

**9/29/09 Brea Invite at Carbon Canyon Park – 5k Course**  
**(Increasingly warm, rolling, with 1 big hill, slow footing)**

|     | <u>Athlete</u>     |    | <u>5k</u> | <u>1m</u> | <u>2m</u> | <u>3m</u> | <u>Notes</u>                  |
|-----|--------------------|----|-----------|-----------|-----------|-----------|-------------------------------|
| 1.  | Anthony Castro     | 11 | 16:24     | 5:02      | 5:48      | 5:08      | 4 <sup>th</sup> overall       |
| 2.  | Ben Mejia          | 32 | 16:47     | 5:15      | 5:59      | 5:01      | 1 <sup>st</sup> Coaches' Race |
| 3.  | Kelly Hernandez    | 11 | 17:00     | 5:10      | 6:02      | 5:16      | 13 <sup>th</sup> overall      |
| 4.  | Austin Goodheart   | 12 | 17:12     | 5:13      | 6:09      | 5:21      | 19 <sup>th</sup> overall      |
| 5.  | Austin Mendoza     | 10 | 17:26     | 5:15      | 6:09      | 5:30      |                               |
| 6.  | Shin Yamamura      | 11 | 17:45     | 5:18      | 6:10      | 5:44      |                               |
| 7.  | David Reber        | 10 | 18:12     | 5:41      | 6:28      | 5:30      |                               |
| 8.  | Nick Orozco        | 11 | 18:13     | 5:33      | 6:27      | 5:32      |                               |
| 9.  | Cameron Bullock    | 10 | 18:27     | 5:41      | 6:35      | 5:38      |                               |
| 10. | Neill Netzeband    | 12 | 18:38     | 5:31      | 6:34      | 6:00      |                               |
| 11. | Tim McDougall      | 11 | 19:11     | 6:05      | 6:39      | 5:53      |                               |
| 12. | Ryan Kabala        | 11 | 19:18     | 6:02      | 6:50      | 5:51      |                               |
| 13. | Jon Carlo Nunez    | 11 | 19:23     | 6:07      | 6:50      | 5:52      |                               |
| 14. | Chris Vega         | 10 | 19:41     | 6:08      | 7:19      | 5:31      |                               |
| 15. | Christian Arranaga | 11 | 20:05     | 6:10      | 7:04      | 6:08      |                               |
| 16. | Bryan Cisneros     | 10 | 20:11     | 6:14      | 7:22      | 5:52      |                               |
| 17. | Garrett Hernandez  | 9  | 20:21     | 6:08      | 7:19      | 6:11      |                               |
| 18. | Kyle Kwasnick      | 11 | 20:49     | 6:17      | 7:33      | 6:16      |                               |
| 19. | Chris Shaffer      | 11 | 21:08     | 6:37      | 7:34      | 6:14      |                               |
| 20. | Brian Loh          | 10 | 21:25     | 6:31      | 7:37      | 6:33      |                               |
| 21. | Camron Sharp       | 9  | 21:45     | 6:33      | 7:48      | 6:39      |                               |
| 22. | Michael Castillo   | 9  | 22:06     | 6:59      | 7:41      | 6:39      |                               |
| 23. | Eddie Griffin      | 9  | 22:14     | 6:49      | 7:51      | 6:47      |                               |
| 24. | Sebastian Lopez    | 9  | 22:22     | 7:07      | 7:44      | 6:42      |                               |
| 25. | Jon Underwood      | 11 | 22:29     | 6:55      | 8:07      | 6:40      |                               |
| 26. | Anthony Moreno     | 9  | 23:40     | 7:26      | 8:16      | 7:08      |                               |
| 27. | Alexander Orozco   | 9  | 25:40     | 7:43      | 9:07      | 7:57      |                               |
| 28. | David Lin          | 11 | 25:51     | 7:47      | 9:26      | 7:55      |                               |
| 29. | Andrew Yousef      | 11 | 25:51     | 7:47      | 9:26      | 7:55      |                               |

Sick/Injured: Ross Brunett, Caleb Jasso, Ryan Sanchez, Victor Solorzano

Did Not Start: Aaron Forburger, Nick Harrington, Keyur Lad, Tanat Rithaporn, Adam Johnson, Anthony Ruiz, Paul Salessi