

**USATF Western Region Masters Championships - 6/20/2009 to 6/21/2009**

**Soka University, Aliso Viejo, CA**

**Results**

**W30 100 Meter Dash**

Name	Age Team	Finals	Wind	H#
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1 Fregoso, Clemencia	W31 Arcadia Drag	16.96	2.6	2
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**W35 100 Meter Dash**

Name	Age Team	Finals	Wind	H#
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1 Birade, Dena	W37 So Cal Track Club	12.48	2.6	2
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**W40 100 Meter Dash**

Name	Age Team	Finals	Wind	H#
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1 Ford-Fowlks, Alyson	W44 Elite Health	16.36	2.6	2
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**W45 100 Meter Dash**

Name	Age Team	Finals	Wind	H#
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1 Ponder, Lillie	W48 Elite Health	15.92	2.6	2
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**W50 100 Meter Dash**

Name	Age Team	Finals	Wind	H#
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1 Hillebrand, Linda	W52 Unattached	15.90	2.6	2
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**W55 100 Meter Dash**

Name	Age Team	Finals	Wind	H#
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1 Hanscom, Rita	W55 So Cal Striders	13.95	1.7	
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2 Matthews, Brenda	W59 So Cal Striders	14.47	1.7	
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**M30 100 Meter Dash**

Name	Age Team	Finals	Wind	H#
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1 Schapiro, David	M33 Unattached	11.53	1.3	6
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**M35 100 Meter Dash**

Name	Age Team	Finals	Wind	H#
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1 Nelson, Etroy	M35 Rollout Track Club	11.28	1.3	6
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2 Sawamura, John	M39 Unattached	12.42	1.3	6
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3 Ludwig, Randy	M35 Arcadia Drag	13.42	1.3	6
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**M40 100 Meter Dash**

Name	Age Team	Finals	Wind	H#
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1 Brito, Renato	M44 Unattached	13.03	2.3	5
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**M45 100 Meter Dash**

Name	Age Team	Finals	Wind	H#
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1 Gault, Willie	M48 Unattached	10.94	2.3	5
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2 Sullivan, Michael	M48 Unattached	11.65	2.3	5
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3 Speed, Johnny	M45 Oxnard Stars	11.67	2.3	5
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4 Ols, Joseph	M45 Unattached	13.21	2.3	5
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5 Seaton, Doug	M45 Unattached	13.29	2.3	5
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**M50 100 Meter Dash**

Name	Age Team	Finals	Wind	H#
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1 Chinn, James	M50 Sprint Force	12.12	1.2	4
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2 Patridge, Joseph	M51 Unattached	12.18	1.2	4
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3 Crowl, Chip	M54 Unattached	12.72	1.2	4
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4 Mancini, Stephen	M52 Unattached	13.27	1.2	4
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5 Hockersmith, David	M53 So Cal Track Club	13.89	1.2	4
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6 Davison, Jeffery M51 So Cal Track Club 13.97 1.2 4  
**M55 100 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1 Leake, Damien	M56	Unattached	11.82	1.4	3
2 Pizza, Gregory	M55	Sprint Force	12.42	1.4	3

**M60 100 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1 Parnell, Roger	M60	Golden West	13.04	1.3	2
2 Melendez, Steve	M60	So Cal Striders	13.44	1.3	2
3 Holliday, William	M60	Unattached	14.51	1.3	2
4 Andrews, James	M60	Unattached	15.27	1.3	2
5 Dyson, Stanley	M60	Unattached	17.62	1.3	2

**M65 100 Meter Dash**

Name	Age	Team	Finals	Wind
1 Muranaka, Ronnie	M65	So Cal Striders	15.70	NWI
2 Pearman, Kim	M69	Unattached	16.00	NWI

**M70 100 Meter Dash**

Name	Age	Team	Finals	Wind
1 Thorpe, Karl	M70	Unattached	14.68	NWI
2 Carr, John	M70	Unattached	16.58	NWI

**W30 200 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1 Goldberg, Natania	W31	Track West	31.19	3.3	2

**W35 200 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1 Juarez, Vanessa	W39	Unattached	27.01	3.3	2

**W45 200 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1 Black, Jai	W47	San Diego Tr	25.75	3.3	2

**W50 200 Meter Dash**

Name	Age	Team	Finals	Wind
1 Brown, Lenora	W51	Elite Health	34.30	2.2

**W55 200 Meter Dash**

Name	Age	Team	Finals	Wind
1 Hanscom, Rita	W55	So Cal Striders	28.16	2.2
2 Bowman, Jeanne	W56	So Cal Striders	31.23	2.2

**W65 200 Meter Dash**

Name	Age	Team	Finals	Wind
1 O'Connor, Nadine	W67	Unattached	29.91	2.2

**M30 200 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1 Spann, Terrance	M34	Unattached	22.53	3.3	5

**M35 200 Meter Dash**

Name	Age	Team	Finals	Wind	H#
1 Joseph, Diedrick	M39	Elite Health	24.45	3.3	5
2 Sawamura, John	M39	Unattached	25.13	3.3	5

**M40 200 Meter Dash**

Name	Age	Team	Finals	Wind	H#
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1 Middlebrook, Levy M43 Unattached 30.22 3.6 4  
**M45 200 Meter Dash**  
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Name Age Team Finals Wind H#  
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Name	Age	Team	Finals	Wind	H#
1 Berry, Kettrell	M46	San Diego Tr	23.02	3.6	4
2 Sullivan, Michael	M48	Unattached	23.32	3.6	4
3 Dixon, Eric	M49	Unattached	24.37	3.6	4
4 Ols, Joseph	M45	Unattached	26.54	3.6	4
-- Seaton, Doug	M45	Unattached	DNF	3.6	4
-- Herscu, Robert	M45	Unattached	DNF	3.6	4

**M50 200 Meter Dash**  
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Name	Age	Team	Finals	Wind	H#
1 Chinn, James	M50	Sprint Force	24.24	1.6	6
2 Hockersmith, David	M53	So Cal Track Club	25.06	1.6	6
3 Muehlbacher, Edward	M50	Unattached	25.61	1.6	6
4 Crawl, Chip	M54	Unattached	26.62	1.6	6
5 Mancini, Stephen	M52	Unattached	27.00	1.6	6
6 Davison, Jeffery	M51	So Cal Track Club	28.31	1.6	6
7 Sklar, Howard	M53	Shreveport M	29.47	1.6	6

**M55 200 Meter Dash**  
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Name	Age	Team	Finals	Wind	H#
1 Leake, Damien	M56	Unattached	24.38	4.3	3
2 Pizza, Gregory	M55	Sprint Force	25.02	4.3	3

**M60 200 Meter Dash**  
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Name	Age	Team	Finals	Wind	H#
1 Parnell, Roger	M60	Golden West	26.00	2.9	2
2 Melendez, Steve	M60	So Cal Striders	27.93	2.9	2
3 Green, Barry	M63	Unattached	29.77	2.9	2
4 Weinstock, William	M62	Unattached	29.80	2.9	2

**M65 200 Meter Dash**  
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Name	Age	Team	Finals	Wind
1 Randolph, Henry	M66	So Cal Track Club	28.11	2.3
2 Strouse, Frank	M68	Golden West	29.36	2.3
3 Jones, Eric	M66	So Cal Track Club	31.17	2.3
4 Pearman, Kim	M69	Unattached	32.43	2.3

**M70 200 Meter Dash**  
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Name	Age	Team	Finals	Wind
1 Thorpe, Karl	M70	Unattached	30.67	2.3

**M75 200 Meter Dash**  
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Name	Age	Team	Finals	Wind
1 Cheek, Don	M79	Unattached	32.21	2.3

**W35 400 Meter Dash**  
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Name	Age	Team	Finals
1 Juarez, Vanessa	W39	Unattached	1:00.42

**W40 400 Meter Dash**  
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Name	Age	Team	Finals
1 Nowakowski, Amanda	W44	Unattached	1:10.75
2 Ford-Fowlks, Alyson	W44	Elite Health	1:16.47

**W45 400 Meter Dash**  
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Name	Age	Team	Finals
1 Ford, Vickie	W48	Elite Health	1:22.75

**W50 400 Meter Dash**  
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Name	Age Team	Finals
1 Brown, Lenora	W51 Elite Health	1:31.10

**M30 400 Meter Dash**

Name	Age Team	Finals	H#
1 Chambers, Keith	M30 So Cal Track Club	51.45	5

**M35 400 Meter Dash**

Name	Age Team	Finals	H#
1 Joseph, Diedrick	M39 Elite Health	56.51	5
2 Sawamura, John	M39 Unattached	58.75	5
3 Ludwig, Randy	M35 Arcadia Drag	1:03.87	5
4 Woods, David	M39 Unattached	1:05.72	5

**M40 400 Meter Dash**

Name	Age Team	Finals	H#
1 Birade, Laurent	M42 So Cal Track Club	55.26	4
2 Brito, Renato	M44 Unattached	1:02.46	4
3 Middlebrook, Levy	M43 Unattached	1:10.14	4

**M45 400 Meter Dash**

Name	Age Team	Finals	H#
1 Speed, Johnny	M45 Oxnard Stars	52.52	3
2 Stephenson, Cornell	M46 Unattached	53.31	3
3 Sullivan, Michael	M48 Unattached	54.26	3
4 Dixon, Eric	M49 Unattached	57.28	3
5 Berle, Dolf	M46 So Cal Track Club	58.50	3
6 Dietz, Mike	M45 So Cal Track Club	59.59	3
7 Davis, Jerry	M49 Track West	1:01.50	3
8 Gallego, Oliver	M47 Elite Health	1:06.32	3

**M50 400 Meter Dash**

Name	Age Team	Finals	H#
1 Chinn, James	M50 Sprint Force	53.90	2
2 Lofton, James	M52 Unattached	54.90	2
3 Muehlbacher, Edward	M50 Unattached	56.45	2
4 Hockersmith, David	M53 So Cal Track Club	57.02	2
5 DeCollibus, Angelo	M52 Unattached	1:04.87	2
6 Sklar, Howard	M53 Shreveport M	1:10.18	2

**M55 400 Meter Dash**

Name	Age Team	Finals
1 Italo, Ed	M55 Pacific Coas	59.10
2 Richardson, Robert	M56 So Cal Striders	59.43
3 Fitzpatrick, Bill	M58 Unattached	1:02.14

**M60 400 Meter Dash**

Name	Age Team	Finals
1 Shirley, Graeme	M63 Unattached	1:08.28

**M65 400 Meter Dash**

Name	Age Team	Finals
1 Barnum, Larry	M65 Unattached	59.73
2 Strouse, Frank	M68 Golden West	1:10.22
3 Jones, Eric	M66 So Cal Track Club	1:11.67

**M75 400 Meter Dash**

Name	Age Team	Finals
1 Cheek, Don	M79 Unattached	1:17.21

**W40 800 Meter Run**

Name	Age Team	Finals
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1 Valle, Lisa	W43 So Cal Track Club	2:22.73
2 Davis, Lisa	W44 Track West	2:38.53

**W50 800 Meter Run**

Name	Age Team	Finals
1 Lee, Debbie	W52 So Cal Track Club	2:42.28

**M30 800 Meter Run**

Name	Age Team	Finals
1 Chambers, Keith	M30 So Cal Track Club	2:00.78

**M35 800 Meter Run**

Name	Age Team	Finals
1 Colletti, Jon	M36 So Cal Track Club	2:10.05

**M40 800 Meter Run**

Name	Age Team	Finals
1 Gates, Robert	M40 Unattached	2:12.39
2 Coleman, BaoKim	M42 Unattached	2:22.84

**M45 800 Meter Run**

Name	Age Team	Finals
1 McDuffrie, Allen	M47 Unattached	2:02.94
2 Dietz, Mike	M45 So Cal Track Club	2:14.54
3 Jackson, David	M47 So Cal Track Club	2:39.79

**M50 800 Meter Run**

Name	Age Team	Finals
1 Fragua, Paul	M52 So Cal Track Club	2:08.86
2 Duncanson, Rob	M53 Km3d Athletic Club	2:14.73
3 Lewis, Mark	M50 So Cal Track Club	2:19.74
4 DeCollibus, Angelo	M52 Unattached	2:22.34

**M55 800 Meter Run**

Name	Age Team	Finals
1 Shapiro, Gary	M57 Unattached	2:24.23
2 Lassegard, Steve	M57 Unattached	2:40.38

**M60 800 Meter Run**

Name	Age Team	Finals
1 Lindsley, Frederick	M64 So Cal Track Club	2:24.82
2 Howard, Kent	M60 So Cal Track Club	2:44.31
3 Burleson, Joseph	M62 Hartford Track Club	3:06.69

**M65 800 Meter Run**

Name	Age Team	Finals
1 Barnum, Larry	M65 Unattached	2:23.39
2 Jones, Eric	M66 So Cal Track Club	2:46.56

**W55 1500 Meter Run**

Name	Age Team	Finals
1 Cox, Tracey	W55 Elite Health	7:26.58

**M35 1500 Meter Run**

Name	Age Team	Finals
1 Givens, Barry	M35 So Cal Track Club	4:31.71

**M40 1500 Meter Run**

Name	Age Team	Finals
1 Tregillis, Christian	M41 Unattached	4:37.24

**M45 1500 Meter Run**

Name	Age Team	Finals
1 Gallego, Oliver	M47 Elite Health	4:46.18
<b>M50 1500 Meter Run</b>		
Name	Age Team	Finals
1 Duncanson, Rob	M53 Km3d Athletic Club	4:41.32
2 DeCollibus, Angelo	M52 Unattached	4:50.50
3 Kleinstuber, Stevie	M52 San Diego Tr	5:36.40
4 Ridgway, Jeffrey	M52 San Diego Tr	6:00.91
<b>M55 1500 Meter Run</b>		
Name	Age Team	Finals
1 Forrester, Perry	M56 Team Runners High	4:49.06
2 Pearson, Paul	M58 Unattached	4:51.75
3 Velazquez, Hugo	M58 Unattached	5:06.23
<b>M60 1500 Meter Run</b>		
Name	Age Team	Finals
1 Lindsley, Frederick	M64 So Cal Track Club	5:02.84
2 Shirley, Graeme	M63 Unattached	5:51.72
3 Burleson, Joseph	M62 Hartford Track Club	6:39.13
<b>M65 1500 Meter Run</b>		
Name	Age Team	Finals
1 Kimbrell, Gary	M68 Unattached	6:12.46
<b>M75 1500 Meter Run</b>		
Name	Age Team	Finals
1 McClenathen, Gordon	M75 Club West &	6:53.44
2 Wood, Glynn	M75 West Valley	7:40.46
<b>M80 1500 Meter Run</b>		
Name	Age Team	Finals
1 Koch, Bob	M82 So Cal Track Club	8:23.48
<b>W40 1 Mile Run</b>		
Name	Age Team	Finals
1 Papworth-Barnum, Carmel	W43 Unattached	5:35.50
2 Thornton Foran, Sinead	W44 Unattached	6:01.56
3 Goldberg, Maribel	W41 Unattached	6:05.58
<b>W45 1 Mile Run</b>		
Name	Age Team	Finals
1 Ford, Vickie	W48 Elite Health	6:48.29
<b>W50 1 Mile Run</b>		
Name	Age Team	Finals
1 Lee, Debbie	W52 So Cal Track Club	5:48.11
2 Liu, Yayoi	W52 Cal Coast Tr	6:10.25
3 Contreras, Patricia	W51 So Cal Track Club	6:18.01
<b>W55 1 Mile Run</b>		
Name	Age Team	Finals
1 Cox, Tracey	W55 Elite Health	8:03.36
<b>M45 1 Mile Run</b>		
Name	Age Team	Finals
1 Gallego, Oliver	M47 Elite Health	5:05.53
2 Jackson, David	M47 So Cal Track Club	5:44.52
<b>M50 1 Mile Run</b>		

Name	Age Team	Finals
1 Fragua, Paul	M52 So Cal Track Club	5:02.28
2 Schnieders, Peter	M50 Unattached	5:19.96
3 Hemmings, William	M52 Unattached	5:53.53

**M55 1 Mile Run**

Name	Age Team	Finals
1 Forrester, Perry	M56 Team Runners High	5:10.20
2 Silverman, Bill	M56 Unattached	5:28.39
3 Lassegard, Steve	M57 Unattached	6:04.21

**M60 1 Mile Run**

Name	Age Team	Finals
1 Lindsley, Frederick	M64 So Cal Track Club	5:26.28

**M80 1 Mile Run**

Name	Age Team	Finals
1 Koch, Bob	M82 So Cal Track Club	9:00.36

**W35 5000 Meter Run**

Name	Age Team	Finals
1 Davis, Khara	W37 So Cal Track Club	23:52.85

**W40 5000 Meter Run**

Name	Age Team	Finals
1 Papworth-Barnum, Carmel	W43 Unattached	19:51.48

**M45 5000 Meter Run**

Name	Age Team	Finals
1 Gallego, Oliver	M47 Elite Health	17:21.30

**M50 5000 Meter Run**

Name	Age Team	Finals
1 Kleinstuber, Stevie	M52 San Diego Tr	20:55.30

**M55 5000 Meter Run**

Name	Age Team	Finals
1 Forrester, Perry	M56 Team Runners High	18:03.68

**M65 5000 Meter Run**

Name	Age Team	Finals
1 Kimbrell, Gary	M68 Unattached	22:34.82

**M80 5000 Meter Run**

Name	Age Team	Finals
1 Linde, Gunnar	M80 Santa Monica	25:32.16
2 Koch, Bob	M82 So Cal Track Club	26:45.17

**W50 10000 Meter Run**

Name	Age Team	Finals
1 Gibbs, Stella	W50 Monterey Bay	45:01.30

**M40 10000 Meter Run**

Name	Age Team	Finals
1 Arsenault, Robert	M43 Fluffy Bunny	34:37.13

**M80 10000 Meter Run**

Name	Age Team	Finals
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1 Linde, Gunnar M80 Santa Monica 53:17.47

**M70 80 Short Hurdles**

Name	Age	Team	Finals	Wind
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1 Carr, John M70 Unattached 18.14 1.6

**M50 100 Short Hurdles**

Name	Age	Team	Finals	Wind	H#
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1 Niroumand, Mahmoud M52 So Cal Track Club 16.19 0.3 2  
 2 Crowl, Chip M54 Unattached 18.01 0.3 2  
 3 Davison, Jeffery M51 So Cal Track Club 19.57 0.3 2  
 4 Hecker, Andrew M54 Unattached 20.15 0.3 2

**M55 100 Short Hurdles**

Name	Age	Team	Finals	Wind	H#
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1 Wilson, Thaddeus M58 Oxnard Stars 16.09 0.3 2

**M60 100 Short Hurdles**

Name	Age	Team	Finals	Wind
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1 Parnell, Roger M60 Golden West 15.83 0.3  
 2 Andrews, James M60 Unattached 21.60 0.3

**M45 110 Short Hurdles**

Name	Age	Team	Finals	Wind
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1 Ols, Joseph M45 Unattached 18.85 +0.0

**M40 400 Long Hurdles**

Name	Age	Team	Finals
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1 Birade, Laurent M42 So Cal Track Club 59.31

**M45 400 Long Hurdles**

Name	Age	Team	Finals
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1 Ols, Joseph M45 Unattached 1:09.50

**M50 400 Long Hurdles**

Name	Age	Team	Finals
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1 Hecker, Andrew M54 Unattached 1:19.17

**W40 2000 Meter Steeplechase**

Name	Age	Team	Finals
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1 Valle, Lisa W43 So Cal Track Club 7:39.98

**M60 2000 Meter Steeplechase**

Name	Age	Team	Finals
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1 Howard, Kent M60 So Cal Track Club 8:37.61

**M75 2000 Meter Steeplechase**

Name	Age	Team	Finals
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1 McClenathen, Gordon M75 Club West & 10:56.02

**M35 3000 Meter Steeplechase**

Name	Age	Team	Finals
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1 Givens, Barry M35 So Cal Track Club 10:36.01

**M45 3000 Meter Steeplechase**

Name	Age	Team	Finals
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1 Jackson, David M47 So Cal Track Club 12:24.27  
 2 Doi, Douglas M46 Unattached 13:58.90

**M55 3000 Meter Steeplechase**



Name	Age Team	Finals
-- Cumming, Ian	M57 Jamul Toads	DNF

**W105+ 4x100 Meter Relay**

Team	Finals
1 Unattached 'A'	59.32
1) Matthews, Brenda 59	2) Brown, Lenora 51
3) Bowman, Jeanne 56	4) O'Connor, Nadine 67

**M105+ 4x100 Meter Relay**

Team	Finals
1 So Cal Track Club 'A'	56.81
1) Pittman, Chris 37	2) Jones, Eric 66
3) Davison, Jeffery 51	4) Morrow, Art 45

**M105+ 4x800 Meter Relay**

Team	Finals
1 So Cal Track Club 'A'	9:14.68
1) Givens, Barry 35	2) Lindsley, Frederick 64
3) Cleary, Mark 50	4) Chambers, Keith 30
2 Unattached 'A'	9:14.83
1) Sudo, Mike 42	2) Gore, Brian 41
3) Welzel, Andrew 41	4) Velazquez, Hugo 58

**W50 High Jump**

Name	Age Team	Finals
1 Vaughn, Karen	W51 Unattached	1.10m 3-07.25

**M35 High Jump**

Name	Age Team	Finals
1 Burke, David	M38 Unattached	1.90m 6-02.75
2 Joseph, Diedrick	M39 Elite Health	1.55m 5-01.00

**M45 High Jump**

Name	Age Team	Finals
1 VanZandt, Thomas	M47 Beach Track Club	1.95m 6-04.75
2 Lee, Ronald	M45 Usa High Jump Club	1.75m 5-08.75
3 Ols, Joseph	M45 Unattached	1.60m 5-03.00

**M50 High Jump**

Name	Age Team	Finals
1 Hlavin, Peter	M51 So Cal Track Club	1.80m 5-10.75
2 Watson, Donald	M54 Unattached	1.65m 5-05.00
3 Niroumand, Mahmoud	M52 So Cal Track Club	1.55m 5-01.00

**M55 High Jump**

Name	Age Team	Finals
1 Baskauskas, Edward	M58 Unattached	1.50m 4-11.00

**M60 High Jump**

Name	Age Team	Finals
1 Rader, Charlie	M61 Unattached	1.55m 5-01.00

**M70 High Jump**

Name	Age Team	Finals
1 Perry, Dave	M70 Unattached	1.35m 4-05.00
2 Sullivan, Jerry	M74 Unattached	1.25m 4-01.25
3 Greenwald, Emery	M71 Unattached	1.10m 3-07.25

**M95 High Jump**

Name	Age Team	Finals
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1 McPhie, Leland M95 So Cal Track Club 0.95m 3-01.25 World Record

**M35 Pole Vault**

Name	Age	Team	Finals
-- Watson, Edward	M38	Unattached	NH

**M45 Pole Vault**

Name	Age	Team	Finals
1 McIntyre, Tim	M48	High Flyers	4.15m 13-07.25
2 Berle, Dolf	M46	So Cal Track Club	3.70m 12-01.50
3 Ols, Joseph	M45	Unattached	2.45m 8-00.50

**M50 Pole Vault**

Name	Age	Team	Finals
1 Brown, Charles	M53	Unattached	4.30m 14-01.25
2 Beck, Wendell	M50	Unattached	4.15m 13-07.25

**M55 Pole Vault**

Name	Age	Team	Finals
1 Mead, Murray	M55	No Limit Sports	3.70m 12-01.50
2 Hogan, Michael	M55	Unattached	3.55m 11-07.75
3 Watson, Richard	M56	Unattached	2.15m 7-00.50

**M60 Pole Vault**

Name	Age	Team	Finals
1 Parry, Arthur	M63	Unattached	3.89m 12-09.00
2 Andrews, James	M60	Unattached	2.75m 9-00.25
3 Dyson, Stanley	M60	Unattached	1.85m 6-00.75
4 Rinaldi, Angelo	M60	So Cal Track Club	1.35m 4-05.00
-- Lambert, Wayne	M63	Unattached	NH

**M65 Pole Vault**

Name	Age	Team	Finals
1 Ribbel, Arthur	M67	North Coast	2.90m 9-06.25
2 Hotaling, Bruce	M65	Unattached	2.75m 9-00.25

**W30 Long Jump**

Name	Age	Team	Finals	Wind
1 Fregoso, Clemencia	W31	Arcadia Drag	3.30m	NWI 10-10.00
		3.22m(NWI) 3.30m(NWI) 3.22m(NWI) FOUL	FOUL	PASS

**W50 Long Jump**

Name	Age	Team	Finals	Wind
1 Byrne, Alisa	W51	Pacific Coas	3.45m	NWI 11-04.00
		3.03m(NWI) 3.21m(NWI) 3.16m(NWI) 3.39m(NWI) 3.45m(NWI) 3.37m(NWI)		

**W55 Long Jump**

Name	Age	Team	Finals	Wind
1 Cohn, Linda	W56	So Cal Striders	3.90m	NWI 12-09.50
		3.51m(NWI) 3.90m(NWI) 3.78m(NWI) 3.82m(NWI) 3.86m(NWI) 3.75m(NWI)		
2 Matthews, Brenda	W59	So Cal Striders	3.71m	NWI 12-02.25
		FOUL 3.55m(NWI) FOUL 3.47m(NWI) FOUL	3.71m(NWI)	

**W80 Long Jump**

Name	Age	Team	Finals	Wind
1 Valien, Johnnye	W83	So Cal Striders	2.05m	NWI 6-08.75
		1.83m(NWI) 1.82m(NWI) 1.90m(NWI) 1.80m(NWI) 2.05m(NWI) PASS		

**M35 Long Jump**

Name	Age	Team	Finals	Wind
1 Jensen, Scott	M37	So Cal Track Club	5.91m	NWI 19-04.75
		5.83m(NWI) 5.91m(NWI) PASS PASS PASS	PASS	

2	Joseph, Diedrick	M39 Elite Health	5.23m	NWI	17-02.00
	4.70m(NWI) 5.04m(NWI) 5.20m(NWI) 4.85m(NWI) 5.22m(NWI) 5.23m(NWI)				
3	Sawamura, John	M39 Unattached	4.93m	NWI	16-02.25
	4.93m(NWI) 4.58m(NWI) 4.73m(NWI) PASS PASS PASS				
4	Ludwig, Randy	M35 Arcadia Drag	4.68m	NWI	15-04.25
	4.16m(NWI) 4.40m(NWI) 4.68m(NWI) 4.53m(NWI) 4.61m(NWI) FOUL				

**M40 Long Jump**

Name	Age Team	Finals	Wind
-- Tampon, Sampson	M44 Unattached	FOUL	
FOUL PASS PASS PASS PASS			

**M45 Long Jump**

Name	Age Team	Finals	Wind
1 Biggers, Kevin	M47 Unattached	5.21m	NWI 17-01.25
FOUL 5.18m(NWI) 5.01m(NWI) FOUL 5.01m(NWI) 5.21m(NWI)			
2 Berle, Dolf	M46 So Cal Track Club	4.95m	NWI 16-03.00
4.95m(NWI) 4.69m(NWI) 4.85m(NWI) PASS PASS PASS			
3 Ols, Joseph	M45 Unattached	4.86m	NWI 15-11.50
4.80m(NWI) 4.86m(NWI) FOUL 4.55m(NWI) 4.51m(NWI) PASS			
4 Morrow, Art	M45 So Cal Track Club	3.57m	NWI 11-08.50
3.43m(NWI) 3.49m(NWI) FOUL 3.54m(NWI) FOUL 3.57m(NWI)			

**M50 Long Jump**

Name	Age Team	Finals	Wind
1 Niroumand, Mahmoud	M52 So Cal Track Club	5.21m	NWI 17-01.25
4.86m(NWI) 5.07m(NWI) 5.21m(NWI) 4.63m(NWI) PASS PASS			
2 Crowl, Chip	M54 Unattached	4.65m	NWI 15-03.25
4.41m(NWI) 4.65m(NWI) 4.24m(NWI) 4.39m(NWI) 4.38m(NWI) PASS			
3 Hecker, Andrew	M54 Unattached	4.30m	NWI 14-01.25
4.04m(NWI) 4.24m(NWI) 4.13m(NWI) 4.30m(NWI) 4.06m(NWI) 4.07m(NWI)			

**M55 Long Jump**

Name	Age Team	Finals	Wind
1 Leake, Damien	M56 Unattached	5.35m	NWI 17-06.75
5.20m(NWI) 5.27m(NWI) 4.79m(NWI) 4.98m(NWI) FOUL 5.35m(NWI)			
2 Wilson, Thaddeus	M58 Oxnard Stars	5.12m	NWI 16-09.75
FOUL FOUL 5.12m(NWI) 4.29m(NWI) PASS PASS			
3 Fitzpatrick, Bill	M58 Unattached	4.40m	NWI 14-05.25
4.37m(NWI) 4.37m(NWI) 4.28m(NWI) 4.40m(NWI) 4.34m(NWI) FOUL			
4 Tipping, Mike	M56 So Cal Track Club	4.20m	NWI 13-09.50
4.11m(NWI) 4.14m(NWI) 3.93m(NWI) 4.20m(NWI) FOUL FOUL			
5 Watson, Richard	M56 Unattached	4.02m	NWI 13-02.25
3.80m(NWI) FOUL 3.97m(NWI) FOUL 3.92m(NWI) 4.02m(NWI)			

**M60 Long Jump**

Name	Age Team	Finals	Wind
1 Flowers, Carl	M62 So Cal Track Club	3.93m	NWI 12-10.75
3.93m(NWI) PASS PASS PASS PASS PASS			

**M95 Long Jump**

Name	Age Team	Finals	Wind
1 McPhie, Leland	M95 So Cal Track Club	1.70m	1.3 5-07.00
1.46m(1.5) FOUL 1.64m(0.5) 1.49m(+0.0) FOUL(+0.0) 1.70m(1.3)			

**M35 Triple Jump**

Name	Age Team	Finals	Wind
1 Joseph, Diedrick	M39 Elite Health	10.65m	3.2 34-11.25
9.19m(2.0) 10.15m(1.2) 10.25m(2.9) 9.48m(1.3) 10.65m(3.2) 10.32m(2.2)			
2 Pittman, Chris	M37 So Cal Track Club	7.52m	1.4 24-08.25
FOUL(1.2) 7.15m(1.8) 7.52m(1.4) 7.52m(2.0) FOUL(2.9) FOUL(2.0)			

**M45 Triple Jump**

Name	Age Team	Finals	Wind
1 Ols, Joseph	M45 Unattached	9.93m	1.8 32-07.00

8.98m(3.3) 9.93m(1.8) 9.62m(1.9) 9.70m(2.8) 9.11m(1.1) PASS  
2 Morrow, Art M45 So Cal Track Club 7.61m 3.1 24-11.75  
7.52m(0.6) 7.13m(1.4) 7.61m(3.1) 7.59m(2.6) PASS PASS

**M50 Triple Jump**

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Name	Age	Team	Finals	Wind
1 Niroumand, Mahmoud	M52	So Cal Track Club	11.80m	0.7 38-08.75
			10.97m(2.2) 11.14m(1.1) 11.80m(0.7) 11.17m(0.1) 11.19m(0.4)	PASS
2 Watson, Donald	M54	Unattached	10.73m	4.6 35-02.50
			10.29m(3.6) 10.44m(2.2) 10.15m(2.4) 10.52m(4.4) 10.73m(4.6)	PASS
3 Hecker, Andrew	M54	Unattached	9.14m	2.8 30-00.00
			8.84m(2.8) 9.00m(+0.0) 8.92m(0.2) 9.00m(1.6) 9.14m(2.8)	PASS

**M55 Triple Jump**

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Name	Age	Team	Finals	Wind
1 Richardson, Robert	M56	So Cal Striders	10.54m	1.5 34-07.00
			10.30m(1.4) 10.22m(2.4) 10.54m(1.5)	PASS PASS PASS

**M60 Triple Jump**

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Name	Age	Team	Finals	Wind
1 Tiff, Milan	M60	Unattached	11.96m	2.3 39-03.00
			11.80m(0.8) 11.88m(1.9) 11.96m(2.3) 11.82m(3.3)	FOUL(2.4) FOUL(1.7)

**M95 Triple Jump**

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Name	Age	Team	Finals	Wind
1 McPhie, Leland	M95	So Cal Track Club	3.96m	0.9 13-00.00 World Record
			FOUL(2.0) 3.75m(1.8) 3.86m(+0.0) 3.96m(0.9) 3.93m(0.9)	PASS

**W35 Shot Put**

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Name	Age	Team	Finals
1 Rector, Tiffany	W38	So Cal Track Club	8.54m 28-00.25
			8.31m 7.93m 8.54m 8.54m 8.42m 8.44m
2 Nelson, Trinidad	W39	So Cal Track Club	5.42m 17-09.50
			5.27m 5.04m 5.42m 4.82m 5.41m 5.23m

**W50 Shot Put**

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Name	Age	Team	Finals
1 Vaughn, Karen	W51	Unattached	9.63m 31-07.25
			9.31m 9.63m 9.34m 9.13m FOUL FOUL
2 Byrne, Alisa	W51	Pacific Coas	8.73m 28-07.75
			7.28m 8.47m 8.36m 8.73m 7.36m 7.81m

**W55 Shot Put**

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Name	Age	Team	Finals
1 Cohn, Linda	W56	So Cal Striders	9.49m 31-01.75
			7.99m 9.45m 9.23m 9.18m 9.07m 9.49m
2 Matthews, Brenda	W59	So Cal Striders	8.67m 28-05.50
			8.26m FOUL 8.67m 7.89m 8.32m 8.34m
3 Dean, Birgit	W56	Unattached	5.64m 18-06.00
			5.64m 5.46m PASS PASS PASS PASS

**W65 Shot Put**

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Name	Age	Team	Finals
1 Perry, Hattie	W66	Unattached	5.83m 19-01.50
			5.60m 5.45m 5.49m FOUL 5.72m 5.83m

**W80 Shot Put**

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Name	Age	Team	Finals
1 Valien, Johnnye	W83	So Cal Striders	5.05m 16-07.00
			5.05m 4.85m 4.76m PASS PASS PASS

**M35 Shot Put**

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Name	Age	Team	Finals
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1	Villa, Din	M35	Unattached	11.06m	36-03.50
				11.06m 10.56m 9.39m 10.29m 10.27m 9.60m	
2	Nelson, Troy	M38	So Cal Track Club	10.49m	34-05.00
				10.42m 10.49m 10.26m FOUL FOUL FOUL	
3	Joseph, Diedrick	M39	Elite Health	9.82m	32-02.75
				9.24m 9.82m 9.08m FOUL 8.66m PASS	
4	Pittman, Chris	M37	So Cal Track Club	7.42m	24-04.25
				7.09m FOUL 6.32m 7.42m 7.27m FOUL	

**M40 Shot Put**

Name	Age	Team	Finals
1 Middlebrook, Levy	M43	Unattached	8.81m 28-11.00
			8.02m 8.15m 7.84m 8.81m 6.82m FOUL

**M45 Shot Put**

Name	Age	Team	Finals
1 Finehirsh, Steven	M47	Unattached	11.58m 38-00.00
			11.27m FOUL FOUL FOUL FOUL 11.58m
2 Ols, Joseph	M45	Unattached	10.19m 33-05.25
			9.00m 9.28m 9.21m 10.19m 9.89m FOUL

**M50 Shot Put**

Name	Age	Team	Finals
1 Darby, Carl	M52	Unattached	14.79m 48-06.25
			14.07m FOUL FOUL FOUL FOUL 14.79m
2 Stines, Greg	M54	Unattached	14.28m 46-10.25
			12.89m 13.82m FOUL 14.28m FOUL FOUL
-- Crothers, Jeff	M50	Unattached	FOUL
			FOUL FOUL FOUL FOUL FOUL FOUL

**M55 Shot Put**

Name	Age	Team	Finals
1 Edmonston, John	M55	Unattached	10.39m 34-01.25
			10.39m FOUL FOUL 9.94m FOUL FOUL
2 Fraser, James	M56	Unattached	9.31m 30-06.50
			FOUL FOUL 9.31m FOUL 8.08m 8.56m

**M60 Shot Put**

Name	Age	Team	Finals
1 Abatzoglou, Theagenis	M62	Unattached	12.41m 40-08.75
			11.18m 1.61m 11.87m 11.84m FOUL 12.41m
2 Rinaldi, Angelo	M60	So Cal Track Club	11.96m 39-03.00
			11.83m 11.88m 11.96m 11.83m FOUL 11.41m
3 Dyson, Stanley	M60	Unattached	10.52m 34-06.25
			9.39m 9.56m 9.59m 9.93m 10.24m 10.52m

**M70 Shot Put**

Name	Age	Team	Finals
1 Lissy, Paul	M71	Unattached	13.00m 42-08.00
			9.17m 12.39m 12.64m 12.92m 12.74m 13.00m
2 Ginsburg, Marvin	M73	Unattached	9.82m 32-02.75
			9.82m 9.39m FOUL 9.59m 9.81m 9.55m

**M80 Shot Put**

Name	Age	Team	Finals
1 Gaynor, Arnie	M81	So Cal Striders	13.09m 42-11.50
			12.33m 13.09m 12.97m 12.81m 12.88m 12.55m

**M95 Shot Put**

Name	Age	Team	Finals
1 McPhie, Leland	M95	So Cal Track Club	6.30m 20-08.00
			5.71m 6.04m 6.30m 6.30m 5.95m 6.30m

**W35 Discus Throw**

Name	Age	Team	Finals
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1	Rector, Tiffany	W38	So Cal Track Club	24.40m	80-01
	24.40m	23.78m	23.06m	FOUL	22.94m 21.81m
2	Nelson, Trinidad	W39	So Cal Track Club	11.69m	38-04
	10.73m	11.63m	11.64m	11.36m	11.69m 10.72m

**W55 Discus Throw**

Name	Age	Team	Finals
1 Cohn, Linda	W56	So Cal Striders	26.64m 87-05
			25.46m 23.78m 22.76m 25.11m 23.44m 26.64m
2 Dean, Birgit	W56	Unattached	12.18m 39-11
			11.40m 12.18m 11.58m 11.61m 11.65m 11.59m

**W65 Discus Throw**

Name	Age	Team	Finals
1 O'Connor, Nadine	W67	Unattached	22.97m 75-04
			FOUL 22.97m 13.49m 18.45m 21.62m 22.89m

**M30 Discus Throw**

Name	Age	Team	Finals
1 Meux, Brian	M31	Unattached	38.32m 125-09
			FOUL 38.19m 37.79m 35.42m 38.32m 32.14m

**M35 Discus Throw**

Name	Age	Team	Finals
1 Nelson, Troy	M38	So Cal Track Club	29.75m 97-07
			29.26m FOUL 29.04m 29.75m FOUL FOUL
2 Joseph, Diedrick	M39	Elite Health	26.68m 87-06
			24.22m FOUL 23.55m 25.15m FOUL 26.68m

**M40 Discus Throw**

Name	Age	Team	Finals
1 Middlebrook, Levy	M43	Unattached	19.44m 63-09
			19.19m 19.44m 17.80m 14.74m 19.36m FOUL

**M45 Discus Throw**

Name	Age	Team	Finals
1 Ols, Joseph	M45	Unattached	25.91m 85-00
			21.53m 24.88m 25.91m FOUL FOUL FOUL

**M50 Discus Throw**

Name	Age	Team	Finals
1 Darby, Carl	M52	Unattached	46.05m 151-01
			FOUL 41.93m 43.47m 44.93m 41.77m 46.05m
2 Brown, Jeff	M52	Unattached	40.95m 134-04
			36.59m 36.73m 36.70m 34.69m 40.95m FOUL

**M55 Discus Throw**

Name	Age	Team	Finals
1 Watson, Richard	M56	Unattached	34.47m 113-01
			29.95m 30.94m 34.39m FOUL 34.46m 34.47m
2 Fraser, James	M56	Unattached	33.89m 111-02
			33.89m 32.52m 33.02m 33.88m 33.39m 32.19m

**M60 Discus Throw**

Name	Age	Team	Finals
1 Abatzoglou, Theagenis	M62	Unattached	42.80m 140-05
			FOUL FOUL 38.92m FOUL 39.92m 42.80m
2 Weinstock, William	M62	Unattached	34.08m 111-10
			34.08m 30.30m 29.61m 34.03m FOUL FOUL
3 Howard, Kent	M60	So Cal Track Club	31.45m 103-02
			31.45m FOUL FOUL FOUL 29.44m FOUL

**M70 Discus Throw**

Name	Age	Team					Finals
1 Lissy, Paul	M71	Unattached					36.82m 120-10
			32.70m	33.39m	33.63m	33.27m	35.55m 36.82m

**M80 Discus Throw**

Name	Age	Team					Finals
1 Gaynor, Arnie	M81	So Cal Striders					35.69m 117-01
			FOUL	31.55m	33.14m	FOUL	35.69m FOUL

**M95 Discus Throw**

Name	Age	Team					Finals
1 McPhie, Leland	M95	So Cal Track Club					13.92m 45-08
			12.77m	13.81m	13.44m	13.25m	13.92m 13.69m

**W35 Hammer Throw**

Name	Age	Team					Finals
1 Nelson, Trinidad	W39	So Cal Track Club					14.92m 48-11
			13.29m	12.24m	12.39m	9.60m	14.52m 14.92m

**W55 Hammer Throw**

Name	Age	Team					Finals
1 Dean, Birgit	W56	Unattached					17.21m 56-05
			15.06m	13.97m	FOUL	16.88m	15.29m 17.21m

**M35 Hammer Throw**

Name	Age	Team					Finals
1 Kirk, Daniel	M36	Unattached					50.26m 164-11
			FOUL	FOUL	50.26m	49.76m	FOUL 50.11m
2 Cyr, Peter	M38	So Cal Track Club					47.42m 155-07
			FOUL	FOUL	FOUL	FOUL	47.42m
3 Nelson, Troy	M38	So Cal Track Club					34.07m 111-09
			32.23m	FOUL	FOUL	34.07m	32.37m FOUL

**M45 Hammer Throw**

Name	Age	Team					Finals
1 Parsons, Douglas	M48	So Cal Track Club					41.82m 137-02
			39.31m	41.82m	41.00m	FOUL	41.31m 38.27m
2 Ols, Joseph	M45	Unattached					20.33m 66-08
			17.67m	20.33m	FOUL	FOUL	FOUL 14.01m

**M50 Hammer Throw**

Name	Age	Team					Finals
1 Darby, Carl	M52	Unattached					44.58m 146-03
			40.16m	42.43m	FOUL	42.26m	44.58m 40.43m
2 Crothers, Jeff	M50	Unattached					39.84m 130-08
			39.84m	39.61m	39.57m	38.02m	FOUL 39.46m

**M55 Hammer Throw**

Name	Age	Team					Finals
1 Meyer, Thomas	M57	So Cal Track Club					43.58m 143-00
			40.58m	40.89m	FOUL	42.07m	FOUL 43.58m
2 Watson, Richard	M56	Unattached					36.60m 120-01
			34.75m	35.81m	36.21m	35.82m	36.60m 35.21m

**M80 Hammer Throw**

Name	Age	Team					Finals
1 Gaynor, Arnie	M81	So Cal Striders					34.24m 112-04
			34.24m	FOUL	32.11m	FOUL	32.96m 33.01m

**W35 Javelin Throw**

Name	Age	Team					Finals
1 Rector, Tiffany	W38	So Cal Track Club					21.50m 70-06

20.71m 21.50m PASS PASS PASS PASS

**W50 Javelin Throw**

Name	Age	Team	Finals			
1 Vaughn, Karen	W51	Unattached	22.08m	72-05		
			22.08m 17.37m	FOUL	FOUL	19.44m FOUL

**W55 Javelin Throw**

Name	Age	Team	Finals			
1 Cohn, Linda	W56	So Cal Striders	39.47m	129-06		
			35.08m 34.50m	35.25m	35.83m	39.47m 37.03m

**W80 Javelin Throw**

Name	Age	Team	Finals			
1 Valien, Johnnye	W83	So Cal Striders	12.50m	41-00		
			FOUL 9.84m	12.50m	PASS	PASS PASS

**M35 Javelin Throw**

Name	Age	Team	Finals			
1 Jensen, Scott	M37	So Cal Track Club	38.19m	125-03		
			38.19m 34.59m	38.11m	35.39m	29.58m 36.47m
2 Nelson, Troy	M38	So Cal Track Club	31.84m	104-05		
			30.36m 30.14m	29.65m	30.62m	30.62m 31.84m
3 Joseph, Diedrick	M39	Elite Health	30.30m	99-05		
			29.51m	FOUL	26.90m	FOUL 30.30m

**M40 Javelin Throw**

Name	Age	Team	Finals			
1 Carpenter, Michael	M40	So Cal Track Club	46.92m	153-11		
			43.22m 42.46m	46.66m	46.11m	45.41m 46.92m
2 Middlebrook, Levy	M43	Unattached	33.27m	109-02		
			FOUL 27.69m	30.20m	32.98m	32.52m 33.27m

**M45 Javelin Throw**

Name	Age	Team	Finals			
1 Love, Richard	M49	Unattached	43.96m	144-03		
			42.00m 43.96m	43.46m	42.32m	42.61m 43.78m
2 Finehirsh, Steven	M47	Unattached	42.97m	141-00		
			40.96m 42.41m	42.97m	41.35m	41.76m 40.78m
3 Berle, Dolf	M46	So Cal Track Club	37.62m	123-05		
			35.32m 37.62m	PASS	PASS	PASS PASS
4 Miller, Mark	M49	Unattached	37.28m	122-04		
			37.28m 35.08m	FOUL	35.18m	35.27m 33.74m
5 Ols, Joseph	M45	Unattached	26.04m	85-05		
			24.48m 24.35m	25.85m	25.95m	26.04m FOUL
6 Morrow, Art	M45	So Cal Track Club	23.50m	77-01		
			FOUL 20.99m	23.07m	23.40m	23.50m FOUL

**M50 Javelin Throw**

Name	Age	Team	Finals			
1 Hansen, John	M51	Unattached	48.05m	157-08		
			48.05m 47.39m	44.34m	45.06m	FOUL 45.05m
2 Niroumand, Mahmoud	M52	So Cal Track Club	44.33m	145-05		
			44.33m 44.07m	41.57m	43.14m	42.87m FOUL
3 Mendoza, Charlie	M51	Unattached	32.12m	105-04		
			FOUL FOUL FOUL	32.12m	FOUL	FOUL

**M55 Javelin Throw**

Name	Age	Team	Finals			
1 Morris, Robert	M59	Unattached	39.76m	130-05		
			38.13m 37.12m	37.69m	39.76m	39.20m
2 Watson, Richard	M56	Unattached	38.52m	126-04		
			35.94m 38.52m	FOUL	37.38m	FOUL 36.10m
3 Tipping, Mike	M56	So Cal Track Club	36.43m	119-06		
			34.34m	FOUL	34.72m	35.11m 36.43m 33.93m



**M60 Javelin Throw**

Name	Age	Team	Finals
1 Powers, Bob	M60	Unattached	53.68m 176-01
50.38m 51.43m 50.10m 53.68m 52.56m 50.03m			
2 Schneider, John	M63	Unattached	43.59m 143-00
FOUL 43.59m 40.55m 42.12m 37.89m 39.23m			
3 Weinstock, William	M62	Unattached	37.34m 122-06
35.42m 35.68m 35.22m 37.34m 34.56m 36.10m			
4 Rook, Ron	M60	Trojan Masters T.C.	35.08m 115-01
32.16m 32.92m 34.90m 35.08m 34.53m 34.12m			

**M75 Javelin Throw**

Name	Age	Team	Finals
1 Martin, Edward	M75	Unattached	29.92m 98-02
FOUL 29.92m 28.49m FOUL 28.43m 29.70m			

**M80 Javelin Throw**

Name	Age	Team	Finals
1 Gaynor, Arnie	M81	So Cal Striders	26.12m 85-08
24.59m 22.51m 25.83m 25.89m 24.05m 26.12m			
2 Trefry, Allan	M80	Unattached	26.01m 85-04
22.62m 24.83m 26.01m 25.27m 25.90m FOUL			
3 Thornton, Thomas	M84	Unattached	11.83m 38-10
FOUL FOUL FOUL 9.76m 11.83m			

**M95 Javelin Throw**

Name	Age	Team	Finals
1 McPhie, Leland	M95	So Cal Track Club	9.94m 32-07
9.94m PASS PASS PASS PASS PASS			

**W35 Weight Throw**

Name	Age	Team	Finals
1 Rector, Tiffany	W38	So Cal Track Club	6.59m 21-07.50
FOUL 5.72m 6.59m 5.41m FOUL 5.53m			
2 Nelson, Trinidad	W39	So Cal Track Club	4.55m 14-11.25
4.32m 4.43m 4.55m 4.33m FOUL 4.51m			

**W55 Weight Throw**

Name	Age	Team	Finals
1 Dean, Birgit	W56	Unattached	6.84m 22-05.25
6.71m 6.58m 6.56m 6.84m 6.52m 6.21m			

**M30 Weight Throw**

Name	Age	Team	Finals
1 Meux, Brian	M31	Unattached	11.13m 36-06.25
10.10m 10.43m 10.63m FOUL 10.20m 11.13m			

**M35 Weight Throw**

Name	Age	Team	Finals
1 Nelson, Troy	M38	So Cal Track Club	10.53m 34-06.75
10.53m 10.37m 10.48m 10.47m FOUL 10.26m			
2 Joseph, Diedrick	M39	Elite Health	7.46m 24-05.75
7.46m 6.29m 7.18m 6.76m PASS PASS			

**M45 Weight Throw**

Name	Age	Team	Finals
1 Parsons, Douglas	M48	So Cal Track Club	13.91m 45-07.75
13.65m 13.91m FOUL 12.84m FOUL 13.02m			
2 Ols, Joseph	M45	Unattached	6.83m 22-05.00
6.16m 5.74m FOUL 6.83m FOUL FOUL			

**M50 Weight Throw**

Name	Age	Team	Finals
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```

=====
1 Darby, Carl                M52 Unattached                16.49m  54-01.25
   15.47m 14.49m FOUL 15.63m FOUL 16.49m
2 Crothers, Jeff            M50 Unattached                14.82m  48-07.50
   13.85m 14.70m 14.75m FOUL 14.82m 14.27m

```

**M55 Weight Throw**

```

=====
Name                        Age Team                        Finals
=====
1 Meyer, Thomas             M57 So Cal Track Club        16.49m  54-01.25
   15.85m 16.09m 15.86m 16.11m FOUL 16.49m
2 Watson, Richard           M56 Unattached                12.56m  41-02.50
   11.76m 11.52m 11.79m FOUL 12.27m 12.56m

```

**M80 Weight Throw**

```

=====
Name                        Age Team                        Finals
=====
1 Gaynor, Arnie             M81 So Cal Striders          13.74m  45-01.00
   13.48m 12.74m 12.61m 13.35m 13.74m 13.68m

```

**W35 Super Weight**

```

=====
Name                        Age Team                        Finals
=====
1 Nelson, Trinidad          W39 So Cal Track Club         3.43m   11-03.00
   3.07m 3.01m 2.97m 3.43m 2.94m 3.32m

```

**W55 Super Weight**

```

=====
Name                        Age Team                        Finals
=====
1 Dean, Birgit              W56 Unattached                3.85m   12-07.75
   3.65m 3.38m 3.65m 3.24m 3.31m 3.85m

```

**M35 Super Weight**

```

=====
Name                        Age Team                        Finals
=====
1 Nelson, Troy              M38 So Cal Track Club         6.77m   22-02.50
   6.54m FOUL 6.77m FOUL FOUL 4.55m

```

**M45 Super Weight**

```

=====
Name                        Age Team                        Finals
=====
1 Ols, Joseph               M45 Unattached                4.61m   15-01.50
   4.06m 3.50m 4.15m 4.55m 3.93m 4.61m

```

**M50 Super Weight**

```

=====
Name                        Age Team                        Finals
=====
1 Crothers, Jeff            M50 Unattached                7.39m   24-03.00
   6.49m 7.37m 7.39m 7.30m 6.96m 6.87m

```

**M55 Super Weight**

```

=====
Name                        Age Team                        Finals
=====
1 Watson, Richard           M56 Unattached                7.33m   24-00.75
   FOUL 7.33m 6.37m FOUL 6.18m FOUL

```

**W45 5000 Meter Race Walk**

```

=====
Name                        Age Team                        Finals
=====
1 LaBlonde, Kimbre         W45 Arizona Elit             42:02.56

```

**W60 5000 Meter Race Walk**

```

=====
Name                        Age Team                        Finals
=====
1 Bertino, Carol           W62 Easy Strider             32:40.42

```

**W65 5000 Meter Race Walk**

```

=====
Name                        Age Team                        Finals
=====
1 Lavigne, Yvette          W69 So Cal Track Club        40:29.65

```

**M45 5000 Meter Race Walk**

```

=====
Name                        Age Team                        Finals
=====

```

```
=====
 1 Kurtzman, James      M47 So Cal Track Club  28:35.31
 2 Morrow, Art        M45 So Cal Track Club  32:31.71
-- LaBlonde, Thomas    M49 Arizona Elit      DQ
M60 5000 Meter Race Walk
```

```
=====
      Name                Age Team                Finals
=====
 1 Campbell, Richard     M63 Unattached         28:42.67
```