

USATF San Diego Championships

Women 4 Miles

Nov 6th 2010

Results from www.resultsrus.com

Womens race full results 4 Miles

Place	Name	Bib	Age	Team	I-Div	T-Di	Time	Pace
1	KC Meehan	177	30	Adidas/Movin Shoes	Open	Open	23:55	5:59
2	Joey Bonfiglio	97	34	Running Center/BSK	Open	Open	24:11	6:03
3	Nina Miller	127	26	Red Hot Racers	Open	Open	24:19	6:05
4	Dianna Chivakos	103	27	Adidas/Movin Shoes	Open	Open	24:45	6:12
5	Kim Mueller	130	34	San Diego Track Club	Open	None	25:03	6:16
6	Darcy Bushnell	100	36	Red Hot Racers	Open	Open	25:22	6:21
7	Julie Komosinski	119	27	Adidas/Movin Shoes	Open	Open	25:37	6:25
8	Laura Stuart	150	45	JH Cohn	40-49	None	25:47	6:27
9	Andrea Schofield	142	26	Running Center/BSK	Open	Open	25:48	6:27
10	Jennifer Uwins	153	36	JH Cohn	Open	Open	25:56	6:29
11	Kathy Kasischke	117	34	JH Cohn	Open	Open	25:56	6:29
12	Gina Merchant	126	28	Red Hot Racers	Open	Open	25:57	6:30
13	Kristin Schleicher	143	27	Red Hot Racers	Open	Open	26:00	6:30
14	Clariss Fernandez	110	34	JH Cohn	Open	Open	26:11	6:33
15	Morgan Sjogren	147	23	Running Center/BSK	Open	Open	26:20	6:35
16	Linda Powers	137	53	San Diego Track Club	50-59	50+	26:29	6:38
17	Rachel Williams	159	24	Adidas/Movin Shoes	Open	Open	26:42	6:41
18	Terra Sarnacki	144	32	Running Center/BSK	Open	Open	26:48	6:42
19	Suzi Morris	129	53	San Diego Track Club	50-59	50+	27:00	6:45
20	Linda Vigil	155	42	Running Center/BSK	40-49	40+	27:10	6:48
21	Jane Aitchison	96	45	Bonita Roadrunners	40-49	40+	27:12	6:48
22	Candy Fink	112	42	Running Center/BSK	40-49	40+	27:15	6:49
23	Lianne Gurfield	115	40	San Diego Track Club	40-49	40+	27:21	6:51
24	Kin'dra Glavin	114	30	Running Center/BSK	Open	Open	27:39	6:55
25	Maria Isabel Perez	135	29	Bonita Roadrunners	Open	None	27:55	6:59
26	Lindsay Fader	106	27	Running Center/BSK	Open	Open	27:56	6:59
27	Sinead Thornton	152	46	Running Center/BSK	40-49	40+	28:23	7:06
28	Patti Stewart-Garbre	149	48	JH Cohn	40-49	None	28:35	7:09
29	Linda Fradkin	113	46	Running Center/BSK	40-49	40+	28:42	7:11
30	Kathy Falkenhagen	107	29	Red Hot Racers	Open	Open	29:29	7:23
31	Karen Wheaton	157	43	San Diego Track Club	40-49	40+	29:34	7:24
32	Kristin Farmer	108	41	JH Cohn	40-49	Open	30:14	7:34
33	Rachel Smithey	148	47	Bonita Roadrunners	40-49	40+	30:24	7:36
34	Mary Ryzner	141	56	San Diego Track Club	50-59	50+	30:43	7:41
35	Sheli Lachel	120	46	San Diego Track Club	40-49	40+	31:05	7:47
36	Robin Paine	133	60	San Diego Track Club	60-69	50+	31:19	7:50
37	Rose VanDuzer	154	52	San Diego Track Club	50-59	50+	31:25	7:52
38	Debbie Shea	146	56	San Diego Track Club	50-59	50+	31:42	7:56
39	Marian Schmidt	145	55	San Diego Track Club	50-59	50+	32:04	8:01
40	Christine Young	161	61	San Diego Track Club	60-69	50+	32:21	8:06
41	Willie Mundt	131	61	San Diego Track Club	60-69	50+	32:29	8:08
42	Marina Field	111	40	Bonita Roadrunners	40-49	40+	32:31	8:08
43	Tina Breen	98	54	Bonita Roadrunners	50-59	40+	33:49	8:28
44	Dorothy Little	121	71	San Diego Track Club	70+	50+	34:15	8:34
45	Heather Doyle	104	23	Bonita Roadrunners	Open	None	35:24	8:51
46	Michelle Esqueda	105	50	Bonita Roadrunners	50-59	40+	35:26	8:52
47	Georgina Hammad	162	55	Unattached	50-59	None	39:23	9:51
48	Matelda Ramsis	201	18	Unattached	Open	None	40:08	10:02
49	Neyeh Contreras	197	20	Unattached	Open	None	40:26	10:07
50	Virginia Lopez	122	70	San Diego Track Club	70+	50+	41:50	10:28
51	Martha Walker	156	74	San Diego Track Club	70+	50+	44:50	11:13

Open Womens' Results

Place	Name	Bib	Age	Team	T-Di	Time	Pace
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1	KC Meehan	177	30	Adidas/Movin Shoes	Open	23:55	5:59
2	Joey Bonfiglio	97	34	Running Center/BSK	Open	24:11	6:03
3	Nina Miller	127	26	Red Hot Racers	Open	24:19	6:05
4	Dianna Chivakos	103	27	Adidas/Movin Shoes	Open	24:45	6:12
5	Kim Mueller	130	34	San Diego Track Club	None	25:03	6:16
6	Darcy Bushnell	100	36	Red Hot Racers	Open	25:22	6:21
7	Julie Komosinski	119	27	Adidas/Movin Shoes	Open	25:37	6:25
8	Andrea Schofield	142	26	Running Center/BSK	Open	25:48	6:27
9	Jennifer Uwins	153	36	JH Cohn	Open	25:56	6:29
10	Kathy Kasischke	117	34	JH Cohn	Open	25:56	6:29
11	Gina Merchant	126	28	Red Hot Racers	Open	25:57	6:30
12	Kristin Schleicher	143	27	Red Hot Racers	Open	26:00	6:30
13	Claris Fernandez	110	34	JH Cohn	Open	26:11	6:33
14	Morgan Sjogren	147	23	Running Center/BSK	Open	26:20	6:35
15	Rachel Williams	159	24	Adidas/Movin Shoes	Open	26:42	6:41
16	Terra Sarnacki	144	32	Running Center/BSK	Open	26:48	6:42
17	Kin'dra Glavin	114	30	Running Center/BSK	Open	27:39	6:55
18	Maria Isabel Perez	135	29	Bonita Roadrunners	None	27:55	6:59
19	Lindsay Fader	106	27	Running Center/BSK	Open	27:56	6:59
20	Kathy Falkenhagen	107	29	Red Hot Racers	Open	29:29	7:23
21	Heather Doyle	104	23	Bonita Roadrunners	None	35:24	8:51
22	Matelda Ramsis	201	18	Unattached	None	40:08	10:02
23	Neyeh Contreras	197	20	Unattached	None	40:26	10:07

40 - 49 Womens' Results

Place	Name	Bib	Age	Team	T-Di	Time	Pace
1	Laura Stuart	150	45	JH Cohn	None	25:47	6:27
2	Linda Vigil	155	42	Running Center/BSK	40+	27:10	6:48
3	Jane Aitchison	96	45	Bonita Roadrunners	40+	27:12	6:48
4	Candy Fink	112	42	Running Center/BSK	40+	27:15	6:49
5	Lianne Gurfield	115	40	San Diego Track Club	40+	27:21	6:51
6	Sinead Thornton	152	46	Running Center/BSK	40+	28:23	7:06
7	Patti Stewart-Garbre	149	48	JH Cohn	None	28:35	7:09
8	Linda Fradkin	113	46	Running Center/BSK	40+	28:42	7:11
9	Karen Wheaton	157	43	San Diego Track Club	40+	29:34	7:24
10	Kristin Farmer	108	41	JH Cohn	Open	30:14	7:34
11	Rachel Smithey	148	47	Bonita Roadrunners	40+	30:24	7:36
12	Sheli Lachel	120	46	San Diego Track Club	40+	31:05	7:47
13	Marina Field	111	40	Bonita Roadrunners	40+	32:31	8:08

50 - 59 Womens' Results

Place	Name	Bib	Age	Team	T-Di	Time	Pace
1	Linda Powers	137	53	San Diego Track Club A	50+	26:29	6:38
2	Suzi Morris	129	53	San Diego Track Club A	50+	27:00	6:45
3	Mary Ryzner	141	56	San Diego Track Club A	50+	30:43	7:41
4	Rose VanDuzer	154	52	San Diego Track Club A	50+	31:25	7:52
5	Debbie Shea	146	56	San Diego Track Club B	50+	31:42	7:56
6	Marian Schmidt	145	55	San Diego Track Club A	50+	32:04	8:01
7	Tina Breen	98	54	Bonita Roadrunners	40+	33:49	8:28
8	Michelle Esqueda	105	50	Bonita Roadrunners	40+	35:26	8:52
9	Georgina Hammad	162	55	Unattached	None	39:23	9:51

60 - 69 Womens' Results

Place	Name	Bib	Age	Team	T-Di	Time	Pace
1	Robin Paine	133	60	San Diego Track Club A	50+	31:19	7:50
2	Christine Young	161	61	San Diego Track Club A	50+	32:21	8:06
3	Willie Mundt	131	61	San Diego Track Club A	50+	32:29	8:08

70+ Womens' Results

Place	Name	Bib	Age	Team	T-Di	Time	Pace
1	Dorothy Little	121	71	San Diego Track Club B	50+	34:15	8:34
2	Virginia Lopez	122	70	San Diego Track Club B	50+	41:50	10:28
3	Martha Walker	156	74	San Diego Track Club B	50+	44:50	11:13

Team Scores for Womens' Open Division ... 4-score 8-displace

1.	25	Adidas/Movin Shoes	(25:15	1:40:59)
1	1	KC Meehan	30	23:55	
2	4	Dianna Chivakos	27	24:45	
3	6	Julie Komosinski	27	25:37	
4	14	Rachel Williams	24	26:42	
2.	29	Red Hot Racers	(25:25	1:41:38)
1	3	Nina Miller	26	24:19	
2	5	Darcy Bushnell	36	25:22	
3	10	Gina Merchant	28	25:57	
4	11	Kristin Schleicher	27	26:00	
5	(18)	Kathy Falkenhagen	29	29:29	
3.	37	Running Center/BSK	(25:47	1:43:07)
1	2	Joey Bonfiglio	34	24:11	
2	7	Andrea Schofield	26	25:48	
3	13	Morgan Sjogren	23	26:20	
4	15	Terra Sarnacki	32	26:48	
5	(16)	Kin'dra Glavin	30	27:39	
6	(17)	Lindsay Fader	27	27:56	
4.	48	JH Cohn	(27:05	1:48:17)
1	8	Jennifer Uwins	36	25:56	
2	9	Kathy Kasischke	34	25:56	
3	12	Claris Fernandez	34	26:11	
4	19	Kristin Farmer	41	30:14	

Team Scores for Womens' 40+ ... 3-score 8-displace

1.	9	Running Center/BSK	(27:36	1:22:48)
1	1	Linda Vigil	42	27:10	
2	3	Candy Fink	42	27:15	
3	5	Sinead Thornton	46	28:23	
4	(6)	Linda Fradkin	46	28:42	
2.	20	San Diego Track Club	(29:20	1:28:00)
1	4	Lianne Gurfield	40	27:21	
2	7	Karen Wheaton	43	29:34	
3	9	Sheli Lachel	46	31:05	
3.	20	Bonita Roadrunners	(30:03	1:30:07)
1	2	Jane Aitchison	45	27:12	
2	8	Rachel Smithy	47	30:24	
3	10	Marina Field	40	32:31	
4	(11)	Tina Breen	54	33:49	
5	(12)	Michelle Esqueda	50	35:26	

Team Scores for Womens' 50+ ... 3-score 8-displace

1. 6 San Diego Track Club A (28:04 1:24:12)

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1	1	Linda Powers	53	26:29
2	2	Suzi Morris	53	27:00
3	3	Mary Ryzner	56	30:43
4	(4)	Robin Paine	60	31:19
5	(5)	Rose VanDuzer	52	31:25
6	(7)	Marian Schmidt	55	32:04
7	(8)	Christine Young	61	32:21
8	(9)	Willie Mundt	61	32:29

2. 27 San Diego Track Club B (35:56 1:47:47)

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1	6	Debbie Shea	56	31:42
2	10	Dorothy Little	71	34:15
3	11	Virginia Lopez	70	41:50
4	(12)	Martha Walker	74	44:50