

Ohio Association 10,000m Race Walk Championship  
with 5,000m 20,000m options

Location: Athletes in Action Sports Complex Track  
Xenia, Ohio

Sunday, September 29, 2019

	Age				USATF					
Distance	Group	Name (Age)	Home Town	Club Affiliation	Y/N	Time				
<b>10,000 m Championship Distance</b>										
	W 45-49	Susan Randall (45)	Beavercreek, OH	Shore Athletic Club	Y	58:05.6				
<b>5,000 m Option</b>										
	M 55-59	Ed Fitch (58)	Beavercreek, OH	unattached	N	32:17.2				
	W 65-59	Joyce Prohaska (69)	Lakewood, OH	Buckeye Striders & Springbok TC	Y	35:37.6				
<b>20,000 m Option</b>							<b>25,000m</b>	<b>1 Hour</b>	<b>2 Hour</b>	
	M Open	Joel Pfahler (29)	Dayton, OH	Athletes in Action	Y	1:43:37.8		11692	n/a	
	W 40-44	Erin Talcott (41)	Owego, NY	Shore Athletic Club	Y	1:54:37.1	2:25:10.2	11045	20844	
	M 45-49	Omar Nash (45)	Cincinnati, OH	Southwest OH TC	Y	2:08:41.9	2:41:57.5	9286	18060	
	M 55-59	Dave Talcott (59)	Owego, NY	Shore Athletic Club	Y	1:58:40.3		10290	20213	
	M 65-69	Vince Peters (65)	Chicago, IL	Chicago Walkers	Y	2:22:59.0		8912	17087	
<b>Optional Power Walk in Lane 7</b>										
<b>5,000 m</b>	W 55-59	Jennifer Peters (55)	Chicago, IL	unattached	N	43:43				
	W 65-69	Karen Stross (65)	Cleveland, OH	Springbok TC	Y	41:11				
	M 70-74	Wm Stross (71)	Cleveland, OH	Springbok TC	Y	32:15				
<b>10,000m</b>	W 70-74	Cathy McLeod (70)	Cincinnati, OH	Queen City Walking Club		1:15:50				
<b>Judges</b>										
	Master	Les Chih	Columbus, OH							
	National	Damon Clements	Crawfordsville, IN							
	National	Barbara Hensley	Medway, OH							
	Assoc	Donna Graham	Lowell, OH							
	Assoc	Sharon Gruttadauro	Brockport, NY							

