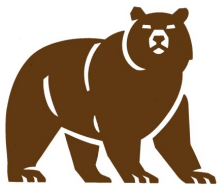




LANDON VARSITY CROSS COUNTRY MEET



LANDON MIDDLE SCHOOL CROSS COUNTRY MEET



St. Albans School



September 14, 2016

Landon Home Meet Instructions

Welcome to the Landon campus and our cross country meet.

Our high school course is 5 kilometer course is series laps around grass, wood chip and gravel paths. As very little of the course is asphalt, spikes are encouraged. The start and finish are within 100 yards of each other and it is a fairly spectator friendly course.

The course will be marked with a series of lines, cones and officials.

Restrooms and drinking fountains are available in the gym. A rest room can also be found by the tennis courts. There will be a trainer available in case of emergencies. Please have your school trainer take care of pre race taping. In the event of an injury, find any Landon staff person with a radio.

Place your top 7 on the line. The rest of your team should line up behind your top 7.

Upon your arrival we will give you a packet with a map, tags and safety pins. Tags must be worn in the front of the jersey. The tear-off tags will be collected at the finish line and will be used to calculate the score. Please make sure the name on the tag matches the runner. Also note the pin should not go through the area marked **"DO NOT PIN"**.

You may decide your top 7 on the line. If you must add an athlete please make sure to clearly print both the first and last name on the tag. If you need extra tags see Coach Hunt.

The image shows a red race tag form. On the left side, there is a circular callout with the text "PIN HERE ONLY" and "Addison Building 1-800-368-1411". Below this, it says "NO PINS". The form has several fields: "NAME", "TEAM OR ADDRESS", "RACE NUMBER", and three checkboxes labeled "MALE", "AGE", and "FEMALE". A grey arrow points from the "NO PINS" area towards the top right of the page.

We will try to announce the score at the conclusion of the meet and I will mail and e-mail copies of the results to each school, the local media including <http://www.mocorunning.com>, www.runningmayland.com and www.athletic.net.

We are looking forward our meet, and we will strive to see that is well organized, well-officiated and a great cross country race for the fine runners from your school.

Sincerely,

Addison S. Hunt—Head Cross County Coach

Schedule

2:45 PM Girls Middle School
3:15 PM Boys Middle School
4:00 PM Girls Varsity
4:45 PM Boys Varsity
5:15 PM Coed Junior Varsity

Varsity and JV Course



Schedule

- 2:45 PM Girls Middle School
- 3:15 PM Boys Middle School
- 4:00 PM Girls Varsity
- 4:45 PM Boys Varsity
- 5:15 PM Coed Junior Varsity

Middle School



Schedule

- 2:45 PM Girls Middle School
- 3:15 PM Boys Middle School
- 4:00 PM Girls Varsity
- 4:45 PM Boys Varsity
- 5:15 PM Coed Junior Varsity

Landon Cross Country Meets - 9/14/2016
The Landon School
School Roster

Name	Comp#	Sex	Name	Comp#	Sex
Bethesda-Chevy Chase (B-CC)			52. Armoza, Avi	171	M
1. Armoza, Anna	1	W	53. Bailey, Nick	172	M
2. Armoza, Talia	2	W	54. Batchelder, Chase	173	M
3. Bailey, Beatrice	3	W	55. Batchelder, Cooper	174	M
4. Baratz, Amanda	4	W	56. Berlinski, Nicolas	175	M
5. Brown, Virginia	5	W	57. Buron, Henry	176	M
6. Capizzi, Gabriella	6	W	58. Caiazza-Blum, Joey	177	M
7. Carr, Melissa	7	W	59. Cobau, James	178	M
8. Cobau, Sarah	8	W	60. Coleman, Matthew	179	M
9. Corcoran, Rose	9	W	61. Dann, Hayden	180	M
10. Day, Calder	10	W	62. Deigan, James	181	M
11. Day, Maeve	11	W	63. Denbo, Luke	182	M
12. DeSouza, Cat	12	W	64. Duch Clerici, Frederic	183	M
13. Ellis, Katherine	13	W	65. Elwood-Dieu, Kai	184	M
14. Elwood-Dieu, Maya	14	W	66. Farley, Aidan	185	M
15. Faccione, Gabriella	15	W	67. Fox, Evan	186	M
16. Griffin, Jane	16	W	68. Fry, Josh	187	M
17. Haas, Abby	17	W	69. Gaffney, Justin	188	M
18. Hogewood, Rebecca	18	W	70. Hannan, Jose	189	M
19. Horton, Anna	19	W	71. Hemley, Emerson	190	M
20. Jaller, Jeri	20	W	72. Holdridge, Aidan	191	M
21. Jeliaskov, Gabriela	21	W	73. Jones, Sebastian	192	M
22. Kerjean, Ame	22	W	74. Kamis, Yoni	193	M
23. Kloner, Julie	23	W	75. Kelley, Conor	194	M
24. Koye, Laura	24	W	76. Krause, Dexter	195	M
25. Lettre, McKinley	25	W	77. Krause, Miles	196	M
26. Little-Diop, Anaiah	26	W	78. Leipold, Alex	197	M
27. London, Eve	27	W	79. Lostumbo, Joe	198	M
28. Macher, Abbie	28	W	80. Lucas, Steven	199	M
29. Margaronis, Artemis	29	W	81. Macher, Eli	200	M
30. McCullough, Sadie	30	W	82. Madrigal, Michael	201	M
31. McGloon, Eve	31	W	83. Mather, Ben	202	M
32. Mencher, Julia	32	W	84. McAuliffe, Kevin	203	M
33. Merida, Angie	33	W	85. McGonigal, Connor	204	M
34. Neas, Maria	34	W	86. McGreivy, James	205	M
35. Nuechterlein, Zoe	35	W	87. Montoya, Camilo	206	M
36. O'Keefe, Anna	36	W	88. Nakasaka, Adam	207	M
37. Payne, Devi	37	W	89. Payne, Chandler	208	M
38. Peterson, Michaela	38	W	90. Pearce, Ryan	209	M
39. Pineda, Olivia	39	W	91. Rains, Jacob	210	M
40. Pinzon, Alejandra	40	W	92. Rosenblum, Jonah	211	M
41. Romviel, Sabrina	41	W	93. Saguil, Caleb	212	M
42. Sadqi, Nadia	42	W	94. Saguil, Philip	213	M
43. Schrader, Emily	43	W	95. Smith, Justin	214	M
44. Silver, Madison	44	W	96. Smyth, Conor	215	M
45. Spain, Sarah	45	W	97. Spiro, Andrew	216	M
46. Spletzer, Martha	46	W	98. Tesfatsion, Hermon	217	M
47. Strathmann, Kate	47	W	99. Wassmann, Evan	218	M
48. Toth, Natalie	48	W	100. Weissfeld, Ari	219	M
49. Wickramasinghe, Ayathma	49	W	101. Zambrano, Raul	220	M
50. Abnet-Holden, Soren	169	M			
51. Acworth, Ryan	170	M			

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School Roster

Name	Comp#	Sex	Name	Comp#	Sex
Charles E Smith Jewish Day (CESJ)			28. Menendez, Jace	258	M
1. Arking, Alex	221	M	29. Morgan, Jelani	259	M
2. Gershengorn, Caleb	222	M	30. Nawaz, Humza	260	M
3. Homana, Zac	223	M	31. Pedraza Garcia, Rodrigo	261	M
4. Katz, Zev	224	M	32. Pingle, Hayden	262	M
5. Ruta, Jeremy	225	M	33. Pirko, Cameron	263	M
6. Stravitz, Max	226	M	34. Powell, William	264	M
7. Stravitz, Zev	227	M	35. Prasad, Dilan	265	M
8. Weiner-Tobin, Yoni	228	M	36. Price, Farley	266	M
9. Weiss, Daniel	229	M	37. Sangha, Jaydeep	267	M
10. Winston, Reuben	230	M	38. Saul, Bernard	268	M
Holton-Arms (HOLT)			39. Schermer, Luc	269	M
1. Berthiaume, Lea	50	W	40. Shockey, Justin	270	M
2. Bitsberger, Kristen	51	W	41. Shull, Thomas	271	M
3. Daneker, Olivia	52	W	42. Smith, Harrison	272	M
4. Davis, Maggie	53	W	43. Townsend, Patrick	273	M
5. Eskin, Shifra	54	W	44. Tsai, Kevin	274	M
6. Ewing, Emily	55	W	45. Van Allen, Peter	275	M
7. House, Diana	56	W	46. Weinstein, Ethan	276	M
8. Johnson, Sophie	57	W	47. Weinstein, Max	277	M
9. Marsh, Elizabeth	58	W	48. Zaid, Zakareeya	278	M
10. Smith, Caroline	59	W	49. Zarfeshan, Ramin	279	M
11. Szalay, Natalia	60	W			
Landon (LNDN)					
1. Aal-E-Ali, Syed	231	M			
2. Andrews, Gus	232	M			
3. Brown, Maleek	233	M			
4. Chadda, Arihant	234	M			
5. Chlopak, Jack	235	M			
6. Clark, Andrew	236	M			
7. Das, Sachin	237	M			
8. Desai, Deven	238	M			
9. Dilmaghani, Dara	239	M			
10. Dragacevac, Nikola	240	M			
11. Edson, Jared	241	M			
12. Engel, Andrew	242	M			
13. Feldman, Wesley	243	M			
14. Fowler, Andrew	244	M			
15. Ghorbanpour, Faraz	245	M			
16. Gidley, Jared	246	M			
17. Gilbert, Michael	247	M			
18. Gilbert, Peter	248	M			
19. Goodwin, Jake	249	M			
20. Haller, Nick	250	M			
21. Hamilton, Brage	251	M			
22. Hsu, Adam	252	M			
23. Kan, Jonathan	253	M			
24. King, Peter	254	M			
25. Koegel, Joseph	255	M			
26. Lotstein, Parker	256	M			
27. Mearns, Alexander	257	M			

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School Roster

Name	Comp#	Sex	Name	Comp#	Sex
Landon MS (LMS)			16. Harris, Donnie	287	M
1. Bolanis, Peter	600	M	17. Hoetmer, Jake	288	M
2. Brew, Baxter	601	M	18. Huang, Jeremy	289	M
3. Bundy, Charles	602	M	19. Lieder, Marshall	290	M
4. Cope, Charles	603	M	20. Lin, Jonathan	291	M
5. Fou, Kevin	604	M	21. Liu, Qiyu	292	M
6. Gallagher, Liam	605	M	22. Luo, Dash	293	M
7. Gary, Evan	606	M	23. Mednik, Jeremy	294	M
8. Hakim-Florian, Asim	607	M	24. Mikkelson, Eddie	295	M
9. Holleman, Mason	608	M	25. Morel, Omar	296	M
10. Houdaigui, Sammy	609	M	26. Nichols, Henry	297	M
11. Knebel, Clemens	610	M	27. Orloff, Jacob	298	M
12. Lambert, Austin	611	M	28. Rhee, Min Woo	299	M
13. Langdon, Justin	612	M	29. Shi, Harry	300	M
14. Maner, Charles	613	M	30. Sun, Andrew	301	M
15. Mangino, Jack	614	M	31. Thomas, Quentin	302	M
16. McClure, Nicolas	615	M	32. Xu, Simpson	303	M
17. O'Shea, C.J.	616	M	33. Yang, Wen Xuan	304	M
18. Pedraza Garcia, Alvaro	617	M	34. Ye, Kevin	305	M
19. Pelote, Shawn	618	M	35. Zhang, Sizheng	306	M
20. Pirko, Damon	619	M	36. Zhu, Bree-Z	307	M
21. Qiu, Peter	620	M			
22. Ravitz, Aaron	621	M			
23. Razavi, Michael	622	M			
24. Renzi, Nicholas	623	M			
25. Roggie, George	624	M			
26. Savoy, Bryce	625	M			
27. Sethi, Ishaan	626	M			
28. Shrensky, Coby	627	M			
29. Single, Will	628	M			
30. Smith, Presley	629	M			
31. Southworth, Tyler	630	M			
32. Tun, Harrison	631	M			
33. Van der wouden, Casper	632	M			
34. Volcy, Joel	633	M			
35. Willcox, Cameron	634	M			
Sandy Spring Friends (SSFS)					
1. Bartley, Rachel	61	W			
2. Cui, Anna	62	W			
3. Fasalojo, Grace	63	W			
4. Finley, Jane	64	W			
5. Huang, Kitty	65	W			
6. McCullough, Kathleen	66	W			
7. Warnick, Emma	67	W			
8. Xiao, Sharon	68	W			
9. Chen, Hanke	280	M			
10. Davis, Ben	281	M			
11. Dickey, Josh	282	M			
12. Du, Kejin	283	M			
13. Fagiolo, Thomas	284	M			
14. Fendig, Alexander	285	M			
15. Gao, Kevin	286	M			

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Name	Comp#	Sex	Name	Comp#	Sex
St Albans MS (STAMS)			11. Cooper, Campbell	710	M
1. Abebe, Michael	650	M	12. Cummings, Noah	711	M
2. Ali, Tariq	651	M	13. Griepentrog, Alex	712	M
3. Baker, James	652	M	14. Gunn, Zachary	713	M
4. Bausch, Quinn	653	M	15. Johnson, Nat	714	M
5. Beavers, Freddy	654	M	16. Lent, Ryan	715	M
6. Benner, John	655	M	17. McIntosh, Conrad	716	M
7. Brown, Henry	656	M	18. Naef, Turner	717	M
8. Cavallin, Eddie	657	M	19. Pratt, Tripp	718	M
9. Clessuras, George	658	M	20. Prestholdt, Gavin	719	M
10. D'Amato, Ethan	659	M	21. Quehl, Mark	720	M
11. Donovan, Clark	660	M	22. Ristau, Will	721	M
12. Duncan, Weston	661	M	23. Tampubolon, Sam	722	M
13. Florance, Christopher	662	M	24. Ware, Dwight	723	M
14. Fujiyama, Matthew	663	M	Stone Ridge MS (STRMS)		
15. Fujiyama, Michael	664	M	1. Baker, Elisa	800	W
16. Grigorian, Grayson	665	M	2. Bassin, Iliana	801	W
17. Hackett, Damian	666	M	3. Bentivoglio, Olivia	802	W
18. Harreld, Michael	667	M	4. Caffery, Clare	803	W
19. Hudson, Teddy	668	M	5. Chambers, Ebony	804	W
20. Hume, Sascha	669	M	6. Colbert, Catherine	805	W
21. Johnson, Theo	670	M	7. DiMartino, Nora	806	W
22. Kneuer, Joe	671	M	8. Fontana, Madeline	807	W
23. Koch, Henry	672	M	9. Gemmell, Erin	808	W
24. Laroski, Joseph	673	M	10. Hirschberger, Isabelle	809	W
25. Maguigad, Nicholas	674	M	11. Kappaz, Katherine	810	W
26. McKenzie, Collin	675	M	12. Kelly, Nora	811	W
27. Miranda, Roque	676	M	13. Kenney, Paige	812	W
28. Mott, Sam	677	M	14. Laje, Sofia	813	W
29. O'Rourke, Tate	678	M	15. Lawlor, Amelia	814	W
30. Sauers, Will	679	M	16. Lindstrom, Perry	815	W
31. Sidak, Lachlan	680	M	17. Marcus, Yanit	816	W
32. Somo, Vlad	681	M	18. Matan, Haley	817	W
33. Swensrud, Blake	682	M	19. Nascone, Ella	818	W
34. Terrell, Tristan	683	M	20. Nokku, Rachel	819	W
35. Thompson, Matthew	684	M	21. Rose, Sydney	820	W
36. Tucker, Austin	685	M	22. Sadler, Ashley	821	W
37. Urbina, Aidan	686	M	23. Siffermann, Clare	822	W
38. Webb, Davis	687	M	24. Siffermann, Riona	823	W
39. Willard, JT	688	M	25. Smith, Caroline	824	W
40. Wright, Bruce	689	M	26. Starmann, Natalie	825	W
St Stephens and St Agnes MS (SSSA)			27. Strong, Katherine	826	W
1. Carr, Charlotte	700	W	28. Yost, Katie	827	W
2. Harrison, Laney	701	W			
3. Machado, Erin	702	W			
4. Seale, Catherine	703	W			
5. Soriano, Leilani	704	W			
6. Whalen, Katie	705	W			
7. Adams, William	706	M			
8. Akosah, Nyamekye	707	M			
9. Augustine, Sameer	708	M			
10. Borden, Christian	709	M			

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School Roster

Name	Comp#	Sex	Name	Comp#	Sex
Thomas S Wootton (TSW)			52. Weiss, Zoe	120	W
1. Balangero, Guadalupe	69	W	53. Wool, Emma	121	W
2. Baldwin, Anna	70	W	54. Yimam, Gelila	122	W
3. Baldwin, Emma	71	W	55. Yin, Jennifer	123	W
4. Bhanot, Shelly	72	W	56. Zaman, Samaa	124	W
5. Bhatia, Ashna	73	W	57. Balangero, Lucas	308	M
6. Boyd, Hannah	74	W	58. Bastin, Julien	309	M
7. Brodsky, Barrie	75	W	59. Behera, Mehul	310	M
8. Burman, Taylor	76	W	60. Bhalla, Meechir	311	M
9. Carpenter, Juliet	77	W	61. Blackman, Zachary	312	M
10. Carpenter, Raeann	78	W	62. Bock, Brendan	313	M
11. Castelli, Ava	79	W	63. Bryan, Shawn	314	M
12. Chelf, Erin	80	W	64. Chang, Evan	315	M
13. Clair, Rachel	81	W	65. Cho, Kevin	316	M
14. Damonte, Samantha	82	W	66. Christovich, Nicholas	317	M
15. D'Arpa, Alyssa	83	W	67. Croker, Jacob	318	M
16. David, Judy	84	W	68. Davis, Matthew	319	M
17. Driscoll, Catherine	85	W	69. Davis, Troy	320	M
18. Edery, Rena	86	W	70. DeJong, Franklin Joseph	321	M
19. Galanis, Christina	87	W	71. Devarsu, Bhuvan	322	M
20. Geier, Taylor	88	W	72. Dutt, Aakash	323	M
21. Gelfond, Sarah	89	W	73. Dutt, Aditya	324	M
22. Goldstein, Kyra	90	W	74. Eisen, Jason	325	M
23. Grainger, Madeline	91	W	75. Fanger, Mitchell	326	M
24. Henderson, Emma	92	W	76. Fitter, Andrew	327	M
25. Hinds, Sophia	93	W	77. Fritz, Benjamin	328	M
26. Hu, Clarice	94	W	78. Frohng, Nate	329	M
27. Hubert, Valerie	95	W	79. Gracyalny, Nicholas	330	M
28. Jarvis, Ashley	96	W	80. Hafeez, Omar	331	M
29. Klein, Gwen	97	W	81. Horkan, Dylan	332	M
30. Kottage, Dimagi	98	W	82. Jiang, Timothy	333	M
31. Krishnan, Varsha	99	W	83. Kanipakala, Srigananadh	334	M
32. Kumar, Sage	100	W	84. Kaplan, Nathan	335	M
33. Lieske, Amelia	101	W	85. Keppetipola, Dharmatissa	336	M
34. Llewellyn, Jessica	102	W	86. Kim, Young	337	M
35. Oringher, Jenna	103	W	87. Klein, Matthew	338	M
36. Parent, Nicole	104	W	88. Krieger, Gerald	339	M
37. Penry, Jessica	105	W	89. Labstain, Marc	340	M
38. Schuermann, Veronika	106	W	90. Lawrence, Connor	341	M
39. Schuler, Kelly	107	W	91. Lew, Thomas	342	M
40. Shapiro, Sarah	108	W	92. Lind, Matthew	343	M
41. Snyder, Katherine	109	W	93. Markenson, Joshua	344	M
42. Sohn, Anna	110	W	94. McLaughlin, Evan	345	M
43. Spottiswood, Zoe	111	W	95. Metz, Caleb	346	M
44. Strauss, Orly	112	W	96. Nunez, Renato	347	M
45. Trakic, Adna	113	W	97. Peng, Chase	348	M
46. Tran, Abbie	114	W	98. Peng, Jason	349	M
47. Trzeciak, Jessica	115	W	99. Penry, Alexander	350	M
48. Urbina-Ruiz, Adrianna-Marie	116	W	100. Pohoryles, Joseph	351	M
49. Urbina-Ruiz, Nicole-Antionette	117	W	101. Pugh, Michael	352	M
50. Wang, Mulan	118	W	102. Qiao, Richard	353	M
51. Weiss, Jennifer	119	W	103. Rabinowitz, Josh	354	M

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Name	Comp#	Sex	Name	Comp#	Sex
Thomas S Wootton (TSW)			39. Van Rossum, Saskia	163	W
104. Razdan, Kundan	355	M	40. Voegler, Hannah	164	W
105. Riker, John	356	M	41. Weinberg, Emmersen	165	W
106. Sardelis, Alexander	357	M	42. Winkler, Nora	166	W
107. Shah, Jaiden	358	M	43. Woods, Olivia	167	W
108. Shapiro, Benjamin	359	M	44. Bernard, Shai	367	M
109. Shapiro, Joel	360	M	45. Bratt, Aaron	368	M
110. Smith, Jacob	361	M	46. Carter, Joshua	369	M
111. Sriitharan, Vipulan Scott	362	M	47. Caudron, Ben	370	M
112. Tarwater, Avery	363	M	48. Cauley, Matthew	371	M
113. Van Gieson, Amir	364	M	49. Christofides, Andreas	372	M
114. White, Connor	365	M	50. Constable, Andrew	373	M
115. Wong, Ronald	366	M	51. Del Cerro, Xavier	374	M
Walt Whitman (WWH)			52. Engels, Joshua	375	M
1. Aitken, Charlotte	125	W	53. Fedowitz, Reed	376	M
2. Ashley, Shanthi	126	W	54. Goldstein-Coloretti, Kaleo	377	M
3. Atsavapranece, Ella	127	W	55. Gorman, Michael	378	M
4. Baker, Lauren	128	W	56. Jacobs, Kai	379	M
5. Bathalon, Paula	129	W	57. Joe, Brandon	380	M
6. Blaisdell, Madeleine	130	W	58. Kevorkian, William	381	M
7. Cahill, Courtney	131	W	59. Krush, Thomas	382	M
8. Cantrell, Caroline	132	W	60. Labouche, Hubert	383	M
9. Doran, Olivia	133	W	61. Lesser, Benjamin	384	M
10. El-Hifnawi, Jenan	134	W	62. Madden, Aidan	385	M
11. Espana, Montse	135	W	63. Maness, Matt	386	M
12. Feldman, Lena	136	W	64. Marquardt, John	387	M
13. Feuer, Hannah	137	W	65. Matus-Bond, Tobias	388	M
14. Friedman, Rachel	138	W	66. Metz, Raphael	389	M
15. Garner, Elizabeth	139	W	67. Murphy, Michael	390	M
16. Hall, Kendall	140	W	68. Nichols, Sebastian	391	M
17. Hepburn, Elizabeth	141	W	69. Notley, Colin	392	M
18. Holm, Claudia	142	W	70. Onwuamaegbu, Obi	393	M
19. Jacobs, Miya	143	W	71. Pillai, Adi	394	M
20. Johnson, Julia	144	W	72. Rochmanofenna, Ryan	395	M
21. Labarca, Anna	145	W	73. Rouxel, Matthiew	396	M
22. Lauwers, Alicia	146	W	74. Roy, Nicholas	397	M
23. Lee, Sharon	147	W	75. Rumsfeld, Ben	398	M
24. Lee, Sophie	148	W	76. Saenz, Marco	399	M
25. McDonald, Breanna	149	W	77. Severe, James	400	M
26. McLaren, Leah	150	W	78. Shafii, Ali	401	M
27. Montaner, Cecilia	151	W	79. Tadayon, Nuri	402	M
28. Payette, Claire	152	W	80. Toborek, Neo	403	M
29. Ralston, Charlotte	153	W	81. van Nieuwkoop, Alex	404	M
30. Roman, Jacqueline	154	W	82. Villani, David	405	M
31. Segal, Ella	155	W	83. Yu, Dalton	406	M
32. Shaibani, Jasmine	156	W	84. Zeidenberg, Zach	407	M
33. Shakir, Jasmine	157	W	85. Zitner, Nathaniel	408	M
34. Sklaire, Elizabeth	158	W			
35. Spies, Eleanore	159	W			
36. Stallard-Wilder, Evie	160	W			
37. Sweat, Sasha	161	W			
38. van Nieuwkoop, Isabelle	162	W			