

# 2024 USATF National 5k Race Walk Open, U-20 & Masters Championships

New Jersey Race Walk Series

USATF-NJ 5k Race Walk Championship

Hosted by The Freehold Area Running Club

Harry Wright Lake, Whiting, NJ (AIMS: USA-2019-0650)

9/29/2024 65-68°, Drizzle with 8 mph wind

|     |                      |       |                  | Final |       |       |           | USA  | USA  | USA     | NJ Assoc. | NJ Assoc. |      |
|-----|----------------------|-------|------------------|-------|-------|-------|-----------|------|------|---------|-----------|-----------|------|
|     |                      |       |                  |       |       |       |           | Open | U-20 | Masters | Open.     | Masters   | U-14 |
| 1:  | Maria Michta-Coffee  | 38 NY | Oiselle/Walk USA | 5:41  | 11:39 | 17:40 | 23:35     | 1    |      | 1 35-39 |           |           |      |
| 2:  | Lauren Harris        | 25 NY | Walk USA         | 6:16  | 11:-  | 18:02 | 24:30 ~ > | 2    |      | 1 25-29 |           |           |      |
| 3:  | Angelica Harris      | 19 IL | ---              | 5:39  | 12:06 | 18:37 | 25:14     | 3    | 1    |         |           |           |      |
| 4:  | Ruby Ray             | 19 NY | Walk USA         | 6:42  | 12:36 | 19:13 | 25:54 ~   | 4    |      |         |           |           |      |
| 5:  | Shyna Patel          | 13 PA | Ambler TC        | 6:38  | 13:48 | 21:05 | 27:52 ~>  | 5    |      |         |           |           | 1    |
| 6:  | Lorraine Ambrosino   | 43 NY | Walk USA         | 7:11  | 14:29 | 21:49 | 29:06     | 6    |      | 1 40-44 |           |           |      |
| 7:  | Natalie Grant        | 15 ME | Maine R/Wers     | 7:04  | 14:45 | 22:32 | 30:23     | 7    | 2    |         |           |           |      |
| 8:  | Maryanne Daniel      | 66 CT | Conn. R/Wers     | 8:06  | 16:07 | 24:21 | 32:22     | 8    |      | 1 65-69 |           |           |      |
| 9:  | Fiona Levy           | 54 MA | ---              | 7:56  | 16:05 | 24:20 | 32:43 >   | 9    |      | 1 50-54 |           |           |      |
| 10: | Christina Rodriguez  | 64 NJ | Shore AC         | 8:15  | 16:48 | 25:28 | 34:11     | 10   |      | 1 60-64 | 1         | 1 60-64   |      |
| 11: | Dorit Attias         | 62 NJ | Walk USA         | 8:55  | 18:15 | 27:29 | 36:56     | 11   |      | 2 60-64 |           |           |      |
| 12: | Maria Paul           | 59 NJ | Shore AC         | 9:28  | 18:55 | 28:28 | 37:59     | 12   |      | 1 55-59 | 2         | 1 55-59   |      |
| 13: | Joyce Proshaska      | 74 OH | Springbok TC     | 9:34  | 19:18 | 29:10 | 38:55 >   | 13   |      | 1 70-74 |           |           |      |
| 14: | Katherine "Keg" Good | 67 VA | PVTC             | 10:02 | 20:15 | 30:26 | 40:25     | 14   |      | 2 65-69 |           |           |      |
| 15: | Anca Rosca           | 50 NJ | ---              | 10:46 | 22:25 | DQ    | >>>>      |      |      |         |           |           |      |
| 16: | Madison Tuttle       | 16 NY | ---              | DNS   |       |       |           |      |      |         |           |           |      |

## 5k Men

|    |                     |       |                |      |       |       |         |   |   |          |   |         |  |
|----|---------------------|-------|----------------|------|-------|-------|---------|---|---|----------|---|---------|--|
| 1: | Nick Christie       | 33 CA | NYAC           | 4:56 | 10:04 | 15:23 | 20:46   | 1 |   | 1 30-34  |   |         |  |
| 2: | Anthony Gruttadauro | 26 NY | Shore AC       | 5:01 | 10:30 | 16:13 | 21:41 > | 2 |   | 1 25-29  | 1 | 1 25-29 |  |
| 3: | Dmitry Babenko      | 51 NY | Guest – Canada | 5:50 | 11:49 | 17:48 | 23:42   | - |   | 1G 50-54 |   |         |  |
| 4: | Pablo Gomez         | 53 NY | Tracksmith     | 6:07 | 12:02 | 18:28 | 24:15   | 3 |   | 1 50-54  |   |         |  |
| 5: | Michael Mannozi     | 38 CA | Shore AC       | 5:51 | 12:03 | 18:14 | 24:22   | 4 |   | 1 35-39  | 2 | 1 35-39 |  |
| 6: | Clayton Stoil       | 19 VA | ---            | 5:41 | 11:49 | 18:50 | 25:17   | 5 |   |          |   |         |  |
| 7: | David Dorantes      | 16 IL | Elgin Sharks   | 5:50 | 11:56 | 18:38 | 25:26 > | 6 | 1 |          |   |         |  |
| 8: | David Swarts        | 59 MI | Pegasus AC     | 6:32 | 13:14 | 20:00 | 26:41   | 7 |   | 1 55-59  |   |         |  |
| 9: | Phineas Scherer     | 16 ME | Maine R/Wers   | 6:25 | 13:35 | 20:44 | 27:32   | 8 | 2 |          |   |         |  |

|                         |       |                            |                                     |    |         |    |         |  |  |   |
|-------------------------|-------|----------------------------|-------------------------------------|----|---------|----|---------|--|--|---|
| 10: Saiin Patel         | 11 PA | Ambler TC                  | 6:37 13:42 21:12 27:55 ~            | 9  |         |    |         |  |  | 1 |
| 11: Israel SotoDuprey   | 54 NY | Shore AC                   | 7:00 14:23 21:43 28:56              | 10 | 2 50-54 | 3  | 1 50-54 |  |  |   |
| 12: John Li             | 32 NY | World Class R/W            | 7:53 16:09 24:19 32:07              | 11 | 2 30-34 |    |         |  |  |   |
| 13: Kevin Applegate     | 69 TX | World Class R/W            | 7:40 15:45 24:02 32:23              | 12 | 1 65-69 |    |         |  |  |   |
| 14: Luis Alberto Campos | 62 NJ | Shore AC                   | 8:11 16:41 25:11 33:29 >            | 13 | 1 60-64 | 4  | 1 60-64 |  |  |   |
| 15: Ray Funkhouser      | 73 VA | Pony Express TC            | 8:36 17:01 25:44 34:25 >            | 14 | 1 70-74 |    |         |  |  |   |
| 16: Timothy Chelius     | 68 PA | Shore AC                   | 8:43 17:34 26:20 35:07              | 15 | 2 65-69 | 5  | 1 65-69 |  |  |   |
| 17: David Eisenberg     | 74 KS | Heartland R/Wers           | 8:20 17:-- 26:03 35:25 >>           | 16 | 2 70-74 |    |         |  |  |   |
| 18: Barry Blake         | 69 NJ | Shore AC                   | 8:50 17:43 26:37 35:31              | 17 | 3 65-69 | 6  | 2 65-69 |  |  |   |
| 19: Bruce Logan         | 59 NY | ---                        | 8:43 17:36 26:50 36:24              | 18 | 2 55-59 |    |         |  |  |   |
| 20: Jeff VanDenbussche  | 60 NJ | Freehold Area Running Club | 9:11 18:25 27:48 36:58 >            | 19 | 2 60-64 | 7  | 2 60-64 |  |  |   |
| 21: Fred Linkhart       | 72 NJ | Freehold Area Running Club | 9:10 18:26 27:47 36:58 >            | 20 | 3 70-74 | 8  | 1 70-74 |  |  |   |
| 22: John Morrison       | 75 MD | PVTC                       | 9:15 18:32 27:54 37:03 >            | 21 | 1 75-79 |    |         |  |  |   |
| 23: John Tierney        | 71 NJ | Freehold Area Running Club | 9:11 18:25 27:36 37:05 >>>:30 added | 22 | 4 70-74 | 9  | 2 70-74 |  |  |   |
| 24: Leon Jasionowski    | 79 MI | Pegasus AC                 | 9:04 18:28 27:49 37:07              | 23 | 2 75-79 |    |         |  |  |   |
| 25: John Gersh          | 77 MD | PVTC                       | 9:13 18:33 27:58 37:21              | 24 | 3 75-79 |    |         |  |  |   |
| 26: Liam McGovern       | 12 NY | World Class R/W            | 8:57 18:50 29:15 38:50 >>           | 25 |         |    |         |  |  | 2 |
| 27: John Fredericks     | 76 NJ | Freehold Area Running Club | 9:06 18:36 28:26 39:15 >>>:30 added | 26 | 4 75-79 | 10 | 1 75-79 |  |  |   |
| 28: Eamonn McGovern     | 10 NY | World Class R/W            | 9:50 20:29 31:28 41:43 >>           | 27 |         |    |         |  |  | 3 |
| Jack Lach               | 80 NJ | Shore AC                   | 8:49 17:57 27:09 36:36 >>>:30added> | DQ |         |    |         |  |  |   |

|                                       |   |                                       |
|---------------------------------------|---|---------------------------------------|
| National Open Women's Team Champions: | 1. Walk USA (Michta-Coffey, L. Harris, Ray)             | 1:13:59                               |
| National Open Men's Team Champions:   | 1. Shore AC (Gruttadauro, Mannozi, SotoDuprey)          | 1:14:59 also 1 <sup>st</sup> USATF-NJ |
|                                       | 2. World Class Racewalking (Li, Applegate, L. McGovern) | 1:43:20                               |
|                                       | 3. Freehold Area RC (VanDenbussche, Linkhart, Tierney)  | 1:51:01 also 2 <sup>nd</sup> USATF-NJ |
| National Master's Team Champions:     | 1. Shore AC (SotoDuprey, Campos, Chelius)               | 1:37:22 also 1 <sup>st</sup> USATF-NJ |
|                                       | 2. Freehold Area RC (VanDenbussche, Linkhart, Tierney)  | 1:51:01 also 2 <sup>nd</sup> USATF-NJ |

Race/Series Director: Ron Salvio (FARC) 609-758-5454, [salvio17@comcast.net](mailto:salvio17@comcast.net)

Judges: William PollingerChief, WA - Bronze  
Jeff Salvage, WA - Silver  
Solomiya Login, WA - Silver

Wayne Baker, USATF-NJ  
Aysha Mirza, USATF-NJ  
Michael Renn, USATF-NJ

Recorder: Phyllis Livingston-Smith, USATF-NJ

Starter: Selina LeGrand, USATF-NJ

Penalty Zone: Tia Livingston, USATF-NJ

Lap Scorers: Janet Bergum, Chief, FARC  
Charise Simmons, USATF\_NJ  
Selina LeGrand, USATF-NJ  
Donna Panaro, FARC  
Anna Svensson, FARC  
Rick Bassatte, FARC

Jason Chaikin, FARC  
John Soucheck, Shore AC  
Andy Stevenson, FARC  
Chris Gross, FARC

Tiners: Ron Salvio, Chief, USATF-NJ  
Isabel Lewis, FARC  
Thomas Wendel, FARC

Clock: Janet Bergum, FARC

Course Bikers: Michael Bergum, FARC  
Tina Duda, Ocean RC

Medical: EMT by Manchester Twp. Emergency Services

Massage: Heather Dalton & Patrick Accardi, AMTA-NJ

Hospitality: Banquet – Barbara Johnson, Chief, Ocean Running Club  
Cathy Salvio, FARC  
Tina Duda, Ocean Running Club

Hydration: Joanne Carlin

Course Set-Up: John Soucheck, Shore AC & Chris Gross, FARC

Course Tear-Down: A host of volunteers

My sincerest appreciation to the huge number of volunteers and USATF officials who made this event happen for our athletes and my apologies for the omission of anyone – I am truly grateful for your assistance. Thank you, Ron

Next event: All are invited back to Harry Wright Lake at 10:00 am on Saturday 10/19/2024 for the USATF-NJ 20k Race Walk Championship. You may walk a lessor distance if desired. Information at <https://farcnj.com> .

...run with perseverance the race marked out for us.  
(Hebrews 12:1 NIV)