



## Southern California Indoor Meet . . . Outdoors

Sunday, February 17, 2013

Mater Dei High School, Santa Ana

40 yard Dash  
0.6M/S

[Race Photo](#)

Age Group P

Southern Califor

1	Leonidas	Watson	M 40	4.97	1
2	Phil	McConkey	M 55	5.21	1
3	Andrew	Hecker	M 58	6.11	2
4	Barry	Green	M 67	6.23	1
5	Kathy	Bergen	F 74	6.31	1
6	Jennifer	Jones	F 52	6.44	1
7	Richard	DeFilippo	M 69	7.44	2

60m Heat 1

2.05M/S [Race Photo](#)

1	Jennifer Jones	F 52	9.68
2	Lillie Ponder	F 52	9.76
3	Donna Morgan	F 52	10.18
4	Merary Januk	F 37	11.43
5	Jamila Thompson	F 39	11.61

60m Heat 2

1.5M/S [Race Photo](#)

1	Andi Rolfe	F 47	8.75
2	Kathy Bergen	F 74	9.45
3	Leonora Brown	F 54	9.88
4	Freddie Braxton	F 62	11.95

60m Heat 3

1.6M/S [Race Photo](#)

1	Steve Kloch	M 60	8.59
2	Barry Green	M 67	9.29
3	Fred Niedermeyer	M 72	9.92
4	Ron Muranaka	M 70	10.07
5	Richard DeFilippo	M 69	11.68

Age Group P

Southern Califo

1  
2  
4  
1  
2

South

Southern Califo

1  
1  
1  
2  
2

## 60m Heat 4

1.8M/S

[Race Photo](#)

1	Kevin	Biggers	M 50	7.89	1
2	Joseph	Patridge	M 55	7.92	1
3	Phil	McConkey	M 55	7.96	2
4	Gary	McCullough	M 50	7.97	2
5	Bob	Foster	M 51	7.99	3
6	Bob	White	M 60	9.17	1
4	Sayyid	Jami	M 60	9.22	2
5	Bob	Foster	M 51	7.99	3

Southern Califo

## 60m Heat 5

0.7M/S

[Race Photo](#)

1	Leonidas	Watson	M	7.31	1
2	Tade	Touain	M 29	7.43	2
3	Matt	Walker	M 37	7.94	3
4	John	Sawamura	M 43	8.03	1
5	Albert	Nicholson	M 46	8.37	1
6	Randy	Thompson	M 46	8.39	2
7	Jared	Sawamura	M 15	8.67	1

Southern Califo

## 100m Heat 1

1.3M/S

[Race Photo](#)

1	Kathy	Bergen	F 73	15.83	1
2	Lenora	Brown	F 54	16.07	1
3	Toyona	Holloway	F 38	17.37	1
4	Rochelle	Welch-Turner	F 54	18.11	2
5	Merary	Saruh	F 37	18.97	2
6	Freddie	Braxton	F 62	19.67	1

## 100m Heat 2

1.7M/S

[Race Photo](#)

1	Joseph	Patridge	M 55	12.57	1
2	Steve	Kloch	M 60	13.85	1
3	Andi	Rolfe	F 47	14.00	1
4	Bob	Larsen	M 59	14.52	2
5	Michael	Washington	M 65	15.19	1
6	Andrew	Hecker	M 58	15.78	3
3	Richard	DeFilippo	M 69	19.79	2

## 100m Heat 3

1.5M/S

[Race Photo](#)

1	Tade	Touain	M 27	11.72	1
2	Kevin	Biggers	M 50	12.61	1
3	John	Sawamura	M 43	12.68	1

## 200m Heat 1

-0.2M/S

[Race Photo](#)

1	Lenora	Brown	F 54	34.47	1
2	Lillie	Ponder	F 52	34.82	2
3	Toyona	Holloway	F 38	36.53	1
4	Rochelle	Welch-Turner	F 54	39.02	3
5	Donna	Morgan	F 52	43.45	4

## 200m Heat 2

1.8M/S

[Race Photo](#)

1	Robert	Richardson	M 59	27.17	1
2	Steve	Kloch	M 60	28.63	1
3	Bill	Cheadle	M 59	28.78	2
4	Bob	Larsen	M 59	29.79	3
5	Michael	Washington	M 65	31.07	1
6	Mike	Tipping	M 60	32.08	2

## 200m Heat 3

0.7M/S

[Race Photo](#)

1	Tade	Touain	M 29	25.22	1
2	Gary	McCullough	M 50	25.69	2
3	Bob	Foster	M 51	26.14	3
4	John	Sawamura	M 43	26.50	1
5	Andi	Rolfe	F 47	27.56	1

Southern Califo

Sout

Southern Califo

## 200m Heat 4

1.3M/S

[Race Photo](#)

1	Keith	Chambers	M 34	24.54	1
2	James	Chinn	M 54	25.12	1
3	Matt	Walker	M 37	25.53	1
4	Anteo	Quiroz	M 29	28.61	2

## 300m

[Race Photo](#)

1	Tade	Touain	M 27	42.56	1
2	Freddie	Braxton	F 62	1:11.54	1
3	Michael	Washington	M 65	1:11.66	1

## 400m Heat 1

[Race Photo](#)

1	Bob	Foster	M 51	59.52	2
2	Bill	Cheadle	M 59	1:04.32	1
3	Bob	Larsen	M 59	1:05.93	2
4	Sayyid	Jami	M 58	1:08.26	3
5	Michael	Washington	M 65	1:09.77	1
6	Jeanne	Bowman	F 60	1:20.40	1

## 400m Heat 2

[Race Photo](#)

1	Keith	Chambers	M 34	53.66	1
2	James	Chinn	M 54	55.98	1
3	Matt	Walker	M 37	57.65	1
4	Anteo	Quiroz	M 29	1:00.48	1
5	Albert	Nicholson	M 46	1:00.69	1
6	Marcus	Barge	M 32	1:02.00	2
7	Barry	Givens	M 39	1:04.21	2

## 800m

[Race Photo](#)

1	Vickee	Ford	F 51	2:49.26	1
2	Anteo	Quiroz	M 29	3:11.32	1

Southern Califo

Sout

Southern Califo

Sout

## 1000m

		<a href="#">Race Photo</a>		
1	Joe de la Puente	M 56	4:39.68	1

## 1 Mile

		<a href="#">Race Photo</a>		
1	Juan Ramirez	M 42	4:50.50	1
2	Casey VanMaanen	M 39	5:15.15	1
3	Mark Hulme	M 51	5:17.60	1
4	Paul Van Zuyle	M 51	5:18.41	2
5	David Hulme	M 14	5:20.05	1
6	Oliver Gallegos	M 51	5:22.52	1
7	Casey Hulme	M 12	6:00.21	1
8	Debbie Lee	F 56	6:09.39	1
9	Tom Dilday	M 74	7:29.66	1
10	Toyona Holliday	F 38	7:56.96	1
11	Rochelle Welch-Turner	F 54	8:06.59	1
12	Jon Barkman	M 74	8:10.73	2

## 3000m

		<a href="#">Race Photo</a>		
1	Barry Givens	M 39	9:28.79	1
2	Brian Nelson	M 55	10:00.65	1
3	Steve Brumwell	M 51	10:32.31	1
4	Paul Van Zuyle	M 51	10:41.22	2
5	Rosalva Bonilla	F 50	11:27.44	1
6	Debbie Lee	M 56	12:03.09	1
7	Bill Fitzpatrick	M 62	12:21.91	1
8	Gary Shapiro	M 61	12:55.38	2

## 60m Hurdles

1.3M/S

[Race Photo](#)

1	Fred Niedermeyer	M 72	11.42	1
2	Andrew Hecker	M 58	11.56	1
3	Bob White	M 63	12.28	1
4	Bert Bergen	M 75	14.07	1
5	Joe de la Puente	M 55	16.72	2

## Long Jump

Leonidas Watson	M 32	7.28 +1.5	1
Gary McCullough	M 50	5.02 +2.9 (no wind legal jumps)	1
Jim Stevens	M 61	4.71 +1.8	1

Southern Califo

John	Tomaschke	M 63	4.65	+1.9	2
Carl	Flowers	M 65	4.45	+1.9	1
Randy	Thompson	M 44	4.43	+1.0	1
David	McLawhorn	M 58	4.27	+2.1 (4.11 +1.6)	1
Bob	White	M 63	4.07	+2.3 (3.98 +1.8)	3
Joe	de la Puente	M 56	4.02	+1.9	2
Linda	Cohn	F 60	3.79	+1.5	1
Bert	Bergen	M 75	3.78	+2.1 (3.54 +1.9)	1

## Triple Jump

Leonidas	Watson	M 32	13.58	+1.0	1
John	Tomaschke	M 63	9.64	+1.9	1
Jim	Stevens	M 61	9.39	+0.8	2
David	McLawhorn	M 58	8.34	+3.0 (8.07 +1.1)	1
Bert	Bergen	M 75	7.38	+2.2 (6.92 +1.7)	1
Debbie	Lee	F 56	4.33	+1.6	1

## High Jump

Jon	Stoll	M 52	1.65		1
James	Goodreau	M 67	1.40		1
Jim	Stevens	M 61	1.40		1
Tom	Keller	M 59	1.40	2nd A	1
Joe	de la Puente	M 55	1.40	3rd A	2
Annelies	Steekelenburg	F 64	1.25		1
Ray	Fitzhugh	M 78	1.10		1

## Pole Vault

Charles	Brown	M 57	3.81		1
Jon	Stolh	M 52	3.36		1
Dan	Cassidy	M 57	2.59		1
Ray	Fitzhugh	M 78	NH		

## Weight Throw

Linda	Cohn	F 60	7.79		1
-------	------	------	------	--	---

## Shot Put

Mike	Raines	M 34	14.65		1
Gerald	Althouse	M 60	12.27		1
Robert	Richardson	M 65	11.18		1
Bill	Wisslead	M 64	11.09		2
Din	Villa	M 39	10.57		1
Linda	Cohn	F 60	9.51		1
Joe	de la Puente	M 56	8.57		1
Bert	Bergen	M 75	7.61		1

## Discus

Gerald	Althouse	M 60	38.87	1
Robert	Richardson	M 65	38.05	1
Mike	Tipping	M 60	33.13	2
Din	Villa	M 39	31.83	1
Bill	Wisslead	M 64	23.35	3
Linda	Cohn	F 60	22.56	1
Ray	Fitzhugh	M 78	22.27	1
David	McLawhorn	M 58	19.59	1
Annelies	Steekelenburg	F 64	18.18	2
Joe	de la Puente	M 56	17.65	1
Linda	Cohn	F 58	24.32	1
Karen	Vaughn	F 53	16.60	2
Trinidad	Nelson	F 41	15.90	1

## Pentathlon (men)

	60H	LJ	SP	HJ	1000	Total
Joe de la Puente M56	16.72	4.01	8.57	1.40	4.39.78	
	14.47	5.26	10.88	1.71	3:54.01	
Points	21	433	539	552	234	1779