

2014 Results: 400 Kick For Time  
a USMS Postal Event, sponsored by Marcia's Enthusiastic Masters of Oakland (MEMO)

W/18-24 <i>record: Arlyn Upshaw UNAT, 5:17.35 (2012)</i>				
1	Karen Yu		23	07:20.00
W/25-29 <i>record: Kyle Cutter NEM, 5:50.60 (2012)</i>				
1	Becky Gleason		26	05:56.50
2	Sarah Dombrowski		26	06:41.74
3	Megan Huggett		27	07:05.68
4	Marian Alessandrini		27	09:48.45
W/30-34 <i>record: Christina Wright WMAC, 5:49.00 (2013)</i>				
1	Sharessa Gutierrez		33	06:19.80
2	Laura Holmes		30	07:28.03
3	Allison Athens		33	07:33.26
4	Donita Flecker		32	07:44.85
5	Maria Stotts		32	07:55.29
6	Koung Chaiyasane		30	08:03.00
7	Morgan Kanninen		31	10:34.04
8	Sarah King		31	12:39.00
W/35-39 <i>record: Kelly Williamson ??, 5:19.00 (2014)</i>				
<b>1</b>	<b>Kelly Williamson</b>		<b>37</b>	<b>05:19.00</b>
2	Joy Stover Halgren		38	05:41.53
3	Heather Martinez		38	06:14.59
4	Sarah Lindahl		38	07:47.00
5	Tara Anderson		39	07:51.43
6	Stacey Otlin		37	09:54.76
7	Natalia Vaganova		39	09:56.98
8	Elizabeth Beckman		35	11:18.02
W/40-44 <i>record: Megumi Ozawa MEMO, 5:57.59 (2012)</i>				
1	Lorin Miller		42	06:30.30
2	Carlye Graydon		44	07:05.94
3	Nellis Kim		44	07:26.59
4	Nicole Goebel		42	08:05.72
5	Patricia Knowles		43	08:29.06
6	Kristine Acevedo		43	15:13.18
W/45-49 <i>record: Kathy Gallagher ARIZ, 5:55.51 (2012)</i>				
1	Nicole Kepnes		45	06:51.00
2	Catha Worthman		46	06:58.67
3	Detra Clevon		46	07:00.21
4	Charlotte Brynn		48	07:14.94
5	Loralie Langman		47	07:25.14
6	Stacey Ellison		49	07:30.83
7	Shari Cruse		47	08:11.94
8	Darci Scanlin		48	08:39.44
9	Kari Boeger		48	09:06.23
10	Janie Crosmer		45	09:27.29
11	Chris Deppmeier		46	09:31.65

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12	Deborah Bevilacqua	46	12:10.71
13	Amy O'Dell	48	14:15.00
W/50-54 <i>record: Courtney Zena BWAQ, 5:54.83 (2013)</i>			
1	Lida Kuehn	51	06:18.42
2	Holly Silver	51	06:38.01
3	Kristy Ditzler	50	06:45.00
4	Karin Stokes	53	06:59.57
5	Nancy Speer	52	07:09.76
6	Jennifer Phalen	50	07:19.80
7	Elyse Rudner	53	09:49.25
8	Peg Flynn	51	10:27.74
9	Kimberly Edgar	50	10:51.19
W/55-59 <i>record: Bonnie Bilich ??, 6:06.00 (2014)</i>			
<b>1</b>	<b>Bonnie Bilich</b>	<b>56</b>	<b>06:06.00</b>
2	Elaine Valdez	59	06:32.54
3	Bess Hilpert	59	07:02.00
4	Kim Boggs	55	07:15.93
5	Jessie Hickel	56	07:26.93
6	Anne Galliher	57	07:29.52
7	Cokie Lepinski	55	07:40.00
8	Jane Mothersill	58	08:15.00
9	Pamela Ogden	57	08:18.68
10	Phyllis Quinn	59	08:23.60
11	Nancy Malgesini	58	09:02.31
12	Madeleine Dale	55	10:32.35
13	Cat Shimizu	56	10:57.70
W/60-64 <i>record: Charlotte Davis PSM, 6:39.31 (2013)</i>			
1	Jeanna Summers	60	07:02.19
2	Mary Welsh	61	07:31.38
3	Paula Yankauskas	60	07:54.31
4	Lisa White	64	08:30.37
W/65-69 <i>record: Daniela Barnea STAN, 6:52.85 (2013)</i>			
1	Christie Hayes	66	08:23.03
2	Ruth Garretson	69	08:56.67
3	Barbara Charles	69	10:32.28
4	Jani Sutherland	65	10:38.22
5	Cynthia Needham	66	10:50.83
W/70-74 <i>record: Daniela Barnea STAN, 6:58.30 (2014)</i>			
<b>1</b>	<b>Daniela Barnea</b>	<b>70</b>	<b>06:58.30</b>
2	Glenda Carroll	71	09:25.00
3	Susan Marens	72	10:32.60
4	Heidi Ferrini	73	14:18.00
W/75-79 <i>record: none</i>			

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W/80-84	<i>record: Ann Hirsch WCM, 10:27.31 (2013)</i>		
M/18-24	<i>record: none</i>		
1	none		
M/25-29	<i>record: Jack Calhoun ??, 5:22.14 (2014)</i>		
1	<b>Jack Calhoun</b>	<b>25</b>	<b>05:22.14</b>
2	Chris Scheuber	29	06:39.70
3	Michael Stafford	29	08:56.26
M/30-34	<i>record: Johannes Harmse CTSM, 6:29.29 (2012)</i>		
1	Alic Shook	33	09:34.83
M/35-39	<i>record: Niclas Ohman NEM, 5:44.15 (2012)</i>		
1	Ian Douglass	35	05:51.70
2	Luis Rojas	37	06:30.25
3	Ryan Justus	35	06:37.83
M/40-44	<i>record: Yan Cardineau SRM, 5:21.00 (2012)</i>		
1	Niclas Ohman	40	05:45.60
M/45-49	<i>record: Chris Stevenson VMST, 4:52.16 (2012)</i>		
1	Patrick Brundage	47	05:38.25
2	Bradley Woehl	46	05:46.96
3	Daniel Jegers	45	06:36.28
4	Jeffrey Foster	47	07:39.81
5	Andy Iyall	48	07:41.00
6	Stephen Smith	47	07:44.47
7	Gerald Castano	49	08:48.65
8	James Hull	46	13:20.00
M/50-54	<i>record: Ted Soltys IM, 5:24.48 (2012)</i>		
1	David DeCosse	53	06:08.91
2	Scott Ruess	53	06:13.12
3	Pete Pultz	51	06:19.64
4	Ken Thomas	53	06:36.51
5	Marlon Woolf	50	06:50.00
6	Steve Scheuber	54	07:11.28
7	Daniel Smith	52	07:15.40
8	Markus Boedtker	50	07:19.15
9	Andrew Brenan	54	07:22.12
10	Craig Coombs	54	07:27.44
11	Robert Inchausti	52	08:06.48
M/55-59	<i>record: Doug Portelance PSM, 5:35.31 (2013)</i>		
1	Matt Yuen	55	06:54.38
2	Peter Tsugawa	56	08:29.97
3	Eric Hektner	56	09:10.11
4	Jeff Citron	59	12:30.13

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M/60-64	<i>record: Rick Colella PSM, 5:41.18 (2013)</i>			
1	Howard Craddock		61	08:24.06
M/65-69	<i>record: Hugh Wilder SRM, 6:12.85 (2012)</i>			
1	Hugh Wilder		67	06:14.70
2	Allen Stark		65	07:10.68
3	James Dupree		66	07:22.17
4	Jim Becker		69	08:02.00
5	Eric Phillips		68	08:13.54
M/70-74	<i>record: Richard Todd TCAM, 6:50.08 (2012)</i>			
	none			
M/75-79	<i>record: Dick Peterson PSM, 7:28.30 (2013)</i>			
1	Pete Palmer		79	10:58.00
<b>BOLD</b> indicates new record				