



## **Inaugural Awards Banquet**

February 1, 2020 • San Francisco, CA

Guest Speaker - Shannon Rowbury

Hall of Fame Inductees

2019 Competition Awards

2019 Service Awards

*Visit [pausatf.org](http://pausatf.org) to learn more!*

## 2019 Officials Awardees

USATF National Officials Hall of Fame

**John Shirey**

USATF Pacific Dick Connors Meritorious Service Award *(ten years experience as a Track & Field Official AND must be certified as Masters level official with the USATF)*

**Bob Podkaminer**

USATF Pacific George Newlon Special Recognition Award *(seven years experience as a Track & Field Official AND be certified as either National or Master level official with the USATF. This award is primarily for achievement in the area of Track event officiating)*

**John Busto**

**James Starmer**

USATF Pacific Dick Barbour Special Recognition Award *(seven years experience as a Track & Field Official AND be certified as either National or Master level official with the USATF. This award is primarily for achievement in the area of Field event officiating.)*

**Jay Abbott**

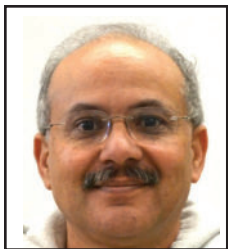
USATF Pacific Horace Crow Special Recognition Award *(seven years experience as a Track & Field Official AND be certified as either National or Master level official with the USATF. This award is primarily for achievement in the area of Field event officiating.)*

**Ajay Padgaonkar**

**James Hart**

USATF Pacific Lori Maynard Special Recognition Award *(Recipient must be a person involved, other than as a spectator, in Track & Field, LDR, or Race Walking in any capacity AND has exhibited exceptional dedication to the sport of Track & Field, LDR or RaceWalking)*

**Phil Leake**



## 2019 Tom Moore Awardee

### Phil Leake

Phil's Track and Field career spans well over 50 years. Phil was first inspired as a runner and athlete by Dwight Stones ('72 Olympic Gold – High Jump) at one of his track and field tutoring clinics. At that time, Phil had been working as a janitor at his high school and would frequently be seen setting up and hurdling trash cans and practicing whenever he could. Phil ended his high school career as a four-year letterman in Soccer, Track and Field and Cross Country, running mainly sprints and middle distance, specializing in the short and long hurdles races under Coaches Art Venegas and Bill Irace. Phil later lettered at both LA Valley College (Coaches Mark Covert and James Harvey) and CSU Northridge in the hurdles (Coach Bill Webb). At CSU Northridge, Phil earned a Bachelor's Degree in Adapted Physical Education and eventually a Master's Degree in Exercise Science. Professionally, for the past 40 years, Phil has worked as a Clinical Exercise Physiologist/Specialist providing testing, leadership and counseling as well as preventative health and employee wellness program development services to individuals and corporations. He has served on several collegiate, state and professional advisory boards helping guide physical activity and wellness programs across California and the nation for the past 30 years. Phil has designed and helped construct several corporate fitness facilities in the Sacramento area, including gyms, tracks and field event venues, etc. Phil has coached Youth Athletics for over 15 years, both in youth soccer and in track and field. Phil is a USATF

Master Level Throws and Implement Inspector Official, G1 Referee and Technical Manager, officiating as a Crew Member or Head of Event for high school, collegiate, national and international meets for 20+ years. For the past 12 years, Phil has served in governance for the Pacific Association as Vice Chair and currently, Chair of the Officials Committee. During this time, the number of officials has increased to over 340 officials. He has served as the Officials Coordinator or an LOC member for most of the major meets in the Pacific Association over the last 20+ starting with the 2000 Olympic Trials serving as the Awards Manager. Phil's view is to help increase awareness, appreciation and participation as a payback to the sport that helped launch his career and given so much enjoyment to athletes.

#### Phil Leake's USATF Officiating Highlights

##### Governance

2016-Present PAUSATF Officials Committee Chair  
 2010-2016 PAUSATF Officials Committee Vice-Chair  
 2010-Present PAUSATF Officials Clinics Instructor

##### Olympic Trials

2000 USATF Olympic Trials – Awards Co-Manager  
 2004 USATF Olympic Trials-Awards Manager  
 2021 USATF Olympic Trials -Implement Inspector  
 2024 USATF Olympic Trials- Implement Inspector

*(continued below)*

## Banquet Schedule

5:00pm - No Host Bar and Social Hour

6:00pm Dinner

- Guest Speaker - Shannon Rowbury
- Hall of Fame Inductees
- Service Awards
- Sports Competition Awards

8:30pm - Closing

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## 2019 USATF Pacific Hall of Fame Inductees

*Visit [pausatf.org](http://pausatf.org) for more detailed information.*

### Bill Clark

Elite Distance Runner  
 Founder of West Valley Track Club  
 And so much more...

### Irene Herman

USATF Pacific member since 1985, Irene is currently an athlete, a master official, an event manager, a race director, an NOC subcommittee Insurance Chair, and serves on the PA Board of Directors as a 1st VP. She has also served as a Past President multiple times and as the Membership Committee Chair for many years.

### Mark Winitz

Mark has been involved with the PA since the early 1980s as a competitor and volunteer. He served as the LDR Committee Chair for many years and is hugely responsible for the success of the LDR Grand Prix series. His public relations and reporting skills continue to highlight PA events and PA athletes' accomplishments. Top this off with his dedicated work with LDR Officials and his PA Strategic Plan leadership.

*(Phil Leake, continued from prior page)*

### **International Meets**

2011 WAMA Outdoor Championships- Official's Coordinator  
2019 IAAF Prefontaine Classic- High Jump Crew -Timer

### **USATF Meets**

2010 USATF Master's Championships Officials Coordinator  
2010 USATF Junior Olympics (Javelin Crew)  
2014 USATF National Championships- Hammer Crew/Officials Coordinator  
2014 PAUSATF Youth Championships- Safety Coordinator/SP/Jav Crews  
2016 USATF Junior National Championships- Implement Inspector  
2016, 2019, 2022 USATF Junior Olympics- Officials Coordinator  
2005-2007 Modesto Relays -PV (under John Shirey) and HJ (under Margaret Sheehan)  
2017 USATF National Championships Hammer Crew (under Doug Allen)  
2018 USATF Masters Decathlon Championships (CE Chief-70+ Age Group)  
2010-2023 PAUSATF Championships (Officials Coordinator, W+M, Throws, Field Referee)  
2023 PAUSATF Master Championships (W+M, Referee)  
2023 PAUSATF Top 8 Championships (Field Referee )  
2023 USATF Region 14 Championships (SP- HOE)  
2024 USATF Masters Outdoor Championships (Officials Coordinator, Technical Manager)  
2024 PAUSATF Masters Championships (Referee)

### **NCAA Meets**

1999 CA State Community College Championships – Awards Manager  
2005 California Community College Championships (Hammer and Shot Put -HOE)

2005-2007 NCAA Outdoor Championships Awards Manager  
2008, 2017 Big Sky Conference Outdoor Championships (Hammer-Head of Event/ Officials Coordinator) under George Kleeman  
2014, 2016 NCAA Regional X-C Championships –Officials Coord/Clerk  
2017 California State Junior College Championships- Officials Coordinator, Implement Inspector Chief  
2019 NCAA D2 National X-C National Championships-Officials Coordinator, Asst Referee  
2022 Big West Championships-Field Referee  
2023 CCCAA NorCal Championships (Hammer/Discus HOE, Referee)  
2023 Stanford Invitational (Shot Put and Hammer-HOE)  
2018-2019, 2023 NCAA West Preliminary -Officials Coordinator  
2024 California Big 8 Junior College Championships and Multi-Championships (Referee)  
2024 Big West Championships -Field Referee  
2024 California Community College (CCCAA) NorCal Championships-Referee  
2017-Present -Sacramento State University-Officials Coordinator

### **High School Meets**

2008-Present Golden West Invitational (Hammer/Javelin/Shot crews and Head of Event, Referee)  
2010-2019, 2021-Present CIF Sac Joaquin Section Meet of Champions (SP/Discus/ W+M Crew- 2014-Present - Head of Event  
2015-2019, 2021-23 CIF Sac Joaquin Master Championships SP Head of Event/ Discus Crew/W+M  
2018-Present CIF Sac Joaquin X-C Championships (Clerk)

## **2019 Coaches Legacy Awardee**

### **Ken Grace**

#### **Career and Honors Timeline**

*(excerpted from the Legacy Coaches Awardees' page at [pausatf.org/coaches/coaches-legacy-awardees/](https://pausatf.org/coaches/coaches-legacy-awardees/))*

1980, Spring: Ken Grace started coaching track and field at Chabot College  
1980, Fall: Ken began teaching at Las Positas College (then called Valley Campus) and began his career as a cross country coach at City College of San Francisco. Annually hosted the Lou Vasquez Cross Country Invitational in Golden Gate Park.  
1985: Became a certified USA Track and Field level 1 coach  
1986: Became a level 1 lead instructor.  
1992: Become a certified level 2 coach in both the jumps and endurance.  
1992 California Community College Coach of the Year in Cross Country  
1993 thru 1995: President, CCCAA Intercollegiate Athletic Association forums for California Community College Track and Cross Country Coaches  
1994: Distance coach for the winning West Team at the USA Olympic Festival in St. Louis, MO.  
1995: California Community College Coach of the Year in Track and Field  
1995: Became Dean of Athletics and Physical Education at Chabot College.  
1995-2010: Hosted the Chabot College Summer All Comer's Track Meet Series.  
1998: Returned to the Chabot classroom as a teacher and the track as a coach.  
1996: Assist, Supervisor of the warm-up track (Cheney Stadium) for both USA Olympic Trials and the Olympic Games in Atlanta.  
1996: Ken with Dr. Dave Shrock began hosting the Level 1 Coaches School at Chabot College. To date over 1200 coaches have gone through their schools.  
2000 and 2004: Supervised the warm-up track at Hornet Stadium in Sacramento for the USA Olympic Trials.  
  
Ken has coached numerous Conference, NorCal and State champions at both the JC and High School levels. He has had several national champions, an Olympic Trials qualifier and a US team member for the World Cross Country Championships.

## 2019 LDR Awards - Road Racing

2019 Male Runner of the Year - **Jorn Jensen, WVJ&S**

2019 Woman Runner of the Year - **Jane Kibii, SRA Elite**

2019 Volunteer of the Year - **Rick Berman, Official**

2019 Club of the Year - **Impala Racing Team**

2019 Top Age Graded Performances

- **Christopher Olley** - Silicon Valley Turkey Trot- 92.41%
- **Jenny Hitchings** - California International Marathon - 97.43%
- **Shannon Rowbury** - Silicon Valley Turkey Trot - 94.77%

### Men's Individual Champions

Open (Long) - Adam Schroer, WVTC  
40+ (Long) - Jason Reed, Excelsior  
50+ (Long) - Jorn Jensen, WVJS  
60+ (Long) - Terry Baucom, River City Rebels  
70+ (Long) - James Morris, Tamalpa  
80+ (Long) - David Norlander, WVJS  
Open (Short) - Darius Terry, HOKA Aggies  
40+ (Short) - Jaime Heilpern, HOKA Aggies  
50+ (Short) - Mark Callon, WVTC  
60+ (Short) - Norry Mcallister, WVJS  
70+ (Short) - Donald Porteous, Tamalpa  
80+ (Short) - Elmo Shropshire, Tamalpa

### Men's Team Champions

Open - Strawberry Canyon  
40+ - Excelsior  
50+ - West Valley J&S  
60+ - West Valley J&S  
70+ - Tamalpa  
80+ - West Valley J&S

### Women's Individual Champions

Open (Long) - Jane Kibii, SRA Elite  
40+ (Long) - Lan Clayton  
50+ (Long) - Lan Clayton  
60+ (Long) - Karen Kunz, Buffalo Chips  
70+ (Long) - JoAnn Hall, SWEAT  
Open (Short) - Maddy Berkson, Peninsula Dist. Club  
40+ (Short) - Claire Saxton, Wolfpack  
50+ (Short) - Eileen White, Lake Merritt J&S  
60+ (Short) - Ruby Ghadially, Impalas  
70+ (Short) - Jo Anne Rowland, Impalas  
80+ (Short) - Eve Pell, Tamalpa

### Women's Team Champions

Open - Impala Racing Team  
40+ - Impala Racing Team  
50+ - Impala Racing Team  
60+ - Impala Racing Team  
70+ - Impala Racing Team

## 2019 Masters Track & Field Awards

*Congratulations to winners of PA USATF 2019*

*MTF Grand Prix Awardees!*

### Sprints

- 1) **Irene Obera**
- 2) **Stephanie Lain**
- 3) **Larry Barnum**

### Middle-Distance

- 1) **Bryan Mayberry**
- 2) **David White**
- 3) **Liisa Nichols**

### Distance

- 1) **Lynne Hurrell**
- 2) **David White**
- 3) **Kevan Chu**

### Hurdles

- 1) **Brian Conley**
- 2) **Robert McDaniels**
- 3) **Joseph Ols**

### Jumps

- 1) **Irene Obera**
- 2) **Richard Harmon**
- 3) **Doug Holland**

### Throws

- 1) **Elsbeth Padia**
- 2) **Gary Patterson Sr**
- 3) **Gary Wuest**

### All Around

- 1) **Joseph Ols**
- 2) **Richard Harmon**
- 3) **Irene Obera**

### Club Teams

- 1) **Sierra Gold T&F Club**
- 2) **Joy's Jackrabbits T&F Club**
- 3) **San Francisco T&F Club**

### Employer Teams:

- 1) **OLS Controls**
- 2) **Joy's Jackrabbits Track Club**
- 3) **Kaiser Permanente**

# 2019 Open Track & Field Awards

## 2019 USATF Pacific Open T&F Grand Prix Final Standings

ATHLETE	EVENTS	POINTS	AWARD
<b>Jenna Hinkle</b>	1,500	6,421	\$2,500
(Scored in 5 meets; 2 in PA; bonus points at USATF nat'l's)			
<b>Elizabeth Patterson</b>	High Jump	6,119	2,000
(Scored in 4 reg. season meets incl. PA champs; bonus points at USATF Nat'l's)			
<b>Tasia Potasinski</b>	800, 1500	5,052	1,500
(Scored in 5 meets; 2 in PA)			
<b>Brysun Stately</b>	Pole vault/Dec.	4,977	1,250
(Scored in 5 meets; 2 in PA including women's dec. PV)			
<b>Darius Terry</b>	1500, 5K	3,933	1,000
+\$1,000 bonus as top other gender (male) scorer; (Scored in 4 meets, 1 in PA)			
<b>Connor Clark</b>	5K	2,803	900
(Scored in 3 meets)			
<b>Kate Jamboretz</b>	1,500	2,710	800
(Scored in 3 meets, 2 in PA)			
<b>Alycia Cridebring</b>	5K	2,130	700
(Scored in 2 meets)			
<b>Channing Wilson</b>	Javelin	1,813	600
(Scored in 2 meets, 1 in PA)			
<b>Asaundra Dalton</b>	200	972	500
(Scored in 1 meet – in PA)			
<b>Kendall Spencer</b>	Long Jump	916	400
(Scored in 1 meet)			

### NOTES:

- Minimum of 900 points on IAAF tables to score in an outdoor track & field meet during PA GP season (no road races).
- Only one event (highest scoring) at any meet/day may scores.
- Maximum of 3 meets outside PA region and 5 total meets score (prior to USATF Championships/OT).
- USATF Championships/Olympic Trials are a bonus meet for those who qualify.
- Double points awarded for best event mark at Pacific Assoc. Championships.

# 2019 LDR Awards - Cross Country

Male XC Runner of the Year - **Peter Gilmore** (WVTC)  
 Female XC Runner of the Year - **Karlie Garcia** (SRA Elite)  
 XC Volunteer of the Year - **Carl Rose** (Strawberry Canyon)

### Men's Individual Champions

Open - Dustyn Saloman, HOKA Aggies  
 (40+) - \*\*Peter Gilmore, WV TC  
 (50+) - Jorn Jensen, WVJ&S  
 (60+) - Tom O'Reilly, Tamalpa  
 70+ - Don Porteous, Tamalpa  
 Fountain of Youth (80+) - Elmo Shropshire, Tamalpa

### Women's Individual Champions

Open - \*\*Karlie Garcia, SRA Elite  
 (40+) - Alyssa Barrett, WVTC  
 (50+) - Nancy Thomas, Impala  
 (60+) - Joanna Siegler, GVH  
 70+ - Jo Anne Rowland, Impala  
 Fountain of Youth (80+) - Carol Mikkelsen, HOKA Aggies

*\*\*Denotes Athlete of the Year*

### Men's TEAMS

Open - HOKA Aggies  
 (40+) - West Valley TC  
 (50+) - West Valley Joggers & Striders  
 (60+) - Tamalpa  
 (70+) - Tamalpa  
 Fountain of Youth (80+) - Tamalpa

### Women's TEAMS:

Open - SRA Elite  
 (40+) - Impala RT  
 (50+) - Impala RT  
 (60+) - Impala RT  
 (70+) - Impala RT  
 No 80+ teams listed

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## 2019 LDR Awards Mountain, Ultra, Trail (MUT)

*MUT Runners and Volunteer of the Year will be Announced at the Banquet.*

### Men Individual Champions

Under 30 - Reed Breuer, SRA Elite  
 30-39 - Christopher, Concannon, WVTC  
 40-49 - Jonah Backstrom, WVTC  
 50-59 - Jean Pommier, Quicksilver  
 60-69 - Chuck Amital, Pamakids  
 70-79 - Jim Magill, Quicksilver

### Women Individual Champions

Under 30 - Kristina Vogt Randrup, Excelsior  
 30-39 - Simone Winkler, Excelsior  
 40-49 - Jing Xiang, Excelsior  
 50-59 - Kristine Barrios, LMJS  
 60-69 - Karen Bonnett-Natraj, Quicksilver

### Team Champions

Women - Excelsior RC  
 Men - Excelsior RC

Mixed - Pamakids  
 Overall - Pamakids

# 2019 LDR National Records

## Road:

M40-44 1 mile 4:22 **Neville Davey** 43 CA Mile of Truth Danville CA 05/16/18 (ratified in 2019)  
F55-59 5 km 18:05 **Jenny Hitchings** 55 CA Susan B Anthony Sacramento CA 08/11/18 (ratified in 2019)  
F55-59 10 km 37:27 **Jenny Hitchings** 55 CA Feed The Hungry Sacramento CA 11/22/18 (ratified in 2019)  
F40-44 1 mile 4:50 W **Magdalena Boulet** 40 CA Liberty Mile Pittsburgh PA 08/09/13 (ratified in 2019)  
F55-59 Marathon 2:50:36 **Jenny Hitchings** 56 CA TCS New York New York NY 11/03/19

## LDR Track:

M60-64 20000m 1:22:51 **Mark Richtman** 63 CA One Day in Auburn Auburn CA 01/12/19  
M60-64 25000m 1:43:45 **Mark Richtman** 63 CA One Day in Auburn Auburn CA 01/12/19  
M60-64 30000m 2:04:58 **Mark Richtman** 63 CA One Day in Auburn Auburn CA 01/12/19  
M60-64 20 mi 2:14:12 **Mark Richtman** 63 CA One Day in Auburn Auburn CA 01/12/19  
M60-64 2 hr 28810m **Mark Richtman** 63 CA One Day in Auburn Auburn CA 01/12/19  
M80-84 12 hr 72245m **Manuel Lovorde** 84 CA One Day in Auburn Auburn CA 01/12/19

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## 2019 Race Walk Awards

The final race of the USATF Pacific Association's Race Walk Grand Prix Championship Series for 2019 was held on Sunday, September 29, in William B. Pond Park in Sacramento. Robyn Stevens won the women's 10K race with a time of 49:02 (84.66% age graded) and the 20K at 1:41:54 (84.38%). Nick Christi won the men's 10K with a time of 43:01 (86.41%) and the 20K at 1:34:48 (81.59%). Awards (gift certificates at Trader Joe's) for the 2019 Grand Prix were presented.

### 2019 Race Walk Volunteer of the Year

#### Dr. Ann Gerhardt

Race Walk judge at numerous Pacific Association open & youth races.

### 2019 Top 3 Age-graded Awardees

- 1 Karen Stoyanowski (81.10% average of 3 races)
- 2 Nicolle Goldman (77.32%)
- 3 Michael Bennett (75.76%)

### 2019 Race Walk Grand Prix Top 3 Men (speed based)

- 1 Mark Green
- 2 Michael Bennett
- 3 Paul De Meester

### 2019 Race Walk Grand Prix Top 3 Women (speed based)

- 1 Karen Stoyanowski & Nicolle Goldman tied.
- 3 Robyn Stevens

## 2019 Youth Track & Field and XC Awards

### Youth Cross Country Club of the Year - Thunderhawks

### Youth Track & Field

- Outstanding Service to Youth - **Don Harding**
- Outstanding Service to Youth - **Virginia Simms**
- Club of the Year - **Menlo iGreyhounds**
- Male Athlete of the Year - **Miles Roberts**, Umoja Track Club
- Female Athletes of the Year - **Harper McClain**, St. Helena Track Club; **Galadriel Mellion**, unattached

### 2019 T & F Junior Olympics National Champions

*Listed by age division group.*

**Kedari Hogan**, Hercules Running Rebels, (7-8) Boys Natl. Champion Long Jump  
**Lucas Boyd**, Marin Waves, (7-8) Boys Natl. Champion Turbo-Javelin  
**Marquese Brewer, Sheldon Jr.** Huskies, (7-8) Boys Natl. Champion 400m  
**J. Hardaway III**, Hercules Running Rebels (9-10) Boys Natl. Champion 800m, 1500m  
**Osani Gayles**, God's Speed, (9-10) Boys Natl. Champion Long Jump  
**Shea Elmore**, Los Gatos TC, (11-12) Girls Natl. Champion 3000m  
**Miles Roberts**, Umoja TC, (13-14) Boys Natl. Champion 100H & Pentathlon  
**Broen Holman**, Foothill Gold (13-14) Boys Natl. Champion 1500m, 3000m  
**Galadriel Mellion**, unatt., (13-14) Girls Natl. Champion Discus, Shot Put  
**Nickolas Miller**, East Bay Elite, (13-14) Boys Natl. Champion 200H  
**Harper McClain**, St. Helena TC (15-16) Girls Natl. Champion 1500m & 3000m  
**Lake Tahoe**, (15-16) Boys Natl. Champion 4 X 800m Relay  
**Jaydyn Marshall**, God's Speed, (15-16) Boys Natl. Champion 110H  
**Malachi Bibbs**, unattached, (15-16) Boys Natl. Champion 100m  
**Adeline Johnson**, Marin Waves, (15-16) Girls Natl. Champion 3000M RW  
**Rithika Vatturi**, Mission Valley, (17-18) Womens Natl. Champion 3000m RW  
**Omodiagbe Oboh**, ISC InterNatl., (17-18) Mens Natl. Champion 400m  
**Jamar Marshall**, God's Speed, (17/18) Mens Natl. Champion 110H  
**Kyra Pretre**, Menlo iGreyhounds TC, (17-18) Womens Natl. Champion 1500m  
**Menlo iGreyhounds TC**, (17-18) Women Natl. Champion 4 X 800m Relay  
**Menlo iGreyhounds TC**, (17-18) Men Natl. Champion 4 X 800m Relay