

East Bay Triple Crown Trail Championships

History of Winners

Men's & Women's Open Division

50+ Men: Joe King Cup & 50+ Women: Ruth Anderson Cup

Year	"WIN"	"PLACE"	"SHOW"
2001			
Open Men	Cliff Lentz-3:15:51	Kenn Oldham-3:17:03	Jeff Teeters-3:21:03
Women	Alexandra Classen-3:53:04	Jenny Wong-3:54:18	Beth Vitalis-4:04:49
2002			
Open Men	Kenn Oldham-3:16:15	Jeff Teeters-3:21:29	Jefferson Hartman-3:23:34
Women	Christine Chapon-4:11:43	Caryne Mount-4:15:55	Sue Smith-4:16:55
50+ Men	Dan Anderson-3:39:02	John Smart-3:51:27	Fred Martin-3:53:53
Women	Ifeoma Adams-4:45:19	Elizabeth Gebur-5:21:52	Bobbie Berkman-5:38:18
2003			
Open Men	Jeff Teeters-3:32:03	Abel Eisentraut-3:38:37	Michael Singleton Jr-3:39:27
Women	Jenny Wong-4:01:02	Angela Lilley-Stirm-4:12:58	Suetfei Li-4:18:04
50+ Men	Dan Anderson-3:55:09	Fred Martin-3:56:16	Robert Gormley-4:11:43
Women	Eileen Gardiner-6:21:33	Lillian Shek-6:44:32	Hanna Szoke-7:14:28
2004			
Open Men	Ray Yokai-3:28:55	Jim Stack-3:30:27	Michael Singleton Jr-3:32:18
Women	Katie Litzenberger-3:56:20	Sherry Pierson-4:10:03	Sue Smith-4:29:19
50+ Men	Dan Anderson-3:54:10	Robert Gormley-4:14:01	Steve Sidney-4:20:20
Women	Elizabeth Gebur-5:31:08	Sophie Rheinheimer-6:06:26	
2005			
Open Men	David Monk-3:20:30	Chris Phipps-3:22:02	Jeff Teeters-3:37:04
Women	Juli Morse-Stump-3:56:16	Bean Wrenn-4:01:53	Linda Hora-4:12:43
50+ Men	Joe Schieffer-3:49:03	Dan Anderson-3:57:07	Bart Simmons-4:17:58
Women	Holly Starr-4:46:46	Sunny Blende-5:05:48	Carol Lane-5:50:21
2006			
Open Men	Jeff Teeters-3:33:40	Alex Coate-3:47:12	Andrei Pchenitnikov-3:50:31
Women	Jenny Wong-3:55:36	Tanja Tamguney-4:06:06	Marian Richard-4:23:40
50+ Men	John Pettinichio-3:58:11	Dan Anderson-4:06:12	Arnold Ramos-4:12:54
Women	Maria Briones-4:37:22	Sue Chen-4:58:50	Patricia Etridge-6:18:08
2008			
Open Men	Cliff Lentz-3:24:01	Jeff Teeters-3:33:56	Sylvester Coons-3:42:58
Women	Suzy Kisylia-4:08:47	Sue V.Q. Smith-4:25:22	Jeanine Holmlund-4:33:57
50+ Men	John Pettinichio-3:56:26	Michael Bandrowski-4:26:03	Edward Celestina-4:57:43
Women	Holly Starr-4:49:05	Laura McCreery-4:50:14	Carol Bruton-5:35:16
2009			
Open Men	Ivan Medina-3:19:42	Sylvester Coons-3:31:37	Jeff Teeters-3:43:56
Women	Kelly Tarkowski-4:31:16	Stephanie Kuehn-4:51:35	Jeanine Holmlund-4:57:03
50+ Men	John Pettinichio-4:04:08	Joe Schieffer-4:08:43	Arnold Ramos-4:35:35
Women	Maria Briones-4:36:22	Deanna Stemm-4:48:17	Laura Holl-5:32:08
2010			
Open Men	Andrew Boudreau-3:20:26	Christopher Wendt-3:34:02	Todd Toffoli-3:53:02
Women	Vanessa Meyers-4:01:58	Jennifer Michels-4:11:52	Kelly Tarkowski-4:28:05
50+ Men	Jeff Teeters-3:38:28	Andris Dimits-3:58:49	Terry Hill-4:10:59
Women	Carol Baker-4:37:11	Christine Chapon-4:42:35	Debra Cramer-4:43:58
2011			
Open Men	George Dombroski-3:52:54	Jeremy Notch-3:59:56	Michael Singleton-4:01:11
Women	Sarah Lavender Smith-4:19:44	Kelly Tarkowski-4:32:47	Suzie Jochner-4:34:04
50+ Men	Barry Smith-3:43:32	Andris Dimits-4:06:41	Steve Gregg-4:25:00
Women	Debra Cramer-4:47:04	Christine Chapon-4:50:06	Carol Bruton-5:55:32

2011 EAST BAY TRIPLE CROWN CHAMPIONSHIP RESULTS

<u>Sex</u>	<u>Place</u>	<u>First Name</u>	<u>Last Name</u>	<u>Age</u>	<u>5/15/11 Tilden Tough Ten</u>	<u>6/5/10 Lake Chabot</u>	<u>6/19/10 Woodminster</u>	<u>Cumulative</u>
F	1	Sarah	Lavender Smith	42	1:13:49	1:49:25	1:16:30	4:19:44
F	2	Kelly	Tarkowski	42/43	1:17:10	1:52:33	1:23:04	4:32:47
F	3	Suzie	Jochner	36	1:18:26	1:55:31	1:20:07	4:34:04
F	4	Franziska	Pieren	39/40	1:19:30	1:52:07	1:24:44	4:36:20
F	5	Sue	VQ Smith	41	1:21:30	1:52:33	1:26:06	4:40:09
F	6	Debra	Cramer	53	1:20:34	2:00:42	1:25:48	4:47:04
F	7	Christine	Chapon	53	1:21:07	2:05:15	1:23:44	4:50:06
F	8	Rida	Chow	28	1:28:38	2:07:48	1:31:33	5:08:00
F	9	Cara	Peck	30	1:28:06	2:17:10	1:33:29	5:18:45
F	10	Margo	Meyer	28	1:27:56	2:22:23	1:37:03	5:27:22
F	11	Ann	Sussman	45	1:36:10	2:22:03	1:36:48	5:35:01
F	12	Allegra	Kim	43	1:38:58	2:23:25	1:40:19	5:42:42
F	13	Lauren	Hatfield	36	1:38:05	2:29:38	1:44:25	5:52:07
F	14	Carol	Bruton	58	1:42:54	2:35:15	1:37:23	5:55:32
F	15	Judith	Gallman	50	1:51:09	2:40:02	1:44:50	6:16:02
F	16	Patricia	Etridge	60	1:49:18	2:42:54	1:56:27	6:28:39
F	17	Glenda	Wong	54	1:56:18	2:44:30	1:59:56	6:40:45
F	18	Barbara	Arriaga	45	1:56:47	2:52:02	2:02:47	6:51:35
M	1	Barry	Smith	51/52	1:05:07	1:32:33	1:05:52	3:43:32
M	2	George	Dombroski	42	1:11:21	1:37:25	1:04:09	3:52:54
M	3	Jeremy	Notch	29	1:08:22	1:39:38	1:11:55	3:59:56
M	4	Michael	Singleton	41	1:09:06	1:40:50	1:11:16	4:01:11
M	5	Andris	Dimits	51	1:10:35	1:42:51	1:13:15	4:06:41
M	6	Nicholas	Ferlatte	43	1:11:30	1:43:25	1:12:10	4:07:05
M	7	Steve	Gregg	54	1:16:36	1:52:48	1:15:36	4:25:00
M	8	Khleber	Van Zandt	43	1:17:15	1:55:07	1:18:07	4:30:29
M	9	Jack	Sharp	21	1:23:00	1:54:34	1:17:04	4:34:37
M	10	Scott	Brandon	55	1:19:56	1:56:45	1:21:03	4:37:43
M	11	James	Elliott	45	1:21:55	1:56:32	1:22:02	4:40:29
M	12	John	Nicewonger	44	1:16:25	2:00:14	1:25:45	4:42:24
M	13	Shawn	Hall	42	1:19:54	2:01:46	1:24:06	4:45:46
M	14	Jim	Eckford	55	1:20:54	2:01:51	1:27:39	4:50:23
M	15	Bruce	Leary	60	1:22:40	2:02:17	1:25:44	4:50:41
M	16	Colin	Dixon	52	1:24:01	2:02:46	1:27:02	4:53:49
M	17	George	Drapeau	47	1:23:51	2:07:06	1:27:33	4:58:30
M	18	Matthew	Fillingim	38	1:30:39	2:04:32	1:24:45	4:59:56
M	19	Zygy	Roe-Zurz	28	1:20:28	2:17:02	1:24:24	5:01:54
M	20	Dan	Sharp	51	1:26:46	2:10:45	1:28:01	5:05:32
M	21	Glynn	Evans	54/55	1:21:11	2:15:20	1:31:28	5:07:59
M	22	Rick	Hatcher	41	1:29:50	2:09:56	1:28:36	5:08:22
M	23	Arbin	Kumar	46	1:22:18	2:12:54	1:35:15	5:10:27
M	24	Jin	Murakami	37	1:22:15	2:24:54	1:25:29	5:12:38
M	25	Dan	Scharff	57	1:30:19	2:17:07	1:31:49	5:19:15
M	26	Brian	Lee	47	1:33:37	2:15:38	1:31:19	5:20:34
M	27	Eric	Fuller	30	1:29:20	2:17:23	1:35:15	5:21:59
M	28	John	Pakula	59	1:35:38	2:16:54	1:34:49	5:27:21
M	29	Julios	Ratti	60	1:34:02	2:17:09	1:37:28	5:28:39
M	30	Augusto	Cardoso	44	1:36:13	2:23:16	1:38:19	5:37:48
M	31	Jim	Robson	68	1:44:41	2:32:57	1:46:57	6:04:35
M	32	Steve	Hambalek	55	1:49:40	2:39:53	1:52:15	6:21:47
M	33	Pierre	Thiry	65	1:50:55	2:44:57	1:59:46	6:35:38
M	34	John	Etridge	63	1:57:28	3:12:13	2:00:56	7:10:38

2010 EAST BAY TRIPLE CROWN CHAMPIONSHIP RESULTS

<u>Sex</u>	<u>Place</u>	<u>First Name</u>	<u>Last Name</u>	<u>Age</u>	<u>5/16/10</u> <u>Tilden Tough Ten</u>	<u>6/6/10</u> <u>Lake Chabot</u>	<u>6/20/10</u> <u>Woodminster</u>	<u>Cumulative</u>
F	1	Vanessa	Meyers	31	1:09:25	1:41:06	1:11:27	4:01:58
F	2	Jennifer	Michels	34/35	1:13:37	1:44:31	1:13:44	4:11:52
F	3	Kelly	Tarkowski	42	1:16:34	1:51:38	1:19:53	4:28:05
F	4	* Carol	Baker	50/51	1:20:34	1:54:55	1:21:42	4:37:11
F	5	* Christine	Chapon	52	1:21:53	1:57:50	1:22:52	4:42:35
F	6	* Debra	Cramer	52	1:22:32	1:56:46	1:24:40	4:43:58
F	7	Franziska	Pieren	38/39	1:26:39	1:58:50	1:22:38	4:48:07
F	8	Mechel	Henry	36	1:26:57	2:14:26	1:29:24	5:10:47
F	9	Yvonne	Galinanes	37	1:34:46	2:15:17	1:37:12	5:27:15
F	10	Rida	Chow	27	1:37:07	2:19:34	1:40:45	5:37:26
F	11	Margo	Meyer	27	1:32:27	2:26:21	1:41:29	5:40:17
F	12	Rachel	Ochoa	24	1:40:12	2:30:56	1:40:13	5:51:21
F	13	* Carol	Bruton	57	1:46:21	2:30:56	1:43:31	6:00:48
F	14	Janis	Abbingsole	41	1:44:14	2:49:41	1:45:36	6:19:31
F	15	* Patricia	Etridge	59	1:49:35	2:40:45	1:50:34	6:20:54
F	16	Gina	Rubino	40	1:47:23	2:47:56	1:54:38	6:29:57
M	1	Andrew	Boudreau	39/40	0:59:29	1:22:11	0:58:46	3:20:26
M	2	Christopher	Wendt	19	1:02:54	1:30:19	1:00:49	3:34:02
M	3	* Jeff	Teeters	50	1:04:22	1:29:51	1:04:15	3:38:28
M	4	Todd	Toffoli	29	1:06:57	1:38:09	1:07:56	3:53:02
M	5	Jeremy	Notch	27/28	1:08:42	1:39:48	1:08:01	3:56:31
M	6	* Andris	Dimits	50	1:09:05	1:39:14	1:10:30	3:58:49
M	7	* Terry	Hill	58	1:11:59	1:44:21	1:14:39	4:10:59
M	8	* Lloyd	George	53	1:11:48	1:47:08	1:16:14	4:15:10
M	9	Paul	Mueller	46	1:17:07	1:49:58	1:13:25	4:20:30
M	10	Brandon	Beach	35	1:15:09	1:53:04	1:14:26	4:22:39
M	11	* Kenny	Bright	50	1:17:11	1:51:21	1:17:51	4:26:23
M	12	Renato	Concepcion	42	1:18:20	1:52:11	1:19:21	4:29:52
M	13	* Mike	Bandrowski	53/54	1:17:38	1:54:06	1:18:52	4:30:37
M	14	* Howard	Nathel	52	1:20:00	1:57:27	1:21:46	4:39:13
M	15	James	Elliott	44	1:20:05	1:59:04	1:24:37	4:43:46
M	16	* Jim	Eckford	54	1:20:00	2:01:41	1:23:25	4:45:06
M	17	David	Bowen	49	1:21:10	2:00:42	1:23:24	4:45:16
M	18	* Arnold	Ramos	59	1:19:39	2:01:40	1:27:33	4:48:52
M	19	Arbin	Kumar	45	1:22:28	2:02:00	1:26:16	4:50:44
M	20	Michael	Kuo	39/40	1:24:47	2:02:19	1:24:37	4:51:43
M	21	* Gary	MacPherson	64	1:19:55	2:09:55	1:22:13	4:52:03
M	22	Jack	Sharp	20	1:34:23	1:57:20	1:21:36	4:53:19
M	23	Patrick	Kragen	15	1:20:37	2:02:10	1:37:26	5:00:13
M	24	Jeff	Kragen	47	1:25:39	2:09:50	1:26:30	5:01:59
M	25	* Dan	Sharp	50	1:25:25	2:10:58	1:26:18	5:02:41
M	26	Scott	Polston	43	1:25:28	2:17:15	1:28:27	5:11:10
M	27	Zygy	Roe-Zurz	27	1:18:48	2:26:39	1:28:23	5:13:50
M	28	Matt	Maya	33	1:38:11	2:30:45	1:40:24	5:49:20
M	29	Jamison	Jossis	39	1:33:52	2:26:16	1:54:25	5:54:33
M	30	* John	Etridge	62	1:51:20	2:43:55	1:50:20	6:25:35

* Ruth Anderson Cup (50+)

Joe King Cup (50+)

2009 EAST BAY TRIPLE CROWN CHAMPIONSHIP RESULTS

Sex	Place	First Name	Last Name	Age	5/17/09	6/7/09	6/21/09	Cumulative
					Tilden Tough Ten	Lake Chabot	Woodminster	
F	1	Kelly	Tarkowski	41	1:22:52	1:50:37	1:17:47	4:31:16
F	2	Maria	Briones	53	1:21:33	1:53:58	1:20:51	4:36:22
F	3	Deanna	Stemm	50	1:27:36	1:58:38	1:22:03	4:48:17
F	4	Stephanie	Kuehn	35	1:27:29	1:58:45	1:25:21	4:51:35
F	5	Jeanine	Holmlund	44	1:36:51	1:57:45	1:22:27	4:57:03
F	6	Franziska	Pieren	37/38	1:32:06	2:02:54	1:27:57	5:02:57
F	7	Mechel	Henry	35	1:35:08	2:05:44	1:25:24	5:06:16
F	8	Lauren	Vigliotti	31/32	1:32:59	2:08:30	1:35:06	5:16:35
F	9	Sherilyn	Adams	43	1:40:52	2:13:57	1:32:44	5:27:33
F	10	Laura	Holl	53	1:43:59	2:15:26	1:32:43	5:32:08
F	11	Pamela	Ben Rached	43	1:37:03	2:17:26	1:39:23	5:33:52
F	12	Sabrina	Okada	45	1:50:33	2:13:28	1:34:11	5:38:12
F	13	Ellen	Troth	62	1:50:38	2:18:31	1:34:38	5:43:47
F	14	Erin	Alday	35	1:51:52	2:25:32	1:37:27	5:54:51
F	15	Patty	Holman	44	2:03:56	2:29:20	1:41:22	6:14:38
F	16	Gina	Rubino	39	2:02:12	2:30:26	1:44:33	6:17:11
F	17	Kimberley	Bean	51	2:01:58	2:30:39	1:45:31	6:18:08
F	18	Kathy	Woolcock	58	2:12:57	2:29:35	1:46:06	6:28:38
F	19	Patricia	Etridge	58	2:02:48	2:40:10	2:06:07	6:49:05
M	1	Ivan	Medina	22	0:59:29	1:21:30	0:58:43	3:19:42
M	2	Sylvester	Coons	35	1:05:38	1:25:59	1:00:00	3:31:37
M	3	Jeff	Teeters	49	1:07:17	1:30:41	1:05:58	3:43:56
M	4	Andris	Dimits	49	1:11:07	1:37:08	1:10:20	3:58:35
M	5	John	Pettinichio	53	1:13:58	1:38:57	1:11:13	4:04:08
M	6	Kerry	Easthope	41	1:13:27	1:38:02	1:14:58	4:06:27
M	7	Joe	Schieffer	58	1:12:51	1:44:09	1:11:43	4:08:43
M	8	Karl	Cole-Frieman	39	1:13:17	1:44:54	1:13:19	4:11:30
M	9	Jody	Madsen	39	1:23:22	1:51:05	1:16:13	4:30:40
M	10	Arnold	Ramos	58	1:22:16	1:51:15	1:22:04	4:35:35
M	11	Mike	Bandrowski	52	1:24:56	1:53:47	1:17:00	4:35:43
M	12	Troy	Windsor	41	1:20:38	1:54:58	1:20:09	4:35:45
M	13	Francisco	Juarez	41	1:17:47	1:48:30	1:31:14	4:37:31
M	14	Renato	Concepcion	41	1:23:26	1:52:55	1:21:18	4:37:39
M	15	Lance	Fong	48	1:20:02	1:58:43	1:19:04	4:37:49
M	16	Hector	Estrada	41	1:33:28	1:53:34	1:21:02	4:48:04
M	17	Scott	Polston	42	1:28:05	2:04:28	1:25:22	4:57:55
M	18	Ken	Ross	53	1:29:14	2:03:13	1:25:40	4:58:07
M	19	David	Bowen	48	1:27:50	2:10:41	1:23:40	5:02:11
M	20	Arbin	Kumar	45	1:39:07	2:00:54	1:24:18	5:04:19
M	21	Vince	Camacho	39	1:37:52	2:06:58	1:23:44	5:08:34
M	22	Craig	Emmons	40	1:36:28	2:05:08	1:29:04	5:10:40
M	23	Chris	Giuntoli	46	1:32:58	2:08:30	1:31:30	5:12:58
M	24	Rick	Hatcher	39	1:39:47	2:07:36	1:28:45	5:16:08
M	25	Charlie	Ferguson	44	1:37:31	2:11:36	1:29:49	5:18:56
M	26	Michael	Cowan	50	1:41:05	2:09:10	1:29:48	5:20:03
M	27	Dennis	Parsons	49	1:42:21	2:12:01	1:32:21	5:26:43
M	28	Bill	Merrell	45	1:38:29	2:12:28	1:38:01	5:28:58
M	29	Peter	Murphy	37	1:45:58	2:16:25	1:30:49	5:33:12
M	30	Matthew	Fillingim	36	1:50:07	2:16:05	1:29:37	5:35:49
M	31	John	Bautista	40	1:48:11	2:19:16	1:42:44	5:50:11
M	32	Matt	Maya	32	1:48:09	2:22:42	1:39:41	5:50:32
M	33	Tom	Swain	50	1:52:05	2:26:20	1:42:47	6:01:12
M	34	Cyrus	Musiker	56	2:02:21	2:28:52	1:40:51	6:12:04
M	35	Mark	Magers	51	2:03:48	2:30:25	1:41:24	6:15:37
M	36	Ian	Parsons	14/15	1:53:03	2:46:34	1:36:30	6:16:07
M	37	John	Etridge	61	2:13:03	2:53:19	2:02:08	7:08:30