

# 2016 USATF So Cal Road Running Distance Champions

## Open

Distance	Female	Time	Male	Time
<b>Mile (Halo Mile)</b>	Sarah Paddon (unaffiliated)	4:55	Barron Maizland Cal Coast	4:17
<b>5K (Wahoo's OC)</b>	Julie Ertel A Snail's Pace	17:57	Aaron Munger Club Ed Running	16:35
<b>8K (Brea)</b>	Mary Akor (unaffiliated)	28:27	Jorge Jabaz Cal Coast	24:28
<b>10K (Dino Dash)</b>	Leilani Rios Cal Coast	36:37	Jose Madera Cal Coast	31:30
<b>15K (Semana Nautica)</b>	Gina Battaglia (unaffiliated)	1:01:08	Segey Sushchikh (unaffiliated)	49:30
<b>Half Marathon (Holiday Half)</b>	Lenore Morena (unaffiliated)	1:14:00	Jose Madera Cal Coast	1:08:11
<b>Marathon (LA Marathon)</b>	Rachel Miura The Janes Elite Racing	2:54:37	Jose Madera Cal Coast	2:17:25

## Masters (40+)

Distance	Female	Time	Male	Time
<b>Mile (Halo Mile)</b>	Grace Padilla So Cal Roadrunners	5:24	John Gardiner Cal Coast	4:31
<b>5K (Wahoo's OC)</b>	Julie Ertel A Snail's Pace	17:57	Aaron Munger Club Ed	16:35
<b>8K (Brea)</b>	Julie Ertel A Snail's Pace	29:33	Jacques Sallberg Run With Us	25:36
<b>10K (Dino Dash)</b>	Julie Ertel A Snail's Pace	37:52	Juan Ramirez A Snail's Pace	34:57
<b>15K (Semana Nautica)</b>	Desa Mandarino Santa Barbara Running	1:03:15	Todd Booth Santa Barbara Running	54:40
<b>Half Marathon (Holiday Half)</b>	Heather Huggins A Snail's Pace	1:34:47	Mark Butala A Snail's Pace	1:22:25
<b>Marathon (LA Marathon)</b>	Marcia Winrow Cal Coast	3:25:35	Anto Aguila Run With Us	2:46:43

## Veterans (50+)

Distance	Female	Time	Male	Time
<b>Mile (Halo Mile)</b>	Tania Fischer The Janes Elite Racing	5:29	Steven Bishop (unaffiliated)	5:15
<b>5K (Wahoo's OC)</b>	Tania Fischer The Janes Elite Racing	18:40	Robert Arsenaault Cal Coast	16:43
<b>8K (Brea)</b>	Kathleen Cushing-murray The Janes Elite Racing	32:11	Robert Arsenaault Cal Coast	26:47
<b>10K (Dino Dash)</b>	Mary Lynch Cal Coast	41:25	Vincent Lowder Cal Coast	39:21
<b>15K (Semana Nautica)</b>	Valerie Freeman A Snail's Pace	1:32:49	Olliver Gallego ARC Run Club	58:48
<b>Half Marathon (Holiday Half)</b>	Dona McBride A Running Experinece Club	2:23:17	Miguel Magana A Snail's Pace	1:31:59
<b>Marathon (LA Marathon)</b>	Carrie Sherburne So Cal Track Club	3:45:01	Mark Shalvarian Club Ed	3:00:54

## Seniors (60+)

Distance	Female	Time	Male	Time
<b>Mile (Halo Mile)</b>	Sharon Lotesto Club Ed	7:07	Dale Campbell Cal Coast	5:30
<b>5K (Wahoo's OC)</b>	Sharon Lotesto Club Ed	24:06	Dale Campbell Cal Coast	18:25
<b>8K (Brea)</b>	Madsen Buchbinder Team Runners High	36:39	Dale Campbell Cal Coast	29:58
<b>10K (Dino Dash)</b>	Dona McBride A Running Experinece Club	1:03:50	Keith Witthauer Cal Coast	39:44
<b>15K (Semana Nautica)</b>			Charles Kaminski Club Ed	1:06:08
<b>Half Marathon (Holiday Half)</b>	Dona McBride A Running Experinece Club	2:23:17	Jose Son (unaffiliated)	1:40:17
<b>Marathon (LA Marathon)</b>	Arlene Lewis New Basin Blues Running	6:33:54	Charles Kaminski Club Ed	3:31:52

## Super Seniors (70+)

Distance	Female	Time	Male	Time
<b>8K (Brea)</b>	Norma Thomas A Snail's Pace	45:14	Gary Patton So Cal Track Club	34:04
<b>10K (Dino Dash)</b>	Dorathy Strand A Snail's Pace	1:31:09	John Barkman (unaffiliated)	1:02:18
<b>Half Marathon (Holiday Half)</b>	Sheila Kryger Pilgrim Pacers	2:48:20		