

Race Date  
April 02, 2023

# USATF 10-Mile Masters Championships

## Age Group Results

### 10-Mile Masters Championship

#### Female 40 to 44

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Katie Hynes	Impala Racing T	40	201	22	58:29.0	5:51/M
2	Jenny Kadavy	HOKA Aggie Runn	40	209	24	59:08.0	5:55/M
3	Jacqueline Cooke	Impala Racing T	44	140	45	1:03:28.0	6:21/M
4	Simone Angela Winkler	Santa Cruz Trac	40	312	56	1:06:01.0	6:36/M
5	Alyson Barrett	West Valley Tra	44	110	57	1:06:03.0	6:36/M
6	Celeste Prothro	Impala Racing T	43	262	61	1:06:45.0	6:40/M
7	Sherry Lee	Excelsior Runni	41	226	64	1:07:22.0	6:44/M
8	Michelle La Sala	West Valley Tra	42	218	83	1:10:10.0	7:01/M
9	Megan Daly	Impala Racing T	44	144	86	1:10:40.0	7:04/M
10	Lisa Renteria	Wolfpack Runnin	44	272	90	1:11:33.0	7:09/M
11	Traci Scherdell	Excelsior Runni	40	287	97	1:12:30.0	7:15/M
12	Jennifer Halkey		40	187	102	1:13:19.0	7:20/M
13	Jinghuan Liu Tervalon		40	230	106	1:13:56.0	7:24/M
14	Stephanie Downey	West Valley Tra	44	149	111	1:14:44.0	7:28/M
15	Shawnessy Dusseau	West Valley Tra	41	152	121	1:17:04.0	7:42/M
16	Beverly Lamberson	Excelsior Runni	40	219	135	1:20:37.0	8:04/M
17	Angela Knotts	West Valley Tra	42	213	158	1:27:26.0	8:45/M

#### Female 45 to 49

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Elizabeth Goya	Impala Racing T	48	181	52	1:04:36.0	6:28/M
2	Anne Cushman	SRA Elite	45	142	53	1:04:51.0	6:29/M
3	Bridget Dawes	Sacramento Vall	45	146	58	1:06:08.0	6:37/M
4	Georgia Young	Impala Racing T	45	314	63	1:07:03.0	6:42/M
5	Juliet Wahleithner	Impala Racing T	45	309	81	1:09:36.0	6:58/M
6	Katherine Debski	Excelsior Runni	45	147	87	1:10:56.0	7:06/M
7	Nancy Eubanks	West Valley Jog	45	157	98	1:12:31.0	7:15/M
8	Hiroko Guarnieri	Atlanta Track C	47	183	131	1:19:14.0	7:55/M
9	Ashley Hazel	Pamakids	45	189	143	1:24:05.0	8:24/M
10	Berta Chicas	Pamakids	45	135	176	1:38:38.0	9:52/M
11	Ana Grijalvo	Excelsior Runni	46	182	187	2:10:01.0	13:00/M

#### Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Samantha Forde	Impala Racing T	50	166	62	1:06:46.0	6:41/M
2	Megan Kossar	Impala Racing T	52	216	93	1:11:47.0	7:11/M
3	Kari Rust	West Valley Tra	53	284	101	1:13:06.0	7:19/M
4	Francesca Amann	Impala Racing T	53	103	116	1:16:06.0	7:37/M

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#### Female 50 to 54

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
5	Sue VQ Smith	Lake Merritt Jo	53	293	142	1:23:04.0	8:18/M
6	Beth Black	Lake Merritt Jo	54	118	148	1:25:18.0	8:32/M
7	Dalila Rodriguez	West Valley Jog	52	277	156	1:26:40.0	8:40/M

#### Female 55 to 59

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jenny Hitchings	SRA Elite	59	196	38	1:02:05.0	6:12/M
2	Fiona Bayly		55	114	44	1:03:09.0	6:19/M
3	Beverley Anderson-Abbs	Buffalo Chips R	58	104	77	1:08:48.0	6:53/M
4	Catherine DuBay	Empire Runners	58	151	82	1:09:48.0	6:59/M
5	Hronn Gudmundsdottir	Impala Racing T	57	184	84	1:10:20.0	7:02/M
6	Fiona Mccusker	Pamakids	58	233	99	1:12:37.0	7:16/M
7	Gina Edwards	Impala Racing T	59	155	118	1:16:25.0	7:38/M
8	Angela Longworth	Impala Racing T	55	231	132	1:19:53.0	7:59/M
9	Barbara Jung	Lake Merritt Jo	58	208	136	1:20:59.0	8:06/M
10	Sonia Ayala-Fortiche		58	106	168	1:32:02.0	9:12/M
11	Susan Chin	Lake Merritt Jo	56	136	185	1:58:00.0	11:48/M

#### Female 60 to 64

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Allison Orofino	Buffalo Chips R	61	252	100	1:13:00.0	7:18/M
2	Eileen White	Lake Merritt Jo	60	311	110	1:14:32.0	7:27/M
3	Stella Gibbs	Impala Racing T	64	172	113	1:15:16.0	7:32/M
4	Christine Chapon	Lake Merritt Jo	64	132	144	1:24:21.0	8:26/M
5	Suzanne Bryan	Impala Racing T	60	125	149	1:25:45.0	8:34/M
6	Jennifer Redmond	Impala Racing T	60	269	151	1:26:03.0	8:36/M
7	Teresa Quan	Impala Racing T	61	264	152	1:26:05.0	8:36/M
8	Lisa Travaglini	Impala Racing T	62	303	161	1:29:39.0	8:58/M
9	Irene Suzuki	Impala Racing T	60	300	162	1:30:19.0	9:02/M
10	Susan Kreusch	Tamalpa Runners	60	217	173	1:36:18.0	9:38/M
11	Kerry Koller	Impala Racing T	64	214	177	1:38:44.0	9:52/M
12	Karen Andrews	Lake Merritt Jo	63	105	181	1:47:53.0	10:47/M

#### Female 65 to 69

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Cory Benson		65	117	109	1:14:26.0	7:27/M

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**10-Mile Masters Championship**

**Female 65 to 69**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
2	Danielle Herrerias	Tamalpa Runners	65	193	153	1:26:10.0	8:37/M
3	Ruth Rainero	Impala Racing T	68	265	154	1:26:19.0	8:38/M
4	Debra Cramer	Lake Merritt Jo	65	141	159	1:28:31.0	8:51/M
5	Barbara McQuinn	Lake Merritt Jo	66	234	170	1:34:57.0	9:30/M

**Female 70 to 74**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Kate Stewart	Lake Merritt Jo	72	298	125	1:17:37.0	7:46/M
2	Edie Stevenson	Boulder Road Ru	73	297	147	1:25:04.0	8:30/M
3	Terri Rourke	Impala Racing T	72	282	169	1:34:32.0	9:27/M
4	Irene Herman	Impala Racing T	73	191	172	1:35:03.0	9:30/M
5	Donna Chan	Impala Racing T	72	131	178	1:39:43.0	9:58/M
6	Kat Powell	Pamakids	72	260	188	2:22:32.0	14:15/M

**Female 75 to 79**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jo Anne Rowland	Impala Racing T	75	283	157	1:26:50.0	8:41/M
2	Barbara Rinker	Buffalo Chips R	76	274	184	1:53:10.0	11:19/M

**Female 80 to 84**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Carolyn Slavich	Buffalo Chips R	81	291	186	2:07:28.0	12:45/M

**Female 85 to 89**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Joyce Hodges-Hite	Atlanta Track C	85	198	189	2:44:51.0	16:29/M

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<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Fernando Cabada		40	126	1	49:03.0	4:54/M
2	Malcolm Richards	West Valley Tra	40	273	2	49:40.0	4:58/M
3	Benjamin Payne		41	255	3	51:20.0	5:08/M
4	Kevin Pool	West Valley Tra	40	258	4	51:37.0	5:10/M
5	Chikara Omine	Excelsior Runni	40	250	5	51:50.0	5:11/M
6	Ben Koss	West Valley Tra	42	215	9	54:44.0	5:28/M
7	Corey Baxter	SRA Elite	40	112	10	55:10.0	5:31/M
8	Cesar Lira	Excelsior Runni	41	228	11	55:14.0	5:31/M
9	Juan Rivera	West Valley Jog	42	275	12	55:29.0	5:33/M
10	Jonathan Kimura	Excelsior Runni	42	211	14	56:46.0	5:41/M
11	Corey Phillis	SRA Elite	43	256	19	58:22.0	5:50/M
12	Galen Farris	SRA Elite	41	160	23	58:32.0	5:51/M
13	Landall Proctor	Oakland Track C	41	261	29	1:00:52.0	6:05/M
14	Jason Reed	Excelsior Runni	44	270	32	1:01:37.0	6:10/M
15	Michael Gallagher	West Valley Tra	41	170	37	1:02:04.0	6:12/M
16	Andrew Ng	Excelsior Runni	44	249	76	1:08:27.0	6:51/M
17	Isaac Medrano	Oakland Track C	43	235	108	1:14:18.0	7:26/M

#### Male 45 to 49

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Joshua Muxen		46	247	6	52:16.0	5:14/M
2	Jesse Barragan	SRA Elite	45	109	8	54:14.0	5:25/M
3	Edward Hill	Strawberry Cany	45	194	13	55:32.0	5:33/M
4	Paul Smith	SRA Elite	45	292	18	57:42.0	5:46/M
5	Jason Lee	Excelsior Runni	47	225	25	59:13.0	5:55/M
6	Michael Broom	West Valley Tra	45	124	43	1:03:02.0	6:18/M
7	Nakia Baird	Excelsior Runni	48	107	54	1:04:58.0	6:30/M
8	Adam Littke	Excelsior Runni	48	229	60	1:06:26.0	6:39/M

#### Male 50 to 54

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Jaime Heilpern	HOKA Aggie Runn	53	190	7	54:07.0	5:25/M
2	Charles Mullane	West Valley Tra	53	243	15	57:18.0	5:44/M
3	James Scanlan	Excelsior Runni	53	286	17	57:33.0	5:45/M
4	Darren Morgan	SRA Elite	53	240	21	58:26.0	5:51/M
5	Jesus Muniz	SRA Elite	51	245	27	59:25.0	5:56/M
6	Jorn Jensen	West Valley Jog	54	204	28	1:00:41.0	6:04/M
7	Edward Randolph	West Valley Tra	53	267	31	1:01:22.0	6:08/M

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8	Michael Fadling	SRA Elite	54	158	33	1:01:44.0	6:10/M
9	Ed Brooks	SRA Elite	51	123	34	1:01:45.0	6:10/M
10	Jon Erskine	West Valley Tra	52	156	35	1:01:48.0	6:11/M
11	Michael Aguilar	SRA Elite	54	102	46	1:03:36.0	6:22/M
12	Douglas Woods	Excelsior Runni	53	313	50	1:04:26.0	6:27/M
13	Eduardo Vazquez	Pamakids	50	305	59	1:06:09.0	6:37/M
14	Kirt Iverson	Wolfpack Runnin	53	203	67	1:07:37.0	6:46/M
15	Joseph Makonnen	Lake Merritt Jo	50	232	70	1:07:56.0	6:48/M
16	Michael Hochster	Lake Merritt Jo	53	197	74	1:08:11.0	6:49/M
17	Dario Vincent	Excelsior Runni	54	306	78	1:08:57.0	6:54/M
18	Arnel Calamba	Excelsior Runni	50	127	79	1:08:59.0	6:54/M
19	Chris Jones	Pamakids	51	205	80	1:09:19.0	6:56/M
20	John Gibson	River City Rebe	52	173	94	1:11:52.0	7:11/M
21	Alan Abbs	Buffalo Chips R	53	101	103	1:13:44.0	7:22/M
22	Carlos Hernandez	Pamakids	52	192	115	1:15:44.0	7:34/M
23	Efrem Rensi	Lake Merritt Jo	51	271	128	1:18:32.0	7:51/M
24	Geoff Bradley	West Valley Jog	53	122	167	1:31:45.0	9:10/M

#### Male 55 to 59

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Cliff Lentz	Excelsior Runni	58	227	26	59:17.0	5:56/M
2	Roger Dix	HOKA Aggie Runn	55	148	36	1:01:52.0	6:11/M
3	Ryan Gilliam	Santa Cruz Trac	57	175	39	1:02:23.0	6:14/M
4	Rigo Chavez		56	133	48	1:04:12.0	6:25/M
5	Dwayne Spencer	West Valley Jog	57	296	68	1:07:42.0	6:46/M
6	Anthony Rodio		57	276	71	1:08:01.0	6:48/M
7	Jim Molony	River City Rebe	56	238	72	1:08:03.0	6:48/M
8	Matthew Goldstein	Lake Merritt Jo	55	179	73	1:08:08.0	6:49/M
9	Rick Rosenbaum	Lake Merritt Jo	59	281	88	1:10:57.0	7:06/M
10	John Borsos	River City Rebe	59	121	89	1:11:21.0	7:08/M
11	Raul Jorcino	Lake Merritt Jo	59	206	104	1:13:50.0	7:23/M
12	Demetrio Tepecano	Pamakids	57	302	105	1:13:54.0	7:23/M
13	Chris Bogan	Pamakids	56	120	117	1:16:21.0	7:38/M
14	Ruben Rodriguez	River City Rebe	57	279	120	1:17:02.0	7:42/M
15	Brian Lee	Lake Merritt Jo	59	224	126	1:17:46.0	7:47/M

#### Male 60 to 64

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
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<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Nat Larson	Greater Springf	60	220	16	57:26.0	5:45/M
2	John Van Danacker	TC Running Comp	60	304	20	58:25.0	5:50/M
3	Raymond Rodriguez	West Valley Jog	61	278	40	1:02:35.0	6:15/M
4	Lester Dragstedt	Atlanta Track C	60	150	41	1:02:53.0	6:17/M
5	David Black	Atlanta Track C	60	119	42	1:02:53.0	6:17/M
6	Barry Farrara	West Valley Jog	60	159	47	1:03:55.0	6:23/M
7	Casey Hannan	Atlanta Track C	63	188	49	1:04:23.0	6:26/M
8	Raymond Sharp		63	289	51	1:04:34.0	6:27/M
9	Mark Murray	SRA Elite	60	246	55	1:05:45.0	6:34/M
10	Adam Feerst	Boulder Road Ru	63	162	66	1:07:25.0	6:44/M
11	Martin Beene	Lake Merritt Jo	61	115	92	1:11:45.0	7:10/M
12	Ken Cluff	Lake Merritt Jo	61	139	96	1:11:58.0	7:12/M
13	Ken Camet	West Valley Jog	61	129	112	1:15:00.0	7:30/M
14	David White	River City Rebe	64	310	114	1:15:20.0	7:32/M
15	Howard Iseri	River City Rebe	63	202	122	1:17:20.0	7:44/M
16	Ted Calvert	Buffalo Chips R	60	128	123	1:17:24.0	7:44/M
17	Michael Gulli	Pamakids	63	185	127	1:17:59.0	7:48/M
18	Ben Mundy	River City Rebe	61	244	134	1:20:28.0	8:03/M
19	Eric Kaufman-Cohen		62	210	139	1:22:35.0	8:15/M
20	Kevin Cimini	River City Rebe	62	137	163	1:30:20.0	9:02/M
21	Glenn Kishi	West Valley Jog	61	212	166	1:31:40.0	9:10/M
22	Tom Cutter		62	143	175	1:37:41.0	9:46/M

#### Male 65 to 69

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Roger Sayre	Boulder Road Ru	65	285	30	1:01:13.0	6:07/M
2	Jack Pottle	Boulder Road Ru	68	259	65	1:07:24.0	6:44/M
3	KC Taylor	Bowerman Track	66	301	69	1:07:43.0	6:46/M
4	Michael Lebold	Jamul Toads	65	223	75	1:08:20.0	6:50/M
5	Brian Davis	West Valley Jog	67	145	91	1:11:41.0	7:10/M
6	Ruben Ramirez	Lake Merritt Jo	66	266	95	1:11:55.0	7:11/M
7	Robert Navarrete	West Valley Jog	66	248	137	1:21:46.0	8:11/M
8	Jim Eckford	Lake Merritt Jo	67	154	138	1:22:01.0	8:12/M
9	Dave Latner	Pamakids	65	221	146	1:25:03.0	8:30/M
10	Ronald Souza	River City Rebe	69	295	150	1:26:01.0	8:36/M
11	Fred Volk		67	307	182	1:50:39.0	11:04/M

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### 10-Mile Masters Championship

#### Male 70 to 74

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Douglas Chesnut	Boulder Road Ru	70	134	85	1:10:40.0	7:04/M
2	Gerhard Fischer	Buffalo Chips R	70	163	107	1:14:00.0	7:24/M
3	Doug Bell	Boulder Road Ru	72	116	119	1:16:57.0	7:42/M
4	John Hirschberger	Tamalpa Runners	71	195	133	1:19:59.0	8:00/M
5	Allen Joyce	Atlanta Track C	74	207	141	1:22:43.0	8:16/M
6	Frank Hutchinson	HOKA Aggie Runn	70	200	145	1:24:58.0	8:30/M
7	Jerry Learned	Atlanta Track C	74	222	160	1:28:57.0	8:54/M
8	James Morris	Tamalpa Runners	73	241	164	1:30:56.0	9:06/M
9	James Flanigan	Tamalpa Runners	73	165	171	1:35:02.0	9:30/M
10	Bob Fredenburg	Buffalo Chips R	70	167	174	1:37:04.0	9:42/M
11	Julios Ratti		72	268	179	1:42:03.0	10:12/M

#### Male 75 to 79

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	Gary Ostwald	Boulder Road Ru	77	253	124	1:17:34.0	7:45/M
2	Dave Glass	Atlanta Track C	76	176	129	1:18:46.0	7:53/M
3	Len Goldman	Tamalpa Runners	78	177	130	1:19:06.0	7:55/M
4	Paul Carlin	Ann Arbor Track	77	130	140	1:22:39.0	8:16/M
5	Jan Frisby	Boulder Road Ru	78	169	155	1:26:19.0	8:38/M
6	Gene French	Tamalpa Runners	76	168	165	1:31:38.0	9:10/M

#### Male 80 to 84

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>	<u>Pace</u>
1	James Metts	Florida Track C	81	237	180	1:46:53.0	10:41/M
2	Robert Schmitt	West Valley Jog	81	288	183	1:50:47.0	11:05/M