

SOUTHERN PACIFIC MASTERS TOP 10

3,000 YARD ePOSTAL NATIONAL CHAMPIONSHIPS

Updated May, 2022

WOMEN 18-24

1. Amanda Beard	NOVA	32:26.99	2001
2. Chelsea Silvers	NOVA	38:23.99	2014
3. Nicole Huszez	NOVA	38:33.20	2001
4. Jennifer Schumacher	NOVA	39:14.20	2005
5. Fitz Gumusaneli	NOVA	40:54.46	2002
6. Jennifer Jopke	HSNM	41:54.99	2002

National Record

Amanda Beard **NOVA** **32:26.99** **2001**

WOMEN 25-29

1. Lexie Kelly	NOVA	33:06.99	2014
2. Rendy Opdycke	NOVA	35:16.99	2011
3. Christina Venturacci	NOVA	35:29.02	2011
4. Fiona Petersen	NOVA	36:42.99	2001
5. Jennifer Ross	HSNM	37:51.99	2002
6. Jennifer Schumacher	NOVA	38:10.40	2011
7. Sarah Schneider	HSNM	38:45.99	2002
8. Michele Brown	NOVA	39:42.45	2003
9. Tracy Palmero	NOVA	40:34.89	2001
10. Janella Andrews	PDSC	45:25.18	2012

National Record

Ashley Whitney **EXCL** **32:25.21** **2005**

WOMEN 30-34

1. Cynthia Lewis	MVN	34:17.08	2009
2. Rendy Opdycke	NOVA	34:20.99	2014
3. Amanda Vittetoe	NOVA	34:58.01	2001
4. Laurie Dodd	UCLA	35:06.08	2005
5. Lee Anne Ghimenti	VCM	36:04.65	2004
6. Margaret Reilly	MVN	36:55.99	2003
7. Fiona Petersen	NOVA	36:57.89	2003
8. Sorrel Hanson	NOVA	37:00.40	2001
9. Beth Carlson	NOVA	37:18.69	2003
10. Jenny Perrey	NOVA	38:53.00	2011

National Record

Jessica Knapp **SPM** **32:40.73** **2009**

WOMEN 35-39

1. Cynthia Lewis	NOVA	33:55.99	2011
2. Sara Nelson	LVM	34:36.69	2008
3. Karen Schultz	SBM	38:33.01	2018
4. Vicki Hedrick	VCM	40:45.26	2003
5. Tanya Maclean	NOVA	42:39.00	2011
6. Lisa Welke Zawistoski	MVN	42:42.62	2004
7. Robin Barry	HSNM	43:22.00	2002
8. Astrid Cybulskis	NOVA	43:55.00	2011
9. Sara Lougee	SMSC	44:53.16	1999
10. Tara Dolan	UNAT	45:03.01	2012

National Record

Karlyn Pipes-Neilsen **SDSM** **32:54.57** **1999**

WOMEN 40-44

1. Amy Collins	NOVA	36:20.00	2011
2. Sharon Blaha	NOVA	38:32.73	2001
3. Leslie Monroe	CVMM	40:34.08	2015
4. Jill Shaffer	VCM	40:49.08	2002
5. Sherry Kittrell	UNAT	41:33.06	1995
6. Joanie Krehbiel	VCM	42:02.28	2003
7. Lee Jessup	NOVA	47:38.46	2001
8. Christine Masterman	NOVA	47:48.00	2011
9. Linda Caputo	ROSE	52:14.79	1998
10. Mika Gomez	NOVA	52:32.00	2011

National Record

Karlyn Pipes-Neilsen **SDSM** **33:18.69** **2003**

WOMEN 45-49

1. Denise Brown	NOVA	36:16.03	2008
2. Heidi Christensen	VCM	39:08.04	2006
3. Shannon Carr-Davey	SOBA	41:34.15	2010
4. Jill Rendl	NOVA	42:36.00	2012
5. Dorothy Bullard	NOVA	43:14.12	2002
6. Nina Jordan	NOVA	43:29.20	2001
7. Kate Ufford	VCM	43:52.00	2020
8. Elizabeth Deschenes	NOVA	44:25.39	2002
9. Julia Juliusson	NOVA	45:20.00	2011
10. Michelle Staffen	NOVA	53:10.27	2003

National Record

Andrea Block **IM** **33:53.41** **2009**

SOUTHERN PACIFIC MASTERS TOP 10

3,000 YARD ePOSTAL NATIONAL CHAMPIONSHIPS

Updated May, 2022

WOMEN 50-54

1. Stacey Warmuth	VCM	37:27.29	2006
2. Heidi Christensen	CVMM	37:56.43	2009
3. Becky Cleavenger	CVMM	38:11.90	2015
4. Niki Stokols	CSAM	40:26.69	2009
5. Elizabeth Deschenes	NOVA	43:39.99	2005
6. Sarah Osborne	UNAT	43:57.24	2014
7. Phyllis Alvarez	NOVA	44:57.00	2011
8. Dorothy Bullard	NOVA	45:57.51	2007
9. Kris Edwards	BGWM	48:34.16	2015
10. Nancy Cunningham	PDSC	48:48.94	2012

National Record

Ellen Reynolds **SAWS** **34:12.91** **2016**

WOMEN 55-59

1. Niki Stokols	CVMM	41:38.85	2015
2. Cathy Cornell	BGWM	45:47.42	2015
3. Patricia Powers	LBG	45:57.00	2012
4. Katherine Watson	OJAI	46:40.52	2004
5. Kim Thornton	NOVA	46:55.00	2011
6. Cori McConkle	NOVA	47:01.00	2012
7. Nina Jordan	NOVA	47:20.00	2011
8. Jean Ornelas	PDSC	48:51.03	2012
9. Patricia Naruse	NOVA	50:17.00	2017
10. Bonnie Kotzbach	MVN	51:24.45	2002

National Record

Ellen Reynolds **SAWS** **35:27.49** **2019**

WOMEN 60-64

1. Joanne Saul-Zachau	LVM	43:25.56	2019
2. Beverly Montrella	MVN	48:58.68	2009
3. Lisa Bove	CVMM	53:22.50	2020
4. Maureen McKinley	NOVA	1:06:00.08	2013

National Record

Shirley Loftus-Charley **VMST** **37:31.06** **2011**

WOMEN 65-69

1. Beverly Montrella	MVN	46:25.69	2012
2. Wendy Scherwat Ducourneau	TSTT	56:13.67	2016
3. Dionne Caldwell	NOVA	57:42.80	2001
4. Anita Cole	LBG	1:28:16.49	2012

National Record

Karen Einsidler **SHARK** **38:30.46** **2021**

WOMEN 70-74

No Times

WOMEN 75-79

1. Beverly Montrella	MVN	48:28.47	2021
2. Dionne Caldwell	NOVA	1:01:12.99	2011
3. Jacquie Anderson	KCM	1:03:01.30	2011

National Record

Shirley Loftus-Charley **VMST** **41:44.72** **2021**

National Record

Beverly Montrella **MVN** **48:28.47** **2021**

SOUTHERN PACIFIC MASTERS TOP 10

3,000 YARD ePOSTAL NATIONAL CHAMPIONSHIPS

Updated May, 2022

WOMEN 80-84

- | | | |
|--------------------|-----------------|------|
| 1. Rita Simonton | GWSC 55:12.91 | 1998 |
| 2. Dionne Caldwell | NOVA 1:01:48.00 | 2013 |

National Record

Rita Simonton *GWSC 55:12.91* *1998*

WOMEN 85-89

- | | | |
|------------------|---------------|------|
| 1. Rita Simonton | GWSC 59:47.72 | 2003 |
|------------------|---------------|------|

National Record

Rita Simonton *GWSC 59:47.72* *2003*

WOMEN 90-94

- | | | |
|------------------|-----------------|------|
| 1. Rita Simonton | GWSC 1:06:51.19 | 2008 |
|------------------|-----------------|------|

National Record

Rita Simonton *GWSC 1:06:51.19* *2008*

WOMEN 95-99

SOUTHERN PACIFIC MASTERS TOP 10

3,000 YARD ePOSTAL NATIONAL CHAMPIONSHIPS

Updated May, 2022

MEN 18-24

1. Paul Sigler	NOVA	33:14.99	2019
2. Andrew Seo	NOVA	35:00.99	2011
3. Chris Kang	CCYM	35:43.95	2013
4. Sawyer Graczyk	CVMM	37:12.68	2021
5. Brandon Dervishian	HSNM	43:06.99	2002
6. Benjamin Henry	CCYM	50:31.59	2012

National Record
Scott Whitbeck

UNAT 30:10.37 2005

MEN 25-29

1. Kevin Little	NOVA	30:27.55	2014
2. Max Biessmann	NOVA	33:17.99	2014
3. Evan Kraus	NOVA	33:48.99	2011
4. Brian Pharris	NOVA	36:53.99	2005
5. Adam Craun	NOVA	37:15.12	2001
6. Matthew Arndt	NOVA	37:25.00	2011
7. Christian Herlihy	HSNM	37:59.99	2001
8. Jarvis Marlow	HSNM	38:20.99	2001
9. Scott Rapoport	HSNM	39:25.99	2002
10. Rykk Bracamonte	MVN	39:38.72	2009

National Record
Kevin Little

NOVA 30:27.55 2014

MEN 30-34

1. Kevin Little	NOVA	30:22.87	2019
2. Mark Magee	CLVM	32:44.99	2002
3. William Livesay	NOVA	35:35.19	2002
4. Zachary Jirkovsky	VCM	36:16.76	2012
5. Stefan Hoffmeister	NOVA	37:15.00	2011
6. Andre Harmse	CTSM	37:40.01	2014
7. Mark Merlo	NOVA	39:32.00	2012
8. Stanley Espino	NOVA	42:55.00	2011
9. Alex Cheung	NOVA	43:38.00	2011
10. R. J. Kern	NOVA	43:50.43	2002

National Record
Drew Modrov

UNAT 29:53.09 2021

MEN 35-39

1. Mike Shaffer	VCM	30:16.43	2002
2. Tim Hedrick	VCM	31:32.54	2001
3. John Mykkanen	NOVA	33:31.11	2001
4. Michael Collins	NOVA	33:41.02	2003
5. Kurt Baron	VCM	35:36.26	2003
6. Steve West	NOVA	35:50.00	2011
7. Peter Frank	VCM	35:56.48	2000
8. Mike Hsi	NOVA	36:29.60	2001
9. Zachary Jirkovsky	VCM	36:41.34	2017
10. Sabri Ozun	HSNM	39:28.99	2002

National Record
Mike Shaffer

VCM 30:16.43 2002

MEN 40-44

1. Mike Shaffer	VCM	30:25.06	2009
2. Gerry Rodrigues	UCLA	31:25.19	2005
3. Tim Hedrick	VCM	31:53.40	2003
4. Jeffrey Crosson	NOVA	33:30.99	2001
5. Bernie Zeruhn	NOVA	33:48.99	2011
6. Kurt Baron	VCM	34:09.31	2004
7. Marcel Rinzler	NOVA	35:01.42	2012
8. Steven Litchfield	MVN	35:11.06	2009
9. William Livesay	NOVA	35:16.00	2011
10. Dickie Fernandez	NOVA	36:07.00	2012

National Record
Mike Shaffer

VCM 30:25.06 2009

MEN 45-49

1. Jim McConica	VCM	31:10.18	2000
2. Yan De Fabrique	NOVA	31:20.00	2019
3. Kurt Baron	VCM	34:19.21	2009
4. Christopher Cooper	VCM	34:39.09	2009
5. Michael Collins	NOVA	35:05.09	2012
6. Russ Scherwitz	SCAQ	37:04.63	2019
7. Ed Reynolds	NOVA	37:30.00	2005
8. Abel Tong	NOVA	38:29.12	2011
9. Steve Wantz	VCM	39:04.72	2006
10. Mark McCartin	NOVA	40:17.00	2003

National Record
Jim McConica

VCM 31:10.18 2000**

SOUTHERN PACIFIC MASTERS TOP 10

3,000 YARD ePOSTAL NATIONAL CHAMPIONSHIPS

Updated May, 2022

MEN 50-54

1. Jim McConica	VCM	31:37.55	2001
2. Kurt Dickson	GRA	32:49.11	2020
3. Tim Buckley	FMT	34:32.60	2009
4. Craig Taylor	NOVA	34:39.03	2004
5. Jamie Fowler	NOVA	35:07.00	2011
6. Michael Collins	NOVA	35:19.50	2019
7. Jeffrey Crosson	NOVA	35:35.99	2011
8. Bob Eberwine	SOBA	36:53.00	2010
9. Robbie Allen	VCM	37:09.40	2017
10. Dave Foote	VCM	37:11.14	2003

National Record

Jim McConica **VCM** **31:37.55** **2001**

MEN 55-59

1. Jim McConica	VCM	32:31.77	2006
2. Hubie Kerns	VCM	36:52.74	2006
3. Larry Raffaelli	VCM	38:17.39	2002
4. Paul Hoffman	UNAT	39:24.82	2008
5. Mark Kruger	NOVA	39:37.00	2017
6. Stephen Sponagle	NOVA	39:56.04	2012
7. Mark Montgomery	NOVA	40:03.04	2011
8. John Derr	VCM	40:05.28	2004
9. Terry Loftus	NOVA	41:21.99	2014
10. Rich Pfeiffer	NOVA	42:14.75	2012

National Record

Jim McConica **VCM** **32:31.77** **2006**

MEN 60-64

1. Jim McConica	VCM	33:55.46	2011
2. Doug Kajiwara	CVMM	35:28.24	2021
3. Jamie Fowler	NOVA	35:52.00	2019
4. Larry Raffaelli	VCM	37:50.10	2003
5. Bob Coale	DSSM	37:51.33	2001
6. Mark Montgomery	NOVA	41:59.99	2020
7. John Derr	VCM	42:04.30	2009
8. Frank Reynolds	HBSC	44:31.64	1995
9. Hank Greenberg	NOVA	45:12.05	2008
10. Gary Clendenin	NOVA	45:17.99	2014

National Record

Jim McConica **VCM** **33:55.46** **2011**

MEN 65-69

1. Jim McConica	VCM	36:01.33	2016
2. Hubie Kerns	VCM	37:45.64	2016
3. Larry Raffaelli	VCM	39:18.52	2008
4. Glenn Gruber	VCM	41:33.68	2016
5. Mark Montgomery	NOVA	41:41.00	2021
6. Buddy Belshe	HBSC	42:58.53	1999
7. Bart Bleuel	VCM	43:40.96	2009
8. Michael Wood	VCM	43:51.12	2009
9. Will Rauch	CLVM	46:36.99	2002
10. Frank Reynolds	HBSC	47:02.45	1998

National Record

Sandy MacDonald **SMST** **35:52.80** **2020**

MEN 70-74

1. Larry Raffaelli	VCM	43:34.26	2014
2. Robert Bergstrom	FMT	48:07.33	2011
3. Frank Freeman	CVMM	48:19.25	2015
4. Stuart Thomson	MRSC	49:46.63	2015
5. Douglas Bailey	RGSC	50:02.00	2012
6. John Bell	UCLA	51:33.43	2012
7. Eugene Paul	NOVA	1:09:19.99	2002
8. T. R. Johnson	NEWP	1:19:29.69	1995

National Record

Dan Kirkland **PSM** **36:49.81** **2018**

MEN 75-79

1. Frank Piemme	OSB	45:00.28	2001
2. Larry Raffaelli	VCM	47:40.98	2018
3. Jurgen Schmidt	OSB	49:44.42	1999
4. Eugene Paul	NOVA	1:08:27.99	2005
5. T. R. Johnson	NEWP	1:20:53.49	1997

National Record

David Radcliff **OREG** **39:22.67** **2009**

SOUTHERN PACIFIC MASTERS TOP 10

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Updated May, 2022

MEN 80-84

1. Jurgen Schmidt	SBM	50:34.86	2003
2. Frank Piemme	LOST	51:05.51	2008
3. Robert Bergstrom	FMT	55:08.23	2021
4. T. R. Johnson	TTSC	1:45:20.01	2002

MEN 85-89

1. Jurgen Schmidt	LOST	54:56.57	2008
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National Record

David Radcliff OREG 42:00.08 2014

National Record

David Radcliff OREG 50:36.23 2019

MEN 90-94

National Record

Willard Lamb OREG 1:01:08.36 2015

MEN 95-99

National Record

Willard Lamb OREG 1:04:02.08 2017