

**DCRRC One-Mile Track Championship**  
**Wednesday, July 28, 2004**  
**Arlington, VA**

**MILE RESULTS BY HEAT**

Heat 1 - Childrens' Mile (coed)

1. Tiffany Davis	13F	7:07.93
2. Ethan Wham	12	7:18.53
3. Tim Steis	12	7:56.33
4. Beth Blank	9F	8:52.33
5. Allegra Aaronson	7F	9:46.01

Heat 2 - Women's Mile

1. Laura Turner	24	5:28.96
2. Sharon Wilson	25	5:47.06
3. Pourcet	36	5:59.37
4. Robin Martz	34	6:02.70
5. Melissa Edeburn	44	6:17.78
6. Toni Marie Diegoli	26	6:25.77
7. Marisa Guarinello	24	6:30.37
8. Erika Kuswa	30	6:37.20
9. Marian Jarlenski	26	6:38.47
10. Chandra Flood	30	6:44.90
11. Susan Aaronson	50	6:49.88
12. Jennifer Popovic	30	6:51.00
13. Gwendolyn Bevis	42	6:53.43
14. Dara Schulman	28	6:56.74
15. Unknown Runner	16	7:01.47
16. Anna Occhialino	32	7:22.66
17. Blair Jones	60	9:09.24
18. Chris Caravoulas	49	10:10.92

Heat 3 - Master Men's Mile

1. George Buckheit	47	4:49.30
2. Gary Grillo	40	4:51.86
3. Ted Poulos	42	4:53.30
4. David Breg	40	4:59.73
5. Paul Ryan	53	5:09.48
6. R. Robinson	43	5:11.70
7. Dan Eddy	53	5:12.15
8. Nils Lindenblad	41	5:17.94
9. Lionel Scatliffe	50	5:20.19
10. Hugh Davis	40	5:24.64
11. Bill Bolles	43	5:32.05
12. Stephen Easley	47	5:32.50
13. Jerry Merkel	52	5:33.57
14. Jim Noone	60	5:35.40
15. Jim Darr	49	5:39.62
16. Doug Wham	51	5:42.58
17. Kirk Gordon	48	5:44.27
18. Amir Alibabair	42	5:48.51

19. Patrick Hinderdael	45	5:51.09
20. Mike Ducker	34	5:51.99
21. Dave Crawford	50	5:54.25
22. Jay Wind	54	5:55.60
23. Steve Forman	64	5:57.18
24. Peter Blank	49	5:58.08
25. James Scarborough	46	6:03.76
26. Bob Platt	53	6:22.91
27. Greg Chaconas	58	6:28.86
28. Peter Lamberton	52	6:38.25
29. Jim Verdier	62	6:38.88
30. John Winkert	48	7:38.21
31. Roger Hoskin	57	7:51.15
32. Tim Ramsey	45	8:32.19
33. Ed Demoney	70	8:58.16
34. Walt Washburn	81	8:59.47
35. Fred Hauschildt	57	10:57.00

#### Heat 4 - Men's Open Mile

1. JJ Gilday	29	5:01.73
2. Tony Mick	26	5:07.78
3. RB Brill	27	5:17.31
4. Chris Sabatini	39	5:18.68
5. Michael Glikes	37	5:19.58
6. Evan Roberts	33	5:20.00
7. Lauren Bullis	34	5:20.20
8. Tom Matzke	33	5:21.20
9. NO CARD	--	5:23.16
10. Tom Stone	38	5:23.70
11. Matthew Chesnes	25	5:24.18
12. Joe Lydon	40	5:24.70
13. Rob Davies	35	5:28.17
14. Evan Flint	28	5:34.25
15. Dexter Steis	31	5:54.20
16. Chris Byers	25	5:55.19
17. Stephen Rothandler	36	6:01.79
18. Owen Burr ridge	15	6:05.78
19. Chris Kupczyk	34	6:06.29
20. Kirk Gordon	48	6:08.99
21. John Garry	30	6:10.19
22. Sean Lang	16	6:22.94
23. Rob Morrison	38	6:31.96
24. Aaron Cheskis	29	6:39.39
25. Judd Devermont	26	6:43.49
26. Douglas Kelly	38	6:26.93
27. Peter Lamberton	52	7:42.12

#### Heat 5 - Elite Mile (coed)

1. Rick Rourke	26	4:23.29
2. Dave Confrote	25	4:30.82
3. Brian Tullis	30	4:33.41
4. Luke Merkel	20	4:35.73
5. Kyle Barrett	22	4:36.08
6. Tony Viviani	19	4:37.92

7. Greg Holden	24	4:41.69
8. Elijah Shekinah	26	4:44.43
9. Mike Fox-Boyd	25	4:48.19
10. Danny Bennett	33	4:50.94
11. Andrew Shearer	40	4:51.68
12. Kenny Evans	19	4:53.88
13. Matt Tebbe	28	4:54.20
14. Ryan Korby	20	5:06.79
15. E. Vincent	25	5:07.52
16. Susanna Kvasnicka	32F	5:08.67
17. Joshua Seidman	35	5:11.42
18. Ted Poulos	42	5:26.69

Heat 6 - One Mile Racewalk (coed)

1. Peter Blank	49	9:49.85
2. John Winkert	48	10:22.58
3. Jay Wind	54	12:10.59
4. Peter Lamberton	52	12:11.05
5. Chris Caravoulis	49F	12:39.97
6. Beth Blank	9F	14:18.19

**3000 Meter Track Championship**  
**Wednesday, July 28, 2004**  
**Arlington, VA**

**3000 Meter Results by Heat**

Heat 7 - Women's 3000 Meters

1. Laura Turner	24	10:44.96
2. Jeanetta Dunbrell	35	11:51.50
3. Robin Martz	34	12:37.50
4. Melissa Edeburn	44	12:39.20
5. Erika Kuswa	30	12:46.28
6. Toni Marie Diegoli	25	12:53.35
7. Gwendolyn Bevis	42	13:44.45
8. Jennifer Sample	29	13:57.94
9. Tiffany Davis	13	14:37.11
10. A. Occhialino	32	14:43.30
11. Dara Schulman	28	14:44.97
12. Blair Jones	60	17:36.62
13. Chris Caravoulis	49	19:57.00

Heat 8 – Master Men's 3000 Meters

1. Gary Grillo	40	9:59.55
2. Ted Poulos	42	10:26.87
3. Chris Sabatini	39	10:30.54
4. Rich Robinson	43	10:32.50
5. Paul Rapavi	47	10:36.77
6. John Arbab	44	11:02.57
7. Lionel Scatliffe	50	11:03.69
8. Mike Ducker	34	11:11.82
9. Hugh Davis	40	11:15.91

10. Dave Crawford	54	11:24.75
11. Jim Noone	60	11:25.91
12. Jay Wind	54	11:30.46
13. Jerry Merkel	52	11:38.78
14. Steve Easley	47	11:46.58
15. Patrick Hinderdael	45	12:06.08
16. Kirk Gordon	48	12:10.85
17. Steve Forman	64	12:11.22
18. Bob Benson	48	12:45.55
19. James Scarborough	46	12:47.67
20. Greg Chaconas	58	12:51.57
21. Bob Platt	53	13:02.42
22. David Gearin	59	13:15.17
23. Peter Blank	49	13:31.46
24. Peter Lamberton	52	14:23.68
25. David Alexander	45	14:41.49
26. Jim Burrige	59	14:48.70
27. J. Deverment	25	15:13.17
28. John Winkert	48	15:37.23
29. Tim Ramsey	45	17:33.28
30. Ed Demoney	70	17:37.82
31. Walt Washburn	81	17:42.08
32. Fred Hauschildt	57	19:23.21

#### Heat 9 - Men's Open 3000 Meters

1. David Conforte	25	9:14.25
2. Brian Tullis	30	9:18.31
3. Joe Racine	26	9:19.12
4. Tony Viviano	19	9:34.98
5. Mike Fox-Boyd	25	9:46.09
6. Kyle Barrett	22	9:55.93
7. Andres Shearer	40	9:57.08
8. Matt Rebbe	28	10:05.35
9. Douglas Kelly	38	10:33.91
10. Tony Mick	26	10:47.46
11. Joshua Seidman	35	10:49.79
12. Michael Kidde	28	10:53.31
13. Unknown Runner		11:15.26
14. Chris Byers	25	11:39.99
15. Kevin Murphy	23	12:41.68
16. Ted Poulos	42	12:58.21
17. David Martz	33	13:00.75
18. Jay Wind	54	14:31.95
19. Peter Lamberton	52	14:51.05