



USATF Southern California Association
2013 10 km Championships
Redondo Beach Superbowl Sunday 10K
February 3, 2013

Overall Open Winners

Leilani Rios	Coto De Caza	37:52	F - 33
Anthony Solis	Barstow	30:44	M – 22

Overall Masters Winners

Nathalie Higley	Redondo Beach	36:16	F - 43
John Gardiner	Rancho Santa Margarita	33:11	M – 40

Division Awards

First	Last	City	Sex	Age	Age Group	Place	Time	Club Name
Sofia	Rossini	Santa Ana	Female	10	F11-12	1	1:25:09	Equalizers Track Club
Maily	Wong	Mission Viejo	Female	15	F15-16	1	0:43:57	Equalizers Track Club

Daniel	Wong	Mission Viejo	Female	17	F17-18	1	0:48:12	Equalizers Track Club
Liliana	Hernandez	Glendale	Female	25	F25-29	1	0:38:21	The Janes Elite Racing
Elizabeth	Jordan	Pasadena	Female	27	F25-29	2	0:41:47	
Kristin	Olin	Pasadena	Female	28	F25-29	3	0:44:45	California Triathlon
Ashley	Coultas	Glendale	Female	27	F25-29	4	0:45:08	California Triathlon
Leilani	Rios	Coto De Caza	Female	33	F30-34	1	0:37:52	A Snail's Pace Running Club
Bekki	Miske	Irvine	Female	31	F30-34	2	0:39:53	Cal Coast Track Club
Nathalie	Higley	Redondo Beach	Female	43	F40-44	1	0:36:16	Club Ed Running
Ingrid	Walters	Santa Monica	Female	41	F40-44	2	0:38:35	The Janes Elite Racing
Darcy	Arreola-Lange	Valencia	Female	44	F40-44	3	0:40:35	The Janes Elite Racing
Diana	Keyes	Newport Beach	Female	43	F40-44	4	0:59:36	Cal Coast Track Club
Terry	Leonard	Trabuco Canyon	Female	43	F40-44	5	1:22:43	Cal Coast Track Club
Kirsten	Leetch	Redondo Beach	Female	47	F45-49	1	0:37:27	The Janes Elite Racing
Alison	Atkinson	Manhattan Beach	Female	46	F45-49	2	0:38:36	Club Ed Running
Tania	Fischer	Santa Monica	Female	46	F45-49	3	0:39:05	The Janes Elite Racing
Ilona	Kojalovica	Van Nuys	Female	46	F45-49	4	0:43:44	A Snail's Pace Running Club
Asya	Zikranova	Burbank	Female	49	F45-49	5	0:49:34	California Triathlon
Grace	Edgerly	Culver City	Female	46	F45-49	6	0:53:23	Elite Health Track Club
Mary	Nickles	Westminster	Female	54	F50-54	1	0:45:36	
Vickie	Ford	Los Angeles	Female	51	F50-54	2	0:55:20	Elite Health Track Club
Rochelle	Welch-Turner	Los Angeles	Female	54	F50-54	3	1:09:21	Elite Health Track Club
Linda	Hodgson	San Dimas	Female	58	F55-59	1	0:49:20	Cal Coast Track Club
Sue	Laub	Azusa	Female	55	F55-59	2	1:01:31	Cal Coast Track Club
Jordan	Keyes	Newport Beach	Male	14	M15-16	1	0:43:45	Equalizers Track Club
Anthony	Solis	Barstow	Male	22	M19-24	1	0:30:46	Nike Team Run LA
Samuel	Blackmar	Irvine	Male	23	M19-24	2	0:35:39	A Snail's Pace Running Club
Harley	Richards	Los Angeles	Male	26	M25-29	1	0:35:52	

Erik	Caseres	Lakewood	Male	27	M25-29	2	0:43:02	Elite Health Track Club
Christopher	Wang	Van Nuys	Male	27	M25-29	3	1:02:30	
Allen	Roth	Beverly Hills	Male	32	M30-34	1	0:39:46	Track Club L.A.
Sam	Dillman	Hermosa Beach	Male	32	M30-34	2	0:42:17	Club Ed Running
Todd	Sakamoto	South Pasadena	Male	31	M30-34	3	0:42:47	California Triathlon
Tyler	Long	Los Angeles	Male	34	M30-34	4	0:43:40	California Triathlon
Tyler	Okamoto	Glendora	Male	31	M30-34	5	0:50:31	Cal Coast Track Club
Humberto	Sanchez	Redondo Beach	Male	37	M35-39	1	0:34:52	Club Ed Running
Aaron	Munger	Rolling Hills Estates	Male	37	M35-39	2	0:36:30	Club Ed Running
Casey	Van Maanen	Los Angeles	Male	39	M35-39	3	0:37:34	
Rudy	Miramontes	Santa Ana	Male	36	M35-39	4	0:45:31	Cal Coast Track Club
Anthony	Geoffron	South Pasadena	Male	38	M35-39	5	0:45:53	
John	Gardiner	Rancho Santa Margarita	Male	40	M40-44	1	0:33:11	Cal Coast Track Club
John	Moss	Sierra Madre	Male	44	M40-44	2	0:37:12	Cal Coast Track Club
Christopher	Goddard	San Dimas	Male	43	M40-44	3	0:37:45	Cal Coast Track Club
Thompson	Richmond	Glendale	Male	43	M40-44	4	0:43:14	California Triathlon
Daniel	Derway	Orange	Male	44	M40-44	5	0:46:24	Cal Coast Track Club
Roberto	Chavez	Montebello	Male	40	M40-44	6	1:09:16	
Jon	Megeff	Rancho Palos Verdes	Male	49	M45-49	1	0:34:58	Club Ed Running
Gregory	Keyes	Newport Beach	Male	45	M45-49	2	0:36:01	Cal Coast Track Club
Miguel	Magana	Van Nuys	Male	46	M45-49	3	0:38:42	A Snail's Pace Running Club
Brian	Panosian	Pacific Palisades	Male	47	M45-49	4	0:40:49	Track Club L.A.
Carlos	Suarez	Huntington Beach	Male	24	M45-49	5	0:47:34	
David	Olds	Los Angeles	Male	51	M50-54	1	0:34:46	Cal Coast Track Club
Mark	Shalvarjian	Manhattan Beach	Male	50	M50-54	2	0:37:46	Club Ed Running
Oliver	Gallego	Arcadia	Male	51	M50-54	3	0:38:16	Elite Health Track Club
Rich	Gust	Hermosa Beach	Male	53	M50-54	4	0:39:30	

Ford	Fujii	Irvine	Male	52	M50-54	5	0:44:55	Cal Coast Track Club
Stephen	Terry	Los Angeles	Male	54	M50-54	6	0:44:57	Track Club L.A.
Leon	Laub	Azusa	Male	56	M55-59	1	0:41:56	Cal Coast Track Club
Thomas	Albright	Newport Beach	Male	55	M55-59	2	0:43:12	Cal Coast Track Club
Peter	Glassman	Los Angeles	Male	55	M55-59	3	0:47:01	Track Club L.A.
Michael	Berger	Los Angeles	Male	55	M55-59	4	0:54:36	Track Club L.A.
James	Sterling	Manhattan Beach	Male	57	M55-59	5	0:55:53	Track Club L.A.
Richard	Reaser	El Segundo	Male	57	M55-59	6	0:58:14	
Steve	Lassegard	Laguna Hills	Male	60	M60-64	1	0:45:57	Cal Coast Track Club
Bert	Sandoval	Covina	Male	62	M60-64	2	0:47:06	Cal Coast Track Club
William	Sumner	Newport Beach	Male	65	M65-69	1	0:44:32	Cal Coast Track Club
Byron	Melendy	La Crescenta	Male	71	M70-74	1	0:49:01	California Triathlon