

## PAUSATF 5000m Championships: San Mateo, CA: 1 June 2014

First Name	Last Name	Age	Sex (M/W)	Team	USATF Pacific Association?	Time	Place by speed	Age Graded %	Place by Age Graded %
Adrian	Zamudio	38	M	Aggies	yes	26:39.03	M1	69.90%	3
Alex	Price	32	M	PRO	yes	29:17.48	M2	61.75%	10
Marc	Kaiser	28	M	PRO	yes	30:22.01	M3	59.15%	11
Brett	Layton	56	M	PRO	yes	31:36.51	M4	68.33%	7
Joseph	Berendt	58	M	Sierra	yes	33:08.67	M5	66.39%	8
Ronald	Missirian	63	M	PRO	yes	33:38.84	M6	68.74%	5
Walter	Stewart III	68	M	Marin	yes	35:46.89	M7	68.34%	6
Joseph	Anderson	74	M	PRO	yes	37:52.20	M8	69.63%	4
Joanne	Figone	61	W	Marin	yes	33:42.84	W1	74.17%	2
Natalie	DeJarlais	56	W	Marin	yes	36:00.54	W2	65.69%	9
Doris	Cassels	74	W	Marin	yes	36:39.91	W3	81.85%	1
Helen	Storrs	48	W	Sierra	yes	39:24.47	W4	55.64%	12

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

Team	Average Top 3	Points	
Marin	74.78%	10	(1st, 2nd, and 6th)
PRO	68.90%	8	(4th, 5th, and 7th)

The race course was the 400m all-weather track at the College of San Mateo (12.5 laps).

The weather was sunny and about 65 degrees with a light wind.

One athlete was disqualified: Ralph Wheeler

Race held as part of the PAUSATF open track and field championships. Full meet results can be found here:

<http://www.rtspt.com/events/usatf/pa14>

Judges: Sandy Backer (chief judge), Ajay Padgaonkar, Jon Price, and Beth Price (plus Manny Loverde, apprentice)

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

### **Team Name Glossary:**

Aggies = Asics Aggies Running Club

GGRW = Golden Gate Race Walkers

Marin = Marin Race Walkers

Mission = Mission Valley Track and Field Club

Pegasus = Pegasus Athletic Club

PRO = Pacific Racewalkers Organization

SCTC = Santa Cruz Track Club

Sierra = Sierra Race Walkers

SSS = Silver State Striders



**LAP COUNTING SHEET - FOR 3-km, 5-km, 10-km, 20-km, and 50-km races with few lap counters.**

Enter times or simply check off that the lap has been completed.

**START TIME FOR ALL:**

RACER:  
(identify by  
bib number,  
name, and  
distinctive  
clothing)

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
RACER:	Adria 22 P56	Alex Price 104	Brandon Borrett 70	Wally Stew.	Polyp Whelan 146	Ronald Murray 85	Joe Bass 7	Mark Kassie 48	Frank Cordes 4	Doris Cassell 15	Natalie DeJary 125	Helen Storrs 126	Joanne i 43	
LAPS to GO	1	2	3	4	5	6	7	8	9	11	12	13	14	

START HERE WITH 25 LAPS TO GO FOR A 10-km race on a 400-meter track, or a 50-km race on a 2-km course (25 laps total)

24														
23														
22														
21														
20														

START HERE WITH 20 LAPS TO GO FOR A 20-km race on a 1-km course, or 50-km race on a 2.5-km course (20 laps total)

19														
18														
17														
16														
15														
14														
13														

START HERE WITH 12 LAPS TO GO FOR A 5-km race on a 400-meter track (12.5 laps total - start on opposite side of track)

12	1:57	1:09	✓	✓	1:54	✓	✓	✓	✓	✓	✓	✓	✓	✓
11	2:57	3:31	3:37	4:10	5:5	3:39	5:57	5:17	4:18	4:22	4:25	4:54	4:08	
10	6:59	6:00	6:16	7:09	10:00	6:39	6:35	5:40	7:15	7:48	7:15	8:56	6:58	
9	9:03	8:26	8:44	9:55	14:08	9:18	9:15	8:04	10:13	10:20	10:10	10:54	19:25	
8	9:08		11:22	12:47	18:26	12:01	11:15	10:35	✓	✓	✓	7:00	7:57	

START HERE WITH 7 LAPS TO GO FOR A 3-km race on a 400-meter track (7.5 laps total - start on opposite side of track)

7	✓	✓	17:49	✓	✓	14:46	14:38	✓	16:18	16:21	✓	17:07	15:08	
6	17:27	✓	16:25	18:02	26:00	17:32	17:16	✓	19:26	18:52	18:48	20:16	17:48	
5	20:34	✓	18:58	18:30	31	20:24	20:11	✓	21:35	21:35	21:30	23:28	20:27	
4	20:04	17:07	21	24:14	31	22:54	✓	20:30	25:37	24:56	✓	26:30	23:10	
3	20:04	✓	24:07	25:14	31	25:38	25:18	✓	28:40	27:59	27:25	29:40	25:52	
2	22:18	25:05	26:57	30:09	31	29:22	✓	28:31	31:46	30:51	30:16	32:49	28:30	
1	27:50	27:29	29:07	32:01	31	31:04	30:27	✓	34:56	✓	33:09	36:05	31:10	
FINISH TIME:	20:10	29:10	31:37	35:47		33:39	27:00	30:27	37:15	36:39	36:00	31:29	33:40	