

## USATF PACIFIC 3000-meter Grand Prix Championship, Concord, California, 22 May 2016

### USATF Pacific Association Grand Prix Championship Results:

					W3kmWalk	&	M3kmWalk			
First Name	Last Name	Age	Sex (M/W)	Team	USATF Pacific Association?	Time	Place by speed	Age Graded %	Place by Age Graded %	
Karen	Stoyanowski	61	W	Sierra	yes	17:35.1	W1	82.65%	2	
Nicolle	Goldman	57	W	Sierra	yes	18:03.2	W2	77.15%	5	
Joanne	Figone	63	W	Marin	yes	18:45.7	W3	79.25%	3	
Susan	Mears	61	W	Sierra	yes	18:56.5	W4	76.73%	6	
Paula	Mendell	66	W	Sierra	yes	21:00.6	W5	73.42%	10	
Natalie	DeJarlais	58	W	Marin	yes	21:19.1	W6	66.01%	13	
Trish	Caldwell	70	W	Sierra	yes	21:29.9	W7	75.70%	9	
Helen	Storrs	50	W		yes	22:10.4	W8	58.86%	15	
Doris	Cassels	76	W	Marin	yes	23:17.9	W9	76.55%	7	
Melvin	Nyairo	27	M		yes	15:09.5	M1	69.42%	11	
Mark	Green	60	M		yes	15:35.2	M2	84.61%	1	
Paul	DeMeester	56	M		yes	16:45.7	M3	75.74%	8	
Michael	Bennett	65	M		yes	20:04.5	M4	69.20%	12	
Joe	Berendt	60	M	Sierra	yes	20:04.8	M5	65.67%	14	
Steven	Popll	77	M		yes	20:27.7	M6	78.88%	4	

**Team Results:** Team score is the average of the top 3 age graded percentages. 10 points for first place, 8 for second, 7 for third, etc.

Team	Average Top 3	Points	Top 3 Places		
Sierra	78.84%	10	82.65%	77.15%	76.73%
Marin	73.94%	8	79.25%	76.55%	66.01%

The women's then men's one-mile races were competed on the 400-meter track at Mount Diablo High School, Concord, California. During the races, the sky was partly cloudy and partly sunny. Temperature was about 70F. There were no disqualifications.

Judges: Ajay Padgaonkar (Chief Judge for Men), Jon Price (Chief Judge for Women), Jim Manha (also Starter), Beth Price, Susan Porth (Men), Sandy Backer (Women), Susan Mears (Men), and Mark Green (Women).  
 Sandy served as the Recorder for the Men's race, and Susan Porth served as the recorder for the Women's race.  
 Marc Kaiser was the Race Director and Runner. He and Beth handled registration.  
 Argenta Price, Tom Hoffmann, and Marc's wife served as timers.  
 Mike Tange and two others helped as Lap Scorers, and others helped with the water station.  
 Peter Tapia arranged for medical coverage for this USATF sanctioned race.

### Team Name Glossary:

Aggies = Asics Aggies Running Club  
 Marin = Marin Race Walkers  
 Mission Valley = 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  
 Wolfpack = Wolfpack Running Club