

Flash Results, Inc. (Don Chadez)

## USATF West Region Masters Championships @Orange Coast College Results

### Women 100 Meter Dash

Name	Age	Team	Finals
Section 1 Wind: -2.5			
1 Jeanne Bowman	W57	SC Striders	15.62
2 Lenora Brown	W52	Elite Health	15.76
3 Linda Hillebrand	W53	unattached	16.22
4 Freddie Braxton	W60	unattached	19.40
5 Johnnye Valien	W84	SC Striders	23.92
Section 2 Wind: -1.3			
1 Dena Birade	W38	So Cal Track	12.52
2 Amanda Nowakowski	W46	unattached	15.89
3 Alyson Ford	W45	Elite Health	16.14
4 Lillie Ponder	W49	Elite Health	16.40
5 Trace Richardson	W44	Elite Health	17.31

### Men 100 Meter Dash

Name	Age	Team	Finals
Section 1 Wind: -2.6			
1 John Carr	M71	unattached	17.55
2 Alfonso Escobosa	M82	SC Striders	19.07
3 Francis Kishi	M79	SC Striders	19.93
4 Jerry Harwood	M71	So Cal Track	20.38
Section 2 Wind: -3.8			
1 Ernie Stucki	M60	SC Striders	13.65
2 F. Eugene Driver	M60	The Trojan M	14.00
3 Henry Randolph	M67	So Cal Track	14.48
4 Michael Washington	M62	unattached	15.57
5 Rob Farber	M64	unattached	15.90
6 Ronnie Muranaka	M66	SC Striders	16.23
7 Steve Ryan	M69	unattached	16.86
Section 3 Wind: -2.3			
1 Thaddeus Wilson	M59	Pacific Coas	12.88
2 Chip Cowl	M55	So Cal Track	12.93
3 Don Howe	M50	unattached	13.46
4 Michael Berger	M53	Track Club L	20.48
Section 4 Wind: -1.2			
1 Kevin Biggers	M48	So Cal Track	12.45
2 Kent Wilson	M46	unattached	12.72
3 Renato Brito	M45	unattached	13.41
4 Louis Jefferson	M46	unattached	13.48
5 Joseph Ols	M46	unattached	13.96
Section 5 Wind: -2.2			
1 Scott Kustes	M30	unattached	12.03
2 Chappale Burton	M41	unattached	12.51
3 Edward Mc Elroy	M42	The Trojan M	12.64
4 Kenneth King	M35	unattached	12.80
5 Anthony Zoolakis	M44	unattached	12.82
6 John Garratt	M43	Track Club L	12.92
7 David Woods	M40	unattached	14.22

### Women 200 Meter Dash

Name	Age	Team	Finals
Section 1 Wind: -0.9			
1 Dena Birade	W38	So Cal Track	25.59
2 Linda Hillebrand	W53	unattached	32.32
3 Jeanne Bowman	W57	SC Striders	32.39
4 Phyllis Bradford	W48	Elite Health	34.56
5 Vickie Ford	W49	Elite Health	35.18
6 Letitia Love	W44	Elite Health	38.75
7 Freddie Braxton	W60	unattached	40.23

### Men 200 Meter Dash

Name	Age	Team	Finals
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Section 1 Wind: -0.5			
1	John Carr	M71 unattached	37.62
2	Alfonso Escobosa	M82 SC Striders	38.40
3	Francis Kishi	M79 SC Striders	40.06
4	Jerry Harwood	M71 So Cal Track	48.48
Section 2 Wind: -2.6			
1	Henry Randolph	M67 So Cal Track	29.88
2	Eric Jones	M67 So Cal Track	32.37
3	Steve Ryan	M69 unattached	35.09
Section 3 Wind: -2.4			
1	Ernie Stucki	M60 SC Striders	27.88
2	Michael Washington	M62 unattached	31.53
3	F. Eugene Driver	M60 The Trojan M	32.18
Section 4 Wind: -1.3			
1	Robert Richardson	M57 SC Striders	25.90
2	Karig McCloskey	M55 unattached	26.19
3	Chip Crowl	M55 So Cal Track	26.92
4	Kenneth Stone	M56 SC Striders	29.54
Section 5 Wind: -1.4			
1	James Chinn	M51 unattached	24.75
2	Edward Muehlbacher	M51 unattached	26.07
3	Jerry Davis	M50 Track West	27.33
4	Howard Sklar	M54 Shreveport M	28.88
Section 6 Wind: -2.0			
1	Wyndell Dickinson	M46 So Cal Track	24.23
2	Chappale Burton	M41 unattached	24.94
3	John Garratt	M43 Track Club L	25.51
4	Louis Jefferson	M46 unattached	27.09
5	Renato Brito	M45 unattached	27.68
6	Joseph Ols	M46 unattached	28.03

Women 400 Meter Dash

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Name	Age	Team	Finals
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Section 1			
1	Dancoise Clayborn	W50 unattached	74.91
2	Patricia Contreras	W52 So Cal Track	76.95
3	Lenora Brown	W52 Elite Health	1:29.50
4	Freddie Braxton	W60 unattached	1:34.11
Section 2			
1	Amanda Nowakowski	W46 unattached	70.84
2	Alyson Ford	W45 Elite Health	74.38
3	Vickie Ford	W49 Elite Health	77.79
4	Phyllis Bradford	W48 Elite Health	78.19
5	Wanda Toro	W47 unattached	78.63
Section 3			
1	Siri Kristjansson	W36 So Cal Track	61.15
2	Letitia Love	W44 Elite Health	1:38.17

Men 400 Meter Dash

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Name	Age	Team	Finals
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Section 1			
1	George Cohen	M70 SC Striders	79.03
2	Alfonso Escobosa	M82 SC Striders	1:35.22
3	Francis Kishi	M79 SC Striders	1:43.30
4	John Carr	M71 unattached	1:49.16
Section 2			
1	Frederick Lindsley	M65 So Cal Track	66.25
2	Salih Talib	M65 So Cal Track	68.11
3	Eric Jones	M67 So Cal Track	71.93
Section 3			
1	Robert Richardson	M57 SC Striders	59.26
2	Rob Duncanson	M55 KM3D Athleti	59.64
3	David Parke	M64 So Cal Track	62.03
4	Howard Sklar	M54 Shreveport M	65.42
5	Graeme Shirley	M64 unattached	69.43
6	Michael Washington	M62 unattached	71.81
Section 4			
1	Jeff Scott	M51 So Cal Track	60.09
2	Jerry Davis	M50 Track West	60.12
3	Michael Berger	M53 Track Club L	1:32.69
Section 5			
1	Scott Kustes	M30 unattached	56.17
2	Aaron Goodall	M40 So Cal Track	57.32

3 John Garratt M43 Track Club L 58.03

Women 800 Meter Run

Name	Age	Team	Finals
Section 1			
1 Debbie Lee	W53	So Cal Track	2:46.52
2 Susan Duenas	W47	Westlake Tra	2:57.86
3 Dancoise Clayborn	W50	unattached	2:59.97
4 Wanda Toro	W47	unattached	3:00.44
-- Siri Kristjansson	W36	So Cal Track	DNF

Men 800 Meter Run

Name	Age	Team	Finals
Section 1			
1 Salih Talib	M65	So Cal Track	2:31.72
2 Eric Jones	M67	So Cal Track	2:49.83
3 Catarino Gonzalez	M68	unattached	2:56.94
4 Rick Muth	M61	SC Striders	3:06.78
5 Jim Lyons	M70	unattached	3:08.46
6 George Cohen	M70	SC Striders	3:25.49
7 Alfonso Escobosa	M82	SC Striders	4:09.39

Section 2

1 Rob Duncanson	M55	KM3D Athleti	2:17.66
2 Jeff Scott	M51	So Cal Track	2:18.97
3 Bob Ellis	M53	unattached	2:19.57
4 Brian Nelson	M52	So Cal Track	2:19.93
5 Gary Shapiro	M59	unattached	2:27.92
6 Hugo Velazquez	M59	unattached	2:39.92

Section 3

1 Jon Colletti	M37	So Cal Track	2:04.03
2 Barry Givens	M36	So Cal Track	2:08.84
3 Sean Fader	M41	unattached	2:09.72
4 Aaron Goodall	M40	So Cal Track	2:09.86
5 Robert Gates	M41	So Cal Track	2:11.94
6 John Garratt	M43	Track Club L	2:17.87

Women 1500 Meter Run

Name	Age	Team	Finals
Section 1			
1 Wanda Toro	W47	unattached	6:07.72
2 Dancoise Clayborn	W50	unattached	6:12.65
3 Susan Duenas	W47	Westlake Tra	6:20.80

Men 1500 Meter Run

Name	Age	Team	Finals
1 Aaron Goodall	M40	So Cal Track	4:31.39
2 Stephen Phelps	M21	unattached	4:32.66
3 Sean Fader	M41	unattached	4:33.81
4 Mark Hulme	M49	So Cal Track	4:44.82
5 Oliver Gallego	M48	Elite Health	4:47.21
6 Paul Pearson	M59	So Cal Track	4:48.09
7 Rob Duncanson	M55	KM3D Athleti	4:48.49
8 Alan Siddons	M58	SC Striders	6:07.00
9 Geoffrey Mc Crary	M46	Elite Health	6:18.97
10 Michael Berger	M53	Track Club L	6:37.46
11 Gordon Mc Clenathen	M76	Club West	7:27.09

Women 1 Mile Run

Name	Age	Team	Finals
1 Debbie Lee	W53	So Cal Track	6:04.26
2 Wanda Toro	W47	unattached	6:23.62
3 Dancoise Clayborn	W50	unattached	6:26.86
4 Patricia Contreras	W52	So Cal Track	6:28.74
5 Celia Domingue-pettus	W53	Elite Health	7:22.44

Men 1 Mile Run

Name	Age	Team	Finals
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1	Barry Givens	M36	So Cal Track	4:49.17
2	Sean Fader	M41	unattached	4:50.52
3	Brian Nelson	M52	So Cal Track	4:59.27
4	Nolan Shaheed	M60	So Cal Track	5:00.54
5	Mark Hulme	M49	So Cal Track	5:01.16
6	Oliver Gallego	M48	Elite Health	5:13.74
7	Chuck Douglas	M49	unattached	5:30.03
8	Hugo Velazquez	M59	unattached	5:31.23
9	Frederick Lindsley	M65	So Cal Track	5:31.66
10	Salih Talib	M65	So Cal Track	5:45.07
11	Michael Berger	M53	Track Club L	6:56.71

## Women 5000 Meter Run

Name	Age	Team	Finals	
1	Celia Domingue-pettus	W53	Elite Health	25:32.47

## Men 5000 Meter Run

Name	Age	Team	Finals	
1	Oliver Gallego	M48	Elite Health	17:42.44
2	David Learn	M59	unattached	21:37.42
3	Geoffrey Mc Crary	M46	Elite Health	21:38.15
4	Michael Berger	M53	Track Club L	23:14.23

## Men 100 Short Hurdles 100 meter

Name	Age	Team	Finals
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## Section 1 Wind: 1.1

1	Mahmoud Niroumand	M53	So Cal Track	16.83
2	Chip Crowl	M55	So Cal Track	18.44
3	Andrew Hecker	M55	unattached	19.28
4	Jeffery Davison	M52	So Cal Track	19.68
--	Bob Larsen	M57	unattached	DNF

## Men 110 Short Hurdles 110 meter

Name	Age	Team	Finals
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## Section 1 Wind: 1.5

1	Derek Pye	M42	So Cal Track	14.70
2	Laurent Birade	M43	So Cal Track	16.98
3	Edward Mc Elroy	M42	The Trojan M	17.66
4	Kenneth King	M35	unattached	18.14
5	Joseph Ols	M46	unattached	20.49
--	Johnny Watson	M43	So Cal Track	DNF

## Men 300 Long Hurdles 300 meter

Name	Age	Team	Finals
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## Section 1

1	Fred Niedermeyer	M70	unattached	61.86
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## Men 400 Long Hurdles 400 meter

Name	Age	Team	Finals
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1	Andrew Hecker	M55	unattached	70.12
2	Joseph Ols	M46	unattached	71.06
3	Bob Larsen	M57	unattached	1:23.43

## Mixed 2000 Meter Steeplechase

Name	Age	Team	Finals
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1	Lisa Valle	W44	So Cal Track	6:52.60
2	Dave Cook	M50	So Cal Track	10:40.68
3	Gordon Mc Clenathen	M76	Club West	11:43.55

## Men 3000 Meter Steeplechase

Name	Age	Team	Finals
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1 Darren Cox	M40	So Cal Track	10:59.47
2 Greg Wilson	M58	unattached	11:27.86
3 Dave Cook	M50	So Cal Track	12:14.37

Men 4x100 Meter Relay

Team	Finals
1 So Cal Track Club 'A'	51.14
2 unattached 'A'	52.97

Women High Jump

Name	Age Team	Finals
1 Karen Vaughn	W52 unattached	1.15m 3-09.25

Men High Jump

Name	Age Team	Finals
1 Charlie Rader	M62 So Cal Track	1.60m 5-03.00
2 John Dobroth	M69 So Cal Track	1.45m 4-09.00
3 Dave Perry	M71 unattached	1.40m 4-07.00
4 Dennis Rider	M67 unattached	1.15m 3-09.25
4 Raymond Fitzhugh	M75 SC Striders	1.15m 3-09.25
6 David Douglass	M78 unattached	1.10m 3-07.25

Flight 2

1 Kenneth King	M35 unattached	1.75m 5-08.75
1 Ronald Lee	M46 USA High Jum	1.75m 5-08.75
3 Peter Hlavin	M52 So Cal Track	1.70m 5-07.00
4 Kirk Bentz	M55 So Cal Track	1.50m 4-11.00
4 Joseph Ols	M46 unattached	1.50m 4-11.00
6 Richard Watson	M57 unattached	1.40m 4-07.00
7 Michael Berger	M53 Track Club L	1.05m 3-05.25

Women Pole Vault

Name	Age Team	Finals
1 Alison Regan	W44 unattached	2.80m 9-02.25

Men Pole Vault

Name	Age Team	Finals
1 Wendell Beck	M51 unattached	4.35m 14-03.25
2 Charles Brown	M55 unattached	4.20m 13-09.25
3 Kirk Bentz	M55 So Cal Track	3.95m 12-11.50
4 Joseph Ols	M46 unattached	3.80m 12-05.50
5 Murray Mead	M56 No Limit Spo	3.65m 11-11.75
6 Raymond Fitzhugh	M75 SC Striders	1.85m 6-00.75

Women Long Jump

Name	Age Team	Finals	Wind
1 Johnnye Valien	W84 SC Striders	2.28m	NWI 7-05.75

Men Long Jump

Name	Age Team	Finals	Wind
1 Gregory Mimm	M62 So Cal Track	4.95m	NWI 16-03.00
2 Carl Flowers	M63 So Cal Track	4.74m	NWI 15-06.75
3 Rob Farber	M64 unattached	4.47m	NWI 14-08.00
4 Raymond Fitzhugh	M75 SC Striders	3.35m	NWI 11-00.00
5 Jerry Harwood	M71 So Cal Track	2.80m	NWI 9-02.25
6 Dennis Rider	M67 unattached	2.71m	NWI 8-10.75
7 Donald Alexander	M76 The Trojan M	2.03m	NWI 6-08.00

Flight 2

1 Kevin Biggers	M48 So Cal Track	5.94m	NWI 19-06.00
2 Johnny Watson	M43 So Cal Track	5.50m	NWI 18-00.50
3 Don Howe	M50 unattached	5.25m	NWI 17-02.75
4 Mahmoud Niroumand	M53 So Cal Track	5.17m	NWI 16-11.50

5	Kirk Bentz	M55	So Cal Track	5.15m	NWI	16-10.75
6	Joseph Ols	M46	unattached	4.94m	NWI	16-02.50
7	Bill Sargent	M50	unattached	4.86m	NWI	15-11.50
8	Andrew Hecker	M55	unattached	4.82m	NWI	15-09.75
9	Chip Crowl	M55	So Cal Track	4.71m	NWI	15-05.50
10	David Woods	M40	unattached	4.25m	NWI	13-11.50
11	Mike Tipping	M57	So Cal Track	4.20m	NWI	13-09.50
12	Richard Watson	M57	unattached	3.93m	NWI	12-10.75
13	Art Morrow	M46	So Cal Track	3.86m	NWI	12-08.00
--	Scott Jensen	M38	So Cal Track	FOUL		

Women Triple Jump

Name	Age	Team	Finals	Wind	
Flight 1					
1	Annelies Steekelenburg	W62	SC Striders	7.85m	NWI 25-09.25

Men Triple Jump

Name	Age	Team	Finals	Wind	
1	Robert Richardson	M57	SC Striders	10.95m	NWI 35-11.25
2	Kirk Bentz	M55	So Cal Track	10.47m	NWI 34-04.25
3	Gregory Mimm	M62	So Cal Track	10.40m	NWI 34-01.50
4	John Tomaschke	M60	So Cal Track	10.29m	NWI 33-09.25
5	Andrew Hecker	M55	unattached	9.55m	NWI 31-04.00
6	Carl Flowers	M63	So Cal Track	9.44m	NWI 30-11.75
7	Raymond Fitzhugh	M75	SC Striders	6.58m	NWI 21-07.25
8	Tom Patsalis	M88	So Cal Track	6.20m	NWI 20-04.25
9	Jerry Harwood	M71	So Cal Track	4.50m	NWI 14-09.25

Flight 2

1	Kenneth King	M35	unattached	12.35m	NWI 40-06.25
2	Mahmoud Niroumand	M53	So Cal Track	11.18m	NWI 36-08.25
3	Joseph Ols	M46	unattached	9.17m	NWI 30-01.00
4	Michael Berger	M53	Track Club L	3.99m	NWI 13-01.25

Women Shot Put

Name	Age	Team	Finals		
Flight 1					
1	Karen Vaughn	W52	unattached	9.26m	30-04.75
2	Trinidad Nelson	W40	So Cal Track	6.46m	21-02.50
3	Hattie Perry	W67	unattached	5.99m	19-08.00
4	Johnnye Valien	W84	SC Striders	5.08m	16-08.00

Men Shot Put

Name	Age	Team	Finals		
1	Mike Rainis	M31	So Cal Track	15.30m	50-02.50
2	Greg Stines	M55	unattached	14.62m	47-11.75
3	Wayne Tweddell	M55	unattached	11.09m	36-04.75
4	Richard Watson	M57	unattached	10.48m	34-04.75
5	Joseph Ols	M46	unattached	10.08m	33-01.00
6	Marvin Ginsburg	M74	unattached	9.67m	31-08.75
7	Troy Nelson	M39	So Cal Track	9.57m	31-04.75
8	Ernie Smith	M76	SC Striders	9.22m	30-03.00
9	Jerry Harwood	M71	So Cal Track	8.91m	29-02.75
10	David Woods	M40	unattached	8.58m	28-01.75
11	Greg Retzer	M46	So Cal Track	8.47m	27-09.50
12	David Douglass	M78	unattached	7.82m	25-08.00
13	Dennis Rider	M67	unattached	7.50m	24-07.25
14	Donald Alexander	M76	The Trojan M	7.44m	24-05.00
15	Seymour Lampert	M90	So Cal Track	6.29m	20-07.75

Women Discus Throw

Name	Age	Team	Finals		
1	Annelies Steekelenburg	W62	SC Striders	21.53m	70-08
2	Christine Stone	W55	SC Striders	14.95m	49-00
3	Trinidad Nelson	W40	So Cal Track	14.56m	47-09

Men Discus Throw

Name	Age	Team	Finals	
1 Robert Humphreys	M74	unattached	33.54m	110-00
2 Alan Rosen	M74	unattached	31.92m	104-09
3 Dennis Rider	M67	unattached	28.79m	94-05
4 Jerry Harwood	M71	So Cal Track	28.61m	93-10
5 David Douglass	M78	unattached	23.58m	77-04
Flight 2				
1 Jeff Brown	M54	unattached	37.86m	124-02
2 Robert Morris	M60	unattached	37.68m	123-07
3 Richard Watson	M57	unattached	32.82m	107-08
4 Greg Retzer	M46	So Cal Track	31.53m	103-05
5 William Weinstock	M63	unattached	31.08m	102-00
6 Rob Duncanson	M55	KM3D Athleti	30.65m	100-07
7 Troy Nelson	M39	So Cal Track	29.82m	97-10
8 Joseph Ols	M46	unattached	24.20m	79-05

## Women Hammer Throw

Name	Age	Team	Finals	
Flight 1				
1 Trinidad Nelson	W40	So Cal Track	19.63m	64-05

## Men Hammer Throw

Name	Age	Team	Finals	
1 Greg Retzer	M46	So Cal Track	42.64m	139-11
2 Thomas Meyer	M58	So Cal Track	38.81m	127-04
3 Richard Watson	M57	unattached	35.44m	116-03
4 Troy Nelson	M39	So Cal Track	33.45m	109-09
5 Jerry Harwood	M71	So Cal Track	28.15m	92-04
6 David Douglass	M78	unattached	26.57m	87-02
7 Joseph Ols	M46	unattached	23.33m	76-06
8 Dennis Rider	M67	unattached	21.36m	70-01
9 Seymour Lampert	M90	So Cal Track	15.65m	51-04

## Women Javelin Throw

Name	Age	Team	Finals	
1 Tina Bowman	W57	unattached	26.31m	86-04
2 Karen Vaughn	W52	unattached	19.96m	65-06
3 Trinidad Nelson	W40	So Cal Track	12.69m	41-08

## Men Javelin Throw

Name	Age	Team	Finals	
1 Kenneth King	M35	unattached	47.38m	155-05
2 Mahmoud Niroumand	M53	So Cal Track	43.10m	141-05
3 Chris Campbell	M33	unattached	41.76m	137-00
4 Robert Morris	M60	unattached	39.71m	130-03
5 Richard Watson	M57	unattached	39.11m	128-04
6 Rob Duncanson	M55	KM3D Athleti	37.63m	123-05
7 Mike Tipping	M57	So Cal Track	36.83m	120-10
8 William Weinstock	M63	unattached	36.02m	118-02
9 Sy Silverstein	M60	unattached	35.91m	117-10
10 Ron Rook	M61	The Trojan M	35.27m	115-08
11 Bill Sargenti	M50	unattached	34.66m	113-08
12 Dennis Rider	M67	unattached	30.62m	100-05
13 Joseph Ols	M46	unattached	29.89m	98-01
14 Troy Nelson	M39	So Cal Track	28.52m	93-07
15 Greg Retzer	M46	So Cal Track	26.49m	86-11
16 David Woods	M40	unattached	26.25m	86-01
17 Donald Alexander	M76	The Trojan M	24.01m	78-09
18 Art Morrow	M46	So Cal Track	23.28m	76-04
19 Jerry Harwood	M71	So Cal Track	20.82m	68-04
20 Ernie Smith	M76	SC Striders	18.89m	62-00
21 David Douglass	M78	unattached	18.77m	61-07

## Women Weight Throw

Name	Age	Team	Finals	
1 Trinidad Nelson	W40	So Cal Track	6.89m	22-07.25

Men Weight Throw

Name	Age	Team	Finals	
1 Thomas Meyer	M58	So Cal Track	15.10m	49-06.50
2 John Edmonston	M57	unattached	14.38m	47-02.25
3 Robert Humphreys	M74	unattached	12.48m	40-11.50
4 Greg Retzer	M46	So Cal Track	12.37m	40-07.00
5 Richard Watson	M57	unattached	12.00m	39-04.50
6 Troy Nelson	M39	So Cal Track	10.72m	35-02.00
7 David Douglass	M78	unattached	9.57m	31-04.75
8 Jerry Harwood	M71	So Cal Track	9.38m	30-09.25
9 Joseph Ols	M46	unattached	7.52m	24-08.25
10 Dennis Rider	M67	unattached	7.28m	23-10.75

Women Super Weight

Name	Age	Team	Finals	
1 Trinidad Nelson	W40	So Cal Track	3.25m	10-08.00

Men Super Weight

Name	Age	Team	Finals	
1 Greg Retzer	M46	So Cal Track	7.34m	24-01.00
2 Troy Nelson	M39	So Cal Track	6.92m	22-08.50
3 Richard Watson	M57	unattached	6.57m	21-06.75
4 Jerry Harwood	M71	So Cal Track	5.97m	19-07.00
5 Joseph Ols	M46	unattached	3.04m	9-11.75

Men 5000 Meter Race Walk

Name	Age	Team	Finals
Section 1			
1 Richard Campbell	M64	So Cal Track	28:44.50
2 John Magnussen	M57	Southern Cal	29:09.99
3 Art Morrow	M46	So Cal Track	32:32.35
4 Carlos Acosta	M76	So Cal Track	34:37.54
-- Michael Berger	M53	Track Club L	DQ