

400 Kick For Time RESULTS 2016
sponsored by Marcia's Enthusiastic Masters of Oakland (MEMO)

F/18-24 Record: Arlyn Upshaw, UNAT 5:17.35 (2012)

1	Emily	Klein	22	0:05:44.51	NUTS
2	Kayla	Coffee	24	0:06:41.00	NUTS
3	Leah	Guliasi	24	0:07:53.52	OREG
4	Jenna	Crank	22	0:09:20.00	WLOO

M/18-24 Record: Matthew Liedtke, SRM 5:36.00 (2012)

1	Matt	McPherson	21	0:06:02.47	ENSW
2	Alex	May	23	0:06:14.40	DAM
3	Brandon	Haag	18	0:07:38.00	WLOO

F/25-29 Record: Kyle Cutter, NEM 5:50.60 (2012)

1	Justine	Fedde	26	0:06:58.00	AQST
2	Annie	Parodi	28	0:07:07.00	WLOO
3	Kaitlin	Westbrook	27	0:07:12.00	WLOO
4	Jennifer	Lo	29	0:07:57.00	ALB

M/25-29 Record: Adam Ritter, CSMT 5:13.73 (2013)

1	Nolan	Slesnick	27	0:05:25.00	WLOO
2	Roger	Ward	26	0:05:27.47	MEMO
3	Kevin	Byers	26	0:05:46.00	ALB
4	Ryan	Mulkey	28	0:06:35.00	WLOO
5	Erik	Downs	27	0:06:55.00	WLOO

F/30-34 Record: Mollie Grover, UMAC 5:42.07 (2015)

1	Lindsey E	Urbatchka	33	0:05:51.00	MMAC
2	Annie	Muske-Dukes	33	0:06:42.00	OREG
3	Erin	Maehr	34	0:06:53.84	AAM
4	Meredith	Anderson	30	0:07:17.00	LOCO
5	Christina	Twist	30	0:07:19.63	ENSW
6	Katherine	Gardner	34	0:07:26.16	VCM
7	Jillian	Dees	33	0:07:44.82	PSM
8	Brianna	Morris-Brock	31	0:08:15.00	WLOO
9	Koung	Chaiyasane	32	0:08:17.97	MEMO
10	Sarah	Rich	30	0:08:35.72	SMST
11	Jelena	Byers	34	0:08:50.49	MMA
12	Callie	Martin	32	0:09:20.36	PSM

M/30-34 Record: Jimmy Song, MEMO 6:21.07 (2016)

1	Jimmy	Song	33	0:06:21.07	MEMO
2	Paul	Phillely	34	0:07:50.99	DAM

NEW RECORD

F/35-39 Record: Kelly Williamson, TXLA 5:19.00 (2014)

1	Jennifer	Dodge	38	0:06:08.18	JAMM
2	Sharessa	Gutierrez	35	0:06:27.19	OMAH
3	Amy	Ode	39	0:06:29.94	MINN

400 Kick For Time RESULTS 2016

sponsored by Marcia's Enthusiastic Masters of Oakland (MEMO)

4	Megan	Cameron	37	0:06:37.17	ARKM
5	Rachel	Limon	36	0:07:00.87	CSTS
6	Beth	Flynn	37	0:07:05.24	MEMO
7	Mel	Belluomini	39	0:07:27.37	DAM
8	Sara	Kirchner	39	0:07:28.46	GOLD
9	Rachel	Rivera	38	0:07:39.54	MMA
10	Emily	Rollins	39	0:07:45.64	ENSW
11	Jenna	Turner	37	0:08:51.67	TMAS
12	Katherine	Loh	36	0:09:01.00	ALB
13	Monica	Thomason	38	0:09:27.00	WLOO
14	Iris	Lapalme	36	0:09:46.44	MEMO
15	Halina	Nowak	37	0:11:45.00	MVN

M/35-39 Record: Blake Holden, UMAC 5:12.96 (2015)

1	Stephen	Rouch	36	0:05:34.30	INDY
2	Jordan	Rapp	36	0:06:02.00	CVMM
3	Isaac	Silver	38	0:06:30.20	ENSW
4	Andrew	Perrow	38	0:09:13.00	WLOO
5	Jeff	Klingner	37	0:11:08.89	GOOG

F/40-44 Record: Megumi Ozawa, MEMO 5:57.59 (2012)

1	Wendy	Peterson	42	0:06:10.53	MINN
2	Sarah	Rogers	40	0:06:16.57	OREG
3	Esther	Chang	44	0:06:21.19	NBA
4	Leslie	Monroe	42	0:06:38.00	CVMM
5	Eileen	Epley	41	0:07:06.00	UAR
6	Tracy	Wells	44	0:07:20.00	WLOO
7	Karen	Darling	41	0:07:27.90	IM
8	Heather	Flynn	42	0:07:29.44	NBA
9	Sarah	Lindahl	40	0:07:34.03	MEMO
10	Tracy	Christiansen	41	0:08:33.00	WLOO
11	Renee	Parys	44	0:09:22.00	WLOO

M/40-44 Record: Yan Cardineau, SRM 5:21.00 (2012)

1	Nic	Ohman	42	0:05:50.41	NEM
2	Ron	Orris	44	0:06:32.00	WLOO
3	Dave	Griffith	43	0:06:43.00	ALB
4	Ahren	Lehnert	43	0:07:45.93	MEMO
5	Elton	Wells	42	0:12:20.00	WLOO

F/45-49 Record: Kathy Gallagher, ARIZ 5:55.51 (2012)

1	Margaret	Gale	48	0:06:27.67	MOST
2	Doreen	Wagner	46	0:06:37.34	TVM
3	Kelly	Oliner	49	0:06:45.00	SCA
4	Nellis	Kim	46	0:06:54.05	BWAQ
5	Cheryl	Morgen	47	0:07:12.02	OREG

400 Kick For Time RESULTS 2016

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6	Jenifer	Noga	46	0:07:12.50	UAR
7	Loralie	Langman	49	0:07:14.21	MINN
8	Detra	Cleven	48	0:07:18.01	KAC
9	Lisa	Hagstrom	45	0:07:33.56	LNRS
10	Kim	Oerkfitz	48	0:08:02.97	MOST
11	Laura	Ladd	49	0:08:20.63	ENSW
12	Patti	Philpott	45	0:08:21.42	TCAM
13	Vickie	Aronson	49	0:08:28.00	WLOO
14	Lessly	Field	48	0:08:29.00	ALB
15	Berrin	Yavuzer Judd	49	0:08:43.00	ALB
16	Janie	Crosmer	47	0:09:04.14	UC26
17	Laura	Zahm	45	0:10:51.00	WLOO
18	Donna	Waltmann	47	0:10:59.27	VCM
19	Virgen	Del Rio	48	0:11:28.00	MAAC
20	Jennifer	Banning	45	NT	O*H*

M/45-49 Chris Stevenson, VMST 4:52.16 (2012)

1	Patrick	Brundage	49	0:05:52.76	ARIZ
2	Kirk	Stackle	48	0:05:57.00	WLOO
3	Chris	Hauth	47	0:05:58.72	NBA
4	Mike	Varozza	49	0:05:59.00	WLOO
5	Casey	Slater	45	0:06:20.82	TCAM
6	Michel	Young	46	0:06:29.54	VCM
7	Bret	Haag	45	0:06:55.00	WLOO
8	Mark	Rubacky	47	0:07:04.23	NCMS
9	Kenneth	Hansen	49	0:07:16.03	PSM
10	Jeff	Foster	49	0:07:48.00	MEMO
11	Eddie	Ames	47	0:07:55.71	PBM
12	John	Watkins	45	0:08:12.64	TCAM
13	Jack	Boeger	49	0:08:31.12	MEMO
14	Seth	Parker	49	0:08:44.00	WLOO
15	Marc	Digby	46	0:08:45.00	WLOO
16	Yuri	Zhovnirovsky	46	0:09:20.00	ALB
17	Steve	Schiff	47	0:10:36.00	ALB
18	Scott	Linnborn	46	0:10:52.00	WLOO
19	Rae	de Leon	49	0:12:45.40	OMAH

F/50-54 Courtney Zena, BWAQ 5:54.83 (2013)

1	Jody	Bergstrom	53	0:07:03.96	MVN
2	Alita	Kavalauskas	53	0:07:04.56	JAMM
3	Jane	Russell	53	0:07:11.07	DAM
4	Nancy	Speer	54	0:07:16.84	VMST
5	Jennifer	Phalen	52	0:07:49.00	DAM
6	Kim	Krause	54	0:08:00.36	MEMO
7	Joan	Crow	52	0:08:30.00	DAM
8	Melissa	Smith	53	0:08:33.93	TMAS

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9	Christine	Oliver	53 0:08:42.87	TCAM
10	Kari	Boeger	50 0:09:29.08	MEMO
11	Lisa	Wenschlag	53 0:09:57.14	TMAS
12	Elaine	McCracken	53 0:09:57.53	MMA
13	Johanna	Hoite	50 0:10:00.00	ALB
14	Faylan	Cannon	53 0:10:19.22	TCAM
15	Susan	Quesada	53 0:16:24.00	OREG

M/50-54 Record: Mike Shaffer, VCM 5:18.26 (2016)

1	Mike	Shaffer	51 0:05:18.26	VCM	NEW RECORD
2	Kris	Calvin	54 0:05:44.38	OREG	
3	Mark	Schactman	50 0:06:22.00	UC10	
4	Jeff	Marx	52 0:06:24.00	WLOO	
5	Eric	Allen	51 0:06:25.58	JAMM	
6	Doug	Robertson	52 0:06:26.84	ENSW	
7	Robert	Schmidt	52 0:07:02.00	ALB	
8	Paul	McIlroy	51 0:07:35.86	TCAM	
9	Brian	Vogel	50 0:07:54.00	WLOO	
10	Steve	Trutane	51 0:09:09.70	ALB	
11	Dionissios	Phocas	52 0:12:30.00	WLOO	
12	Jim	Wenschlag	50 0:14:04.06	TMAS	

F/55-59 Record: Bonnie Bilich, SRVM 5:54.00 (2015)

1	Denise	Hearst	58 0:06:21.09	CVMM
2	Martha	Joyce	56 0:06:34.97	TAM
3	Christine	Dillon	55 0:06:40.15	NBA
4	Karin	Stokes	55 0:07:05.93	NEM
5	Kim	Boggs	57 0:07:22.85	BWAQ
6	Cokie	Lepinski	57 0:07:42.09	NUTS
7	Cassandra	Coffee	55 0:07:45.00	NUTS
8	Cheryl	Gettelfinger	59 0:07:47.16	INDY
9	Jenna	Hasselquist	58 0:08:11.62	TMAS
10	Dorothy	Mullaney	58 0:08:48.47	NEM
11	Leah	Carroll	55 0:09:21.00	ALB
12	Judith	Greene-Jansé	56 0:09:21.00	ALB
13	Margaret	Haskins	58 0:10:21.40	NEM
14	Suzanne	Spillner	57 0:12:28.92	TCAM

M/55-59 Record: Doug Portelance, PSM 5:35.31 (2013)

1	Laurence	Fry	55 0:06:11.66	JAMM
2	Rick	Hudson	59 0:06:20.50	ESMS
3	Charles	Schroder	57 0:07:17.00	WLOO
4	Eric	Hektner	58 0:07:49.00	TVM
5	Perry	Harmon	58 0:08:27.00	ALB
6	John	Crockett	58 0:08:30.00	WLOO
7	Bruce	Fukuji	56 0:09:25.00	ALB

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8 Peter Canning 58 0:11:20.91 CONN

F/60-64 Record: Charlotte Davis, PSM 6:39.31 (2013)

1 Elaine Valdez 61 0:06:44.15 MOST
 2 Jeanna Summers 62 0:07:00.00 OREG
 3 Susan Helmrich 61 0:07:09.05 LNRS
 4 Linda Carstens 64 0:08:00.18 OREG
 5 Sue-Ellen Booher 63 0:08:13.15 NEM
 6 Dede Moreno 61 0:08:22.87 TCAM
 7 Erika Gonzalez-Lim 60 0:08:23.00 WLOO
 8 Phyllis Quinn 61 0:08:35.36 TOC
 9 Dee Johnson 60 0:09:15.27 DAM
 10 Maire Pose 60 0:09:24.06 ESMS
 11 Katy Lantz 63 0:09:56.93 DAM
 12 Martha Buthman 64 0:10:30. TCAM
 13 Pam Chang 61 0:12:15.00 ALB

M/60-64 Record: Rick Colella, PSM 5:41.18 (2013)

1 James Ritter 60 0:05:50.91 CSMT
 2 Kent Ford 62 0:06:19.50 USF
 3 Steven Terusaki 63 0:08:16.00 ALB
 4 Larry Kravitz 63 0:13:06.00 WLOO
 5 Jeff Pappenhause 61 0:15:17.00 WLOO

F/65-69 Record: Daniela Barnea, STAN 6:52.85 (2013)

1 Barbara Boslego 65 0:07:38.31 VMST
 2 Elizabeth Heaston 69 0:07:58.99 ENSW
 3 Judy Armstrong 69 0:09:40.29 MEMO
 4 Robin Carter 65 0:11:30.38 TCAM
 5 Deanna Fickel 65 0:13:23.57 TCAM
 6 Karen Kessel 67 0:14:09.36 TCAM
 7 Susan Salberg 65 0:14:42.12 ENSW
 8 Jane Dulay 66 0:21:31.00 ALB

M/65-69 Record: Alek Shestakov, OAK 6:12.50 (2016)

1 Alek Shestakov 67 0:06:12.50 OAK
 2 Hugh Wilder 69 0:06:30.44 SRM
 3 Peder Dahlberg 67 0:06:35.14 IM
 4 Bob Bruce 68 0:07:15.02 OREG
 5 John Derr 67 0:07:51.56 VCM
 6 James Gloystein 65 0:08:23.52 RHMS
 7 Andy McPherson 69 0:09:25.00 DAM
 8 William Wheeler 65 0:09:29.00 DAM
 9 Jim Stambolis 68 0:09:33.00 TAM
 10 Jon Mahanna 69 0:09:45.13 TCAM
 11 Bob Lantz 65 0:10:33.49 DAM

NEW RECORD

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12	Jim	Matney	69	0:11:12.01	ESMS
13	Chuck	Spillner	69	0:14:48.99	TCAM
14	Timothy	Andrepoint	65	0:16:33.00	LOCO

F/70-74 Record: Daniela Barnea, STAN 6:58.30 (2014)

1	Daniela	Barnea	72	0:07:17.38	STAN
2	Barbara	Charles	71	0:11:44.50	REDT
3	Leslie	Westergaard	73	0:13:28.00	DAM

M/70-74 Record: Richard Todd, TCAM 6:50.08 (2012)

1	James	Becker	71	0:08:42.00	ADMS
2	Larry	Raffaelli	73	0:10:34.25	VCM
3	Robert	Owens	70	0:10:44.93	VCM

F/75-79 Record: none

NO ENTRIES

M/75-79 Record: Dick Peterson, PSM 7:28.30 (2013)

NO ENTRIES

F/80-84 Record: Ann Hirsch, WCM 10:27.31 (2013)

1	Eulah	Varty	82	0:12:00.00	MMAC
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M/80-84 Record: Jack Fleming, USF 9:18.28 (2015)

1	Jack	Fleming	81	0:09:25.94	USF
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