

2000 USATF West Regional Championships

Cerritos College

Norwalk, CA

JULY 8, 2000

100m-	M30	G. Onyenyeeonwu	10.27
		Jeff Williams	10.29
		Fred Morrison	11.02
	M40	David Washington	11.05
		Ed Daniels	11.14
		Eric Dixon	11.54
	M45	Gregory Holmes	11.75
		Clarence Rapides	12.35
		Steve Kloch	12.51
	M50	Eugene Driver	12.04
		Raymond Yeck	12.69
		Gary Wuest	13.31
	M55	Ron Stock	14.01
	M60	Hal Tolson	12.25
		Doug Smith	12.32
		Gary Sims	12.95
	M65	Dick Richards	12.71
		Nick Newton	13.61
		Frank Kishi	15.30
	M70	Don Cheek	14.17
		Jim Selby	15.05
		Rodney Brown	16.00
	M90	Anthony Castro	20.39
	W35	V. Amaresekara	13.02
		Tammy Mack	13.47
		Elaine Iba	13.73
	W40	Debbie Selby	16.59
	W45	Michele Freeman	14.54
		Kathryn Herring	16.14
		Christine Stone	20.77
	W50	Phil Raschker	12.75
		Brenda Matthews	15.27
	W55	Lynn Naftel	15.14
		Mary J. McMaster	23.46
	W60	Kathy Bergen	14.23
	W70	Shirley Diedrich	20.80
200m-	M30	Jeff Williams	21.35
		Rudy Huber	23.0
		Jeffrey Thomas	24.68
	M35	Fred Lipscomb	23.8
		Edward Arenberg	25.4

M40	Ed Daniels	22.52
	David Washington	22.84
	Eric Dixon	24.08
M45	Gregory Holmes	24.77
	Clarence Rapides	25.96
	Ron Smith	26.15
M50	Eugene Driver	25.85
	Raymond Yeck	26.65
M55	Joe Perry	27.85
M60	Harold Tolson	25.51
	Doug Smith	26.56
	Ruger Tsuda	28.55
M65	Dick Richards	27.46
	Frank Kishi	35.12
M70	Don Cheek	29.87
	Jim Selby	31.84
	Bob Frier	33.84
M80	Charles Mercurio	40.20
W30	Grace Dinkins	23.97
W35	Myra Mayberry	24.37
	Tammy Mack	30.65
W40	Debbie Selby	38.31
W50	Phil Raschker	26.92
	Lorraine Tucker	33.14
	Brenda Matthews	34.78
W55	Lynn Naftel	31.78
W60	Yvette LaVigne	33.02
	Mary Bonher	50.19
W70	Shirley Diederich	49.11
400m-	M30 Ben Crouch	55.29
	Jon Stone	55.98
	Jaokim Coleman	61.47
M35	Kettrel Berry	49.38
	Von Kastor	50.67
	Fred Lipscomb	51.71
M40	Robert Hicks	51.87
	Vincent Galloway	54.43
	Neal Bojko	62.71
M45	Ron Smith	58.45
	Steve Kloch	59.54
	Bill Fitzpatrick	60.02
M50	Eugene Driver	58.8
	Bill Weinstock	61.5
	Philip Gnesin	64.2
M55	Larry Barnum	59.6

	M65 Jerry Jefferson	70.93
	M70 Rodney Brown	79.81
	Bob Frier	82.88
	M75 Avery Bryant	85.63
	W35 LaTanya Sheffield	53.22
	Myra Mayberry	54.75
	Joy Sargis	60.89
	W40 Dianne Heil	64.03
	Debbie Selby	87.15
	W55 Lynn Naftel	74.18
	Mary J. McMaster	1:56.8
	W60 Yvette LaVigne	72.26
	Mary Bonner	1:52.0
	W75 Gerry Davidson	1:55.4
800m-	M30 Patrick Robinson	1:50.98
	Joe Carnegie	1:53.26
	Brian Gore	2:05.57
	M35 Jack Armour	1:52.93
	Angel Roman	2:01.95
	Edward Arenberg	2:13.26
	M40 Mark Cleary	2:09.67
	Jim Hershberger	2:10.14
	M45 Peter Mogg	2:03.38
	Jim Jones	2:10.42
	Gregory Lash	2:17.94
	M50 Graeme Shirley	2:25.73
	M55 Simeon Baldwin	2:20.99
	Larry Barnum	2:29.59
	David Sanchez	2:40.70
	M60 Charles Burton	2:55.01
	M65 Jeffrey Jefferson	2:43.44
	Jay Archibald	3:42.49
	M70 Jim Selby	2:44.58
	Rodney Brown	2:58.57
	Efrian Sanchez	3:01.55
	M75 Avery Bryant	3:24.11
	W30 Annie Llunsman	2:25.71
	Laura Shapiro	2:38.21
	W40 Debbie Barraza	2:38.21
	Lana Hendricks	2:52.20
	W45 Tracey Cox	3:01.39
	W50 Joni Shirley	2:49.12
	W75 Gerry Davidson	4:20.52
1500m-	M30 Craig Godwin	4:21.62
	Gerald Cox	4:44.41

	Gregory Doud	4:45.18
M35	Angel Roman	4:07.35
	Tim Hickok	4:58.13
M40	Mark Cleary	4:22.68
	Angelo DeCollibus	4:29.69
	Rich Berries	4:45.64
M45	Rich Burns	4:17.60
	Mike Tipping	4:38.56
	Hugo Velazquez	5:00.01
M50	Jim Gorman	4:35.90
	Don Irvine	4:36.40
	Augustin Medina	5:00.38
M55	Ron Salupo	4:57.88
	Rollie Cavaletto	5:18.10
	David Sanchez	5:24.62
M60	Charles Burton	5:41.10
	Art Mortell	5:59.83
M65	Ray Archibald	6:54.37
M70	Harold Willis	8:15.01
M75	Avery Bryant	6:51.75
W30	Laura Shapiro	5:55.67
W40	Debbie Barraza	5:21.78
W50	Joni Shirley	5:33.48
W75	Gerry Davidson	8:27.54

5000m-	M30 Craig Godwin	16:18.59
	M35 B. Spangenberg	15:40.67
	M40 Doyle Scott	19:32.81
	M45 Donald Faith	17:11.08
	M50 Dan Hearst	21:53.39
	M65 Ray Archibald	25:08.89
	M70 Patrick Devine	23:36.05
	W30 Tania Fischer	16:35.85
	Kathy Smith	17:15.25
	Melissa Correa	17:46.89

10000m-	M50 Khachator Akopyan	41:41.2
	M65 G. McClenathen	46:01.8

100m Hurdles-	M50 Fred Johnston	15.20
	Sheridon Groves	17.16
	Ed Baskauskas	17.4
	M55 Theo Viltz	15.53
	M60 Bill Knocke	16.98
	W30 Weni Raatjes	13.93

110m Hurdles-	M30 James Smith	16.61
	M40 B.J. Duhan	14.68
	Dan Jackson	15.62

	G. Hayrapetyan	15.97
	M45 Bendel Villar	21.57
400m Hurdles-	M30 Mario Russo	56.44
	James Smith	59.60
	Gregory Dowd	60.98
	M45 Andrew Hecker	67.56
	M50 Sheridan Groves	72.23
2000m Steeple-	M70 Efrian Sanchez	10:31.01
	Harold Wilis	12:42.60
3000m Steeple-	M35 Wes Ashford	9:24.26
	M40 Doyle Scott	10:39.44
	M55 Rollie Cavaletto	13:02.45
High Jump-	M35 Dolf Berle	1.64
	M40 Bill Abbott	1.89
	G. Hayrapetyan	1.79
	M. Niroumand	1.62
	M45 Rick Kantola	1.62
	Ben Del Villa	1.52
	M50 Larry Lloyd	1.32
	M60 Bert Bergen	1.42
	Hal Smith	1.37
	M65 Phil Fehlen	1.65
	Nick Newton	1.52
	W30 Lisa Reich	1.74
	Wendi Raatjes	1.69
	Claire L-Jaeger	1.64
	W40 Karen Vaughn	1.27
	W50 A. Steekelenburg	1.42
Pole Vault-	M30 Brooks Morris	4.70
	M35 Kowaleff Beat	4.10
	Greg Charles	3.97
	M40 Bill Halverson	4.75
	Frank Vacek	3.05
	M45 Mike Hogan	4.40
	Murray Mead	3.67
	M50 Wayne Lambert	4.20
	Dan Borrey	3.97
	Gary Wuest	2.59
	M60 Terry Cannon	3.50
	Hal Smith	2.44
	M75 Don Boser	2.13
	W30 Tiffany Smith	3.82
	W50 Phil Raschker	3.05
Long Jump-	M30 Rod Weston	6.46
	M35 Lavell Davenport	6.16

	M40 William Long	6.57
	G. Hayrapetyan	6.22
	M. Niroumand	5.48
	M45 Gregg Adams	4.35
	M50 Carl Flowers	5.75
	Dan Orozco	5.07
	Bill Weinstock	4.69
	M60 Roger Tsuda	5.00
	Bert Bergen	4.38
	M65 Dick Richards	5.31
	E. Martin	3.68
	W35 V. Amaresekara	5.50
	Elaine Iba	4.86
	W40 Karen Vaughn	3.41
	W50 Lorraine Tucker	4.05
	Brenda Mathews	3.83
Triple Jump-	M30 Stewart Richmaond	14.22
	Rod Weston	14.14
	M35 Lavell Davenport	14.08
	M40 G. Hayrapetyan	11.45
	Derreck DeLeon	9.83
	M45 Pat Fahy	11.24
	Rick Kantola	10.50
	Gregg Adams	8.60
Shot Put-	M40 Brad Slinkard	14.63
	James Kerman	13.83
	Jeff Vorrheis	11.91
	M45 R. Frugueietti	14.96
	Richard Watson	10.49
	M50 Gary Knox	12.47
	Angelo Rinaldi	12.33
	Clay Hull	11.14
	M55 Hal Sheakley	9.79
	Bert Shirk	8.87
	M60 Hal Smith	13.51
	Bob Humphreys	12.20
	Alan Rosen	9.97
	M65 Bob Ward	13.15
	Len Rosen	11.93
	M70 Fred Lorchner	10.96
	W40 Karen Vaughn	8.73
	W50 Lorraine Tucker	9.85
Discus-	M30 Carl Brown	61.27
	A. Washington	59.85
	M35 Cameron Bolls	55.25

	Dolf Berle	31.10
M40	Jeff Voorhees	37.68
M45	R. Frougugliette	49.11
	Richard Watson	31.83
M50	Gary Knox	44.86
	Clay Hull	34.55
	John Montandon	32.11
M55	C. McCormick	36.91
	Hal Sheaky	29.10
M60	Joe Marino	48.90
	Bob Humphreys	47.98
	C. Po	44.28
M65	Bob Ward	44.15
	Len Rosen	41.10
M70	Fred Lochner	33.45
	Kio Shik Song	26.77
M75	Don Roser	27.02
W35	Brenda Westbrook	27.02
W50	Lorraine Tucker	24.48
W70	Shirley Dietrich	15.67
Javelin-	M30 Marvin Williams	64.12
	Michael Henry	60.81
M35	Jim Connoly	67.79
	Alan Collatz	63.86
M40	Frank Vacek	48.86
	Hal Halpern	33.24
M45	JimLothrup	58.78
	Richard Watson	45.33
	Tom Meyer	38.37
	Vern McGarry	37.80
	Richard Watson	34.56
M50	Clay Hull	41.11
	Clay Hull	40.99
	Ed Baskauskas	38.69
	Ron Rook	35.69
	Larry Lloyd	22.54
M55	Bert Shirk	34.34
	James Brennan	34.11
	Duane Holmes	33.26
M60	C. Po	46.42
	Bob Humphreys	45.50
	Steve Wordell	39.45
	Paul Ward	36.60
	Bob Humphreys	28.34
M65	Bob Ward	44.22

	Phil Fenlen	43.47
	Bob Ward	36.17
	E. Martin	35.73
M70	Kio Shik Song	34.46
	Doug Richardson	29.28
M75	Don Boser	27.50
W35	Tammy Mack	21.11
W40	A.McCormick	29.14
W60	Kathy Bergen	22.36
W70	Shirley Diederich	14.61
5000m RW-	M40 Richard Lenhart	25:37.79
	Pedro Santoni	28:01.88
M45	Mike Kroll	36:54.18
M50	Ed Bouldin	29:27.34
	Rick Campbell	29:50.08
M55	Steward Ray	31:33.73
M60	Robert Nyman	30:48.06
M65	Carl Acosta	30:57.09
	Arivd Rolle	32:34.90
M70	Bill Moreman	32:03.89
M75	Masashi Noritake	34:44.12
	Jorge Newberry	39:56.65
W35	Margaret Govea	27:16.22
W50	Pamela Flowers	34:03.32
W65	Patti Kennedy	39:45.06