

# USATF Masters 10 Mile Championships

## Overall Results

Sacramento, CA 4/3/2022

Place	First Name	Last Name	City	State	Team	Bib No	Age	Gun Time
1	Riley	Cook	South Weber	UT		138	40	50:00
2	Sergio	Reyes	Los Osos	CA	HOKA Aggie Running Club 40+ A male	260	40	50:36
3	Roosevelt	Cook	Hesperia	CA	Cal Coast Track Club 40+ A male	139	42	51:27
4	Peter	Gilmore	Alameda	CA	West Valley Track Club 40+ A male	181	44	52:47
5	Gregory	Mitchell	Wilsonville	OR	Bowerman Track Club 40+ A male	241	48	52:57
6	Jason	Troxler	Flagstaff	AZ		306	47	53:49
7	Benjamin	Koss	San Francisco	CA	West Valley Track Club 40+ A male	219	41	54:49
8	Jacques	Sallberg	Pasadena	CA	Cal Coast Track Club 40+ A male	273	47	54:49
9	Juan	Rivera	Salinas	CA		262	41	54:51
10	Jaime	Heilpern	San Francisco	CA	HOKA Aggie Running Club 50+ A male	193	52	55:11
11	Todd	Rose	San Francisco	CA	West Valley Track Club 40+ A male	268	48	55:20
12	Cesar	Lira	Sacramento	CA	Excelsior Running Club 40+ A male	232	40	55:52
13	Mark	Callon	Monte Sereno	CA	West Valley Track Club 50+ A male	130	53	56:03
14	Andrew	Touchstone	San Francisco	CA		305	40	56:05
15	Jesse	Barragan	Folsom	CA	SRA Elite 40+ A male	110	44	56:34
16	Ivan	Lieben	Lafayette	CA	West Valley Track Club 50+ A male	231	52	56:38
17	Christian	Cushing-murray	Orange	CA	Cal Coast Track Club 50+ A male	144	54	56:58
18	Chip	Scarinzi	Alameda	CA	West Valley Track Club 40+ A male	275	41	57:10
19	Nat	Larson	Amherst	MA	Greater Springfield Harriers, Inc 50+ A male	222	59	57:11
20	Jesus	Muniz	Woodland	CA		246	50	57:28
21	Galen	Farris	Sacramento	CA	SRA Elite 40+ A male	164	40	57:33
22	Thomas	Tayeri	Palo Alto	CA		303	57	58:05
23	Anthony	McGrath	San Francisco	CA	West Valley Track Club 50+ A male	237	55	58:07
24	Darren	Morgan	Fair Oaks	CA	SRA Elite 50+ A male	242	52	58:09
25	Steve	Bell	Kennesaw	GA	Atlanta Track Club 50+ A male	118	50	58:21
26	Jacob	Nur	Elk Grove	CA	SRA Elite 60+ A male	251	66	58:36
27	Trevor	Cox	Long Beach	CA	Cal Coast Track Club 40+ A male	141	42	58:45
28	Ben	Turman	Kensington	CA	West Valley Track Club 50+ A male	307	52	58:50
29	Maggie	Shearer	Newbury Park	CA	Cal Coast Track Club 40+ A female	282	44	59:20
30	Tim	DeGrado	Arvada	CO	Boulder Road Runners 60+ A male	149	62	59:47
31	Jason	Sanguinetti	Sacramento	CA		274	42	59:51
32	Iain	Mickle	Sacramento	CA	SRA Elite 60+ A male	239	61	59:57
33	Joe	Van De Water	El Dorado Hills	CA	SRA Elite 50+ A male	310	54	1:00:10
34	Kurt	Whittington	Fountain Valley	CA	Cal Coast Track Club 40+ A male	313	44	1:00:14
35	Jason	Lee	San Francisco	CA	Excelsior Running Club 40+ A male	228	46	1:00:23
36	Carre	Joyce Heineck	Portland	OR	Team Red Lizard 40+ A female	212	40	1:00:29
37	Brad	Slavens	Atlanta	GA	Atlanta Track Club 50+ A male	288	53	1:00:33
38	David	Mastro	Roseville	CA	SRA Elite 50+ A male	236	50	1:00:36
39	Jenny	Hitchings	Sacramento	CA	SRA Elite 40+ A female	197	58	1:00:40
40	Jorn	Jensen	Morgan Hill	CA	West Valley Joggers & Striders 50+ A male	207	53	1:00:55
41	Mark	Murray	Davis	CA	SRA Elite 50+ A male	247	59	1:01:02
42	Matthew	Underwood	Yucaipa	CA	Cal Coast Track Club 50+ A male	309	55	1:01:19

43	Jason	Reed	Brisbane	CA	Excelsior Running Club 40+ A male	258	43	1:01:46
44	Gregory	Keyes	Newport Beach	CA	Cal Coast Track Club 50+ A male	213	54	1:01:56
45	Chris	Lundy	Mill Valley	CA		235	51	1:01:58
46	Roger	Dix	Fair Oaks	CA	HOKA Aggie Running Club 50+ A male	155	54	1:02:01
47	Justin	Patananan	Porterville	CA	HOKA Aggie Running Club 40+ A male	254	41	1:02:19
48	Michael	Strickland	Acworth	GA	Atlanta Track Club 50+ A male	300	55	1:02:22
49	Laura	Osman	Encino	CA	Cal Coast Track Club 40+ A female	252	41	1:02:47
50	Denis	Glenn	Sausalito	CA	West Valley Track Club 50+ A male	183	52	1:02:53
51	Paul	Hughes	Pagosa Springs	CO		204	64	1:03:00
52	Jerry	Flanagan	San Francisco	CA	Pamakids 50+ A male	168	56	1:03:02
53	Elizabeth	Guerrini	Long Beach	CA	Cal Coast Track Club 40+ A female	188	53	1:03:10
54	Jacqueline	Cooke	Burlingame	CA	Impala Racing Team 40+ A female	140	43	1:03:16
55	Amy	Alzina	Santa Barbara	CA		104	45	1:03:33
56	Midori	Sperandeo	Folsom	CA	SRA Elite 40+ A female	294	55	1:03:34
57	Amy	Halseth	La Jolla	CA		190	52	1:03:35
58	Scott	Siriano	Dillon	CO	West Valley Track Club 50+ A male	286	55	1:03:36
59	Raymond	Rodriguez	Los Banos	CA	West Valley Joggers & Striders 60+ A male	265	60	1:03:38
60	Eduardo	Vazquez	Sausalito	CA	Pamakids 40+ A male	311	49	1:03:45
61	Michael	Aguilar	Sacramento	CA	SRA Elite 40+ A male	103	53	1:03:53
62	Adam	Feerst	Denver	CO	Boulder Road Runners 60+ A male	165	62	1:03:55
63	Michael	Gallagher	San Francisco	CA	West Valley Track Club 40+ B male	176	40	1:03:58
64	Terry	Baucom	El Dorado Hills	CA	SRA Elite 60+ A male	113	65	1:04:05
65	Ingrid	Walters	Santa Monica	CA	The Janes Elite Racing 50+ A female	312	50	1:04:28
66	Elizabeth	Goya	San Francisco	CA	Impala Racing Team 40+ A female	186	47	1:04:37
67	Jacob	Dinardi	San Rafael	CA	Pamakids 40+ A male	154	45	1:04:47
68	Robert	Leonardo	Van Nuys	CA		230	59	1:05:03
69	Anthony	Stonehouse	Pacific Grove	CA	Lake Merritt Joggers and Striders 50+ A male	299	53	1:05:19
70	Mark	Hostetter	San Jose	CA		201	49	1:05:39
71	Jay	Littlepage	Boulder	CO	Athletics Boulder 60+ A male	233	62	1:05:42
72	Alyson	Barrett	San Francisco	CA	West Valley Track Club 40+ A female	111	43	1:05:52
73	Francis	Burdett	Worcester	MA	Greater Springfield Harriers, Inc 50+ A male	127	57	1:06:08
74	Matthew	Fong	San Francisco	CA	Excelsior Running Club 50+ A male	171	50	1:06:13
75	Anne	Cushman	Rancho Cordova	CA	SRA Elite 40+ A female	146	44	1:06:53
76	Lars	Schmitz	Claremont	CA		276	43	1:06:57
77	Fiona	Bayly	New York	NY		115	54	1:06:59
78	Doug	Steedman	San Francisco	CA	HOKA Aggie Running Club 50+ A male	296	66	1:07:09
79	Thomas	Schumann	Pacific Palisades	CA	Cal Coast Track Club 50+ A male	278	57	1:07:27
80	Melinda	DiNapoli	Saratoga	CA		153	52	1:07:34
81	Dena	Evans	Redwood City	CA	Peninsula Distance Club 40+ A female	161	46	1:07:36
82	Megan	Kossar	San Francisco	CA	Impala Racing Team 50+ A female	220	51	1:07:38
83	Rigo	Chavez	Azusa	CA		134	55	1:07:43
84	Mercy	Sells	Las Vegas	NV	Team Red Lizard 40+ A female	279	40	1:07:46
85	Gene	Dykes	Bala Cynwyd	PA		160	74	1:07:51
86	Tania	Fischer	Santa Monica	CA	The Janes Elite Racing 50+ A female	167	56	1:07:54
87	Christy	Peterson	Rolling Hills Estates	CA	Cal Coast Track Club 40+ A female	255	47	1:07:58
88	Celeste	Prothro	San Francisco	CA	Impala Racing Team 40+ A female	256	42	1:08:02
89	Lan	Clayton	Salinas	CA		136	54	1:08:13
90	Daniel	Sivolella	Piedmont	CA	Strawberry Canyon Track Club 50+ A male	287	57	1:08:21

91	Jodi	Buyyounouski	Palo Alto	CA	Impala Racing Team 40+ A female	128	48	1:08:40
92	Matthew	Goldstein	Piedmont	CA	Lake Merritt Joggers and Striders 50+ A male	185	54	1:08:59
93	Kirt	Iverson	Santa Clara	CA	Wolfpack Running Club 40+ A male	206	52	1:09:08
94	Richard	Morrissey	Menlo Park	CA		244	60	1:09:22
95	Kristi	Rossi	Hillsborough	CA	Impala Racing Team 50+ A female	270	53	1:09:24
96	Peter	Hsia	San Francisco	CA	Excelsior Running Club 50+ A male	203	61	1:09:26
97	Brian	Nelson	Bakersfield	CA	Cal Coast Track Club 60+ A male	250	64	1:09:28
98	Wendy	Terris	Lake Oswego	OR	Team Red Lizard 40+ A female	304	52	1:09:32
99	Jeff	Hongo	Campbell	CA	HOKA Aggie Running Club 50+ A male	200	56	1:09:44
100	Tomas	Rodriguez	Laguna Beach	CA	Cal Coast Track Club 60+ A male	267	68	1:09:47
101	Gilberto	Garcia	Burbank	CA		177	52	1:09:50
102	Brian	Davis	Livermore	CA		147	66	1:10:10
103	Lisa	Renteria	San Jose	CA	Wolfpack Running Club 40+ A female	259	43	1:10:11
104	Stella	Gibbs	Pacific Grove	CA	Impala Racing Team 60+ A female	179	63	1:10:14
105	Anne	Ruminski	Redwood City	CA	Impala Racing Team 40+ B female	272	40	1:10:34
106	Michael	Hochster	Piedmont	CA	Lake Merritt Joggers and Striders 50+ A male	198	52	1:10:44
107	Martin	Lascelles	Boulder	CO	Athletics Boulder 60+ A male	223	67	1:10:48
108	Dana	Blum	San Francisco	CA	Impala Racing Team 50+ B female	121	58	1:11:15
109	Jennifer	Bayliss	Danville	CA	Impala Racing Team 50+ A female	114	51	1:11:19
110	Ruben	Rodriguez	Elk Grove	CA	River City Rebels 50+ A male	266	56	1:11:21
111	Genevieve	Clavier	Sacramento	CA	Buffalo Chips Running Club 50+ A female	135	58	1:11:22
112	Howard	Iseri	Sacramento	CA	River City Rebels 60+ A male	205	62	1:11:46
113	Euleen	Josiah-Tanner	Atlanta	GA		211	47	1:11:51
114	Eugene	Myers	Columbia	MD		248	69	1:12:07
115	Jeffery	Barros	Thornton	CO	Boulder Road Runners 60+ A male	112	64	1:12:15
116	Kathi	Sleavin	Seattle	WA		289	63	1:12:20
117	Enrique	Rodriguez	San Francisco	CA	Pamakids 40+ A male	264	47	1:12:25
118	Jerry	Learned	Gainesville	GA	Atlanta Track Club 70+ A male	225	73	1:12:28
119	Rick	Soper	Oakland	CA	Lake Merritt Joggers and Striders 60+ A male	292	61	1:12:38
120	Mathieu	DesJardins	Redwood City	CA	West Valley Track Club 50+ B male	152	52	1:12:45
121	John	Hirschberger	San Francisco	CA	Tamalpa Runners 70+ A male	196	70	1:12:48
122	David	Dunbar	La Jolla	CA	Jamul Toads 70+ A male	158	72	1:12:50
123	Marisa	Beck	Pacifica	CA	Impala Racing Team 40+ B female	116	44	1:12:50
124	Rick	Bruess	Boulder	CO	Athletics Boulder 60+ A male	126	62	1:12:52
125	Kathleen	Cushing-murray	Orange	CA	The Janes Elite Racing 50+ A female	145	57	1:13:03
126	Ken	Camet	San Jose	CA	West Valley Joggers & Striders 60+ A male	131	60	1:13:08
127	Chris	Jones	Sonoma	CA	Pamakids 50+ A male	209	50	1:13:18
128	Lisa	Gallagher	San Francisco	CA	West Valley Track Club 40+ A female	175	40	1:13:26
129	Tina	Klein	Kennesaw	GA		217	57	1:14:44
130	Doug	Bell	Greeley	CO	Boulder Road Runners 70+ A male	117	71	1:14:45
131	Patti	Shore	Mill Valley	CA	Impala Racing Team 50+ B female	284	55	1:15:02
132	Shawnessy	Dusseau	San Francisco	CA	West Valley Track Club 40+ A female	159	40	1:15:02
133	Stephanie	Styczynski	Roseville	CA	SRA Elite 40+ A female	301	46	1:15:17
134	Merry	Dearmon-Moore	Tucson	AZ		148	68	1:15:36
135	David	Cook	Bella Vista	CA		137	65	1:15:45
136	Mike	Wien	Boulder	CO	Boulder Road Runners 70+ A male	314	70	1:16:08
137	Riya	Young	San Francisco	CA	Lake Merritt Joggers and Striders 50+ A female	318	54	1:16:11
138	Dave	Glass	Glenville	NY	Atlanta Track Club 70+ A male	182	75	1:16:38

139	Raul	Jorcino	Oakland	CA	Lake Merritt Joggers and Striders 50+ A male	210	58	1:16:45
140	Angela	Knotts	San Francisco	CA	West Valley Track Club 40+ A female	218	41	1:16:55
141	Rick	Rosenbaum	Piedmont	CA	Lake Merritt Joggers and Striders 50+ A male	269	58	1:16:55
142	Deanna	Kwong	Fremont	CA	Pamakids 40+ A female	221	42	1:18:03
143	Dave	Latner	San Francisco	CA	Pamakids 50+ A male	224	64	1:18:07
144	Honor	Fetherston	Los Gatos	CA		166	67	1:18:18
145	Brent	Cushenbery	Newcastle	CA	River City Rebels 60+ A male	143	62	1:18:21
146	Jackie	Sword-Olson	Carmichael	CA	Buffalo Chips Running Club 50+ A female	302	58	1:18:32
147	Ronald	Souza	Citrus Heights	CA	River City Rebels 60+ A male	293	68	1:18:32
148	Lanore	Bergenske	Fortuna	CA		120	64	1:18:42
149	Jeanine	Holmlund	Oakland	CA	Lake Merritt Joggers and Striders 50+ A female	199	57	1:19:12
150	Gary	Ostwald	Denver	CO	Boulder Road Runners 70+ A male	253	76	1:19:50
151	Len	Goldman	Oakland	CA	Tamalpa Runners 70+ A male	184	77	1:19:52
152	Robert	Navarrete	San Jose	CA		249	65	1:20:33
153	Katherine	Miller	Cupertino	CA	Impala Racing Team 40+ B female	240	44	1:20:56
154	Bruce	Kirschner	Louisville	CO	Boulder Road Runners 60+ A male	216	68	1:21:28
155	Suzanne	Ray	Jacksonville	OR		257	69	1:21:34
156	Kendra	Hershey	Los Gatos	CA	Pamakids 40+ A female	195	50	1:22:17
157	Lisa	Balestrini	Granite Bay	CA	Buffalo Chips Running Club 50+ A female	109	57	1:23:02
158	Ignacio	Jimenez	Santa Barbara	CA		208	72	1:23:08
159	Jan	Frisby	Grand Junction	CO	Boulder Road Runners 70+ A male	174	77	1:23:21
160	Steve	Doyle	La Mesa	CA	San Diego Striders 70+ A male	157	73	1:23:25
161	Sabra	Harvey	Houston	TX	Team Red Lizard 70+ A female	192	73	1:23:57
162	Kate	Stewart	Berkeley	CA	Lake Merritt Joggers and Striders 70+ A female	298	71	1:23:59
163	Paul	Carlin	Harbert	MI		132	76	1:25:10
164	Gene	French	San Bruno	CA	Tamalpa Runners 70+ A male	173	75	1:25:30
165	Kristina	Sepetys	Berkeley	CA	Lake Merritt Joggers and Striders 50+ A female	280	59	1:25:44
166	Margit	Falk	San Francisco	CA	Pamakids 40+ A female	162	60	1:25:45
167	Sharon	Gerl	Eugene	OR	Team Red Lizard 70+ A female	178	74	1:26:13
168	Debra	Cramer	Alameda	CA	Lake Merritt Joggers and Striders 60+ A female	142	64	1:26:24
169	Jo Anne	Rowland	Concord	CA	Impala Racing Team 70+ A female	271	74	1:26:26
170	James	Morris	Albany	CA	Tamalpa Runners 70+ A male	243	72	1:27:16
171	Sharlet	Gilbert	Richmond	CA	Lake Merritt Joggers and Striders 70+ A female	180	71	1:27:37
172	Ben	Mundy	Sacramento	CA	River City Rebels 50+ A male	245	60	1:27:57
173	Jeanette	Groesz	Redmond	OR	Team Red Lizard 70+ A female	187	72	1:28:13
174	Cheryl	Shwe	San Francisco	CA	Impala Racing Team 50+ B female	285	55	1:29:08
175	Barry	Hotchkies	Oakland	CA		202	76	1:30:13
176	Bob	Fredenburg	Sacramento	CA		172	69	1:32:59
177	Dalila	Rodriguez	Los Banos	CA	West Valley Joggers & Striders 50+ A female	263	51	1:33:12
178	Suzette	Smith	Alameda	CA	Lake Merritt Joggers and Striders 60+ A female	291	66	1:34:34
179	JoAnn	Hall	Redding	CA		189	80	1:34:39
180	Richard	King	West Sacramento	CA	River City Rebels 50+ A male	215	52	1:34:48
181	Diane	Bomberg	Oakland	CA	Lake Merritt Joggers and Striders 60+ A female	123	62	1:36:13
182	James	Flanigan	Davis	CA	Tamalpa Runners 70+ A male	170	72	1:36:23
183	Barbara	McQuinn	Oakland	CA	Lake Merritt Joggers and Striders 60+ A female	238	65	1:37:20
184	Irene	Herman	San Francisco	CA	Impala Racing Team 70+ A female	194	72	1:37:58
185	Karen	Stevenson	Berkeley	CA	Lake Merritt Joggers and Striders 70+ A female	297	71	1:38:37
186	Donna	Chan	San Francisco	CA	Impala Racing Team 70+ A female	133	71	1:39:02

187	Kathleen	Doswell	Columbia	VA		156	72	1:45:37
188	Sam	Benedict	Decatur	GA	Atlanta Track Club 70+ A male	119	75	1:46:22
189	Shirley	Shean	Concord	CA	Impala Racing Team 60+ A female	281	75	1:46:25
190	Karen	Andrews	Dublin	CA	Lake Merritt Joggers and Striders 60+ A female	105	62	1:54:11
191	Ifeoma	Adams	Hercules	CA	Impala Racing Team 60+ A female	101	70	1:58:07
192	Richard	Williams	Coronado	CA		316	86	1:58:13
193	Barbara	Rinker	Sacramento	CA	Buffalo Chips Running Club 50+ A female	261	75	2:03:45
194	Jane	Williams	Coronado	CA		315	74	2:05:20
195	Andrew	Sherwood	Atlanta	GA	Atlanta Track Club 70+ A male	283	82	2:06:42
196	Allan	Stanbridge	Burlingame	CA	Excelsior Running Club 50+ A male	295	75	2:09:22