

USATF Masters 10 Mile Championships  
Age Grade Results  
Sacramento, CA 4/3/2022

## Women

Name	City	State	Age	Time	Place	Age Grade
Jenny Hitchings	Sacramento	CA	58	1:00:38	39	100.88%
Stella Gibbs	Pacific Grove	CA	63	1:10:08	104	93.17%
Merry Dearmon-Moore	Tucson	AZ	68	1:15:27	134	92.94%
Midori Sperandeo	Folsom	CA	55	1:03:30	56	92.77%
JoAnn Hall	Redding	CA	80	1:34:31	179	91.22%
Elizabeth Guerrini	Long Beach	CA	53	1:03:08	53	91.06%
Chris Lundy	Mill Valley	CA	51	1:01:55	45	90.68%
Kathi Sleavin	Seattle	WA	63	1:12:12	116	90.50%
Sabra Harvey	Houston	TX	73	1:23:49	161	90.27%
Amy Halseth	La Jolla	CA	52	1:03:30	57	89.47%
Sharon Gerl	Eugene	OR	74	1:26:03	167	89.34%
Jo Anne Rowland	Concord	CA	74	1:26:17	169	89.10%
Honor Fetherston	Los Gatos	CA	67	1:18:13	144	88.36%
Maggie Shearer	Newbury Park	CA	44	59:19	29	88.02%
Tania Fischer	Santa Monica	CA	56	1:07:52	86	87.88%
Kate Stewart	Berkeley	CA	71	1:23:49	162	87.50%
Suzanne Ray	Jacksonville	OR	69	1:21:28	155	87.36%
Fiona Bayly	New York	NY	54	1:06:57	77	86.92%
Ingrid Walters	Santa Monica	CA	50	1:04:26	65	86.12%
Dana Blum	San Francisco	CA	58	1:11:11	108	85.93%
Genevieve Clavier	Sacramento	CA	58	1:11:18	111	85.79%
Lan Clayton	Salinas	CA	54	1:08:05	89	85.48%
Jeanette Groesz	Redmond	OR	72	1:28:04	173	84.58%
Lanore Bergenske	Fortuna	CA	64	1:18:31	148	84.37%
Melinda DiNapoli	Saratoga	CA	52	1:07:29	80	84.19%
Carre Joyce Heineck	Portland	OR	40	1:00:28	36	83.91%
Sharlet Gilbert	Richmond	CA	71	1:27:31	171	83.80%
Elizabeth Goya	San Francisco	CA	47	1:04:32	66	83.18%
Megan Kossar	San Francisco	CA	51	1:07:31	82	83.16%
Kristi Rossi	Hillsborough	CA	53	1:09:17	95	82.98%
Amy Alzina	Santa Barbara	CA	45	1:03:30	55	82.94%
Kathleen Cushing-murray	Orange	CA	57	1:12:58	125	82.77%
Jacqueline Cooke	Burlingame	CA	43	1:03:11	54	81.97%
Wendy Terris	Lake Oswego	OR	52	1:09:26	98	81.82%
Laura Osman	Encino	CA	41	1:02:45	49	81.37%
Tina Klein	Kennesaw	GA	57	1:14:39	129	80.91%
Christy Peterson	Rolling Hills Estates	CA	47	1:07:49	87	79.16%
Jodi Buyyounouski	Palo Alto	CA	48	1:08:34	91	79.11%
Jennifer Bayliss	Danville	CA	51	1:11:12	109	78.86%
Alyson Barrett	San Francisco	CA	43	1:05:46	72	78.75%
Dena Evans	Redwood City	CA	46	1:07:32	81	78.70%
Patti Shore	Mill Valley	CA	55	1:14:55	131	78.63%
Anne Cushman	Rancho Cordova	CA	44	1:06:48	75	78.16%
Jackie Sword-Olson	Carmichael	CA	58	1:18:23	146	78.03%
Debra Cramer	Alameda	CA	64	1:26:16	168	76.79%
Riya Young	San Francisco	CA	54	1:16:03	137	76.52%
Jeanine Holmlund	Oakland	CA	57	1:19:04	149	76.39%
Irene Herman	San Francisco	CA	72	1:37:51	184	76.13%
Celeste Prothro	San Francisco	CA	42	1:07:56	88	75.67%
Mercy Sells	Las Vegas	NV	40	1:07:40	84	74.98%
Euleen Josiah-Tanner	Atlanta	GA	47	1:11:48	113	74.76%
Karen Stevenson	Berkeley	CA	71	1:38:26	185	74.51%
Donna Chan	San Francisco	CA	71	1:38:53	186	74.17%
Lisa Renteria	San Jose	CA	43	1:10:02	103	73.95%
Shirley Shean	Concord	CA	75	1:46:20	189	73.48%

Margit Falk	San Francisco	CA	60	1:25:35	166	73.35%
Lisa Balestrini	Granite Bay	CA	57	1:22:53	157	72.87%
Kristina Sepetys	Berkeley	CA	59	1:25:37	165	72.36%
Suzette Smith	Alameda	CA	66	1:34:23	178	72.19%
Anne Ruminski	Redwood City	CA	40	1:10:27	105	72.02%
Marisa Beck	Pacifica	CA	44	1:12:47	123	71.73%
Stephanie Styczynski	Roseville	CA	46	1:15:07	133	70.76%
Kathleen Doswell	Columbia	VA	72	1:45:28	187	70.63%
Lisa Gallagher	San Francisco	CA	40	1:13:20	128	69.18%
Barbara McQuinn	Oakland	CA	65	1:37:09	183	69.14%
Shawnessy Dusseau	San Francisco	CA	40	1:14:55	132	67.72%
Kendra Hershey	Los Gatos	CA	50	1:22:06	156	67.59%
Diane Bomberg	Oakland	CA	62	1:36:03	181	67.11%
Angela Knotts	San Francisco	CA	41	1:16:45	140	66.52%
Cheryl Shwe	San Francisco	CA	55	1:28:59	174	66.20%
Deanna Kwong	Fremont	CA	42	1:17:57	142	65.95%
Katherine Miller	Cupertino	CA	44	1:20:49	153	64.60%
Barbara Rinker	Sacramento	CA	75	2:03:35	193	63.23%
Jane Williams	Coronado	CA	74	2:05:08	194	61.43%
Ifeoma Adams	Hercules	CA	70	1:57:57	191	61.25%
Dalila Rodriguez	Los Banos	CA	51	1:32:52	177	60.46%
Karen Andrews	Dublin	CA	62	1:53:59	190	56.55%

## Men

<b>Name</b>	<b>City</b>	<b>State</b>	<b>Age</b>	<b>Time</b>	<b>Place</b>	<b>Age Grade</b>
Jacob Nur	Elk Grove	CA	66	58:34	26	97.25%
Nat Larson	Amherst	MA	59	57:11	19	93.11%
Gene Dykes	Bala Cynwyd	PA	74	1:07:43	85	92.10%
Tim DeGrado	Arvada	CO	62	59:44	30	91.70%
Gregory Mitchell	Wilsonville	OR	48	52:55	5	91.28%
Jaime Heilpern	San Francisco	CA	52	55:10	10	90.61%
Iain Mickle	Sacramento	CA	61	59:55	32	90.56%
Riley Cook	South Weber	UT	40	49:59	1	90.53%
Mark Callon	Monte Sereno	CA	53	56:01	13	90.02%
Thomas Tayeri	Palo Alto	CA	57	58:04	22	90.02%
Sergio Reyes	Los Osos	CA	40	50:35	2	89.45%
Roosevelt Cook	Hesperia	CA	42	51:27	3	89.35%
Christian Cushing-murray	Orange	CA	54	56:57	17	89.34%
Jason Troxler	Flagstaff	AZ	47	53:47	6	89.05%
Paul Hughes	Pagosa Springs	CO	64	1:02:57	51	88.72%
Peter Gilmore	Alameda	CA	44	52:46	4	88.54%
Anthony McGrath	San Francisco	CA	55	58:05	23	88.38%
Ivan Lieben	Lafayette	CA	52	56:37	16	88.29%
Terry Baucom	El Dorado Hills	CA	65	1:04:00	64	88.13%
Jacques Sallberg	Pasadena	CA	47	54:49	8	87.37%
Mark Murray	Davis	CA	59	1:00:57	41	87.36%
Todd Rose	San Francisco	CA	48	55:20	11	87.29%
Darren Morgan	Fair Oaks	CA	52	58:06	24	86.04%
Adam Feerst	Denver	CO	62	1:03:51	62	85.79%
Jesus Muniz	Woodland	CA	50	57:26	20	85.54%
Ben Turman	Kensington	CA	52	58:47	28	85.04%
Doug Steedman	San Francisco	CA	66	1:07:03	78	84.95%
Jerry Learned	Gainesville	GA	73	1:12:23	118	84.95%
Joe Van De Water	El Dorado Hills	CA	54	1:00:05	33	84.68%
Raymond Rodriguez	Los Banos	CA	60	1:03:35	59	84.53%
Steve Bell	Kennesaw	GA	50	58:20	25	84.22%
Matthew Underwood	Yucaipa	CA	55	1:01:16	42	83.78%
Jay Littlepage	Boulder	CO	62	1:05:35	71	83.52%
David Dunbar	La Jolla	CA	72	1:12:43	122	83.47%
Tomas Rodriguez	Laguna Beach	CA	68	1:09:42	100	83.38%
Brad Slavens	Atlanta	GA	53	1:00:30	37	83.35%
Benjamin Koss	San Francisco	CA	41	54:47	7	83.24%

Juan Rivera	Salinas	CA	41	54:51	9	83.14%
Jorn Jensen	Morgan Hill	CA	53	1:00:54	40	82.80%
Dave Glass	Glenville	NY	75	1:16:35	138	82.70%
Jesse Barragan	Folsom	CA	44	56:31	15	82.67%
Michael Strickland	Acworth	GA	55	1:02:19	48	82.37%
Jerry Flanagan	San Francisco	CA	56	1:02:57	52	82.29%
Len Goldman	Oakland	CA	77	1:19:45	151	82.21%
Gregory Keyes	Newport Beach	CA	54	1:01:54	44	82.19%
Roger Dix	Fair Oaks	CA	54	1:01:56	46	82.15%
Robert Leonardo	Van Nuys	CA	59	1:05:02	68	81.87%
John Hirschberger	San Francisco	CA	70	1:12:41	121	81.62%
Eugene Myers	Columbia	MD	69	1:12:02	114	81.51%
Martin Lascelles	Boulder	CO	67	1:10:45	107	81.32%
Brian Davis	Livermore	CA	66	1:10:08	102	81.21%
David Mastro	Roseville	CA	50	1:00:34	38	81.12%
Cesar Lira	Sacramento	CA	40	55:49	12	81.06%
Gary Ostwald	Denver	CO	76	1:19:43	150	80.78%
Scott Siriano	Dillon	CO	55	1:03:35	58	80.73%
Andrew Touchstone	San Francisco	CA	40	56:03	14	80.73%
Brian Nelson	Bakersfield	CA	64	1:09:23	97	80.49%
Doug Bell	Greeley	CO	71	1:14:38	130	80.36%
Chip Scarinzi	Alameda	CA	41	57:09	18	79.79%
Denis Glenn	Sausalito	CA	52	1:02:50	50	79.56%
Francis Burdett	Worcester	MA	57	1:06:04	73	79.12%
Michael Aguilar	Sacramento	CA	53	1:03:50	61	79.00%
Jan Frisby	Grand Junction	CO	77	1:23:13	159	78.79%
Jason Lee	San Francisco	CA	46	1:00:21	35	78.70%
Galen Farris	Sacramento	CA	40	57:30	21	78.69%
Peter Hsia	San Francisco	CA	61	1:09:18	96	78.30%
Trevor Cox	Long Beach	CA	42	58:44	27	78.27%
Mike Wien	Boulder	CO	70	1:16:04	136	77.99%
Kurt Whittington	Fountain Valley	CA	44	1:00:11	34	77.63%
Richard Morrissey	Menlo Park	CA	60	1:09:15	94	77.61%
Thomas Schumann	Pacific Palisades	CA	57	1:07:23	79	77.57%
Jeffery Barros	Thornton	CO	64	1:12:09	115	77.40%
Anthony Stonehouse	Pacific Grove	CA	53	1:05:09	69	77.40%
Jason Sanguinetti	Sacramento	CA	42	59:50	31	76.83%
Daniel Sivoella	Piedmont	CA	57	1:08:12	90	76.64%
Eduardo Vazquez	Sausalito	CA	49	1:03:40	60	76.51%
Howard Iseri	Sacramento	CA	62	1:11:38	112	76.47%
Rigo Chavez	Azusa	CA	55	1:07:41	83	75.84%
Paul Carlin	Harbert	MI	76	1:25:02	163	75.73%
Rick Bruess	Boulder	CO	62	1:12:45	124	75.29%
Jason Reed	Brisbane	CA	43	1:01:45	43	75.05%
Rick Soper	Oakland	CA	61	1:12:28	119	74.88%
David Cook	Bella Vista	CA	65	1:15:40	135	74.54%
Jeff Hongo	Campbell	CA	56	1:09:38	99	74.39%
Mark Hostetter	San Jose	CA	49	1:05:31	70	74.35%
Matthew Fong	San Francisco	CA	50	1:06:09	74	74.27%
Gene French	San Bruno	CA	75	1:25:25	164	74.15%
Ronald Souza	Citrus Heights	CA	68	1:18:25	147	74.11%
Matthew Goldstein	Piedmont	CA	54	1:08:50	92	73.91%
Steve Doyle	La Mesa	CA	73	1:23:22	160	73.76%
Ken Camet	San Jose	CA	60	1:13:03	126	73.58%
Justin Patananan	Porterville	CA	41	1:02:16	47	73.24%
Ignacio Jimenez	Santa Barbara	CA	72	1:23:05	158	73.05%
Jacob Dinardi	San Rafael	CA	45	1:04:37	67	72.90%
Ruben Rodriguez	Elk Grove	CA	56	1:11:15	110	72.70%
Kirt Iverson	Santa Clara	CA	52	1:08:58	93	72.48%
Gilberto Garcia	Burbank	CA	52	1:09:42	101	71.72%
Dave Latner	San Francisco	CA	64	1:17:57	143	71.64%
Barry Hotchkies	Oakland	CA	76	1:30:02	175	71.52%
Bruce Kirschner	Louisville	CO	68	1:21:21	154	71.44%

Michael Hochster	Piedmont	CA	52	1:10:34	106	70.84%
Michael Gallagher	San Francisco	CA	40	1:03:53	63	70.83%
Richard Williams	Coronado	CA	86	1:58:01	192	70.14%
Robert Navarrete	San Jose	CA	65	1:20:30	152	70.06%
Brent Cushenbery	Newcastle	CA	62	1:18:14	145	70.02%
James Morris	Albany	CA	72	1:27:07	170	69.67%
Lars Schmitz	Claremont	CA	43	1:06:52	76	69.30%
Raul Jorcino	Oakland	CA	58	1:16:36	139	68.87%
Mathieu DesJardins	Redwood City	CA	52	1:12:39	120	68.81%
Rick Rosenbaum	Piedmont	CA	58	1:16:45	141	68.74%
Chris Jones	Sonoma	CA	50	1:13:12	127	67.12%
Enrique Rodriguez	San Francisco	CA	47	1:12:18	117	66.24%
Bob Fredenburg	Sacramento	CA	69	1:32:37	176	63.40%
James Flanigan	Davis	CA	72	1:36:14	182	63.07%
Ben Mundy	Sacramento	CA	60	1:27:49	172	61.20%
Sam Benedict	Decatur	GA	75	1:46:18	188	59.58%
Andrew Sherwood	Atlanta	GA	82	2:06:32	195	57.93%
Richard King	West Sacramento	CA	52	1:34:41	180	52.80%
Allan Stanbridge	Burlingame	CA	75	2:09:14	196	49.01%