03:06:36

MEN 20-24					
RANK	BIB#	NAME	AGE	HOMETOWN	TIME
1	211	CRAIG FELLERS	23	NOVATO, CA	02:06:56
2	811	TOMMY ZAFERES	22	APTOS, CA	02:07:42
3	877	JOE DICKERSON	21	DAVIS, CA	02:13:57
4	281	KEVIN HAAS	23	BERKELEY, CA	02:17:56
5	129	ADAM COHEN	21	SOQUEL, CA	02:19:01
6	143	MARK COTE	23	SAN MARTIN, CA	02:19:21
7	813	NICHOLAS ZEFELDT	24	CLAYTON, CA	02:20:11
8	349	MICHAEL JARVIS	22	SANTA CLARA, CA	02:28:14
9	647	DANIEL SCARBERRY	24	SAN FRANCISCO, CA	02:29:53
10	859	JARED MEDNICK	20	SANTA CRUZ, CA	02:35:19
11	227	CHRISTOPHER FORREST	24	SANTA CRUZ, CA	02:36:17
12	364	CHARLES JOSEPH	22	PASO ROBLES, CA	02:45:42
13	13	RAINIER AMORA	24	SAN FRANCISCO, CA	02:53:37
14	538	SEAN NOBLE	23	SOQUEL, CA	02:57:38
15	329	KYLE HOUCHEEN	22	SOQUEL, CA	03:02:41
16	657	M. SCHWORETZKY	23	SANTA CLARA, CA	03:37:02

MEN 25-29					
RANK	BIB#	NAME	AGE	HOMETOWN	TIME
1	278	SHAUN GUEST	26	SAN DIEGO, CA	01:55:09
2	18	ALAN ARCHARD	26	SAN FRANCISCO, CA	02:00:28
3	590	JARED PRINCE	29	SAN FRANCISCO, CA	02:08:12
4	513	CHRISTOPHER MORALES	26	CITRUS HEIGHTS, CA	02:10:47
5	245	ERIK GARCIA	25	CAMPBELL, CA	02:14:34
6	90	TOM BURROW	26	LOS ALTOS, CA	02:15:45
7	779	TYSON WILES	26	SOQUEL, CA	02:17:56
8	784	SAM WILLIAMS	27	SANTA CRUZ, CA	02:18:58
9	545	LUKE O'REILLY	28	SAN FRANCISCO, CA	02:19:34
10	571	ANTHONY PELOSI	29	SAN FRANCISCO, CA	02:19:47
11	529	NIAL MURRAY	27	SAN FRANCISCO, CA	02:20:07
12	621	ANTONIO RODRIGUEZ	25	SAN JOSE, CA	02:21:20
13	986	DAN ROSS	29	FREMONT, CA	02:23:34
14	596	OLIVER RALPH	27	SAN FRANCISCO, CA	02:24:11
15	509	LI MOORE	29	MOUNTAIN VIEW, CA	02:24:28
16	299	SCOTT HARRINGTON	27	BERKELEY, CA	02:24:57
17	594	SPENCER PURVES	26	SAN FRANCISCO, CA	02:26:31
18	280	RUSS GUSTAFSON III	29	REDWOOD CITY, CA	02:30:43
19	737	BRIAN TUOHY	26	SEBASTOPOL, CA	02:32:26
20	333	ABE HUNRICHS	26	SACRAMENTO, CA	02:35:19
21	218	JAKE FITZPATRICK	25	SANTA CRUZ, CA	02:35:32
22	106	NICK CARSON	29	SAN FRANCISCO, CA	02:36:31
23	426	EVAN LIEGINGER	28	HOMEWOOD, CA	02:37:26
24	422	JOE LEVY	27	SAN FRANCISCO, CA	02:39:58
25	11	JEFFREY ALLER	25	SAN DIEGO, CA	02:40:30
26	400	ADAM LANDIS	28	REDWOOD SHORES, CA	02:41:15
27	725	TREVOR TILESTON	27	SAN FRANCISCO, CA	02:41:54
28	774	BEN WESTON	27	LA JOLLA, CA	02:42:22
29	124	JEREMY CLEMENSON	29	PALO ALTO, CA	02:45:51
30	464	GAVIN MCCHESENEY	25	SARATOGA, CA	02:46:56
31	848	TRAVIS RIEBER	26	SANTA CRUZ, CA	02:48:07
32	849	ROBERT STRAKA	26	SANTA CRUZ, CA	02:50:29
33	605	DILIAN REYES	28	FREMONT, CA	02:50:35
34	381	SAMUEL KIM	29	SAN JOSE, CA	02:50:54
35	819	JEFF ZYGMUNT	26	SAN FRANCISCO, CA	02:52:17
36	801	CHRIS WULFF	27	FOSTER CITY, CA	02:52:27
37	76	CARL BOOKWALTER	28	CHICAGO, IL	02:55:06
38	802	ALEXANDER YASBEK	27	SANTA CRUZ, CA	02:56:05
39	564	RYAN PALMER	29	SAN FRANCISCO, CA	02:56:48
40	415	BRIAN LEE	28	CAPITOLA, CA	02:59:00
41	727	RYAN TOBIN	27	SAN FRANCISCO, CA	02:59:40
42	380	DANIEL KIM	28	SAN JOSE, CA	02:59:59
43	506	RICARDO MONTANIO	29	PASO ROBLES, CA	03:00:11
44	684	MANUEL SOTO	29	SOUTH SAN FRANCISCO, CA	

SENTINEL TRIATHLON

Monday, September 22, 2008 SANTA CRUZ SENTINEL B-5

DIVISION RESULTS

Continued from PAGE B5

15	577	CHRIS PERRONE	42	BELMONT, CA	02:21:00
16	754	CHRIS WADHAMS	42	SANTA CRUZ, CA	02:21:29
17	793	JASON WOLF	40	CUPERTINO, CA	02:22:20
18	598	JIM RATCLIFF	44	LOS GATOS, CA	02:22:32
19	340	STEVE ISAACSON	42	CAMPBELL, CA	02:22:42
20	484	CRAIG MENDEN	41	LOS ALTOS, CA	02:23:44
21	542	NORM NORRIS	41	CAMPBELL, CA	02:24:04
22	698	EDWARD STEWART	44	PALO ALTO, CA	02:24:36
23	378	EVAN KERR	44	BERKELEY, CA	02:25:03
24	755	DOUGLAS WADKINS	44	LOS GATOS, CA	02:25:41
25	186	JIMMY DWORIN	41	MOUNTAIN VIEW, CA	02:26:02
26	283	ANDY HACKETT	44	LOS ALTOS, CA	02:27:52
27	734	STEVE TRUTANE	43	ALBANY, CA	02:28:17
28	213	MARK FERRONE	41	SAN JOSE, CA	02:29:19
29	131	BOB COLLINS	43	SAN JOSE, CA	02:29:36
30	534	JEFFREY NEAL	41	GREENBRAE, CA	02:31:28
31	304	WILL HARVEY	41	PALO ALTO, CA	02:32:08
32	290	SHAWN HALL	42	GRASS VALLEY, CA	02:33:27
33	403	CHRIS LAPLANTE	40	SAN JOSE, CA	02:34:17
34	94	MAT CADILE	42	SAN JOSE, CA	02:34:41
35	700	MICHAEL STOCKWELL	44	SAN JOSE, CA	02:35:20
36	20	MIKE ARENA	40	CUPERTINO, CA	02:35:26
37	535	CHRISTOPHER NEW	44	BEN LOMOND, CA	02:36:26
38	371	RALF KARGE	42	SAN JOSE, CA	02:36:53
39	188	JUSTIN EATINGER	43	INCLINE VILLAGE, NV	02:38:24
40	254	MATT GLICKMAN	42	PALO ALTO, CA	02:39:04
41	298	MICHAEL HARRINGTON	44	SAN FRANCISCO, CA	02:39:15
42	705	ERIC STORNE	44	MENLO PARK, CA	02:40:47
43	153	*PATRICK CUNNEEN	44	TIBURON, CA	02:41:14
44	158	HUGH DANIELS	43	MOUNTAIN VIEW, CA	02:41:57
45	37	TOM BANDONI	43	SAN JOSE, CA	02:41:58
46	169	TOM DEMBSKI	44	SANTA CRUZ, CA	02:42:02
47	193	STEPHEN EGAN	43	BERMUDA, CA	02:42:05
48	488	CRAIG MEYER	41	SAN JOSE, CA	02:42:13
49	985	METIN UZ	44	PALO ALTO, CA	02:42:36
50	572	MIKE PELSTRING	44	SANTA CRUZ, CA	02:42:51
51	548	RUSS OLEYER	43	SOQUEL, CA	02:43:20
52	81	BILL BRANDON	43	EL DORADO HILLS, CA	02:43:34
53	550	RON OLMSTED	44	SAN JOSE, CA	02:45:03
54	120	JAK CHURTON	44	SAN FRANCISCO, CA	02:45:49
55	134	DANIEL CONSIDINE	41	SAN FRANCISCO, CA	02:46:04
56	559	JOHN OVERALL	41	FRESNO, CA	02:46:09
57	45	BLAIR BASSETT	42	SAN JOSE, CA	02:48:10
58	775	BARRY WHALL	44	CUPERTINO, CA	02:48:24
59	118	HERMAN CHUI	40	LOS ALTOS, CA	02:48:26
60	321	HOWARD HOLDERNESS	42	SAN FRANCISCO, CA	02:48:38
61	77	ROSS BOON	40	MILL VALLEY, CA	02:49:01
62	681	BOSCO SO	44	SAN FRANCISCO, CA	02:51:17
63	385	ROBERT KLEIN	44	CUPERTINO, CA	02:51:32
64	523	JOHN MULLANE	42	WATSONVILLE, CA	02:51:49
65	334	ROBERT HUSEBY	40	SAN FRANCISCO, CA	02:52:34
66	117	MARK CHRISTENSEN	43	SAN FRANCISCO, CA	02:53:38
67	826	ANTHONY CONDOTTI	44	SANTA CRUZ, CA	02:57:24
68	60	ASGEIR BERGE	42	WATSONVILLE, CA	02:58:28
69	261	DAVID GOULDEN	43	REDWOOD CITY, CA	03:00:14
70	53	JAY BEDSWORTH	43	PLEASANT HILL, CA	03:03:06
71	348	MIKE JARRARD	43	CAPITOLA, CA	03:04:59
72	792	CHRIS WOLDEMARR	42	SANTA CRUZ, CA	03:05:46
73	466	CHRIS MCCRARY	44	SAN JOSE, CA	03:07:29
74	244	WILLIAM GALLAGHER	44	OAKLAND, CA	03:08:20
75	875	CHRISTOPHE MEYER	44	SARATOGA, CA	03:10:03
76	207	SCOTT FAILOR	40	SANTA CRUZ, CA	03:11:24
77	390	BOND KOU	42	SUNNYVALE, CA	03:20:01
78	324	BRIAN HOPPER	40	SAN JOSE, CA	03:25:29
79	644	GREG SANDS	42	PALO ALTO, CA	03:31:01
80	722	STEFAN THIEDE	42	SAN JOSE, CA	03:41:23
81	566	MICHAEL PARKER	44	DALY CITY, CA	04:46:44

MEN 45-49

RANK	BIB#	NAME	AGE	HOMETOWN	TIME
1	367	PETE KAIN	45	CUPERTINO, CA	02:02:24
2	565	PAUL PARADIS	45	SAN FRANCISCO, CA	02:07:59
3	387	THOMAS KNAUER	46	TIBURON, CA	02:08:09
4	419	DAVE LEROY	45	SARATOGA, CA	02:08:22
5	412	KENNY LEADER	49	BOULDER, CO	02:11:24
6	479	MAXIMILIANO MEHECH	46	SANTA CLARA, CA	02:11:31
7	272	MIKE GRIMM	48	LOS ALTOS HILLS, CA	02:13:10
8	342	T DALE JACKSON	47	SUNNYVALE, CA	02:15:31
9	346	ANTON JAGER	46	SAN CARLOS, CA	02:15:59
10	79	DAVID BORBA	48	APTOS, CA	02:16:43
11	983	JOHN CUMMINGS	46	MOUNTAIN VIEW, CA	02:17:03
12	237	CURTIS FRITZ	45	DAVIS, CA	02:18:56
13	825	DAVID DELUCCHI	46	APTOS, CA	02:19:54
14	156	RUNE DAHL	45	MOUNTAIN VIEW, CA	02:20:27
15	164	PETER DELAHUNT	45	SAN MATEO, CA	02:21:07
16	721	PHIL THEODORE	46	SAN JOSE, CA	02:21:29
17	652	JOHAN SCHIMMEL	45	SALA BOLOGNESE, CA	02:21:45
18	701	ANDREW STOKES	45	SAN RAFAEL, CA	02:25:54
19	92	CLARENCE BUTZ	48	BERKELEY, CA	02:27:25
20	841	ROBERT QUINN	47	APTOS, CA	02:27:33
21	277	DANIEL GUENIN	49	PORTOLA VALLEY, CA	02:27:52
22	843	WOLFGANG DUEREGGER	42	PALO ALTO, CA	02:28:29
23	476	CURTIS MCQUEARY	47	BELMONT, CA	02:28:57
24	778	WAYNE WIEBE	45	MENLO PARK, CA	02:29:31
25	592	SCOTT PROSSER	45	MISSISSAUGA, CA	02:30:31
26	170	JEFFERY DESLICH	49	PALO ALTO, CA	02:31:30
27	710	RON SVINTH	48	PETALUMA, CA	02:31:41
28	89	JOHN BURNE	46	SARATOGA, CA	02:32:00
29	706	GEORGE STRATTON	49	SAN FRANCISCO, CA	02:32:37
30	855	BOLKE STOLBERG	49	PALO ALTO, CA	02:34:15
31	399	TIM LANDECK	47	WATSONVILLE, CA	02:35:33
32	543	AUGUSTINE O'DWYER	48	CUPERTINO, CA	02:36:06
33	125	KENNETH CLEWS	47	SAN FRANCISCO, CA	02:36:29
34	881	DENNIS LEFBOOM	46	SAN FRANCISCO, CA	02:37:07
35	68	STEVE BIRD	45	CAMPBELL, CA	02:38:17
36	549	SCOT OLIVIER	45	SANTA CRUZ, CA	02:39:52
37	171	DOUGLAS DEXTER	48	ROSS, CA	02:39:59
38	224	K. J. FORBES	48	DANVILLE, CA	02:40:37

39	666	REX SHERRY	46	MENLO PARK, CA	02:40:44
40	837	BLAIR MANDELL	45	SCOTTS VALLEY, CA	02:41:55
41	447	JOHN MAGEE	45	SAN JOSE, CA	02:42:13
42	486	ALAN MENEZES	49	SARATOGA, CA	02:43:38
43	248	CHARLES GAYRAUD	46	SAN JOSE, CA	02:45:12
44	176	ANDREW DONKIN	46	SAN FRANCISCO, CA	02:46:27
45	167	PAUL DELZIO	48	REDWOOD CITY, CA	02:46:33
46	805	CONRAD YOUNG	47	SUNNYVALE, CA	02:47:52
47	355	JAY JOHNSON	47	SANTA CRUZ, CA	02:48:36
48	455	MARK MASON	48	POINT ARENA, CA	02:48:45
49	359	TROY JOHNSTON	49	WINTERS, CA	02:50:53
50	530	TOM MURTHA	48	SAN JOSE, CA	02:51:02
51	584	WILLIAM POWERS	46	BONNY DOON, CA	02:51:43
52	405	FRANCOIS LARIVIERE	46	SAN FRANCISCO, CA	02:51:52
53	489	TOBIAS MEYER	49	MENLO PARK, CA	02:52:17
54	26	ROY ASPREER	46	NOVATO, CA	02:53:18
55	491	BRYAN MICHELSEN	48	SAN FRANCISCO, CA	02:55:38
56	683	RICK SOPER	47	OAKLAND, CA	02:57:40
57	62	MIKE BERRIGAN	47	PLEASANTON, CA	02:58:55
58	64	JOSEPH BERTAIN	49	SAN FRANCISCO, CA	02:59:16
59	83	JORGE BRETON	47	EMERYVILLE, CA	02:59:18
60	612	JEFF RILEY	46	SANTA CLARA, CA	02:59:46
61	520	JOHN MORTL	49	ALHAMBRA, CA	03:00:16
62	223	STEPHEN FONTAINE	45	LOS ALTOS, CA	03:05:12
63	630	JON ROSENCRANZ	49	SANTA CRUZ, CA	03:05:50
64	229	DANE FOUTS	47	MOUNTAIN VIEW, CA	03:06:42
65	533	JAMES NAGAMINE	47	WATSONVILLE, CA	03:07:20
66	787	COLIN WILSON	48	LOS GATOS, AS	03:10:54
67	221	GARY FLORES	48	CUPERTINO, CA	03:12:23
68	573	WILLIAM PELTZ	46	PALO ALTO, CA	03:12:56
69	499	DENNIS MILOSKY	48	MILL VALLEY, CA	03:13:22
70	517	PAUL MORRELL	49	PALO ALTO, CA	03:16:25
71	581	STEVE PHILLIPS	47	LOS ALTOS, CA	03:21:58
72	401	PATRICK LANDRUM	45	FREMONT, CA	03:28:30

MEN 50-54

RANK	BIB#	NAME	AGE	HOMETOWN	TIME
1	840	RICK FERRELL	50	APTOS, CA	02:16:22
2	230	KURT FOUTS	50	SANTA CRUZ, CA	02:18:03
3	616	RICHARD ROBINSON	50	SANTA CRUZ, DE	02:18:56
4	201	MICHAEL ERBE	53	SANTA CRUZ, CA	02:21:05
5	354	DANIEL JOHNSON	52	LOS GATOS, CA	02:24:04
6	242	KEVIN GALLAGHER	50		02:26:44
7	357	RON JOHNSON	50	SUNNYVALE, CA	02:28:17
8	736	JOSEPH TUMAN	50	OAKLAND, CA	02:28:42
9	256	ANDY GLUCS	52	SANTA CRUZ, CA	02:33:11
10	17	CARLOS ANGOBALDO	50	SANTA CLARA, CA	02:35:30
11	817	BRAD ZOOK	53	TAHWAH HART, CA	02:36:24
12	984	PETER DOVEN	50	SANTA CRUZ, CA	02:36:31
13	468	PATRICK MCDONALD	51	SAN JOSE, CA	02:37:18
14	314	DOUG HETZLER	52	SOQUEL, CA	02:38:08
15	654	LES SCHROEDER	54	SAN FRANCISCO, CA	02:39:53
16	389	DREW KOHLER	51	FREMONT, CA	02:40:56
17	438	PAUL LUKANOWSKI	50	DRAPER, UT	02:41:35
18	483	WILLIAM MENCHINE	53	SANTA CRUZ, CA	02:45:04
19	222	MARK FLYNN	50	SAN JOSE, CA	02:45:11
20	783	PAUL WILLIAMS	50	SAN JOSE, CA	02:46:04
21	882	PAUL AKIN	50	ORINDA, CA	02:48:10
22	335	TOM HUTTON	53	ATHERTON, CA	02:52:50
23	791	GARY WOHL	54	PALO ALTO, CA	02:53:20
24	87	PAUL BURDICK	53	SANTA CRUZ, CA	02:56:57
25	155	JONATHAN DAHL	54	SAN JOSE, CA	02:58:11
26	626	ERIC ROSEME	52	LOOMIS, CA	02:58:41
27	627	MARK ROSEN	52	SAN FRANCISCO, CA	02:59:22
28	219	TIM FITZPATRICK	53	CENTENNIAL, CO	03:04:11
29	2	JOSEPH ADDIEGO	52	BURLINGAME, CA	03:04:50
30	363	GLEN JONES	53	FREMONT, CA	03:05:40
31	21	A. DAN ARIAS	51	SANTA CRUZ, CA	03:09:13
32	674	ROBERT SINGER	51	SAN FRANCISCO, CA	03:10:29
33	246	CHRISTOPHER GARDNER	51	WHITESTONE, NY	03:11:14
34	497	HUGO MILLER	51	SAN JOSE, CA	03:12:57
35	287	STEVEN HALEY	52	ATHERTON, CA	03:14:01
36	471	BILL MCGEE	51	SAN FRANCISCO, CA	03:24:42
37	704	MARK STONE	51	SCOTTS VALLEY, CA	03:30:02
38	132	CHUCK CONE	51	NOVATO, CA	03:43:13

MEN 55-59

RANK	BIB#	NAME	AGE	HOMETOWN	TIME
1	104	FORREST CARMICHAEL	56	ATHERTON, CA	02:26:06
2	91	THOMAS BUTTS	55	SAN JOSE, CA	02:29:08
3	615	JOSEPH ROBB	58	WATSONVILLE, CA	02:31:17
4	160	TOM DAVIS	57	LOS ALTOS HILLS, CA	02:35:14
5	259	JON GOODFELLOW	57	LAFAYETTE, CA	02:39:16
6	768	TIMOTHY WEST	58	NOVATO, CA	02:49:37
7	876	BILL FANNING	56	OAKLAND, CA	02:49:44
8	495	ROBERT MILLAR	55	CHICO, CA	02:50:17
9	247	JAMES GARDNER	57	SAN JOSE, CA	02:53:17
10	71	STEVE BITONDO	56	LOS ALTOS, CA	02:55:01
11	767	DAVID WESSEL	55	SUNNYVALE, CA	02:55:10
12	868	J.P. MCCARTHY	56	PLEASANTON, CA	02:59:17
13	326	SCOTT HORLOCK	55	SANTA CRUZ, CA	02:59:19
14	673	JOHN SIMPSON	56	SAN FRANCISCO, CA	03:00:40
15	39	JOHN BARISON	55	SANTA CRUZ, CA	03:09:34
16	392	DANA KRANCVIC	57	SAN FRANCISCO, CA	03:20:32
17	803	KEN YEAGER	55	SAN JOSE, CA	03:21:40
18	293	MICHAEL HALPIN	59	SOQUEL, CA	03:21:58

MEN 60-64

RANK	BIB#	NAME	AGE	HOMETOWN	TIME
1	878	TIM LAVELLE	60	SAN JOSE, CA	02:26:52
2	323	DENIS HONEYCHURCH	62	FAIRFIELD, CA	02:27:08
3	279	RUSSELL GUSTAFSON	61	REDWOOD TTY, CA	02:48:39
4	649	DOUGLAS SCHATZ	60	SAN JOSE, CA	02:51:20
5	267	BUZZ GRAY	64	APTOS, CA	02:56:15
6	66	RICHARD BERTKEN	62	CA, FRESNO	03:02:42
7	820	JOHN LAU	63	LOS ANGELES, CA	03:03:03
8	374	BRAVIS,KELI FEHR	60	SAN RAFAEL, CA	03:20:27

Meyer does double duty for relay teams

By LEO MAXAM
SENTINEL STAFF WRITER

In her first year competing in the relay event of the Sentinel Triathlon, Marguerite Meyer managed to win twice.

The Santa Cruz athlete swam for her co-ed team of Robert Amatelli and Dan Wirls to win the overall relay title, and also did the bike leg for the winning women's relay team.

Meyer has a long and storied history with the Sentinel. She won the women's race back in 1986,

the first year it was held on the west side of Santa Cruz, and has designed the race t-shirts for the past eight years. For 2008, her 22nd year competing in the Sentinel, Meyer decided to assemble a relay team of elite local athletes specializing in each of the three disciplines.

With Meyer doing the swim, Amatelli on the bike and Wirls pounding it out on the ground, the three dominated the rest of the relay teams Sunday, finishing in 1 hour, 58 minutes and 25 seconds, over four minutes ahead of the nearest team, the Orange County Triathlon Club from Irvine.

Amatelli, a budding pro cyclist from Santa Cruz who only started racing a year ago, crushed the field in the 40k bike leg up to Davenport, posting the fastest bike time in the event by anyone in both the individual or relay divisions.

"Rob gave me a three minute lead heading into the run," Wirls said. "All I had to do was keep up my pace. I almost could have slowed down near the end."

By the time Wirls crossed the finish line with no other relay teams in sight, Amatelli was already wondering what to do with their first-place prize.

"We get four free tickets to the Boardwalk ... each!" Amatelli said, betraying a slight disappointment beneath his jocular tone. "Maybe I could go down to the Boardwalk and try and scalp 'em."

The lack of a trophy aside, Meyer said she was ecstatic

'I'm not going to be able to walk tomorrow.'

LOCAL STANDOUT SWIMMER TOMMY ZAFERES AFTER COMPLETING HIS FIRST TRIATHLON SUNDAY.

about their time.

"To do 1:58 is incredible," she said.

She added that at 49, after decades of endurance racing, it was a welcome relief not to have to do the run portion of the race.

"It's so nice not to have to run," she said. "It beats me up. It's not the healthiest thing for old bones."

"But," she added. "I'm going to do the whole thing next year for my 50th birthday."

OLYMPIC TRIALS SWIMMER BIT BY TRIATHLON BUG: Tommy Zaferes, the 22-year-old from Aptos who went to the U.S. Olympic Swim Trials in Omaha, Nebraska earlier this summer, was the first one out of the water in the opening wave, nearly three minutes ahead of his closest competitor. Zaferes would go on to finish the race in 2:07:41, good for second place in his age group. It was the first triathlon for Zaferes, who said he could see himself getting into the races more seriously in the future.

"I hope so," he said. "I just got a bike three weeks ago and ran a few times before the Sentinel. I was just sitting around and had to find something to do."

But first he would have to recover from the Sentinel.

"I'm not going to be able to walk tomorrow," he said.

THE FAMILY THAT RUNS, SWIMS AND BIKES TOGETHER, STAYS TOGETHER: Santa Cruz resident Georgia Acosta participated in a relay team with her two sons, Andrew and Austin. Georgia Acosta, 38, did the run leg of the race, while older brother Andrew did the swim, and Austin, 14, did the bike. All three had done individual triathlons before and are members of the Santa Cruz Triathlon Association, but it was their first time racing together as a family relay team.

"It was actually Austin's idea,"

Andrew Acosta said. "Austin has been training on the bike for a year and our mom is a big runner. The relay was great. It's a different experience."

COME ON IN, THE WATER'S FINE: The water at the Santa Cruz Municipal Wharf was 58.6 degrees, according to Santa Cruz City lifeguard Brad Pace, who helped with water patrol during the swim portion of the race. While ocean temps pushing 60 degrees is almost balmy for Santa Cruz waters, nearly all the competitors Sunday wore wetsuits for the swim. Pace said that the swim went off with no real incidents to report.

"We only had to take out a couple people," he said. "It went really well."

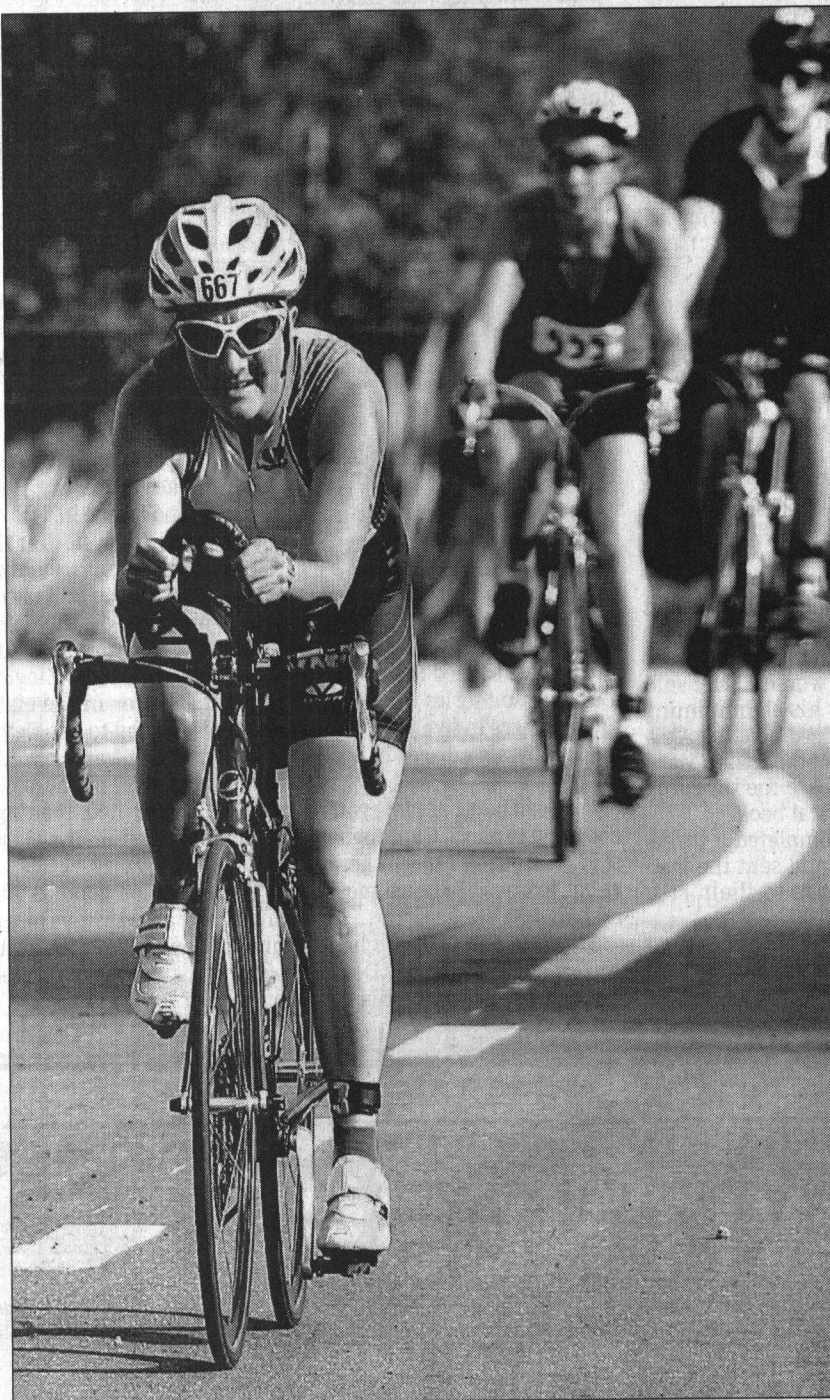
THE FUTURE OF THE SENTINEL TRIATHLON: Watch out Shaun Guest and Katrin Tobin, 14-year-old Andrew Porter is hot on your heels. The La Selva Beach teen was the youngest competitor at this year's Sentinel Triathlon and finished with a personal best time of 2:34:40, placing him near the front of the pack. He's been racing in the event since he was ten. What's more impressive is that while others were huffing and puffing at the finish line, young Porter looked as though he'd just finished a leisurely morning stroll along West Cliff.

"It gets faster every year," he said of the race. "The run is always the hardest part for me because I'm a swimmer. I felt good this year though. I've got a little burn going, but it's all good."

As he finished those words a fellow athlete, more than twice his age, came up to Porter to offer him praise for his effort.

"You're making us all feel old out there," he said.

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Cyclists head toward Delaware Avenue as they begin the bicycle leg of the Sentinel Triathlon on Sunday.

Shmuel Thaler/
Sentinel

Sentinel

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the women's event in 2003, 2005 and 2006, surpassed three-time men's champions Victor Plata and Pat Gilbert for the most victories all-time at the Sentinel Triathlon. The 46-year-old mother of two finished in 2:16:07, ahead of fellow Santa Cruz resident Kristin Lavarone in second [2:19:50] and Bodil Arlander [Belvedere] in third [2:24:39].

While it wasn't her best time, Tobin said she was happy with her performance given the windy conditions on race day and the fact that she had com-

peted in the Big Kahuna Triathlon — a half Ironman distance — just two weeks earlier.

"I asked my brother, who's a professional athlete, how well I would be able to recover," Tobin said. "He told me I should be alright, but not to expect an 'A race.' I was very happy with [my performance]. I would give myself an A-minus or maybe a B-plus."

Martin Spierings was the county's top male finisher yet again after being Santa Cruz's top representative in the Big Kahuna earlier this month. Spierings, 31, placed fourth overall with a personal-best time of 2:02:13 on Sunday and said he actually was in front of Guest and the other top two

finishers heading into the bike portion of the race.

"They past me on the bike," he said. "Shaun [Guest] was just flying on the bike. He seemed pretty surprised [about winning]. Last year he wasn't as good. He's younger, so it's easier to improve."

The Silicon Valley Triathlon Club won the inaugural Sentinel Triathlon Club Award presented to the club with the top performing athletes in the race. Silicon Valley was presented with a \$1,000 first place check for its achievement.

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