



**Southern California Association USATF
2010 10K Championships
Redondo Beach Super Bowl Sunday 10K
February 7, 2010**

Overall Open Winners

Nathalie Higley	Redondo Beach	36:10.3	F - 40
Brian Livingston	Los Angeles	31:16.0	M – 31

Overall Masters Winners

Nathalie Higley	Redondo Beach	36:10.3	F - 40
Jon Megeff	Los Angeles	35:16.1	M – 46

Division Awards

First	Last	City	Times	Position	Age	Age Group	Sex
Allyson	Estess	Santa Monica	39:56.2	1	28	25-29	Female
Daisy	Estrada	Hermosa Beach	1:09:16.7	2	27	25-29	Female
Meredith	Coulibaly	Los Angeles	39:08.1	1	30	30-34	Female
Kelly	Flathers	Huntington Beach	36:48.2	1	38	35-39	Female
Sarah	Bouchard	Culver City	40:33.1	2	35	35-39	Female
Tania	Fischer	Santa Monica	36:30.7	1	43	40-44	Female
Alison	Atkinson	Manhattan Beach	36:57.7	2	43	40-44	Female

First	Last	City	Times	Position	Age	Age Group	Sex
Kirsten	Leetch	Redondo Beach	38:27.0	3	44	40-44	Female
Rosalva	Bonilla	Big Bear City	39:58.4	1	47	45-49	Female
Sue	Zihlmann	Long Beach	40:36.0	2	46	45-49	Female
Diane	Silva	Manhattan Beach	41:45.0	3	46	45-49	Female
Sissel	Berntsen-Heber	Santa Monica	45:00.5	4	45	45-49	Female
Vickie	Ford	Los Angeles	51:31.8	5	48	45-49	Female
Phyllis	Bradford	Los Angeles	51:54.0	6	48	45-49	Female
Angela	Mc Crary	Culver City	49:00.4	7	48	45-49	Female
Tracey	Cox	Los Angeles	53:16.6	1	55	50-54	Female
Celia	Pettus	Los Angeles	56:05.9	2	53	50-54	Female
Filip	Bastien	Los Angeles	48:59.2	1	9	01-14	Male
Aaron	Smith	Rancho Palos Verdes	37:00.9	1	17	15-19	Male
Michael	Lopez	Fontana	44:43.4	2	17	15-19	Male
Luis	Ibarra	Montebello	31:40.4	1	29	25-29	Male
Justin	Patananan	Palmdale	31:48.3	2	29	25-29	Male
Micah	Tyhurst	Los Angeles	32:27.2	3	25	25-29	Male
Suyang	Liu	Los Angeles	38:02.7	4	27	25-29	Male
Graham	Burford	Hermosa Beach	1:08:02.2	5	29	25-29	Male
Humberto	Sanchez	Anaheim	34:29.8	1	34	30-34	Male
Patrick	Sweeney	Manhattan Beach	37:07.7	2	31	30-34	Male
Levi	Shaw	Manhattan beach	37:54.2	3	30	30-34	Male
Bert	Whitson	Los Angeles	38:23.5	4	30	30-34	Male
Nyron	Bernard	Los Angeles	36:55.2	1	36	35-39	Male
Daniel	Cappiello	Santa Monica	38:14.9	2	39	35-39	Male
Peter	Algazi	Newport Beach	37:57.3	1	41	40-44	Male
Robert	Davis	Torrance	39:27.7	2	40	40-44	Male
Glen	Urata	Garden Grove	40:20.6	3	42	40-44	Male
Stuart	Barrington	Thousand Oaks	44:02.9	4	42	40-44	Male
Michael	Branch	Los Angeles	35:33.2	1	47	45-49	Male
Oliver	Gallego	Arcadia	37:03.9	2	48	45-49	Male

First	Last	City	Times	Position	Age	Age Group	Sex
J David	Norwood	Hawthorne	42:03.2	3	49	45-49	Male
Geoffrey	Mc Crary	Culver City	49:00.4	4	46	45-49	Male
Paul	Furie	Redondo Beach	1:01:20.9	5	45	45-49	Male
Rich	Gust	Hermosa Beach	36:28.0	1	50	50-54	Male
John	Araujo	Placentia	37:10.7	2	51	50-54	Male
Stephen	Terry	Los Angeles	42:38.7	3	51	50-54	Male
Steven	Welker	Stevenson Ranch	49:13.4	4	52	50-54	Male
Michael	Berger	Los Angeles	50:41.7	5	52	50-54	Male
Richard	Reaser	El Segundo	52:48.6	6	54	50-54	Male
Dale	Campbell	Huntington Beach	35:18.9	1	56	55-59	Male
Ed	Avol	Manhattan Beach	38:29.6	2	58	55-59	Male
Perry	Forrester	Topanga	39:00.1	3	57	55-59	Male
Nabor	Gomez	Lakewood	39:17.0	4	57	55-59	Male
Hugo	Velazquez	Hawthorne	40:45.0	5	59	55-59	Male
Dean	Goodman	Venice	42:35.7	6	58	55-59	Male
Alan	Rahmani	Thousand Oaks	59:27.7	7	55	55-59	Male
Jeffrey	Urband	North Hollywood	56:34.1	1	60	60-64	Male
Patrick	Wickens	Redondo Beach	47:50.4	1	69	65-69	Male
Susumu	Niimi	Manhattan Beach	51:33.7	1	70	70-74	Male