

PAUSATF 10K Championships and 5K, Carmichael, CA, October 20, 2013

10K PAUSATF & West Region Championship Results:

First Name	Last Name	Age	Sex (M/W)	Team	USATF Pacific Association?	Time	Place by speed	Age Graded %	Place by Age Graded %
Alex	Price	31	M	PRO	yes	0:55:53	M1	66.74%	9
Bill	Penner	67	M	PRO	yes	1:04:30	M2	76.96%	3
Joseph	Berendt	58	M	Sierra	yes	1:07:20	M3	67.12%	8
Dick	Petruzzi	80	M	PRO	yes	1:21:06	M4	73.19%	6
Garland	Murphy	66	M	Marin	yes	1:21:53	M5	59.93%	11
Karen	Stoyanowski	58	W	Sierra	yes	1:04:27	W1	78.43%	2
Linda	Postenrieder	53	W	Marin	yes	1:06:17	W2	72.14%	7
Susan	Mears	58	W	PRO	yes	1:06:43	W3	75.77%	4
Trish	Caldwell	67	W	Sierra	yes	1:15:57	W4	75.00%	5
Priyanka	Vatturi	14	W	MVTF	yes	1:16:20	W5	57.14%	13
Doris	Cassels	74	W	Marin	yes	1:16:43	W6	83.27%	1
Melissa	Woodburn	60	W	Marin	yes	1:17:55	W7	66.47%	10
Helen	Storrs	47	W	Sierra	yes	1:18:38	W8	57.36%	12

5K Race Results:

First Name	Last Name	Age	Sex (M/W)	Team	USATF Pacific Association?	Time	Place by speed	Age Graded %	Place by Age Graded %
Stu	Kinney	73	M	Marin	yes	40:33	M1	64.17%	2
Manuel	Loverde	78	M	Sierra	yes	43:18	M2	64.45%	1

Team Results: Team score is the average of the top 3 age grade percentages

Team	Average Top 3	Points	Top 3 Places
PRO	75.31%	10	3rd, 4th, and 6th
Marin	73.96%	8	1st, 7th, and 10th
Sierra	73.52%	7	2nd, 5th, and 8th

The 5K and the 10K were run simultaneously, on a 1K loop course at William Pond Park

The weather was sunny but cool - about 55 degrees F at the start, warming up to about 65 by the finish.

There were 4 DQ's and one DNF (those athletes not listed)

Judges: Mark Green (chief judge), Charlie Sheppard, Jon Price, Ann Gerhardt, Sandy Backer, and Ajay Padgaonkar

And numerous other volunteers - recorder, runner, lap counters, water table, ... without whom this race would not have been possible.

Race organized and hosted by Sierra Race Walkers. Thanks Joe Berendt and all of your volunteer crew!

Team Name Glossary:

LSI = LSI Sprint

Marin = Marin Race Walkers

MVTF = Mission Valley TF

Oak Hill = Oak Hill Racing

PRO = Pacific Racewalkers Organization

SCTC = Santa Cruz Track Club

Sierra = Sierra Race Walkers

SSS = Silver State Striders