

**GKCF OC-1 National Championships Saturday April 6th 2003**

OC1 Distance Championship was held at Merizo Pier. The women course is 10K and went outside the Merizo's Mannell channel markers to the tip of Cocos Island. The men's course is 15K from the pier east to Achang Channel outside Cocos Island through Mannell Channel to the pier.

<b>Women's 10K</b>			
<u>Placement</u>	<u>Name</u>	<u>Division</u>	<u>Time</u>
	1 Annie Leon Guerrero	Open	00:59.4
	2 Claudine Tyrell	Open	1:04:06
	3 Toni von Scheele	Open	1:05:28
	4 Lorianne Sablan	Open	1:07:55
	5 Annie Gayle	Masters	1:09:00
	6 Geri Cabrera	Open	1:09:02
	7 Gia Parsons	Open	1:15:52
	8 Amanda Sanchez	Open	1:16:15

<b>Men's 15K</b>			
<u>Placement</u>	<u>Name</u>	<u>Division</u>	<u>Time</u>
	1 Justin Udovch	Open	1:32:29
	2 Jim Maher	Masters	1:39:19
	3 Joe Nowell	Open	1:52:35
	4 R.Appleton/B.DelRosario	OC2 Masters	1:56:32
	5 Hilary Toves	Masters	2:00:44
	6 Mike Gawel	Masters	2:01:00