



3rd Annual Recognition Awards Banquet

February 4, 2023

5:00pm to 8:30pm

Keynote Speaker: Alia Green

Hall of Fame Inductee

2022 Competition Awards

2022 Service Awards

2022 Lifetime Achievement Awards

USATF Pacific Recognition Awards Banquet

Presnters Sequence & Online Program Reference

February 4, 2023

Grand Palace Restaurant, South San Francisco

Order of Activities & Presentations

5:00-6:00pm: - social hour with no host bar

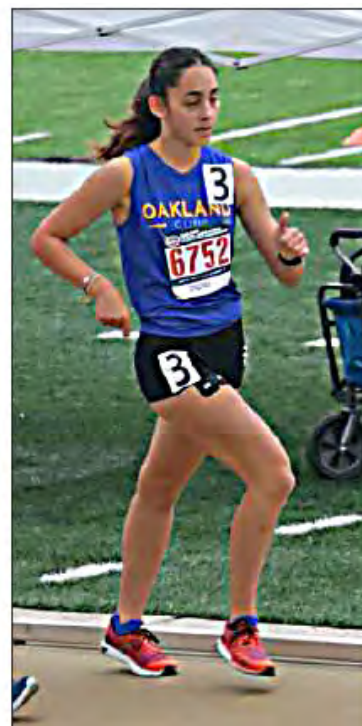
6:00-8:30pm: Dinner and Presentations

Pages 1-17 = Cover, Schedule, Keynote Speaker, Hall of Fame, LDR (Roads, XC, MUT), Open TF, Masters TF

Pages 18-34 = Masters TF (cont'd.), Race Walk, Youth XC, Youth T&F, Officials, Service Awards, Tom Moore Award, Coach Legacy Award

- **Keynote Speaker: Talia Green**
- **2023 Hall of Fame Inductee** (pg. 3)
- **Sports Achievement Awards**
- **LDR**
 - › Road Racing (pg. 4)
 - › Cross Country (pg. 6)
 - › Mountain Ultra Trail (MUT) (pg. 11)
- **Open Track & Field** (pg. 15)
- **Masters Track & Field** (pg. 16)
- **Race Walk** (pg. 20)
- **Youth**
 - › Cross Country (pg. 21)
 - › Track & Field (pg. 22)
- **Officials** (pg. 27)
- **Service Awards** (pg. 29)
- **Tom Moore Award** (pg. 31)
- **Coaches Legacy Award** (pg. 33)
- **USATF Pacific Foundation 2022 Grant Awardees** (pg. 34)

TALIA GREEN
KEYNOTE SPEAKER
& 2022
RACE WALKER
RECOGNITION
AWARD



This Recognition Awards Banquet Program is available at pausatf.org.

NANCY DITZ MOSBACHER

2023 USATF Pacific HALL OF FAME INDUCTEE



A San Jose native, Nancy Ditz Mosbacher originally competed on the Stanford Diving and Crew teams, and she did not begin running competitively until she was 25. She quickly found success in athletics, winning the first marathon she raced: the 1982 San Francisco Marathon (2:44:05). In the following years, Nancy added many road race titles in California, including the Oakland Marathon (1983), Bay to Breakers (1984), and Las Angeles Marathon (1986-1987). In 1985, she won the US National Marathon Championships held at the CIM in a course record time (2:31:36). She finished twice in the top 10 at the New York City Marathon (5th in 1983, 8th in 1990).



Internationally, Nancy also found success, finishing seventh at the 1987 IAAF World Championships in Rome, was the top American at the 1988 Seoul Olympic Game. Nancy was inducted as a member of the RRCA Hall of Fame in 2019. In addition to her list of athletic achievements, Nancy has served on the board of USATF, World TEAM Sports, the Track & Field Foundation, and the USOPC Advisory Committee, and was meet director of the Open track meet at Stanford.

Year ↕	Competition ↕	Venue ↕	Position ↕	Event ↕	Notes ↕
Representing the 🇺🇸 United States					
1982	San Francisco Marathon	San Francisco, United States	1st	Marathon	2:44:34
1985	California International Marathon	Sacramento, United States	1st	Marathon	2:31:36
1986	Los Angeles Marathon	Los Angeles, United States	1st	Marathon	2:36:27
1987	Los Angeles Marathon	Los Angeles, United States	1st	Marathon	2:35:24
	World Championships	Rome, Italy	7th	Marathon	2:34:54
1988	Olympic Games	Seoul, South Korea	17th	Marathon	2:33:42

2022 COMPETITION AWARDS

LDR (Roads, XC, MUT), Race Walk, Open Track & Field,
Masters Track & Field, Youth Cross Country, Youth Track & Field

LDR - 2022 Road Racing Awards

2022 Male Runner of the Year - **Jacob Nur**, SRA Elite

2022 Woman Runner of the Year - **Jenny Hitchings**, SRA Elite

2022 Volunteer of the Year - **Andrew Crawford**

2022 Top Age Graded Performances

- **Jenny Hitchings**, 58 – SACTOWN Ten-Mile – 1:00:40 (1.0082)
- **Jacob Nur**, 67 – Clarksburg Country Run 13.1-Mile – 1:18:03 (0.9781)

2022 Club of the Year - **TBA**

Men's Individual Champions

Open (Long) - Brendan Gregg, SRA Elite
40+ (Long) - Juan Rivera, WVJS
50+ (Long) - Jorn Jensen, WVJS
60+ (Long) - Jacob Nur, SRA Elite
70+ (Long) - John Hirschberger, Tamalpa
80+ (Long) - Robert Schmitt, WVJS
Open (Short) - Chikara Omine, Excelsior RC
40+ (Short) - Cesar Lira, Excelsior RC
50+ (Short) - Jorn Jensen, WVJS
60+ (Short) - Raymond Rodriguez
70+ (Short) - John Hirschberger, Tamalpa
80+ (Short) - Robert Schmitt, WVJS

Women's Individual Champions

Open (Long)-Lindsay Tollefson, SRA Elite
40+ (Long) - Nancy Eubanks, WVJS
50+ (Long) - Beverley Anderson-Abbs Buffalo Chips
60+ (Long) - Debra Cramer, LMJS
70+ (Long) - Jo Anne Rowland, Impala
80+ (Long) - JoAnn Hall
Open (Short) - Kayla Knapp, Peninsula Dist. Club
40+ (Short) - Elizabeth Goya, Impala
50+ (Short) - Megan Kosar, Impala
60+ (Short) - Nancy Simmons, Impala
70+ (Short) - Jo Anne Rowland, Impala
80+ (Short) - Carol Mikkelsen, Impala



JEN HITCHINGS & JACOB NUR

Women's Team Champions

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

Men's Team Champions

Open - Excelsior RC
40+ - Excelsior RC
50+ - West Valley J&S
60+ - West Valley J&S

LDR

2022 Cross Country Recognition Awards & Photos



MALE XC Co-RUNNERS
OF THE YEAR:
JAIME HEILPERN (LEFT,
HOKA AGGIES RC) &
JACOB NUR (RIGHT, SRA
ELITE)



XC VOLUNTEER OF THE YEAR
IRENE HERMAN (IMPALA RACING TEAM)



FEMALE XC RUNNER OF THE YEAR
JOANNIE SIEGLER (GOLDEN VALLEY HARRIERS)



LDR

2022 Cross Country Awards & Photos

Photos courtesy of runningprof.com, Carl Rose, Verity Breen, and MileSplit.com

2022 PA XC Grand Prix Age Division Teams & Individual Winners

Men's TEAMS

Open - HOKA Aggies RC
 (40+) - West Valley TC
 (50+) - West Valley TC
 (60+) - SRA Elite
 (70+) - Tamalpa Runners
 (80+) - None

Men's Individual Champions

Open - Malcolm Richards, WVTC
 (40+) - Chikara Omine, Excelsior RC
 (50+) - **Jaime Heilpern, HOKA Aggie RC
 (60+) - **Jacob Nur, SRA Elite
 (70+) - Gerhard Fischer, Buffalo Chips
 (80+) - Larry Morris, Buffalo Chips

***Denotes XC Athletes of the Year*

Women's TEAMS:

Open - Strawberry Canyon TC
 (40+) - Impala RT
 (50+) - Impala RT
 (60+) - Impala RT
 (70+) - Impala RT
 No 80+ teams listed

Women's Individual Champions

Open - Danielle Domenichelli, SRA Elite
 (40+) - Clair Saxton, Wolfpack RC
 (50+) - Kristina Park, WVJS
 (60+) - **Joanne Siegler, GVH
 (70+) - Jo Anne Rowland, Impala
 (80+) - Edda Stickle, Tamalpa

MALCOLM RICHARDS, WVTC



DANIELLE DOMENICHELLI,
SRA ELITE



STRAWBERRY CANYON WOMEN WITH COACH CARL ROSE AT THE SHORELINE XC IN MARTINEZ. THEIR OPEN TEAM WON THE OPEN DIVISION OF THE 2022 USATF PACIFIC XC GRAND PRIX.

2022 National USATF Cross Country Club Championships

USATF Pacific Individual and Team Performances



**Hosted by
USATF Pacific**

Age Group Winners

M40-44: Sergio Reyes 41 HOKA Aggie RC -A 28:55
M45-49: Peter Gilmore 45 West Valley TC -A 30:25
M50-54: Jaime Heilpern 52 HOKA Aggie RC -A 31:08
F50-54: Chris Lundy 52 Impala RT -A 23:19
M65-69: Jacob Nur 67 SRA Elite -A 29:51
M70-74: Robert Qualls 70 River City Rebels -A 34:39
F80-84: Edda Stickle 82 Tamalpa Runners -A 43:59

Other podium finishers

M50-54
2. Ivan Lieben 53 West Valley TC -A 31:4
M40-44
3. Malcolm Richards 40 West Valley TC -A 29:10

Team Winners Mens 50+

1. 39 West Valley TC -A (32:51 2:44:14 2:55)
1 1 Ivan Lieben 53 31:40 940
2 3 Mark Yuen 52 32:17 947
3 4 David White 57 32:37 946
4 6 Charles Mullane 53 33:05 942
5 25 Mark Callon 54 34:35 935
6 (35) Edward Randolph 53 35:23 943
7 (38) Jon Erskine 51 35:43 936
8 (40) Russell Fairles 55 35:47 937
9 (75) Denis Glenn 52 38:16 938

Team 2nd Place Finishers

Womens 60+ Team

2. 16 Impala RT -A (27:40 1:23:00 1:32)
1 2 Suzanne Cordes 63 26:49 212
2 5 Eileen Brennan-Erler 61 27:50 209
3 9 Stella Gibbs 63 28:21 215
4 (11) Carol Keller 62 28:59 218
5 (14) Mo Bartley 67 29:48 207

Womens 70+ Team

2. 14 Impala RT -A (33:35 1:40:45 2:22)
1 3 Jo Anne Rowland 74 32:36 230
2 5 Donna Chan 71 33:11 211
3 6 Terri Rourke 71 34:58 229
4 (11) Irene Herman 73 39:15 216
5 (13) Maggie Fillmore 72 45:12 238

Mens 40+ Team

2. 81 West Valley TC -A (30:32 2:32:40 1:57)
1 3 Malcolm Richards 40 29:10 944
2 8 Peter Gilmore 45 30:25 928
3 19 Mario Fraioli 40 30:57 927
4 24 Neville Davey 47 31:01 926
5 27 Andrew Touchstone 40 31:07 945
6 (36) Julian Marsh 49 31:27 941
7 (40) Todd Rose 49 31:35 932
8 (42) Tom Haxton 41 31:38 929
9 (45) Benjamin Koss 42 31:46 939

Mens 60+ Team

2. 37 SRA Elite -A (31:04 1:33:11 2:10)
1 2 Jacob Nur 67 29:51 824
2 13 Iain Mickle 62 31:19 821
3 22 Chris Little 61 32:01 818
4 (30) Mark Murray 60 32:47 823

Team 3rd Place Finishers

Womens 70+

3. 23 Lake Merritt J&S (36:41 1:50:02 9:12)
1 4 Kate Stewart 72 32:47 240
2 7 Karen Stevenson 72 35:16 248
3 12 Jane McFarland 73 41:59 247

Mens 70+ Team

3. 34 River City Rebels -A (38:37 1:55:08 8:22)
1 1 Robert Qualls 70 34:39 758
2 9 Perry Linn 71 38:10 754
3 24 David Standcliffe 71 43:01 760
4 (30) Michael Buzbee 71 44:20 748

6K Women's Masters Heat – top 20 finishers

40-44
17 Katie Famous 43 Impala RT -A 24:09
19 Celeste Prothro 43 Impala RT -A 24:14

45-49

7 Claire Saxton 45 Wolfpack RC -A 23:56
8 Juliet Wahleithner 45 Impala RT -A 23:58
9 Elizabeth Goya 47 Impala RT -A 24:03
12 Sharon Lemberger 49 West Valley TC -A 24:35
15 Georgia Young 45 Impala RT -B 24:52
17 Jodi Buyyounouski 49 Impala RT -B 25:27

50-54

1 Chris Lundy 52 Impala RT -A 23:19
14 Samantha Forde 50 Impala RT -A 25:26

55-59

2 Aeron Arlin Genet 55 HOKA Aggie RC -A 25:10
3 Patricia Bellan 59 HOKA Aggie RC -A 25:25
5 Catherine DuBay 58 Empire Runners Sonoma 25:42
11 Beverley Anderson-Abbs 58 Buffalo Chips -A 27:00
15 Eileen White 59 Lake Merritt J & S 27:28
17 Lisa Balestrini 58 Buffalo Chips -A 27:58
18 Patti Shore 56 Impala RT -A 28:06
20 Genevieve Clavier 59 Buffalo Chips -A 28:42

60-64

2 Allison Orofino 61 Buffalo Chips -A 26:16
4 Suzanne Cordes 63 Impala RT -A 26:49
7 Eileen Brennan-Erler 61 Impala RT -A 27:50
11 Stella Gibbs 63 Impala RT -A 28:21
14 Carol Keller 62 Impala RT -A 28:59
16 Sarah Tabbutt 63 Impala RT -B 29:30
17 Victoria Bray-Johnson 61 Buffalo Chips -A 29:32

65-69

1 Joannie Siegler 65 Golden Valley Harriers 25:
5 Mo Bartley 67 Impala RT -A 29:48
6 Angie Woolman 68 Lake Merritt J & S 30:32
7 Mary Wells 68 Tamalpa Runners -A 31:11
9 Maria Briones 67 Lake Merritt J & Sers
11 Debra Cramer 65 Lake Merritt J & S 31:43
12 Danielle Herrerias 65 Tamalpa Runners -A 32:19
18 Marie Nakagaki 68 Lake Merritt J & S 38:00

70-74

4 Jo Anne Rowland 74 Impala RT -A 32:36
5 Kate Stewart 72 Lake Merritt J & S 32:47
6 Donna Chan 71 Impala RT -A 33:11
7 Terri Rourke 71 Impala RT -A 34:58
8 Karen Stevenson 72 Lake Merritt J & S 35:16
12 Christine Wellins 70 Buffalo Chips -B 38:13
14 Irene Herman 73 Impala RT -A 39:15
15 Hazel Wood 71 Tamalpa Runners -A 40:12
16 Jane McFarland 73 Lake Merritt J & S 41:59
17 Maggie Fillmore 72 Impala RT -A 45:12

75-79: None

80-84

1 Edda Stickle 82 Tamalpa Runners -A 43:59

Teams – Top 10 Finishes

40+

7. 68 Impala RT -A (24:04 1:12:10 0:11)
1 21 Juliet Wahleithner 45 23:58 235
2 22 Elizabeth Goya 47 24:03 202
3 25 Katie Famous 43 24:09 213
4 (27) Celeste Prothro 43 24:14 226
5 (34) Flora Lai 43 24:47 221
9. 97 West Valley TC -A (24:51 1:14:31 1:44)
1 23 Alyson Barrett 43 24:06 349
2 31 Sharon Lemberger 49 24:35 354
3 43 Michelle La Sala 42 25:50 353
4 (50) Stephanie Downey 43 26:34 351
5 (66) Sora Chung 43 29:05 350

50+

4. 38 Impala RT -A (25:02 1:15:06 3:02)
1 1 Chris Lundy 52 23:19 223
2 13 Samantha Forde 50 25:26 214
3 24 Megan Kossar 51 26:21 220
4 (36) Alexandra Newman 50 27:40 225
5 (39) Patti Shore 56 28:06 231
6. 47 HOKA Aggie RC -A (25:47 1:17:21 1:36)
1 10 Aeron Arlin Genet 55 25:10 196
2 12 Patricia Bellan 59 25:25 197
3 25 Kira Abercromby 51 26:46 195
4 (46) Kathleen Manning 57 28:50 198
5 (59) Denise Ripley 61 30:38 199
10. 90 Buffalo Chips -A (27:05 1:21:14 1:42)
1 23 Allison Orofino 61 26:16 127
2 29 Beverley Anderson-Abbs 58 27:00 125
3 38 Lisa Balestrini 58 27:58 128
4 (45) Genevieve Clavier 59 28:42 126
5 (52) Victoria Bray-Johnson 61 29:32 129

60+

2. 16 Impala RT -A (27:40 1:23:00 1:32)
1 2 Suzanne Cordes 63 26:49 212
2 5 Eileen Brennan-Erler 61 27:50 209
3 9 Stella Gibbs 63 28:21 215
4 (11) Carol Keller 62 28:59 218
5 (14) Mo Bartley 67 29:48 207
5. 48 Impala RT -B (30:23 1:31:08 1:46)
1 13 Sarah Tabbutt 63 29:30 233
2 16 Suzanne Bryan 60 30:22 200
3 19 Jennifer Redmond 60 31:16 228
4 (25) Teresa Quan 61 32:41 237
5 (32) Kerry Koller 64 35:14 219
6. 61 Lake Merritt J & S (31:18 1:33:52 1:11)
1 17 Angie Woolman 68 30:32 252
2 21 Maria Briones 67 31:37 241
3 23 Debra Cramer 65 31:43 243
4 (26) Christine Chapon 64 32:42 242

70+

2. 14 Impala RT -A (33:35 1:40:45 2:22)
1 3 Jo Anne Rowland 74 32:36 230
2 5 Donna Chan 71 33:11 211
3 6 Terri Rourke 71 34:58 229
4 (11) Irene Herman 73 39:15 216
5 (13) Maggie Fillmore 72 45:12 238
3. 23 Lake Merritt J & S (36:41 1:50:02 9:12)
1 4 Kate Stewart 72 32:47 240
2 7 Karen Stevenson 72 35:16 248

3 12 Jane McFarland 73 41:59 247

8K Men's Masters Heat – top 20 finishers

60-64

13 Iain Mickle 62 SRA Elite -A 31:19
17 Raymond Rodriguez 61 West Valley J & S 31:44
20 268 Jose Aispuro 61 HOKA Aggie RC -A 31:59

65-69

10 Brad Bryon 65 Tamalpa Runners -A 35:05
12 Brian Purcell 66 Empire Runners, Sonoma 35:1
16 Doug Steedman 67 HOKA Aggie RC -B 36:20
17 Brian Davis 67 West Valley J & S 36:25

70-74

1 Robert Qualls 70 River City Rebels -A 34:39
10 Perry Linn 71 River City Rebels -A 38:10
13 Arthur Beckert 71 Tamalpa Runners -A 38:36
16 Lon Wiley 74 Empire RC of Sonoma 39:22

75-79

5 Donald Porteous 76 Tamalpa Runners -A 39:29
6 Len Goldman 78 Tamalpa Runners -A 39:31
0 Gene French 76 Tamalpa Runners -B 45:08
11 Eric Spector 75 Tamalpa Runners -B 45:27
12 Fred Martin 78 Tamalpa Runners -B 45:31
15 Arnold Utterback 76 Buffalo Chips -B 53:34>

80-84

4 Hans Schmid 82 Tamalpa Runners 51:00
10 James Buck 80 Lake Merritt J & S 58:05

Teams – Top 10 Finishes

60+

2. 37 SRA Elite -A (31:04 1:33:11 2:10)
1 2 Jacob Nur 67 29:51 824
2 13 Iain Mickle 62 31:19 821
3 22 Chris Little 61 32:01 818
4 (30) Mark Murray 60 32:47 823
5. 64 HOKA Aggie RC -A (31:57 1:35:49 1:54)
1 11 Kevin Ostberg 62 30:58 651
2 21 Jose Aispuro 61 31:59 639
3 32 Ivan Huff 63 32:52 648
4 (47) David Frank 60 34:12 643
5 (55) Bobby Hastings 64 35:04 645

70+

3. 34 River City Rebels -A (38:37 1:55:50 8:22)
1 1 Robert Qualls 70 34:39 758
2 9 Perry Linn 71 38:10 754
3 24 David Standcliffe 71 43:01 760
4 (30) Michael Buzbee 71 44:20 748
6. 50 Tamalpa -A (39:12 1:57:36 0:55)
1 15 Arthur Beckert 71 38:36 848
2 17 Donald Porteous 76 39:29 859

Continued on Pg. 8



2022 National USATF Cross Country Club Championships

USATF Pacific Individual and Team Performances

3 18 Len Goldman 78 39:31 853
4 (23) Joe Schieffer 71 42:00 860
5 (37) James Flanagan 73 46:25 862
9. 96 Tamalpa -B (45:22 2:16:06 0:23)
1 31 Gene French 76 45:08 863
2 32 Eric Spector 75 45:27 866
3 33 Fred Martin 78 45:31 844
4 (40) Kegan Morrison 71 49:29 864

10K Men's 40-59 Masters Heat – top 20 finishers 40-44

1 Sergio Reyes 41 HOKA Aggie RC -A 28:55
3 155 Malcolm Richards 40 West Valley TC -A 29:10
12 198 Jesse Barragan 44 SRA Elite -A 30:34
14 200 Chikara Omine 40 Excelsior RC -A 30:36
19 212 Mario Fraioli 40 West Valley TC -A 30:57

45-49

1 Peter Gilmore 45 West Valley TC -A 30:25
7 Konrad Knutsen 46 SRA Elite -A 31:01
8 Neville Davey 47 West Valley TC -A 31:01
11 Julian Marsh 49 West Valley TC -A 31:27
15 Todd Rose 49 West Valley TC -A 31:35

50-54

1 Jaime Heilpern 52 HOKA Aggie RC-A 31:08
2 Ivan Lieben 53 West Valley TC -A 31:40
4 Mark Yuen 52 West Valley TC -A 32:17
6 Charles Mullane 53 West Valley TC -A 33:05
7 David Mastro 51 SRA Elite -A 33:0

55-59

2 David White 57 West Valley TC -A 32:37
9 Joe Van De Water 55 SRA Elite -A 34:44
10 Roger Dix 55 HOKA Aggie RC -A 34:4
11 Ryan Gilliam 56 Santa Cruz TC -A 34:50
13 Cliff Lentz 57 Excelsior RC -A 35:29
15 488 Russell Fairles 55 West Valley TC -A 35:47

Teams – Top 10 Finishes

40+

2. 81 West Valley TC-A (30:32 2:32:40 1:57)
1 3 Malcolm Richards 40 29:10 944
2 8 Peter Gilmore 45 30:25 928
3 19 Mario Fraioli 40 30:57 927
4 24 Neville Davey 47 31:01 926
5 27 Andrew Touchstone 40 31:07 945

6 (36) Julian Marsh 49 31:27 941
7 (40) Todd Rose 49 31:35 932
8 (42) Tom Haxton 41 31:38 929
9 (45) Benjamin Koss 42 31:46 939
6. 237 HOKA Aggie RC -A (31:46 2:38:50 4:23)
1 1 Sergio Reyes 41 28:55 653
2 28 Jaime Heilpern 52 31:08 646
3 58 JT Service 42 32:28 654
4 71 Carlos Siqueiros 41 33:01 655
5 79 Justin Patananan 42 33:18 652
6 (134) Jason Blank 48 36:18 640
7 (157) Brent Lawre Lubratich 40 41:44 650
7. 257 SRA Elite -A (32:12 2:40:57 2:56)
1 10 Jesse Barragan 44 30:34 811
2 23 Konrad Knutsen 46 31:01 817
3 64 Chris DeWitt 43 32:41 814
4 73 Scott Abbott 45 33:11 809<
5 87 Galen Farris 40 33:30 815
6 (92) Jedidiah Soliz 40 33:40 825
7 (116) Charlie Brenneman 44 34:56 812

50+

1. 39 West Valley TC-A (32:51 2:44:14 2:55)
1 1 Ivan Lieben 53 31:40 940
2 3 Mark Yuen 52 32:17 947
3 4 David White 57 32:37 946
4 6 Charles Mullane 53 33:05 942
5 25 Mark Callon 54 34:35 935
6 (35) Edward Randolph 53 35:23 943
7 (38) Jon Erskine 51 35:43 936
8 (40) Russell Fairles 55 35:47 937
9 (75) Denis Glenn 52 38:16 938
8. 205 SRA Elite -A (35:38 2:58:07 4:27)
7 (38) Jon Erskine 51 35:43 936
2 28 Joe Van De Water 55 34:44 826
3 42 Ed Brooks 51 36:00 813
4 57 Marc Flores 50 36:44 816
5 71 Michael Aguilar 53 37:33 810
6 (81) Dan Mancini 58 38:46 819
10. 295 Santa Cruz TrC -A (36:53 3:04:25 3:38)
1 30 Ryan Gilliam 56 34:50 786
2 54 Jeff Soares 59 36:29 790
3 60 Kevan Chu 54 37:01 785
4 72 Gregory Green 53 37:37 787
5 79 Greg Hales 56 38:28 788

6K Open Women's Heat – top 20 finishers None

Teams – Top 10 Finishes

6. 174 Peninsula Dist.Club -A (19:14 1:36:09 1:17)
1 19 Kayla Knapp 28 18:42 1212
2 22 Ayla Granados 31 18:49 1211
3 25 Maya Weigel 27 18:58 1207
4 46 Izzi Gengaro 23 19:41 1210
5 62 Jen Vucinich 30 19:59 1215
6 (84) Carmen Mejia 27 20:25 1213
7 (85) Sarah Gayer 23 20:26 1209

10K Open Men's Heat – top 20 finishers

16 Phillip Reid 37 HOKA Aggie RC -A 27:34 4:35

Teams – Top 10 Finishes

3. 131 HOKA Aggie C-A (28:04 2:20:18 0:44)
1 12 Phillip Reid 37 27:34 1497
2 23 Craig Huff 26 28:01 1495
3 29 Mark Huizar 27 28:11 1496
4 33 Sean Davidson 30 28:14 1492
5 34 Gordon Sturgess 30 28:18 1498
6 (82) Will Geiken 29 29:07 1501
7 (107) Connor Fisher 28 29:27 1493
8 (123) Matthew Hazel 31 29:43 1494



ABOVE, OPEN MEN'S START
BELOW, OPEN WOMEN'S START

2022 Cross Country Club Champs Photos *(continued on the following page)*



3RD PLACE OPEN MEN'S TEAM THE HOKA AGGIES WAS LED BY **PHILLIP REID** 37, 12TH OVERALL IN 27:34.



6TH PLACE OPEN WOMEN'S TEAM THE PENNINSULA DISTANCE CLUB WAS LED BY **KAYLA KNAPP** 28, 19TH O'ALL IN 18:42.



THE REASON WHY THE EVENT WAS MOVED TO THE POLO FIELDS TRACK. YIKES!



USATF PACIFIC OFFICIALS AND VOLUNTEERS STILL SMILING - AFTER SURVIVING TORRENTIAL RAINS, A TREE THAT FELL ACROSS THE ORIGINAL START LINE AREA, CAUSING THE EVENTS TO BE MOVED TO THE POLO FIELDS TRACK. THAT'S OK - THEY ALL KNOW HOW TO OFFICIATE A TRACK MEET!

2022 Cross Country Club Champs Photos *(continued from the prior page)*



*Photos in this section
courtesy of Verity Breen
and the USATF Pacific
Instagram page
<https://www.instagram.com/usatfpacificassoc/>*



FROM SUNNIER DAYS - OPEN WOMEN'S START AT THE 2022 USATF PACIFIC XC CHAMPIONSHIPS



LDR

2022 MUT (Mountain - Ultra - Trail) Awards & Photos

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

Photos by Jean Pommier unless otherwise specified.

Special Acknowledgement: Anna Kasius (Impala RT)

Anna qualified for and was selected to compete in the 2022 IAU World Championships 100K, where she assisted Team USA to win Gold with her 7th place finish! *Read more on the next page.*

Men GP Individual Champions

<30 - Victor Skorapa IV, Excelsior
30-39 - Chikara Omine, Excelsior
40-49 - Karl Schnaitter, Excelsior
50-59 - Jean Pommier, Quicksilver
60-69 - Keith Lubliner, Quicksilver
70-79 - Jim Magill, Quicksilver

Women GP Individual Champions

<30 - Kimmy Luzette Reyes, Pamakids
30-39 - none qualified
40-49 - none qualified
50-59 - Kendra Hershey, Pamakids
60-69 - Angie Woolman, LMJS
70-79 - Charlene Liebes, Pamakids

Team Champions

Women - Pamakids • Men - Excelsior RC • Mixed - Pamakids
Overall - Pamakids



COOL PANORAMA PHOTO OF VOLUNTEERS AND RUNNERS AT THE STEVENS CREEK STRIDERS TRAIL HALF MARATHON (courtesy of Michael Dheuy)

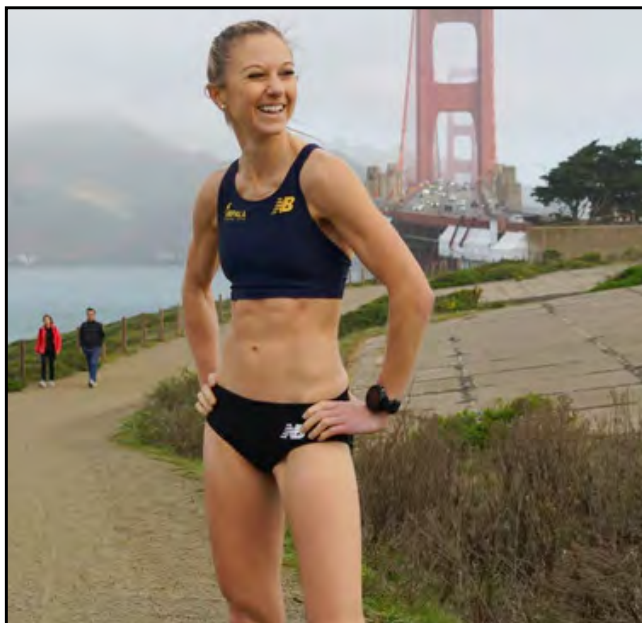


QUICKSILVER RC IN FORCE AT THE STEVENS CREEK STRIDERS TRAIL HALF MARATHON

LDR 2021 MUT (Mountain - Ultra - Trail) Awards & Photos

Special Acknowledgement: Anna Kasius (Impala RT)

Anna placed 7th at 2022 100k World Championships in Bernau, Germany, 2nd American and a key contributor to Team USA Women's Gold Medal performance. (Photo & information courtesy of <https://os1st.com/>)



From Anna: My love of running began in high school cross country, but my career truly took off after moving to San Francisco and joining the Impala Racing Team in 2018. After just a few months of running with these women, I broke my then crazy lifetime goal of a sub 3 hour marathon. The following year, I decided to go after the Olympic Trials Qualifying time in the marathon. Thanks to the support of my teammates, I finished with a 2:44 at the 2019 California International Marathon, then went on to run in the US Olympic Team Trials in Atlanta.

After focusing on the marathon for a few years, I was eager to mix things up and run on trails - just listening to my body and running by feel instead of chasing splits. This led me into the ultramarathon distances. After placing 6th at the JFK 50 Mile in 2021, I was hooked on the ultra distances, and went on to place 2nd at the USATF 100K Championships in April 2022. This performance earned me a spot on the US 100K

Road Team, and I am looking forward to representing the US at the 100K World Championships in Berlin in August 2022.

2022 MUT Random Photos (more on page 8)



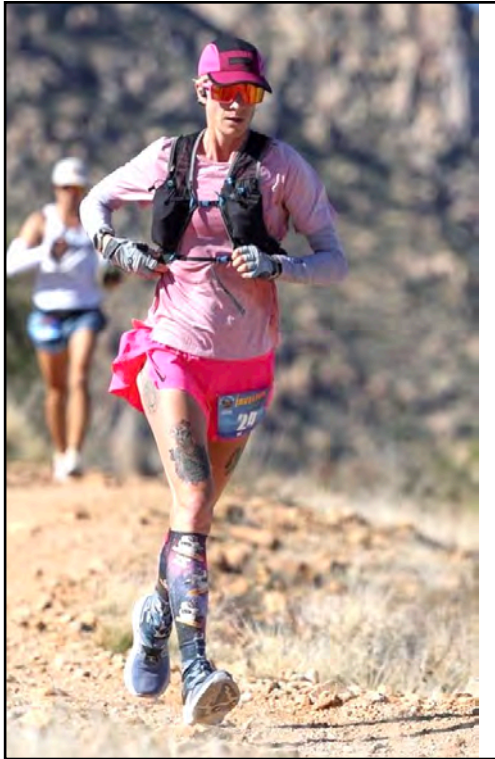
PAMAKIDS AT THE QUAD DIPSEA



SKYLINE 50K - IS IT OVER YET?

2022 USATF Pacific MUT Notable Performances

*DEVON YANKO
ON HER WAY
TO A WIN AT
THE 2022
JAVELINA
JUNDRED*



*CHIKARA OMINE
CELEBRATES HIS
AMERICAN MASTERS
50-MILE
RECORD AT
THE 2022 RUTH
ANDERSON
MEMORIAL
ENDURANCE
RUN.*

Women

Beverley Anderson-Abbs

- 2nd at Rio del Lago 100-mile
- 1st at Jed Smith 50-mile in 6:37:02 (6 minutes from the W55-59 AG American Record she already owns)

Meghan Canfield

Set the W60-64 50-Mile Road World Record at the 100K Nationals

Devon Yanko

- 1st at Brazos Bend 50 Miler in 6:25 (2nd fastest women time ever)
- 1st at Javelina Jundred 14:36:10 (2nd fastest W time ever, behind Camille Heron's CR)
- 1st at Continental Divide Trail Run 50K
- 1st at Ram Party 50-Mile
- 1st, Umstead 100-Mi. (improved CR by 44 min.)
- 1st at Arches Ultra 50K (second best time; only 6 minutes behind CR)

Katie Asmuth

- 9th at Western States 100-mile
- 1st at Bishop High Sierra Ultras 55K
- 1st at Black Canyon Ultras 60K
- 1st at Sean O'Brien 30K

Anna Kacius (see more on page 6))

- 7th Woman at World 100K Road Championships on Gold Medal Team USA
- 2nd at 100K Road Nationals (8:12:38)

Men

Chikara Omine (above, Jean Pommier photo)

- 1st at Ruth Anderson Memorial Endurance Run - 50M, setting a new American Masters Record at 5:05:41
- 1st at Dick Collins Firetrails 50 - 50 Miler (new course record by 30 minutes)
- 1st at Skyline 50k Endurance Run - 50K

Jonah Backstrom (48)

- 1st at Jed Smith 50K in 3:18:36
- 4th overall, 1st Masters at 100-mile Road Nationals
- 1st, Folsom Lake Trail Run - 1/2 Marathon

Tim Tollefson

- 1st, Way Too Cool 50K (3:13, 4th fastest ever)
- 1st at American River 50M

Rajpaul Pannu

- 2nd 50K Road Nationals 3:04:58
- 1st Tunnel Hill 50-mile 5:08:41 (2nd fastest time ever)
- 49th at 100K Road World 7:23:19
- 4th at 100K Road Nationals
- 2nd at 50K Road Nationals

Ian Sharman

- 1st at Three Sisters Skyline - 1/2 Marathon
- 1st at Smith Rock Ascent - 50K

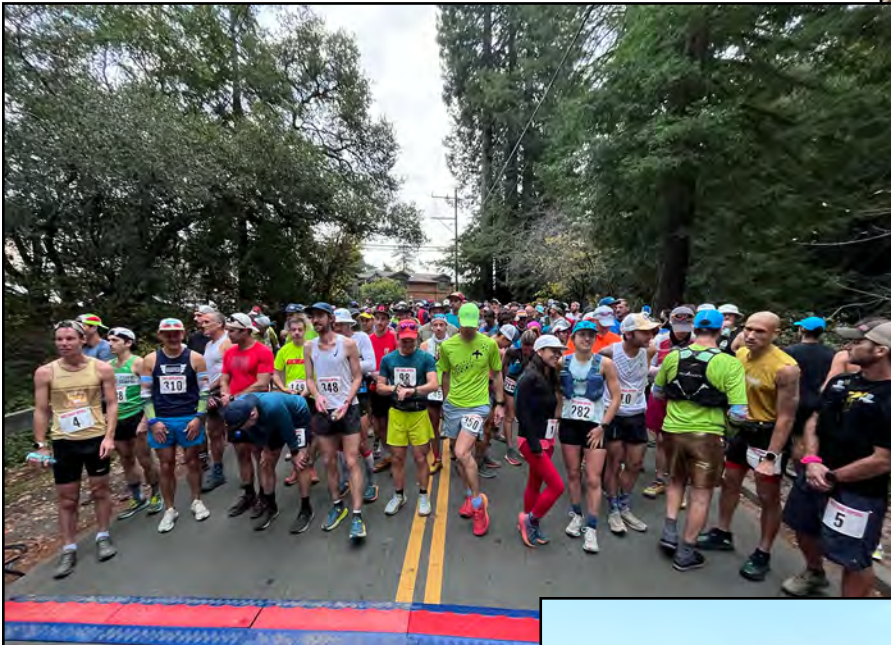
2022 USATF Pacific MUT Random Photos



HEADLANDS 100-MILE AID STATION



IMPALA HALF MARATHONERS INVADE STEVENS CREEK STRIDERS TERRITORY.



QUAD DIPSEA START

FOLSOM LAKE TRAIL HALF MARATHON CONGA LINE



2022 Open Track & Field Recognition Awards

Robyn Stevens

2022 USATF Pacific Women's Track & Field Athlete of the Year
USATF Pacific Foundation 2022 Grant Awardee



- 2022 US Race Walking Championships (Manchester Township, NJ) - 2nd in 5k
- 2022 World Athletics Race Walking Team Championships (Muscat, Oman) - 37th in 20k and top American
- 2022 World Athletics Championships (Eugene, OR) - 24th in 20k and top American
- 2022 NACAC Championships (Freeport, Bahamas) - 2nd in 20,000m
- 25k American Record - Dudinska 50 (1:59:23)
- 30k American Record - Dudinska 50 (2:24:20)
- 35k American Record - Dudinska 50 (2:49:29) 1500m
- 35 American Record - Berkeley All-Comers (7:04.99)
- 1 mile M35 American Record - Berkeley All-Comers (6:48.58)
- 10k W35 Masters American Record - Podebrady Walking (45:48)
- 15k W35 Masters American Record - Podebrady Walking (1:08:47)
- 20k W35 Masters American Record - Podebrady Walking (1:32:15)
- USATF Athlete of the Week, April 25, 2022

2022 USATF Pacific Open T&F Grand Prix Awardees

ATHLETE	EVENTS	POINTS	AWARD
1. Robyn Stevens	RW	6,317	\$3,000
2. Matthew Leach	1,500-10K	6,080	\$2,500
3. Sarah Jane Underwood	800m	5,195	\$2,000
4. Miles Smith	800m/1500m	5,118	\$1,000
5. Fabio Fornarelli	1,500m	2,741	\$ 500
6. Sarah Gayner	3k/5k	2,529	\$ 300

Learn more about the USATF Pacific

Open Track & Field Grand Prix at pausatf.org/track-field/.

View Results of the **2022 USATF Pacific Open T&F Championships Meet**
held at the Golden West Invitational

June 4, Rancho Cordova at the link below

<https://goldenwestinvitational.org/wp-content/uploads/2022/06/GWI22OpenMastersResults.pdf>

2022 Masters Track & Field Recognition Awards

Congratulations to all USATF Pacific 2022 MTF Competitors!

Throws

Durelle Schimek (54)

Paul Rosati (60)

Distance

Suzanne Cordes (63),

Jacob Nur (67)

Jumps

JoAnna Gistand (34), **Jack**

Squires (78), **Roger Parnell** (73)

Sprints/Hurdles

Darmesha Watkins (50)

Roger Parnell (73)

Service Award: **Amanda Scotti**

Learn much more about Amanda and her 2022 USATF Pacific Service Award on page 29.

The photos selected below and on the following pages were selected to show the spirit of Masters Track & Field competition we see at every meet and training session. USATF Pacific Masters TF Webpage



2022 USATF Pacific Masters Track & Field Photos, continued

