

2019 Fall Rust Buster Cross Country Meet

hosted by the West Seattle Road Runners

Saturday, September, 28, 2019 ~ Lincoln Park

Race Summary

Finishers by Race

6U - Girls	7
6U - Boys	13
7-8 - Girls	22
7-8 - Boys	39
9-10 - Girls	51
9-10 - Boys	51
11-12 - Girls	37
11-12 - Boys	63
13-14 - Girls	25
13-14 - Boys	31
15-18 - Girls	0
15-18 - Boys	1
Open	18

Finishers 358

Finishers by Team

Cascade Striders	54
Federal Way Track Club	48
Rain City Flyers	83
Rainier Beach	8
Sonic Boom	24
South Hill Running	12
Speed Unlimited	14
Snohomish Track Club	2
Unattached	5
West Seattle Road Runners	108

Finishers 358

2019 Fall Rust Buster Cross Country Meet

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Saturday, September, 28, 2019 ~ Lincoln Park

6 & Under Girls - 800 Meters

Girl's Record - 2019

Beau Sitzmann

WSRR

03:54.0

Team Results

1st	Federal Way Track Club	6	4th		
2nd			5th		
3rd			6th		

Individual Results

Plc	Pts	Name	Team	Age	Time	Bib #	Plc	Pts	Name	Team	Age	Time	Bib #
1		Beau Sitzmann	WSRR	6U	03:54.0	2	31						
2		Emma Whitney-Evans	RCF	6U	03:59.8	424	32						
3		Adalyn Dech	SB	6U	04:16.6	158	33						
4		Kalaina Brooks	UN	6U	04:29.1	406	34						
5	1	Lanna Caprara	FWTC	6U	04:37.0	252	35						
6	2	Jazmine Resendiz	FWTC	6U	04:53.6	254	36						
7	3	Clare Barndt	FWTC	6U	04:55.2	253	37						
8							38						
9							39						
10							40						
11							41						
12							42						
13							43						
14							44						
15							45						
16							46						
17							47						
18							48						
19							49						
20							50						
21							51						
22							52						
23							53						
24							54						
25							55						
26							56						
27							57						
28							58						
29							59						
30							60						

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Team Scores - 6 & Under Girls - 800 Meters

TEAM: FWTC

Place	Points	Name	Team	Age	Time
5	1	Lanna Caprara	FWTC	6U	04:37.0
6	2	Jazmine Resendiz	FWTC	6U	04:53.6
7	3	Clare Barndt	FWTC	6U	04:55.2
6 Total Points		Total Time:		14:25.8	
		Average Time:		02:53.2	

2019 Fall Rust Buster Cross Country Meet

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Saturday, September, 28, 2019 ~ Lincoln Park

6 & Under Boys - 800 Meters

Boy's Record - 2019

Sebastian Rodero

WSRR

03:52.9

Team Results

1st	West Seattle Road Runners	15	4th		
2nd			5th		
3rd			6th		

Individual Results

Plc	Pts	Name	Team	Age	Time	Bib #	Plc	Pts	Name	Team	Age	Time	Bib #
1	1	Sebastian Rodero	WSRR	6U	03:52.9	38	31						
2	2	Tucker Latterell	WSRR	6U	04:06.3	41	32						
3		Eshvin Garhwal	RCF	6U	04:07.7	349	33						
4	3	Brady Newhouse	WSRR	6U	04:08.0	33	34						
5		Jerry Kolsrud	FWTC	6U	04:20.8	255	35						
6		James Dumitriu	UN	6U	04:23.8	403	36						
7	4	Toma Dougherty	WSRR	6U	04:40.8	40	37						
8	5	Elliott Patjens	WSRR	6U	04:45.7	34	38						
9		Teddy Jennings	WSRR	6U	04:53.2	39	39						
10		Dezzie Martin	WSRR	6U	04:55.0	37	40						
11		Alex Rigby	RCF	6U	05:02.5	306	41						
12		Mickey Boehner	UN	6U	05:07.0	418	42						
13		Ethan Linenfelser	SB	6U	05:19.8	165	43						
14							44						
15							45						
16							46						
17							47						
18							48						
19							49						
20							50						
21							51						
22							52						
23							53						
24							54						
25							55						
26							56						
27							57						
28							58						
29							59						
30							60						

2019 Fall Rust Buster Cross Country Meet

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Saturday, September, 28, 2019 ~ Lincoln Park

Team Scores - 6 & Under Boys - 800 Meters

TEAM: WSRR

Place	Points	Name	Team	Age	Time
1	1	Sebastian Rodero	WSRR	6U	03:52.9
2	2	Tucker Latterell	WSRR	6U	04:06.3
4	3	Brady Newhouse	WSRR	6U	04:08.0
7	4	Toma Dougherty	WSRR	6U	04:40.8
8	5	Elliott Patjens	WSRR	6U	04:45.7
9		Teddy Jennings	WSRR	6U	04:53.2
10		Dezzie Martin	WSRR	6U	04:55.0
15		Total Points	Total Time:		21:33.7
			Average Time:		04:18.7

2019 Fall Rust Buster Cross Country Meet

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Saturday, September, 28, 2019 ~ Lincoln Park

7-8 Year Old Girls - 1 mile

Girl's Record - 2019

Ella Haber

RCF

07:14.7

Team Results

1st	West Seattle Road Runners	15	4th		
2nd			5th		
3rd			6th		

Individual Results

Plc	Pts	Name	Team	Age	Time	Bib #	Plc	Pts	Name	Team	Age	Time	Bib #
1		Ella Haber	RCF	7-8 yo	07:14.7	407	31						
2	1	Quinn Sitzmann	WSRR	7-8 yo	07:38.0	31	32						
3	2	Peyton Washburn	WSRR	7-8 yo	07:40.4	30	33						
4		Ava Arnsdorf	SU	7-8 yo	07:54.4	132	34						
5	3	Marisol Sitzmann	WSRR	7-8 yo	07:58.0	28	35						
6		Korra Caprara	FWTC	7-8 yo	08:06.4	256	36						
7	4	Caroline Chung	WSRR	7-8 yo	08:25.6	25	37						
8		Rayanna Dech	SB	7-8 yo	08:27.6	159	38						
9	5	Charlotte Howell	WSRR	7-8 yo	08:40.3	26	39						
10		Ellyana Thomas	WSRR	7-8 yo	08:42.1	27	40						
11		Eleanor Shilley	SB	7-8 yo	08:45.6	170	41						
12		Ellie Zehr	FWTC	7-8 yo	09:01.6	257	42						
13		Zoe Gregush	CS	7-8 yo	09:04.8	227	43						
14		Elise Atrosh	SU	7-8 yo	09:10.9	133	44						
15		Kiki Punke	SU	7-8 yo	09:12.2	143	45						
16		Katelyn Miller	FWTC	7-8 yo	09:24.5	258	46						
17		Audrey Tegart	CS	7-8 yo	09:24.9	226	47						
18		Ora Monton	WSRR	7-8 yo	09:52.8	29	48						
19		Anna Cain	WSRR	7-8 yo	09:57.5	24	49						
20		Amelia Jennings	WSRR	7-8 yo	09:59.8	23	50						
21		Rose Todd	WSRR	7-8 yo	11:34.5	32	51						
22		Ruth Dahlke	SB	7-8 yo		155	52						
23							53						
24							54						
25							55						
26							56						
27							57						
28							58						
29							59						
30							60						

2019 Fall Rust Buster Cross Country Meet

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Saturday, September, 28, 2019 ~ Lincoln Park

Team Scores - 7-8 Year Old Girls - 1 mile

TEAM: WSRR

Place	Points	Name	Team	Age	Time
2	1	Quinn Sitzmann	WSRR	7-8 yo	07:38.0
3	2	Peyton Washburn	WSRR	7-8 yo	07:40.4
5	3	Marisol Sitzmann	WSRR	7-8 yo	07:58.0
7	4	Caroline Chung	WSRR	7-8 yo	08:25.6
9	5	Charlotte Howell	WSRR	7-8 yo	08:40.3
10		Ellyana Thomas	WSRR	7-8 yo	08:42.1
19		Anna Cain	WSRR	7-8 yo	09:57.5
20		Amelia Jennings	WSRR	7-8 yo	09:59.8
15 Total Points				Total Time:	40:22.3
				Average Time:	08:04.5

2019 Fall Rust Buster Cross Country Meet

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Saturday, September, 28, 2019 ~ Lincoln Park

7-8 Year Old Boys - 1 mile

Boy's Record - 2019

Micah Weber

FWTC

06:33.0

Team Results

1st	Cascade Striders	35	4th	Rain City Flyers	73
2nd	West Seattle Road Runners	38	5th		
3rd	Federal Way Track Club	64	6th		

Individual Results

Plc	Pts	Name	Team	Age	Time	Bib #	Plc	Pts	Name	Team	Age	Time	Bib #
1	1	Micah Weber	FWTC	7-8 yo	06:33.0	262	31		Gunnar Benson	WSRR	7-8 yo	08:50.9	66
2		Connor Linenfelser	SB	7-8 yo	06:59.0	164	32		Rafiki Hamilton	WSRR	7-8 yo	08:57.4	74
3	2	Nils Stevenson	WSRR	7-8 yo	07:09.5	72	33		Liam Foley	SB	7-8 yo	08:59.7	161
4		Spencer Broadbent	STC	7-8 yo	07:14.5	433	34		Drew Hayden	CS	7-8 yo	09:05.3	220
5	3	Max Highland	CS	7-8 yo	07:15.2	223	35		Roman Bazakas	WSRR	7-8 yo	09:14.8	76
6	4	Nathan Pessoa	CS	7-8 yo	07:15.5	224	36		Finn Henderson	WSRR	7-8 yo	10:14.6	64
7		London West	RB	7-8 yo	07:17.8	420	37		Juan Francisco Jones	WSRR	7-8 yo	10:42.8	68
8	5	Riker Ross	WSRR	7-8 yo	07:18.0	75	38	19	Kenny Cummings	FWTC	7-8 yo	11:12.4	261
9	6	Henry Baker	CS	7-8 yo	07:18.2	428	39	20	Kypton Larios	FWTC	7-8 yo	11:12.6	260
10	7	Enzo Deniel	CS	7-8 yo	07:27.1	221	40						
11	8	Tyler Kao	WSRR	7-8 yo	07:30.6	78	41						
12	9	Ruben Stambaugh	RCF	7-8 yo	07:40.7	304	42						
13	10	Levi Galloway	FWTC	7-8 yo	07:41.3	450	43						
14	11	Maxton Snyder	WSRR	7-8 yo	07:41.9	71	44						
15	12	Keanu Ignacio	WSRR	7-8 yo	08:01.8	69	45						
16	13	Mariano Com	RCF	7-8 yo	08:11.8	427	46						
17		Liam Karr	WSRR	7-8 yo	08:12.2	70	47						
18	14	Charlie Kramer	FWTC	7-8 yo	08:13.9	259	48						
19		Ian Faulkner	WSRR	7-8 yo	08:14.2	67	49						
20	15	Marco Martinez	CS	7-8 yo	08:16.1	222	50						
21		Cruz Sheffield	CS	7-8 yo	08:22.3	219	51						
22	16	Mason Beggs	RCF	7-8 yo	08:32.2	404	52						
23		Atticus Houghton	WSRR	7-8 yo	08:33.3	60	53						
24		Ozzy Fleming	WSRR	7-8 yo	08:35.2	73	54						
25		Bennet Faulkner	WSRR	7-8 yo	08:40.7	61	55						
26		Graham Hansen	WSRR	7-8 yo	08:41.1	65	56						
27		Eli Loepky	WSRR	7-8 yo	08:42.3	63	57						
28	17	Connor Rigby	RCF	7-8 yo	08:44.3	307	58						
29	18	Eli Biederman	RCF	7-8 yo	08:47.4	434	59						
30		Henry Gutmann	RCF	7-8 yo	08:49.9	423	60						

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Team Scores - 7-8 Year Old Boys - 1 mile

TEAM: CS

Place	Points	Name	Team	Age	Time
5	3	Max Highland	CS	7-8 yo	07:15.2
6	4	Nathan Pessoa	CS	7-8 yo	07:15.5
9	6	Henry Baker	CS	7-8 yo	07:18.2
10	7	Enzo Deniel	CS	7-8 yo	07:27.1
20	15	Marco Martinez	CS	7-8 yo	08:16.1
21		Cruz Sheffield	CS	7-8 yo	08:22.3
34		Drew Hayden	CS	7-8 yo	09:05.3
35 Total Points		Total Time:		37:32.1	
		Average Time:		07:30.4	

TEAM: FWTC

Place	Points	Name	Team	Age	Time
1	1	Micah Weber	FWTC	7-8 yo	06:33.0
13	10	Levi Galloway	FWTC	7-8 yo	07:41.3
18	14	Charlie Kramer	FWTC	7-8 yo	08:13.9
38	19	Kenny Cummings	FWTC	7-8 yo	11:12.4
39	20	Kypton Larios	FWTC	7-8 yo	11:12.6
64 Total Points		Total Time:		44:53.2	
		Average Time:		08:58.6	

TEAM: RCF

Place	Points	Name	Team	Age	Time
12	9	Ruben Stambaugh	RCF	7-8 yo	07:40.7
16	13	Mariano Com	RCF	7-8 yo	08:11.8
22	16	Mason Beggs	RCF	7-8 yo	08:32.2
28	17	Connor Rigby	RCF	7-8 yo	08:44.3
29	18	Eli Biederman	RCF	7-8 yo	08:47.4
30		Henry Gutmann	RCF	7-8 yo	08:49.9
73 Total Points		Total Time:		41:56.4	
		Average Time:		08:23.3	

TEAM: WSRR

Place	Points	Name	Team	Age	Time
3	2	Nils Stevenson	WSRR	7-8 yo	07:09.5
8	5	Riker Ross	WSRR	7-8 yo	07:18.0
11	8	Tyler Kao	WSRR	7-8 yo	07:30.6
14	11	Maxton Snyder	WSRR	7-8 yo	07:41.9
15	12	Keanu Ignacio	WSRR	7-8 yo	08:01.8
17		Liam Karr	WSRR	7-8 yo	08:12.2
19		Ian Faulkner	WSRR	7-8 yo	08:14.2
23		Atticus Houghton	WSRR	7-8 yo	08:33.3
38 Total Points		Total Time:		37:41.8	
		Average Time:		07:32.4	

2019 Fall Rust Buster Cross Country Meet

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Saturday, September, 28, 2019 ~ Lincoln Park

9-10 Year Old Girls - 1 mile

Girl's Record - 2019

Corinne Hudders RCF

06:17.1

Team Results

1st	Rain City Flyers	20	4th		
2nd	West Seattle Road Runners	48	5th		
3rd	Federal Way Track Club	52	6th		

Individual Results

Plc	Pts	Name	Team	Age	Time	Bib #	Plc	Pts	Name	Team	Age	Time	Bib #
1	1	Corinne Hudders	RCF	9-10 yo	06:17.1	441	31		Tallulah McAuslan	RCF	9-10 yo	07:56.8	458
2	2	Jordan Mae Daligcon	RCF	9-10 yo	06:23.8	430	32		Leah Archer	CS	9-10 yo	07:58.3	240
3	3	Gemma Caprara	FWTC	9-10 yo	06:36.8	264	33		Phoebe Austin	WSRR	9-10 yo	08:03.5	19
4	4	Emilia Rosauer	RCF	9-10 yo	06:38.2	416	34		Amelia Nunez	FWTC	9-10 yo	08:03.8	267
5	5	Lilly Lendrum Fort	RCF	9-10 yo	06:38.6	343	35		Gloria Shillito	RB	9-10 yo	08:04.7	444
6		Weijia Wu	CS	9-10 yo	06:40.4	241	36		Sofia Busch	RCF	9-10 yo	08:05.8	327
7	6	Lincoln Sitzmann	WSRR	9-10 yo	06:41.3	16	37		Helena Mahrt	WSRR	9-10 yo	08:06.0	14
8	7	Ayla Moore	WSRR	9-10 yo	06:42.0	4	38		Taylor Hong	WSRR	9-10 yo	08:11.8	22
9	8	Laurel Batho	RCF	9-10 yo	06:52.5	361	39		Evelyn Satwicz	WSRR	9-10 yo	08:18.9	8
10	9	Jasmine Johnson	FWTC	9-10 yo	06:56.7	265	40		Reyzi Press	RCF	9-10 yo	08:31.1	337
11		Greta Dekoker	RCF	9-10 yo	06:57.6	308	41		Madelyn Thomas	WSRR	9-10 yo	08:36.2	18
12		Anna Haber	RCF	9-10 yo	07:04.0	408	42		Kaida Mackas	CS	9-10 yo	08:38.3	410
13	10	Macy Powell	WSRR	9-10 yo	07:04.7	111	43		Teagan Kramer	SB	9-10 yo	08:47.8	163
14	11	Lily Rodero	WSRR	9-10 yo	07:04.9	10	44		Jessica Schlumpf	FWTC	9-10 yo	08:59.1	268
15		Avery Fuentes	SB	9-10 yo	07:07.4	162	45		Sienna Jones	SU	9-10 yo	08:59.5	140
16	12	Taitum Couch	FWTC	9-10 yo	07:07.7	269	46		Anna Bayless	SB	9-10 yo	09:07.5	151
17	13	Catherine Harju	FWTC	9-10 yo	07:08.9	266	47		Esley Benson	SH	9-10 yo	09:13.4	243
18		McKenzie Berwick	SH	9-10 yo	07:10.3	245	48		Alexis Weber	FWTC	9-10 yo	09:29.2	270
19	14	Liliana Frazzini	WSRR	9-10 yo	07:12.6	15	49		Gaby Melendez	WSRR	9-10 yo	09:46.7	9
20		Amaya Snyder	WSRR	9-10 yo	07:20.2	3	50		Cora Steffensmeier	RCF	9-10 yo	09:49.5	336
21		Cailin Ross	WSRR	9-10 yo	07:24.7	6	51		Emilia Dougherty	WSRR	9-10 yo	10:15.1	7
22	15	Makenzie Foree	FWTC	9-10 yo	07:29.1	271	52						
23		Alex Urquhart	RCF	9-10 yo	07:30.5	358	53						
24		Rees Hansen	WSRR	9-10 yo	07:35.0	20	54						
25		Esther Lorenz	CS	9-10 yo	07:40.8	238	55						
26		Lieke Pauzauskie	RCF	9-10 yo	07:42.1	448	56						
27		Anastasia Corner	RCF	9-10 yo	07:43.8	330	57						
28		Madeline Chung	WSRR	9-10 yo	07:46.3	17	58						
29		Emerson Stewart	RCF	9-10 yo	07:51.3	333	59						
30		Isabel Whitaker	SB	9-10 yo	07:52.7	173	60						

2019 Fall Rust Buster Cross Country Meet

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Saturday, September, 28, 2019 ~ Lincoln Park

Team Scores - 9-10 Year Old Girls - 1 mile

TEAM: RCF

Place	Points	Name	Team	Age	Time
1	1	Corinne Hudders	RCF	9-10 yo	06:17.1
2	2	Jordan Mae Daligcon	RCF	9-10 yo	06:23.8
4	4	Emilia Rosauer	RCF	9-10 yo	06:38.2
5	5	Lilly Lendrum Fort	RCF	9-10 yo	06:38.6
9	8	Laurel Batho	RCF	9-10 yo	06:52.5
11		Greta Dekoker	RCF	9-10 yo	06:57.6
12		Anna Haber	RCF	9-10 yo	07:04.0
23		Alex Urquhart	RCF	9-10 yo	07:30.5
20 Total Points		Total Time:		32:50.2	
		Average Time:		06:34.0	

TEAM: WSRR

Place	Points	Name	Team	Age	Time
7	6	Lincoln Sitzmann	WSRR	9-10 yo	06:41.3
8	7	Ayla Moore	WSRR	9-10 yo	06:42.0
13	10	Macy Powell	WSRR	9-10 yo	07:04.7
14	11	Lily Rodero	WSRR	9-10 yo	07:04.9
19	14	Liliana Frazzini	WSRR	9-10 yo	07:12.6
20		Amaya Snyder	WSRR	9-10 yo	07:20.2
21		Cailin Ross	WSRR	9-10 yo	07:24.7
24		Rees Hansen	WSRR	9-10 yo	07:35.0
48 Total Points		Total Time:		34:45.5	
		Average Time:		06:57.1	

TEAM: FWTC

Place	Points	Name	Team	Age	Time
3	3	Gemma Caprara	FWTC	9-10 yo	06:36.8
10	9	Jasmine Johnson	FWTC	9-10 yo	06:56.7
16	12	Taitum Couch	FWTC	9-10 yo	07:07.7
17	13	Catherine Harju	FWTC	9-10 yo	07:08.9
22	15	Makenzie Foree	FWTC	9-10 yo	07:29.1
34		Amelia Nunez	FWTC	9-10 yo	08:03.8
44		Jessica Schlumpf	FWTC	9-10 yo	08:59.1
48		Alexis Weber	FWTC	9-10 yo	09:29.2
52 Total Points		Total Time:		35:19.2	
		Average Time:		07:03.8	

2019 Fall Rust Buster Cross Country Meet

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Saturday, September, 28, 2019 ~ Lincoln Park

9-10 Year Old Boys - 1 mile

Boy's Record - 2019

Henry Herb

RCF

05:51.5

Team Results

1st	Rain City Flyers	19	4th	Federal Way Track Club	74
2nd	West Seattle Road Runners	48	5th		
3rd	Cascade Striders	69	6th		

Individual Results

Plc	Pts	Name	Team	Age	Time	Bib #	Plc	Pts	Name	Team	Age	Time	Bib #
1	1	Henry Herb	RCF	9-10 yo	05:51.5		31		Sawyer Sullivan	WSRR	9-10 yo	07:57.6	
2	2	Brooks Oliver	RCF	9-10 yo	06:14.1		32		Nery Lopez Tapia	FWTC	9-10 yo	08:15.7	
3	3	Jake Herb	RCF	9-10 yo	06:18.9		33		Nico Watters	FWTC	9-10 yo	08:17.8	
4	4	Gabe Kolsrud	FWTC	9-10 yo	06:20.2		34		Corbin Bishop	WSRR	9-10 yo	08:18.5	
5	5	Chase Stancik	WSRR	9-10 yo	06:25.8		35		Roan LaFlamme	WSRR	9-10 yo	08:20.0	
6	6	Janek Gowans	RCF	9-10 yo	06:46.6		36		Derry Fullerton-Burke	RCF	9-10 yo	08:20.2	
7		Tate Broadbent	STC	9-10 yo	06:52.4		37		Jasper Lee-Meyers	RB	9-10 yo	08:27.5	
8	7	Case Van Niel	RCF	9-10 yo	06:53.0		38		Liam Bedford	WSRR	9-10 yo	08:45.6	
9		Nash Campbell	RCF	9-10 yo	06:54.1		39		Alex Hembrow	WSRR	9-10 yo	08:46.5	
10	8	Nico Bazakas	WSRR	9-10 yo	07:00.8		40	20	Oscar Kelman	CS	9-10 yo	08:46.7	
11		Austin Hight	RCF	9-10 yo	07:05.0		41		Jace Bowman	SH	9-10 yo	08:53.7	
12	9	Marcelo Slye	WSRR	9-10 yo	07:10.1		42		Kyle Hijirida	RCF	9-10 yo	08:54.0	
13		Caleb Mcadams	RCF	9-10 yo	07:12.2		43		Remy Cowan	RCF	9-10 yo	08:57.9	
14	10	Toby Kelman	CS	9-10 yo	07:15.7		44		Henry Tegart	CS	9-10 yo	08:58.9	
15	11	James Baker	CS	9-10 yo	07:17.2		45		Henry OClair	WSRR	9-10 yo	08:59.2	
16		Callum Baker	RCF	9-10 yo	07:18.7		46		Jackson Kramer	FWTC	9-10 yo	09:03.4	
17	12	Quinn Bazakas	WSRR	9-10 yo	07:20.9		47		Peter Briggs	RB	9-10 yo	09:33.4	
18	13	Willy Du	CS	9-10 yo	07:27.4		48		Ethan Kekoa Mayacher	RCF	9-10 yo	09:50.9	
19	14	Tennessee Cook	WSRR	9-10 yo	07:31.7		49		Preston Liwanag	SB	9-10 yo	09:58.5	
20	15	Matthew Zhang	CS	9-10 yo	07:36.5		50		Jocko Dresang	WSRR	9-10 yo	11:38.5	
21	16	Silas Phelps	FWTC	9-10 yo	07:36.7		51		Guna Sen	CS	9-10 yo	12:50.5	
22		Jude Papineau	WSRR	9-10 yo	07:42.3		52						
23		William Bigelow	RCF	9-10 yo	07:43.5		53						
24		Alazar Pauls	UN	9-10 yo	07:44.4		54						
25		Edmund Faulkner	WSRR	9-10 yo	07:49.6		55						
26		Hanish Kethini	SU	9-10 yo	07:53.1		56						
27	17	Quinnton Sing	FWTC	9-10 yo	07:53.4		57						
28	18	Leo Miramontes	FWTC	9-10 yo	07:54.0		58						
29	19	Cameron Barndt	FWTC	9-10 yo	07:57.0		59						
30		Will Moir	WSRR	9-10 yo	07:57.5		60						

2019 Fall Rust Buster Cross Country Meet

hosted by the West Seattle Road Runners

Saturday, September, 28, 2019 ~ Lincoln Park

Team Scores - 9-10 Year Old Boys - 1 mile

TEAM: RCF

Place	Points	Name	Team	Age	Time
1	1	Henry Herb	RCF	9-10 yo	05:51.5
2	2	Brooks Oliver	RCF	9-10 yo	06:14.1
3	3	Jake Herb	RCF	9-10 yo	06:18.9
6	6	Janek Gowans	RCF	9-10 yo	06:46.6
8	7	Case Van Niel	RCF	9-10 yo	06:53.0
9		Nash Campbell	RCF	9-10 yo	06:54.1
11		Austin Hight	RCF	9-10 yo	07:05.0
13		Caleb Mcadams	RCF	9-10 yo	07:12.2
19 Total Points		Total Time:		32:04.1	
		Average Time:		06:24.8	

TEAM: WSRR

Place	Points	Name	Team	Age	Time
5	5	Chase Stancik	WSRR	9-10 yo	06:25.8
10	8	Nico Bazakas	WSRR	9-10 yo	07:00.8
12	9	Marcelo Slye	WSRR	9-10 yo	07:10.1
17	12	Quinn Bazakas	WSRR	9-10 yo	07:20.9
19	14	Tennessee Cook	WSRR	9-10 yo	07:31.7
22		Jude Papineau	WSRR	9-10 yo	07:42.3
25		Edmund Faulkner	WSRR	9-10 yo	07:49.6
30		Will Moir	WSRR	9-10 yo	07:57.5
48 Total Points		Total Time:		35:29.3	
		Average Time:		07:05.9	

TEAM: CS

Place	Points	Name	Team	Age	Time
14	10	Toby Kelman	CS	9-10 yo	07:15.7
15	11	James Baker	CS	9-10 yo	07:17.2
18	13	Willy Du	CS	9-10 yo	07:27.4
20	15	Matthew Zhang	CS	9-10 yo	07:36.5
40	20	Oscar Kelman	CS	9-10 yo	08:46.7
44		Henry Tegart	CS	9-10 yo	08:58.9
51		Guna Sen	CS	9-10 yo	12:50.5
69 Total Points		Total Time:		38:23.5	
		Average Time:		07:40.7	

TEAM: FWTC

Place	Points	Name	Team	Age	Time
4	4	Gabe Kolsrud	FWTC	9-10 yo	06:20.2
21	16	Silas Phelps	FWTC	9-10 yo	07:36.7
27	17	Quinnton Sing	FWTC	9-10 yo	07:53.4
28	18	Leo Miramontes	FWTC	9-10 yo	07:54.0
29	19	Cameron Barndt	FWTC	9-10 yo	07:57.0
32		Nery Lopez Tapia	FWTC	9-10 yo	08:15.7
33		Nico Watters	FWTC	9-10 yo	08:17.8
46		Jackson Kramer	FWTC	9-10 yo	09:03.4
74 Total Points		Total Time:		37:41.3	
		Average Time:		07:32.3	

2019 Fall Rust Buster Cross Country Meet

hosted by the West Seattle Road Runners

Saturday, September, 28, 2019 ~ Lincoln Park

11-12 Year Old Girls - 1 mile

Girl's Record - 2019

Netra Anand

CS

06:29.9

Team Results

1st	West Seattle Road Runners	40	4th	Sonic Boom	78
2nd	Cascade Striders	42	5th		
3rd	Rain City Flyers	50	6th		

Individual Results

Plc	Pts	Name	Team	Age	Time	Bib #	Plc	Pts	Name	Team	Age	Time	Bib #
1	1	Netra Anand	CS	11-12 yo	06:29.9	197	31	19	Aidylein Dahlke	SB	11-12 yo	08:30.5	153
2	2	Elle Papineau	WSRR	11-12 yo	06:33.0	46	32		Hailey Moberg	SH	11-12 yo	08:30.7	244
3	3	Kimberly Zhao	CS	11-12 yo	06:41.6	457	33		Maya Surratt	WSRR	11-12 yo	08:47.7	51
4	4	Vala Borgelt	SB	11-12 yo	06:42.6	152	34		Daphne Houghton	WSRR	11-12 yo	08:52.3	44
5	5	Savannah Elger	WSRR	11-12 yo	06:52.4	52	35	20	Sophia Whitaker	SB	11-12 yo	08:54.4	174
6		Tegan Holme	FWTC	11-12 yo	06:53.4	280	36		Julia Darringer	RCF	11-12 yo	09:14.4	320
7	6	Dalia Kinnan	RCF	11-12 yo	06:53.8	464	37		Kailyn Larios	FWTC	11-12 yo	09:36.5	281
8		Ariel Katsel	SH	11-12 yo	06:54.4	247	38						
9	7	Naomi Lorenz	CS	11-12 yo	06:56.8	196	39						
10	8	Elena Latterell	WSRR	11-12 yo	06:57.1	45	40						
11	9	Sonya Carter	RCF	11-12 yo	06:58.4	355	41						
12	10	Anna Kwok	RCF	11-12 yo	06:58.9	422	42						
13	11	Lilly OClair	WSRR	11-12 yo	07:01.5	49	43						
14	12	Rosa Van Niel	RCF	11-12 yo	07:02.3	311	44						
15	13	Ida Bralower	RCF	11-12 yo	07:03.6	426	45						
16	14	Aiko Hirose	WSRR	11-12 yo	07:04.8	43	46						
17		Addison Washburn	WSRR	11-12 yo	07:05.6	42	47						
18	15	Quincy Davis	CS	11-12 yo	07:08.1	198	48						
19		Flannery Ryan	WSRR	11-12 yo	07:17.0	48	49						
20		Sydneh Herzog	RCF	11-12 yo	07:17.4	321	50						
21	16	Elise Young	CS	11-12 yo	07:27.8	195	51						
22		Katie Chin	RB	11-12 yo	07:28.8	460	52						
23		Dahlia Parekh	CS	11-12 yo	07:29.0	194	53						
24		Abi Harding	SH	11-12 yo	07:47.0	246	54						
25		Myllie Seeger	FWTC	11-12 yo	07:47.3	283	55						
26	17	Sydney Davis	SB	11-12 yo	07:52.4	156	56						
27		Zoe Webb	CS	13-14 yo	08:02.8	217	57						
28		Talia Trupin	RCF	11-12 yo	08:08.7	346	58						
29	18	Taya Debock	SB	11-12 yo	08:09.4	157	59						
30		Lucy Stewart	UN	11-12 yo	08:18.3	421	60						

2019 Fall Rust Buster Cross Country Meet

hosted by the West Seattle Road Runners

Saturday, September, 28, 2019 ~ Lincoln Park

Team Scores - 11-12 Year Old Girls - 1 mile

TEAM: WSRR

Place	Points	Name	Team	Age	Time
2	2	Elle Papineau	WSRR	11-12 _{yo}	06:33.0
5	5	Savannah Elger	WSRR	11-12 _{yo}	06:52.4
10	8	Elena Latterell	WSRR	11-12 _{yo}	06:57.1
13	11	Lilly OClaire	WSRR	11-12 _{yo}	07:01.5
16	14	Aiko Hirose	WSRR	11-12 _{yo}	07:04.8
17		Addison Washburn	WSRR	11-12 _{yo}	07:05.6
19		Flannery Ryan	WSRR	11-12 _{yo}	07:17.0
33		Maya Surratt	WSRR	11-12 _{yo}	08:47.7
40 Total Points				Total Time:	34:28.8
				Average Time:	06:53.8

TEAM: CS

Place	Points	Name	Team	Age	Time
1	1	Netra Anand	CS	11-12 _{yo}	06:29.9
3	3	Kimberly Zhao	CS	11-12 _{yo}	06:41.6
9	7	Naomi Lorenz	CS	11-12 _{yo}	06:56.8
18	15	Quincy Davis	CS	11-12 _{yo}	07:08.1
21	16	Elise Young	CS	11-12 _{yo}	07:27.8
23		Dahlia Parekh	CS	11-12 _{yo}	07:29.0
27		Zoe Webb	CS	13-14 _{yo}	08:02.8
42 Total Points				Total Time:	34:44.2
				Average Time:	06:56.8

TEAM: RCF

Place	Points	Name	Team	Age	Time
7	6	Dalia Kinnan	RCF	11-12 _{yo}	06:53.8
11	9	Sonya Carter	RCF	11-12 _{yo}	06:58.4
12	10	Anna Kwok	RCF	11-12 _{yo}	06:58.9
14	12	Rosa Van Niel	RCF	11-12 _{yo}	07:02.3
15	13	Ida Bralower	RCF	11-12 _{yo}	07:03.6
20		Sydneh Herzog	RCF	11-12 _{yo}	07:17.4
28		Talia Trupin	RCF	11-12 _{yo}	08:08.7
36		Julia Darringer	RCF	11-12 _{yo}	09:14.4
50 Total Points				Total Time:	34:57.0
				Average Time:	06:59.4

TEAM: SB

Place	Points	Name	Team	Age	Time
4	4	Vala Borgelt	SB	11-12 _{yo}	06:42.6
26	17	Sydney Davis	SB	11-12 _{yo}	07:52.4
29	18	Taya Debock	SB	11-12 _{yo}	08:09.4
31	19	Aidylein Dahlke	SB	11-12 _{yo}	08:30.5
35	20	Sophia Whitaker	SB	11-12 _{yo}	08:54.4
78 Total Points				Total Time:	40:09.3
				Average Time:	08:01.9

2019 Fall Rust Buster Cross Country Meet

hosted by the West Seattle Road Runners

11-12 Year Old Boys - 1 mile

Boy's Record - 2019

Connor Rickey

CS

05:37.9

Team Results

1st	Cascade Striders	31	4th	Speed Unlimited	84
2nd	Rain City Flyers	33	5th	West Seattle Road Runners	94
3rd	Federal Way Track Club	83	6th		

Individual Results

Plc	Pts	Name	Team	Age	Time	Bib #	Plc	Pts	Name	Team	Age	Time	Bib #
1	1	Connor Rickey	CS	11-12 yo	05:37.9	179	33		Rayhan Sathiq	CS	11-12 yo	07:00.8	184
2	2	Quinten Brooks	SU	11-12 yo	05:48.9	135	34		Phillip Goke	SB	11-12 yo	07:02.3	160
3		Ashton Berwick	SH	11-12 yo	05:51.3	249	35		Connor Whitney-Evans	RCF	11-12 yo	07:06.3	425
4	3	Ethan Urquhart	RCF	11-12 yo	05:54.8	359	36		Milo Campbell	RCF	11-12 yo	07:07.7	351
5	4	Max Billett	RCF	11-12 yo	06:06.4	316	37	19	Finn Gilbert	WSRR	11-12 yo	07:09.9	99
6	5	Cole Mills	CS	11-12 yo	06:07.5	178	38	20	Chance Mason	WSRR	11-12 yo	07:13.5	98
7	6	Jaxon Sheffield	CS	11-12 yo	06:08.6	182	39	21	Tucker Punke	SU	11-12 yo	07:16.9	144
8	7	Riley Magiu	RCF	11-12 yo	06:10.3	442	40	22	Dylan Zehr	FWTC	11-12 yo	07:21.3	287
9	8	Davis Kelsey	CS	11-12 yo	06:11.1	454	41		Nick Wittman	RCF	11-12 yo	07:23.5	463
10	9	Aaron Batho	RCF	11-12 yo	06:11.3	362	42		Sam Grannis	RCF	11-12 yo	07:25.0	461
11	10	Huston Campbell	RCF	11-12 yo	06:16.0	352	43		Hawker Nostrom	FWTC	11-12 yo	07:26.4	292
12	11	Noam Rafalovich	CS	11-12 yo	06:16.2	192	44		Polk Barker	RCF	11-12 yo	07:27.0	322
13		Caden Armes	RCF	11-12 yo	06:17.2	329	45		Gage Doyle	FWTC	11-12 yo	07:27.3	288
14		William Leonard	CS	11-12 yo	06:17.8	191	46		Evan Jakubek	RCF	11-12 yo	07:28.2	305
15		Kingston Shillito	RB	11-12 yo	06:19.3	445	47	23	Jet Swart	WSRR	11-12 yo	07:30.2	102
16		Rodrigo Montano	CS	11-12 yo	06:20.7	187	48		Joshua Cohen	RB	11-12 yo	07:34.3	462
17		Gilbert Forrester	RCF	11-12 yo	06:22.5	314	49	24	Jonathan Xie	SU	11-12 yo	07:40.1	149
18	12	Jack Punke	SU	11-12 yo	06:25.8	145	50		Syth Strasser	SB	11-12 yo	07:41.3	172
19		Leo Stien	RCF	11-12 yo	06:28.3	405	51	25	Ford Martin	SU	11-12 yo	07:42.9	142
20	13	Brock Reade	FWTC	11-12 yo	06:28.7	290	52		Griffin Spottswood	CS	11-12 yo	07:46.7	181
21	14	William Frederick	WSRR	11-12 yo	06:29.8	103	53		Brayden Forcum	WSRR	11-12 yo	07:49.4	96
22	15	Alex Miramontes	FWTC	11-12 yo	06:30.5	289	54		Finnegan Cook	WSRR	11-12 yo	08:01.8	100
23	16	Ronan Barringer	FWTC	11-12 yo	06:30.9	293	55		Robbie Morris	CS	11-12 yo	08:05.2	186
24		Will Jackson	RCF	11-12 yo	06:31.8	353	56		Raghav Ranganathan	CS	11-12 yo	08:06.4	193
25		Tamir Stern	CS	11-12 yo	06:34.1	190	57		Srivas Kandukuri	CS	11-12 yo	08:08.2	189
26	17	Jude Dooley	FWTC	11-12 yo	06:39.0	286	58		Joseph Rush	FWTC	11-12 yo	08:09.3	285
27		Asher Lee	CS	11-12 yo	06:40.3	177	59		Aidan Busby	WSRR	11-12 yo	08:33.4	95
28		Dawson Berwick	SH	11-12 yo	06:42.1	248	60		Owen Bartkiw	RCF	11-12 yo	08:52.4	409
29		Cole Shilley	SB	11-12 yo	06:42.3	169	61		Gregory LaBonte	RCF	11-12 yo	09:00.3	468
30	18	Cash Nowicki	WSRR	11-12 yo	06:57.6	97	62		Jack Hembrow	WSRR	11-12 yo	09:24.5	101
31		Jonah Parda-Jay	RCF	11-12 yo	06:58.3	338	63		Manuel Martinez	CS	11-12 yo	12:16.3	183
32		Mazama Martin	RCF	11-12 yo	06:58.6	344							

2019 Fall Rust Buster Cross Country Meet

hosted by the West Seattle Road Runners

Team Scores - 11-12 Year Old Boys - 1 mile

TEAM: CS

Place	Points	Name	Team	Age	Time
1	1	Connor Rickey	CS	11-12 yo	05:37.9
6	5	Cole Mills	CS	11-12 yo	06:07.5
7	6	Jaxon Sheffield	CS	11-12 yo	06:08.6
9	8	Davis Kelsey	CS	11-12 yo	06:11.1
12	11	Noam Rafalovich	CS	11-12 yo	06:16.2
14		William Leonard	CS	11-12 yo	06:17.8
16		Rodrigo Montano	CS	11-12 yo	06:20.7
25		Tamir Stern	CS	11-12 yo	06:34.1
31 Total Points		Total Time:		30:21.3	
		Average Time:		06:04.3	

TEAM: RCF

Place	Points	Name	Team	Age	Time
4	3	Ethan Urquhart	RCF	11-12 yo	05:54.8
5	4	Max Billett	RCF	11-12 yo	06:06.4
8	7	Riley Magiu	RCF	11-12 yo	06:10.3
10	9	Aaron Batho	RCF	11-12 yo	06:11.3
11	10	Huston Campbell	RCF	11-12 yo	06:16.0
13		Caden Armes	RCF	11-12 yo	06:17.2
17		Gilbert Forrester	RCF	11-12 yo	06:22.5
19		Leo Stien	RCF	11-12 yo	06:28.3
33 Total Points		Total Time:		30:38.8	
		Average Time:		06:07.8	

TEAM: FWTC

Place	Points	Name	Team	Age	Time
20	13	Brock Reade	FWTC	11-12 yo	06:28.7
22	15	Alex Miramontes	FWTC	11-12 yo	06:30.5
23	16	Ronan Barringer	FWTC	11-12 yo	06:30.9
26	17	Jude Dooley	FWTC	11-12 yo	06:39.0
40	22	Dylan Zehr	FWTC	11-12 yo	07:21.3
43		Hawker Nostrom	FWTC	11-12 yo	07:26.4
45		Gage Doyle	FWTC	11-12 yo	07:27.3
58		Joseph Rush	FWTC	11-12 yo	08:09.3
83 Total Points		Total Time:		33:30.4	
		Average Time:		06:42.1	

TEAM: SU

Place	Points	Name	Team	Age	Time
2	2	Quinten Brooks	SU	11-12 yo	05:48.9
18	12	Jack Punke	SU	11-12 yo	06:25.8
39	21	Tucker Punke	SU	11-12 yo	07:16.9
49	24	Jonathan Xie	SU	11-12 yo	07:40.1
51	25	Ford Martin	SU	11-12 yo	07:42.9
84 Total Points		Total Time:		34:54.6	
		Average Time:		06:58.9	

TEAM: WSRR

Place	Points	Name	Team	Age	Time
21	14	William Frederick	WSRR	11-12 yo	06:29.8
30	18	Cash Nowicki	WSRR	11-12 yo	06:57.6
37	19	Finn Gilbert	WSRR	11-12 yo	07:09.9
38	20	Chance Mason	WSRR	11-12 yo	07:13.5
47	23	Jet Swart	WSRR	11-12 yo	07:30.2
53		Brayden Forcum	WSRR	11-12 yo	07:49.4
54		Finnegan Cook	WSRR	11-12 yo	08:01.8
59		Aidan Busby	WSRR	11-12 yo	08:33.4
94 Total Points		Total Time:		35:21.0	
		Average Time:		07:04.2	

2019 Fall Rust Buster Cross Country Meet

hosted by the West Seattle Road Runners

Saturday, September, 28, 2019 ~ Lincoln Park

13-14 Year Old Girls - 3K

Girl's Record - 2019

Ella Budden

SU

11:08.8

Team Results

1st	Rain City Flyers	22	4th		
2nd	West Seattle Road Runners	33	5th		
3rd			6th		

Individual Results

Plc	Pts	Name	Team	Age	Time	Bib #	Plc	Pts	Name	Team	Age	Time	Bib #
1		Ella Budden	SU	13-14 yo	11:08.8	136	31						
2		Julia Couch	FWTC	13-14 yo	11:52.3	295	32						
3		Katelyn Glloway	FWTC	13-14 yo	11:55.9	451	33						
4		Hannah Lorenz	CS	13-14 yo	12:49.6	213	34						
5	1	Chloe Bargfrede	RCF	13-14 yo	13:00.0	332	35						
6		Sophie Hollinger	SU	13-14 yo	13:06.3	139	36						
7	2	Sophia Litton	WSRR	13-14 yo	13:07.4	58	37						
8	3	Emma Boyce	RCF	13-14 yo	13:08.9	342	38						
9	4	Sierra Mason	WSRR	13-14 yo	13:23.8	57	39						
10	5	Brooklyn Welch	RCF	13-14 yo	13:34.0	312	40						
11		Nicole Mihaylova	CS	13-14 yo	13:34.5	214	41						
12	6	Kate Fox	RCF	13-14 yo	14:09.4	331	42						
13		Yesenia Soriano	FWTC	13-14 yo	14:17.7	296	43						
14	7	Mia Abigail Mayachar	RCF	13-14 yo	14:51.7	411	44						
15		Mary Rush	FWTC	13-14 yo	15:07.6	294	45						
16		Allison Eichenberger	CS	13-14 yo	15:29.2	209	46						
17		Raina Briggs	RB	13-14 yo	16:23.1	452	47						
18		Brienz Dahlke	SB	13-14 yo	16:39.3	154	48						
19		Lydia Liwanag	SB	13-14 yo	17:02.5	166	49						
20		Rachel Lorenz	CS	13-14 yo	17:43.7	447	50						
21	8	Jordyn Brathwaite	WSRR	13-14 yo	19:05.8	54	51						
22	9	Ruby Kerwin	WSRR	13-14 yo	19:17.1	56	52						
23	10	Jacqueline Martin	WSRR	13-14 yo	19:19.6	53	53						
24		Stella Klem	WSRR	13-14 yo	22:41.3	59	54						
25		Lily Mount	WSRR	13-14 yo	22:42.5	55	55						
26							56						
27							57						
28							58						
29							59						
30							60						

2019 Fall Rust Buster Cross Country Meet

hosted by the West Seattle Road Runners

Saturday, September, 28, 2019 ~ Lincoln Park

Team Scores - 13-14 Year Old Girls - 3K

TEAM: RCF

Place	Points	Name	Team	Age	Time
5	1	Chloe Bargfrede	RCF	13-14 yo	13:00.0
8	3	Emma Boyce	RCF	13-14 yo	13:08.9
10	5	Brooklyn Welch	RCF	13-14 yo	13:34.0
12	6	Kate Fox	RCF	13-14 yo	14:09.4
14	7	Mia Abigail Mayachar	RCF	13-14 yo	14:51.7
22 Total Points		Total Time:		08:44.0	
		Average Time:		13:44.8	

TEAM: WSRR

Place	Points	Name	Team	Age	Time
7	2	Sophia Litton	WSRR	13-14 yo	13:07.4
9	4	Sierra Mason	WSRR	13-14 yo	13:23.8
21	8	Jordyn Brathwaite	WSRR	13-14 yo	19:05.8
22	9	Ruby Kerwin	WSRR	13-14 yo	19:17.1
23	10	Jacqueline Martin	WSRR	13-14 yo	19:19.6
24		Stella Klem	WSRR	13-14 yo	22:41.3
25		Lily Mount	WSRR	13-14 yo	22:42.5
33 Total Points		Total Time:		24:13.7	
		Average Time:		16:50.7	

2019 Fall Rust Buster Cross Country Meet

hosted by the West Seattle Road Runners

Saturday, September, 28, 2019 ~ Lincoln Park

13-14 Year Old Boys - 3K

Boy's Record - 2019

Will Sandnes

RCF

10:19.3

Team Results

1st	Rain City Flyers	23	4th		
2nd	Cascade Striders	32	5th		
3rd	West Seattle Road Runners	65	6th		

Individual Results

Plc	Pts	Name	Team	Age	Time	Bib #	Plc	Pts	Name	Team	Age	Time	Bib #
1	1	Will Sandnes	RCF	13-14 yo	10:19.3	466	31		Jason Mount	WSRR	13-14 yo	20:56.6	107
2	2	Sam Schubert	RCF	13-14 yo	10:29.8	328	32						
3	3	Andres Dunne-Loper	RCF	13-14 yo	10:39.1	465	33						
4	4	Brennen Rickey	CS	13-14 yo	10:48.5	199	34						
5	5	Zohar Rafalovich	CS	13-14 yo	11:13.4	208	35						
6	6	Daniel Montano	CS	13-14 yo	11:26.8	200	36						
7		Hudson Atrosh	SU	13-14 yo	11:31.0	134	37						
8	7	Zack Wilkins	CS	13-14 yo	11:41.7	207	38						
9	8	Joe Flora	RCF	13-14 yo	11:51.2	319	39						
10	9	Duncan Frisbie-Smith	RCF	13-14 yo	11:56.8	341	40						
11	10	Toren Christensen	CS	13-14 yo	12:08.8	205	41						
12		Brennen Bowman	SH	13-14 yo	12:14.2	250	42						
13		Aaron Beltran	FWTC	13-14 yo	12:32.1	298	43						
14		Nathan Hudders	RCF	13-14 yo	12:35.3	435	44						
15		Jack Bigelow	RCF	13-14 yo	12:37.1	348	45						
16	11	Taylor Frederick	WSRR	13-14 yo	12:39.4	109	46						
17		Cameron Trichel	SU	13-14 yo	12:48.6	148	47						
18	12	Isaak Friis-Alfers	WSRR	13-14 yo	13:15.2	106	48						
19		Michael Bowles	SH	13-14 yo	13:16.3	302	49						
20		Jasper Cabanier	RCF	13-14 yo	13:18.2	315	50						
21	13	Connor Delaney	WSRR	13-14 yo	13:40.4	104	51						
22	14	Owen Hill	WSRR	13-14 yo	14:28.8	108	52						
23		Carter Garrison	RCF	13-14 yo	14:34.1	354	53						
24		Theodore Wiplinger	RCF	13-14 yo	14:34.9	357	54						
25		Matthew Bedrosian	CS	13-14 yo	14:56.1	203	55						
26		Simeon Mcadams	RCF	13-14 yo	15:02.0	318	56						
27		Orion Koosman	FWTC	13-14 yo	15:06.4	297	57						
28		Mihir Nair	CS	13-14 yo	16:00.2	204	58						
29		Antoine Artigalas	RCF	13-14 yo	16:49.2	470	59						
30	15	Finnegan Liddell	WSRR	13-1	20:56.2	105	60						

2019 Fall Rust Buster Cross Country Meet

hosted by the West Seattle Road Runners

Saturday, September, 28, 2019 ~ Lincoln Park

Team Scores - 13-14 Year Old Boys - 3K

TEAM: RCF

Place	Points	Name	Team	Age	Time
1	1	Will Sandnes	RCF	13-14 yo	10:19.3
2	2	Sam Schubert	RCF	13-14 yo	10:29.8
3	3	Andres Dunne-Loper	RCF	13-14 yo	10:39.1
9	8	Joe Flora	RCF	13-14 yo	11:51.2
10	9	Duncan Frisbie-Smith	RCF	13-14 yo	11:56.8
14		Nathan Hudders	RCF	13-14 yo	12:35.3
15		Jack Bigelow	RCF	13-14 yo	12:37.1
20		Jasper Cabanier	RCF	13-14 yo	13:18.2
23		Total Points		Total Time:	55:16.2
				Average Time:	11:03.2

TEAM: CS

Place	Points	Name	Team	Age	Time
4	4	Brennen Rickey	CS	13-14 yo	10:48.5
5	5	Zohar Rafalovich	CS	13-14 yo	11:13.4
6	6	Daniel Montano	CS	13-14 yo	11:26.8
8	7	Zack Wilkins	CS	13-14 yo	11:41.7
11	10	Toren Christensen	CS	13-14 yo	12:08.8
25		Matthew Bedrosian	CS	13-14 yo	14:56.1
28		Mihir Nair	CS	13-14 yo	16:00.2
32		Total Points		Total Time:	57:19.2
				Average Time:	11:27.8

TEAM: WSRR

Place	Points	Name	Team	Age	Time
16	11	Taylor Frederick	WSRR	13-14 yo	12:39.4
18	12	Isaak Friis-Alfers	WSRR	13-14 yo	13:15.2
21	13	Connor Delaney	WSRR	13-14 yo	13:40.4
22	14	Owen Hill	WSRR	13-14 yo	14:28.8
30	15	Finnegan Liddell	WSRR	13-14 yo	20:56.2
31		Jason Mount	WSRR	13-14 yo	20:56.6
65		Total Points		Total Time:	15:00.0
				Average Time:	15:00.0

2019 Fall Rust Buster Cross Country Meet

hosted by the West Seattle Road Runners

Saturday, September, 28, 2019 ~ Lincoln Park

15-18 Year Old Boys - 3K

Men's Record - 2019

Kyllor Strasser

SB

19:05.8

Team Results

1st			4th		
2nd			5th		
3rd			6th		

Individual Results

Plc	Pts	Name	Team	Age	Time	Bib #	Plc	Pts	Name	Team	Age	Time	Bib #
1		Kyllor Strasser	SB	15-18 yo	19:05.8	171	31						
2							32						
3							33						
4							34						
5							35						
6							36						
7							37						
8							38						
9							39						
10							40						
11							41						
12							42						
13							43						
14							44						
15							45						
16							46						
17							47						
18							48						
19							49						
20							50						
21							51						
22							52						
23							53						
24							54						
25							55						
26							56						
27							57						
28							58						
29							59						
30							60						

2019 Fall Rust Buster Cross Country Meet

hosted by the West Seattle Road Runners

Saturday, September, 28, 2019 ~ Lincoln Park

Parent / Coaches / Open - 1 mile

Record - 2019

James Powell

WSRR

05:29.5

Team Results

1st	West Seattle Road Runners	15	4th		
2nd			5th		
3rd			6th		

Individual Results

Plc	Pts	Name	Team	Age	Time	Bib #	Plc	Pts	Name	Team	Age	Time	Bib #
1	1	James Powell	WSRR	Open	05:29.5	13	31						
2		Andrew Leonard	CS	Open	05:42.5	459	32						
3		Brad Harding	SH	Open	05:45.7	471	33						
4	2	Jeff Permuy	WSRR	Open	05:57.2	112	34						
5	3	Marc Papineau	WSRR	Open	06:00.9	11	35						
6		Mark Dooley	FWTC	Open	06:01.5	301	36						
7	4	Steve Ross	WSRR	Open	06:16.6	475	37						
8		Mason Bowman	SH	Open	06:30.3	455	38						
9	5	Dave Moir	WSRR	Open	06:48.3	114	39						
10		Lucy Minnig	WSRR	11-12 yo	06:53.3	50	40						
11		Chris Faulkner	WSRR	Open	07:07.5	473	41						
12		Marissa Sitzmann	WSRR	Open	07:17.1	472	42						
13		Elsa Minnig	WSRR	11-12 yo	07:21.4	47	43						
14		Andy Mason	WSRR	Open	07:30.7	113	44						
15		Kevin Goke	SB	Open	08:24.3	176	45						
16		Flora Gallony	FWTC	Open	08:45.3	449	46						
17		Sarah Dooley	FWTC	Open	09:34.8	300	47						
18		Athena Frederick	WSRR	Open		469	48						
19							49						
20							50						
21							51						
22							52						
23							53						
24							54						
25							55						
26							56						
27							57						
28							58						
29							59						
30							60						

2019 Fall Rust Buster Cross Country Meet

hosted by the West Seattle Road Runners

Saturday, September, 28, 2019 ~ Lincoln Park

Team Scores - Parent / Coaches / Open - 1 mile

TEAM: WSRR

Place	Points	Name	Team	Age	Time
1	1	James Powell	WSRR	Open	05:29.5
4	2	Jeff Permuy	WSRR	Open	05:57.2
5	3	Marc Papineau	WSRR	Open	06:00.9
7	4	Steve Ross	WSRR	Open	06:16.6
9	5	Dave Moir	WSRR	Open	06:48.3
15		Total Points	Total Time:	30:32.5	
			Average Time:	06:06.5	