

USATF Masters 10 Mile Championship
Age Group Results
Sacramento, CA 4/3/2022

Female Age Group 40-44

Place	Name	Hometown	Age	Time
1	Maggie Shearer	Newbury Park CA	44	59:20
2	Carre Joyce Heineck	Portland OR	40	1:00:29
3	Laura Osman	Encino CA	41	1:02:47
4	Jacqueline Cooke	Burlingame CA	43	1:03:16
5	Alyson Barrett	San Francisco CA	43	1:05:52
6	Anne Cushman	Rancho Cordova CA	44	1:06:53
7	Mercy Sells	Las Vegas NV	40	1:07:46
8	Celeste Prothro	San Francisco CA	42	1:08:02
9	Lisa Renteria	San Jose CA	43	1:10:11
10	Anne Ruminski	Redwood City CA	40	1:10:34
11	Marisa Beck	Pacifica CA	44	1:12:50
12	Lisa Gallagher	San Francisco CA	40	1:13:26
13	Shawnessy Dusseau	San Francisco CA	40	1:15:02
14	Angela Knotts	San Francisco CA	41	1:16:55
15	Deanna Kwong	Fremont CA	42	1:18:03
16	Katherine Miller	Cupertino CA	44	1:20:56

Male Age Group 40-44

Place	Name	Hometown	Age	Time
1	Riley Cook	South Weber UT	40	50:00
2	Sergio Reyes	Los Osos CA	40	50:36
3	Roosevelt Cook	Hesperia CA	42	51:27
4	Peter Gilmore	Alameda CA	44	52:47
5	Benjamin Koss	San Francisco CA	41	54:49
6	Juan Rivera	Salinas CA	41	54:51
7	Cesar Lira	Sacramento CA	40	55:52
8	Andrew Touchstone	San Francisco CA	40	56:05
9	Jesse Barragan	Folsom CA	44	56:34
10	Chip Scarinzi	Alameda CA	41	57:10
11	Galen Farris	Sacramento CA	40	57:33
12	Trevor Cox	Long Beach CA	42	58:45
13	Jason Sanguinetti	Sacramento CA	42	59:51
14	Kurt Whittington	Fountain Valley CA	44	1:00:14
15	Jason Reed	Brisbane CA	43	1:01:46
16	Justin Patananan	Porterville CA	41	1:02:19
17	Michael Gallagher	San Francisco CA	40	1:03:58
18	Lars Schmitz	Claremont CA	43	1:06:57

Female Age Group 45-49

Place	Name	Hometown	Age	Time
1	Amy Alzina	Santa Barbara CA	45	1:03:33
2	Elizabeth Goya	San Francisco CA	47	1:04:37
3	Dena Evans	Redwood City CA	46	1:07:36
4	Christy Peterson	Rolling Hills Estates CA	47	1:07:58
5	Jodi Buyyounouski	Palo Alto CA	48	1:08:40
6	Euleen Josiah-Tanner	Atlanta GA	47	1:11:51
7	Stephanie Styczynski	Roseville CA	46	1:15:17

Male Age Group 45-49

Place	Name	Hometown	Age	Time
1	Gregory Mitchell	Wilsonville OR	48	52:57
2	Jason Troxler	Flagstaff AZ	47	53:49
3	Jacques Sallberg	Pasadena CA	47	54:49
4	Todd Rose	San Francisco CA	48	55:20
5	Jason Lee	San Francisco CA	46	1:00:23
6	Eduardo Vazquez	Sausalito CA	49	1:03:45
7	Jacob Dinardi	San Rafael CA	45	1:04:47
8	Mark Hostetter	San Jose CA	49	1:05:39
9	Enrique Rodriguez	San Francisco CA	47	1:12:25

Female Age Group 50-54

Place	Name	Hometown	Age	Time
1	Chris Lundy	Mill Valley CA	51	1:01:58
2	Elizabeth Guerrini	Long Beach CA	53	1:03:10
3	Amy Halseth	La Jolla CA	52	1:03:35
4	Ingrid Walters	Santa Monica CA	50	1:04:28
5	Fiona Bayly	New York NY	54	1:06:59
6	Melinda DiNapoli	Saratoga CA	52	1:07:34
7	Megan Kossar	San Francisco CA	51	1:07:38
8	Lan Clayton	Salinas CA	54	1:08:13
9	Kristi Rossi	Hillsborough CA	53	1:09:24
10	Wendy Terris	Lake Oswego OR	52	1:09:32
11	Jennifer Bayliss	Danville CA	51	1:11:19
12	Riya Young	San Francisco CA	54	1:16:11
13	Kendra Hershey	Los Gatos CA	50	1:22:17
14	Dalila Rodriguez	Los Banos CA	51	1:33:12

Male Age Group 50-54

Place	Name	Hometown	Age	Time
1	Jaime Heilpern	San Francisco CA	52	55:11
2	Mark Callon	Monte Sereno CA	53	56:03
3	Ivan Lieben	Lafayette CA	52	56:38
4	Christian Cushing-murray	Orange CA	54	56:58
5	Jesus Muniz	Woodland CA	50	57:28
6	Darren Morgan	Fair Oaks CA	52	58:09
7	Steve Bell	Kennesaw GA	50	58:21
8	Ben Turman	Kensington CA	52	58:50
9	Joe Van De Water	El Dorado Hills CA	54	1:00:10
10	Brad Slavens	Atlanta GA	53	1:00:33
11	David Mastro	Roseville CA	50	1:00:36
12	Jorn Jensen	Morgan Hill CA	53	1:00:55
13	Gregory Keyes	Newport Beach CA	54	1:01:56
14	Roger Dix	Fair Oaks CA	54	1:02:01
15	Denis Glenn	Sausalito CA	52	1:02:53
16	Michael Aguilar	Sacramento CA	53	1:03:53
17	Anthony Stonehouse	Pacific Grove CA	53	1:05:19
18	Matthew Fong	San Francisco CA	50	1:06:13
19	Matthew Goldstein	Piedmont CA	54	1:08:59
20	Kirt Iverson	Santa Clara CA	52	1:09:08
21	Gilberto Garcia	Burbank CA	52	1:09:50
22	Michael Hochster	Piedmont CA	52	1:10:44
23	Mathieu DesJardins	Redwood City CA	52	1:12:45
24	Chris Jones	Sonoma CA	50	1:13:18
25	Richard King	West Sacramento CA	52	1:34:48

Female Age Group 55-59

Place	Name	Hometown	Age	Time
1	Jenny Hitchings	Sacramento CA	58	1:00:40
2	Midori Sperandeo	Folsom CA	55	1:03:34
3	Tania Fischer	Santa Monica CA	56	1:07:54
4	Dana Blum	San Francisco CA	58	1:11:15
5	Genevieve Clavier	Sacramento CA	58	1:11:22
6	Kathleen Cushing-murray	Orange CA	57	1:13:03
7	Tina Klein	Kennesaw GA	57	1:14:44
8	Patti Shore	Mill Valley CA	55	1:15:02
9	Jackie Sword-Olson	Carmichael CA	58	1:18:32
10	Jeanine Holmlund	Oakland CA	57	1:19:12
11	Lisa Balestrini	Granite Bay CA	57	1:23:02
12	Kristina Sepetys	Berkeley CA	59	1:25:44

Male Age Group 55-59

Place	Name	Hometown	Age	Time
1	Nat Larson	Amherst MA	59	57:11
2	Thomas Tayeri	Palo Alto CA	57	58:05
3	Anthony McGrath	San Francisco CA	55	58:07
4	Mark Murray	Davis CA	59	1:01:02
5	Matthew Underwood	Yucaipa CA	55	1:01:19
6	Michael Strickland	Acworth GA	55	1:02:22
7	Jerry Flanagan	San Francisco CA	56	1:03:02
8	Scott Siriano	Dillon CO	55	1:03:36
9	Robert Leonardo	Van Nuys CA	59	1:05:03
10	Francis Burdett	Worcester MA	57	1:06:08
11	Thomas Schumann	Pacific Palisades CA	57	1:07:27
12	Rigo Chavez	Azusa CA	55	1:07:43
13	Daniel Sivoletta	Piedmont CA	57	1:08:21
14	Jeff Hongo	Campbell CA	56	1:09:44
15	Ruben Rodriguez	Elk Grove CA	56	1:11:21
16	Raul Jorcino	Oakland CA	58	1:16:45
17	Rick Rosenbaum	Piedmont CA	58	1:16:55

Female Age Group 60-64

Place	Name	Hometown	Age	Time
1	Stella Gibbs	Pacific Grove CA	63	1:10:14
2	Kathi Sleavin	Seattle WA	63	1:12:20
3	Lanore Bergenske	Fortuna CA	64	1:18:42
4	Margit Falk	San Francisco CA	60	1:25:45
5	Debra Cramer	Alameda CA	64	1:26:24
6	Diane Bomberg	Oakland CA	62	1:36:13
7	Karen Andrews	Dublin CA	62	1:54:11

Male Age Group 60-64

Place	Name	Hometown	Age	Time
1	Tim DeGrado	Arvada CO	62	59:47
2	Iain Mickle	Sacramento CA	61	59:57
3	Paul Hughes	Pagosa Springs CO	64	1:03:00
4	Raymond Rodriguez	Los Banos CA	60	1:03:38
5	Adam Feerst	Denver CO	62	1:03:55
6	Jay Littlepage	Boulder CO	62	1:05:42
7	Richard Morrissey	Menlo Park CA	60	1:09:22
8	Peter Hsia	San Francisco CA	61	1:09:26
9	Brian Nelson	Bakersfield CA	64	1:09:28
10	Howard Iseri	Sacramento CA	62	1:11:46
11	Jeffery Barros	Thornton CO	64	1:12:15
12	Rick Soper	Oakland CA	61	1:12:38
13	Rick Bruess	Boulder CO	62	1:12:52
14	Ken Camet	San Jose CA	60	1:13:08
15	Dave Latner	San Francisco CA	64	1:18:07
16	Brent Cushenbery	Newcastle CA	62	1:18:21
17	Ben Mundy	Sacramento CA	60	1:27:57

Female Age Group 65-69

Place	Name	Hometown	Age	Time
1	Merry Dearmon-Moore	Tucson AZ	68	1:15:36
2	Honor Fetherston	Los Gatos CA	67	1:18:18
3	Suzanne Ray	Jacksonville OR	69	1:21:34
4	Suzette Smith	Alameda CA	66	1:34:34
5	Barbara McQuinn	Oakland CA	65	1:37:20

Male Age Group 65-69

Place	Name	Hometown	Age	Time
1	Jacob Nur	Elk Grove CA	66	58:36
2	Terry Baucom	El Dorado Hills CA	65	1:04:05
3	Doug Steedman	San Francisco CA	66	1:07:09
4	Tomas Rodriguez	Laguna Beach CA	68	1:09:47
5	Brian Davis	Livermore CA	66	1:10:10
6	Martin Lascelles	Boulder CO	67	1:10:48
7	Eugene Myers	Columbia MD	69	1:12:07
8	David Cook	Bella Vista CA	65	1:15:45
9	Ronald Souza	Citrus Heights CA	68	1:18:32
10	Robert Navarrete	San Jose CA	65	1:20:33
11	Bruce Kirschner	Louisville CO	68	1:21:28
12	Bob Fredenburg	Sacramento CA	69	1:32:59

Female Age Group 70-74

Place	Name	Hometown	Age	Time
1	Sabra Harvey	Houston TX	73	1:23:57
2	Kate Stewart	Berkeley CA	71	1:23:59
3	Sharon Gerl	Eugene OR	74	1:26:13
4	Jo Anne Rowland	Concord CA	74	1:26:26
5	Sharlet Gilbert	Richmond CA	71	1:27:37
6	Jeanette Groesz	Redmond OR	72	1:28:13
7	Irene Herman	San Francisco CA	72	1:37:58
8	Karen Stevenson	Berkeley CA	71	1:38:37
9	Donna Chan	San Francisco CA	71	1:39:02
10	Kathleen Doswell	Columbia VA	72	1:45:37
11	Ifeoma Adams	Hercules CA	70	1:58:07
12	Jane Williams	Coronado CA	74	2:05:20

Male Age Group 70-74

Place	Name	Hometown	Age	Time
1	Gene Dykes	Bala Cynwyd PA	74	1:07:51
2	Jerry Learned	Gainesville GA	73	1:12:28
3	John Hirschberger	San Francisco CA	70	1:12:48
4	David Dunbar	La Jolla CA	72	1:12:50
5	Doug Bell	Greeley CO	71	1:14:45
6	Mike Wien	Boulder CO	70	1:16:08
7	Ignacio Jimenez	Santa Barbara CA	72	1:23:08
8	Steve Doyle	La Mesa CA	73	1:23:25
9	James Morris	Albany CA	72	1:27:16
10	James Flanigan	Davis CA	72	1:36:23

Female Age Group 75-79

Place	Name	Hometown	Age	Time
1	Shirley Shean	Concord CA	75	1:46:25
2	Barbara Rinker	Sacramento CA	75	2:03:45

Male Age Group 75-79

Place	Name	Hometown	Age	Time
1	Dave Glass	Glenville NY	75	1:16:38
2	Gary Ostwald	Denver CO	76	1:19:50
3	Len Goldman	Oakland CA	77	1:19:52
4	Jan Frisby	Grand Junction CO	77	1:23:21
5	Paul Carlin	Harbert MI	76	1:25:10
6	Gene French	San Bruno CA	75	1:25:30
7	Barry Hotchkies	Oakland CA	76	1:30:13
8	Sam Benedict	Decatur GA	75	1:46:22
9	Allan Stanbridge	Burlingame CA	75	2:09:22

Female Age Group 80-84

Place	Name	Hometown	Age	Time
1	JoAnn Hall	Redding CA	80	1:34:39

Male Age Group 80-84

Place	Name	Hometown	Age	Time
1	Andrew Sherwood	Atlanta GA	82	2:06:42

Male Age Group 85-89

Place	Name	Hometown	Age	Time
1	Richard Williams	Coronado CA	86	1:58:13