

Striders Meet of Championships - 5/23/2015  
Orange Coast College  
Results

## Event 1 W35 5000 Meter Race Walk

Name	Age Team	Seed	Finals
Finals			
1 Formosa, Jeanne	W38 So Cal Track		28:14.80

## Event 1 W60 5000 Meter Race Walk

Name	Age Team	Seed	Finals
1 Rasmussen, Paula	W60 El Segundo, CA		34:54.90

## Event 2 M50 5000 Meter Race Walk

Name	Age Team	Seed	Finals
1 Morrow, Art	M50 Palm Desert, CA		31:36.80

## Event 2 M65 5000 Meter Race Walk

Name	Age Team	Seed	Finals
1 Campbell, Richard	M69 Orange, CA		33:52.60

## Event 3 W45 3000 Meter Run

Name	Age Team	Seed	Finals
1 Gentile, Chris	W45 Castle Rock, CO	10:50.00	11:28.51

## Event 4 M40 3000 Meter Run

Name	Age Team	Seed	Finals
1 Ramirez, Juan	M44 Orange, CA	9:30.00	9:45.59
2 Tavera, Paulino	M40 A Snail's Pa		9:57.16
3 Salazar, Gilbert	M42 La Habra, CA	9:45.00	10:19.91

## Event 4 M45 3000 Meter Run

Name	Age Team	Seed	Finals
1 Cox, Darren	M45 Laguna Hills, CA		11:02.31
2 Gates Sr, Robert	M46 Banning, CA		11:18.37

## Event 4 M50 3000 Meter Run

Name	Age Team	Seed	Finals
1 Demintor, Tyrus	M51 49-Unattache		9:53.62

## Event 4 M60 3000 Meter Run

Name	Age Team	Seed	Finals
1 Morris, Bob	M62 Laguna Niguel, CA		12:01.19

## Event 4 M80 3000 Meter Run

Name	Age Team	Seed	Finals
-- Harper Jr, John	M81 Seal Beach, CA		DNF

## Event 4 M85 3000 Meter Run

Name	Age Team	Seed	Finals
1 Linde, Gunnar	M86 Venice, CA	17.10	15:42.05

## Event 5 W50 80 Short Hurdles

Name	Age Team	Seed	Finals	Wind
1 Palmer, Liz	W54 Playa Vista, CA	13.40	13.60	-0.6

## Event 5 W55 80 Short Hurdles

Name	Age Team	Seed	Finals	Wind
1 Baron, C	W56 49-Unattache		17.70	-0.6

## Event 5 W60 80 Short Hurdles

Name	Age Team	Seed	Finals	Wind
1 Hanscom, Rita	W61 San Diego, CA		14.50	-0.6

## Event 6 M70 80 Short Hurdles

Name	Age Team	Seed	Finals	Wind
-- Rowan, Terry	M74 Santa Rosa, CA		DNF	NWI

## Event 8 M60 100 Short Hurdles

Name	Age Team	Seed	Finals	Wind
1 Wilson Sr, Thaddeus	M64 Oxnard, CA	14.98	15.66	-0.1
2 McLawhorn, David	M60 Temecula, CA	20.96	20.66	-0.1

## Event 10 W40 400 Meter Dash

Name	Age Team	Seed	Finals	H#
1 Daniels, Goldie aka LaTr	W42 Los Angeles, CA	1:07.00	1:06.54	2
2 Quek, Grace	W43 Los Angeles, CA	1:11.10	1:16.61	2

## Event 10 W45 400 Meter Dash

Name	Age Team	Seed	Finals	H#
1 Edgerly, Grace	W48 Culver City, CA	1:12.00	1:11.58	2

## Event 10 W50 400 Meter Dash

Name	Age Team	Seed	Finals
-- Nowakowski, Amanda	W50 Calabasas, CA	1:05.49	DNF

## Event 10 W55 400 Meter Dash

Name	Age Team	Seed	Finals
1 Welch-Turner, Rochelle	W56 Los Angeles, CA		1:22.39

## Event 10 W65 400 Meter Dash

Name	Age Team	Seed	Finals
1 Schaefer, Betty	W65 Buckeye, AZ	1:23.68	1:22.88
2 Braxton, Freddie	W65 Los Angeles, CA		1:45.34

## Event 11 M30 400 Meter Dash

Name	Age Team	Seed	Finals	H#
1 Jones Jr, Stirley	M30 San Clemente, CA	48.38	50.51	3
2 Dudley, Keith	M31 Oxnard, CA	53.39	53.42	3

## Event 11 M35 400 Meter Dash

Name	Age Team	Seed	Finals	H#
1 Chambers, Keith	M36 Laguna Niguel, CA	52.80	54.56	3

## Event 11 M40 400 Meter Dash

Name	Age Team	Seed	Finals	H#
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=====
1 Franco Sr, MarcoAntonio M44 Harbor City, CA          56.00    57.22    3
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## Event 11 M45 400 Meter Dash

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=====
Name                Age Team                Seed    Finals  H#
=====
1 Gore, Brian        M47 49-Unattache        58.72    3
2 Coleman, BaoKim    M47 Burbank, CA        1:02.21    3
```

## Event 11 M50 400 Meter Dash

```
=====
Name                Age Team                Seed    Finals  H#
=====
1 Dietz, Mike        M51 Laguna Niguel, CA  1:02.09    2
2 Forte, Jonathan    M50 Lake Elsinore, CA  1:09.00    2
```

## Event 11 M55 400 Meter Dash

```
=====
Name                Age Team                Seed    Finals  H#
=====
1 Chinn, James       M56 Del Mar, CA        57.20    2
```

## Event 11 M60 400 Meter Dash

```
=====
Name                Age Team                Seed    Finals
=====
1 Kloch, Stephen     M63 Thousand Oaks, CA  1:05.00    1:06.56
2 Nelson, David      M61 Vista, CA        1:03.00    1:07.11
```

## Event 11 M65 400 Meter Dash

```
=====
Name                Age Team                Seed    Finals
=====
1 Washington, Michael M67 Los Angeles, CA    1:13.98
```

## Event 12 W30 1500 Meter Run

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=====
Name                Age Team                Seed    Finals
=====
1 Mason, Kate        W31 Irvine, CA        5:20.50
```

## Event 13 M40 1500 Meter Run

```
=====
Name                Age Team                Seed    Finals
=====
1 Ramirez, Juan      M44 Orange, CA        4:30.00    4:36.47
2 Tavera, Paulino    M40 A Snail's Pa      4:40.14
3 Salazar, Gilbert   M42 La Habra, CA     4:30.00    4:51.90
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## Event 13 M45 1500 Meter Run

```
=====
Name                Age Team                Seed    Finals
=====
1 Underwood, Matthew M48 Yucaipa, CA       4:45.00    4:40.12
2 Cox, Darren        M45 Laguna Hills, CA  4:51.96
```

## Event 13 M55 1500 Meter Run

```
=====
Name                Age Team                Seed    Finals
=====
1 Nivens, Denny     M58 Hermosa Beach, CA  5:13.98
```

## Event 13 M60 1500 Meter Run

```
=====
Name                Age Team                Seed    Finals
=====
1 Siddons, Alan      M63 Corona, CA        6:50.55
```

## Event 13 M75 1500 Meter Run

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=====
Name                Age Team                Seed    Finals
=====
1 Barkman, Jon       M76 Santa Ana, CA     7:30.00    7:16.84
```

## Event 14 W30 100 Meter Dash

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Name	Age Team	Seed	Finals	Wind	H#
1 Varela, Erica	W32 SC Striders		14.63	-1.6	2

## Event 14 W40 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	H#
1 Johnson, MaryLou	W40 Oak Hills, CA	13.70	13.98	-1.6	2
2 Quek, Grace	W43 Los Angeles, CA	15.10	16.74	-1.6	2

## Event 14 W45 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	H#
1 Barney, Colleen	W48 Newport Beach, CA	13.70	14.78	-1.6	2

## Event 14 W50 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	H#
1 Palmer, Liz	W54 Playa Vista, CA	13.70	14.19	-1.6	2
2 Black, Jai	W52 San Diego, CA	13.80	14.61	-1.6	2
3 Baron, Cadence	W50 49-Unattache		16.21	-1.6	2

## Event 14 W60 100 Meter Dash

Name	Age Team	Seed	Finals	Wind
1 Hanscom, Rita	W61 San Diego, CA		16.00	-3.1
2 Cohn, Linda	W62 Northridge, CA	15.43	16.70	-3.1

## Event 14 W65 100 Meter Dash

Name	Age Team	Seed	Finals	Wind
1 Matthews, Brenda	W65 Anaheim, CA		15.90	-3.1
2 Schaefer, Betty	W65 Buckeye, AZ	17.50	17.90	-3.1
3 Braxton, Freddie	W65 Los Angeles, CA		21.30	-3.1

## Event 14 W75 100 Meter Dash

Name	Age Team	Seed	Finals	Wind
1 Bergen, Kathy	W75 La Canada, CA	15.31	16.80	-3.1

## Event 15 M29&amp;U 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	H#
1 Godin, Curtis	M18 Seal Beach, CA	10.50	11.15	-2.3	5

## Event 15 M30 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	H#
1 Hernandez, Justin	M32 Torrance, CA	11.55	12.19	-2.3	5

## Event 15 M35 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	H#
1 Sommars, Nathan	M39 Ventura, CA	12.08	12.06	-2.3	5

## Event 15 M45 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	H#
1 Nicholson Jr, Albert	M48 Lakewood, CA	12.80	13.83	-2.3	5

## Event 15 M50 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	H#
1 McCullouch Sr, Gary	M53 Cypress, CA		13.42	-2.8	4
2 Kurihara, Jon	M53 Redondo Beach, CA	13.30	14.01	-2.8	4
3 Forte, Jonathan	M50 Lake Elsinore, CA	16.00	14.54	-2.8	4

## Event 15 M55 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	H#
1 Chinn, James	M56 Del Mar, CA		12.97	-2.1	3
2 Hill, Philip	M58 Long Beach, CA	13.00	13.79	-2.1	3
3 DiMassa, David	M55 Phoenix, AZ		13.95	-2.8	4
4 Bonilla, James	M59 Los Angeles, CA	14.01	14.70	-2.8	4
5 Reed, Darrell	M57 Beverly Hills, CA	14.00	14.82	-2.8	4
6 Jackson, Gregory	M59 Los Angeles, CA		18.47	-2.1	3

## Event 15 M60 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	H#
1 Leake, Damien	M62 Van Nuys, CA	12:06.00	12.36	-1.7	2
2 Pizza, Greg	M61 Vista, CA	12.70	13.02	-1.7	2
3 Ruggless, Joe	M61 Palmdale, CA	12.71	13.12	-1.7	2
4 Crowl, Chip	M60 San Diego, CA	13.00	13.44	-1.7	2
5 Jami, Sayyid	M60 Elite Health		15.17	-1.7	2

## Event 15 M65 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	H#
1 Stucki, Ernie	M65 SC Striders		14.23	-1.7	2
2 Rose, Ed	M66 Carlsbad, CA	14.92	15.37	-1.7	2
3 Washington, Michael	M67 Los Angeles, CA		15.96	-1.7	2

## Event 15 M70 100 Meter Dash

Name	Age Team	Seed	Finals	Wind
1 Morris, Rufus	M70 SC Striders		15.23	-1.6
2 Muranaka, Ronnie	M71 Yorba Linda, CA		16.54	-1.6
3 Ryan, Steve	M74 Malibu, CA		19.12	-1.6

## Event 15 M75 100 Meter Dash

Name	Age Team	Seed	Finals	Wind
1 Thorpe Sr, Karl	M76 Fallbrook, CA	16.00	16.57	-1.6

## Event 17 M60 300 Long Hurdles

Name	Age Team	Seed	Finals
1 Wilson Sr, Thaddeus	M64 Oxnard, CA	46.48	50.32
2 Larsen, Bob	M61 Fresno, CA	52.50	54.49
3 McLawhorn, David	M60 Temecula, CA	52.40	55.30

## Event 18 W29&amp;U 400 Long Hurdles

Name	Age Team	Seed	Finals
1 Radan, Emma	W19 Santa Ana, CA	1:02.10	1:03.15

## Event 19 M45 400 Long Hurdles

Name	Age Team	Seed	Finals
1 Rizzo, Steve	M47 Stevenson Ranch, CA	1:04.14	1:06.62

## Event 20 W40 800 Meter Run

Name	Age Team	Seed	Finals
1 Daniels, Goldie aka LaTr	W42 Los Angeles, CA	2:31.08	2:35.82

## Event 20 W45 800 Meter Run

Name	Age Team	Seed	Finals
1 Gentile, Chris	W45 Castle Rock, CO	2:18.00	2:24.67

## Event 21 M29&amp;U 800 Meter Run

Name	Age Team	Seed	Finals
1 Naden, Bennett	M24 Manhattan Beach, CA	1:54.35	1:58.64
2 Amezcuca, Rodolfo	M20 Wilmington, CA	1:59.61	2:03.85

## Event 21 M30 800 Meter Run

Name	Age Team	Seed	Finals
1 Thornton, Nicholas	M34 49-Unattache		1:56.62

## Event 21 M40 800 Meter Run

Name	Age Team	Seed	Finals
1 Salazar, Gilbert	M42 La Habra, CA	2:20.00	2:26.54

## Event 21 M45 800 Meter Run

Name	Age Team	Seed	Finals
1 Gore, Brian	M47 49-Unattache		2:21.26

## Event 21 M50 800 Meter Run

Name	Age Team	Seed	Finals
1 Dietz, Mike	M51 Laguna Niguel, CA	2:18.00	2:21.19

## Event 22 W40 200 Meter Dash

Name	Age Team	Seed	Finals	Wind	H#
1 Johnson, MaryLou	W40 Oak Hills, CA	28.60	29.25	-2.3	3
2 Quek, Grace	W43 Los Angeles, CA	33.20	35.40	-2.3	3

## Event 22 W45 200 Meter Dash

Name	Age Team	Seed	Finals	Wind	H#
1 Edgerly, Grace	W48 Culver City, CA	31.00	32.03	-3.3	2

## Event 22 W50 200 Meter Dash

Name	Age Team	Seed	Finals	Wind	H#
1 Black, Jai	W52 San Diego, CA	27.80	29.82	-3.3	2
2 McDonald, Sue	W52 Goleta, CA	30.00	30.91	-3.3	2
3 Ware, Caren	W50 49-Unattache		36.50	-3.3	2

## Event 22 W55 200 Meter Dash

Name	Age Team	Seed	Finals	Wind	H#
1 Welch-Turner, Rochelle	W56 Los Angeles, CA		37.74	-3.3	2

## Event 22 W60 200 Meter Dash

Name	Age Team	Seed	Finals	Wind
1 Bowman, Jeanne	W62 Santa Ana, CA		35.75	-1.7

## Event 22 W65 200 Meter Dash

Name	Age Team	Seed	Finals	Wind
1 Schaefer, Betty	W65 Buckeye, AZ	36.68	37.22	-1.7
2 Braxton, Freddie	W65 Los Angeles, CA		46.45	-1.7

## Event 23 M30 200 Meter Dash

Name	Age Team	Seed	Finals	Wind	H#
1 Dixon, Evan	M33 Hawthorne, CA	23.37	24.98	-3.2	6
2 Hernandez, Justin	M32 Torrance, CA	24.80	25.84	-3.2	6

## Event 23 M35 200 Meter Dash

Name	Age Team	Seed	Finals	Wind	H#
1 Sommars, Nathan	M39 Ventura, CA	24.29	24.41	-3.2	6

## Event 23 M40 200 Meter Dash

Name	Age Team	Seed	Finals	Wind	H#
1 Franco Sr, MarcoAntonio	M44 Harbor City, CA	25.20	25.53	-3.2	6

## Event 23 M45 200 Meter Dash

Name	Age Team	Seed	Finals	Wind	H#
1 Nicholson Jr, Albert	M48 Lakewood, CA	27.50	27.89	-3.2	6

## Event 23 M50 200 Meter Dash

Name	Age Team	Seed	Finals	Wind	H#
1 McCullouch Sr, Gary	M53 Cypress, CA	26.60	27.55	-3.5	5

## Event 23 M55 200 Meter Dash

Name	Age Team	Seed	Finals	Wind	H#
1 Chinn, James	M56 Del Mar, CA		26.14	-3.7	4
2 DiMassa, David	M55 Phoenix, AZ	26.75	27.58	-3.7	4
3 Hill, Philip	M58 Long Beach, CA	27.03	27.91	-3.7	4
4 Reed, Darrell	M57 Beverly Hills, CA	29.00	31.79	-3.5	5
5 Nivens, Denny	M58 Hermosa Beach, CA		31.86	-3.5	5

## Event 23 M60 200 Meter Dash

Name	Age Team	Seed	Finals	Wind	H#
1 Ruggless, Joe	M61 Palmdale, CA	25.70	27.26	-2.3	3
2 Crowl, Chip	M60 San Diego, CA	27.00	28.63	-2.3	3
3 Kloch, Stephen	M63 Thousand Oaks, CA	27.50	29.45	-2.3	3
4 Jami, Sayyid	M60 Elite Health		30.48	-2.3	3
5 Stone, Kenneth	M60 La Mesa, CA	29.80	31.24	-0.9	2
6 Nelson, David	M61 Vista, CA		31.99	-0.9	2
7 Tipping, Mike	M62 Irvine, CA	31.00	32.41	-0.9	2

## Event 23 M65 200 Meter Dash

Name	Age Team	Seed	Finals	Wind	H#
1 Stucki, Ernie	M65 SC Striders		29.47	-0.9	2
2 Washington, Michael	M67 Los Angeles, CA		31.97	-0.9	2
3 Rose, Ed	M66 Carlsbad, CA	31.85	32.40	-0.9	2

## Event 23 M70 200 Meter Dash

Name	Age Team	Seed	Finals	Wind
1 Ryan, Steve	M74 Malibu, CA		42.68	-1.7

## Event 23 M75 200 Meter Dash

Name	Age Team	Seed	Finals	Wind
1 Thorpe Sr, Karl	M76 Fallbrook, CA	37.60	36.07	-1.7

## Event 23 M80 200 Meter Dash

Name	Age Team	Seed	Finals	Wind
1 Leis, Donald	M83 Pasadena, CA		43.83	-1.7

## Event 68 X29&amp;U 4x100 Meter Relay

Team	Seed	Finals
1 SC Striders Track Club 'A'		50.77

1) Crawl, Chip 60	2) Leake, Damien 62	
3) Ruggless, Joe 61	4) Pizza, Greg 61	
2 Trojan Masters T.C. 'A'		54.91
1) Reed, Darrell 57	2) Washington, Michael 67	
3) Daniels, Goldie aka LaTrease 42	4) Hernandez, Justin 32	
3 49-Unattached 'A'		55.58
1) Chinn, James 40	2) Nelson, Dave 40	
3) Stuckie, Ernie 40	4) Dimassa, David 40	
4 SC Striders Track Club 'B'		56.76
1) Matthews, Brenda 65	2) Varela, Erica 32	
3) Johnson, MaryLou 40	4) Black, Jai 52	

Event 50 W45 High Jump

Name	Age Team	Seed	Finals
1 Edgerly, Grace	W48 Culver City, CA		1.10m

Event 50 W50 High Jump

Name	Age Team	Seed	Finals
1 McDonald, Sue	W52 Goleta, CA	1.57m	1.50m
2 Ware, Caren	W50 49-Unattache		1.25m

Event 50 W65 High Jump

Name	Age Team	Seed	Finals
1 Steekelenburg, Annelies	W67 Malibu, CA	1.30m	1.25m

Event 50 W75 High Jump

Name	Age Team	Seed	Finals
1 Bergen, Kathy	W75 La Canada, CA	1.22m	1.21m

Event 51 M55 High Jump

Name	Age Team	Seed	Finals
1 Hlavin, Peter	M57 Aliso Viejo, CA	1.75m	1.70m

Event 51 M60 High Jump

Name	Age Team	Seed	Finals
1 McLawhorn, David	M60 Temecula, CA	1.35m	1.40m
2 Watson, Richard	M62 Yuma, AZ	1.35m	1.20m
3 Nelson, David	M61 Vista, CA	1.40m	1.15m

Event 51 M70 High Jump

Name	Age Team	Seed	Finals
1 Goodreau, James	M70 North hollywood, CA		1.35m
2 Ryan, Steve	M74 Malibu, CA		1.10m
3 Damschen, Ron	M72 El Cajon, CA		1.05m

Event 51 M75 High Jump

Name	Age Team	Seed	Finals
1 Bergen, Bert	M77 La Canada, CA	1.30m	1.20m

Event 51 M80 High Jump

Name	Age Team	Seed	Finals
1 Leis, Donald	M83 Pasadena, CA		1.00m

Event 52 W60 Pole Vault

Name	Age Team	Seed	Finals
1 Hanscom, Rita	W61 San Diego, CA		2.60m



## Event 53 M40 Pole Vault

Name	Age Team	Seed	Finals
1 Carranza, Stanley	M40 Whittier, CA		3.65m
2 Girley, Dedrick	M43 Carlsbad, CA	3.20m	3.05m

## Event 53 M50 Pole Vault

Name	Age Team	Seed	Finals
1 McIntyre, Tim	M54 Seal Beach, CA	3.96m	4.00m

## Event 53 M60 Pole Vault

Name	Age Team	Seed	Finals
1 Mead, Murray	M60 49-Unattache		3.05m

## Event 53 M65 Pole Vault

Name	Age Team	Seed	Finals
1 Morris, Steve	M65 49-Unattache		3.05m

## Event 54 W30 Long Jump

Name	Age Team	Seed	Finals	Wind
1 Varela, Erica	W32 SC Striders		4.13m	3.6

## Event 54 W50 Long Jump

Name	Age Team	Seed	Finals	Wind
1 Baron, Cadence	W50 49-Unattache		3.80m	0.6
2 Ware, Caren	W50 49-Unattache		3.70m	2.2
3 Jones, Jennifer	W54 Carson, CA	3.05m	2.78m	0.9

## Event 54 W60 Long Jump

Name	Age Team	Seed	Finals	Wind
1 Cohn, Linda	W62 Northridge, CA	3.80m	3.95m	3.8

## Event 55 M50 Long Jump

Name	Age Team	Seed	Finals	Wind
1 McCullouch Sr, Gary	M53 Cypress, CA	4.79m	4.85m	2.2
2 Culp, Logan	M50 49-Unattache		4.21m	3.5

## Event 55 M55 Long Jump

Name	Age Team	Seed	Finals	Wind
1 Jackson, Gregory	M59 Los Angeles, CA		2.91m	1.4

## Event 55 M65 Long Jump

Name	Age Team	Seed	Finals	Wind
1 Rose, Ed	M66 Carlsbad, CA	3.80m	4.10m	1.1

## Event 55 M70 Long Jump

Name	Age Team	Seed	Finals	Wind
1 Morris, Rufus	M70 SC Striders		4.71m	1.6
2 Ryan, Steve	M74 Malibu, CA		3.16m	1.0
3 Damschen, Ron	M72 El Cajon, CA		2.92m	2.0

## Event 55 M75 Long Jump

Name	Age Team	Seed	Finals	Wind
1 Harwood, Jerry	M76 Oxnard, CA	4.00m	2.14m	1.9

## Event 56 W60 Triple Jump

Name	Age Team	Seed	Finals	Wind
1 Cohn, Linda	W62 Northridge, CA	8.50m	7.72m	3.5

## Event 57 M50 Triple Jump

Name	Age Team	Seed	Finals	Wind
1 Culp, Logan	M50 49-Unattache		9.29m	3.8

## Event 57 M60 Triple Jump

Name	Age Team	Seed	Finals	Wind
1 McLawhorn, David	M60 Temecula, CA	8.80m	8.37m	2.7

## Event 57 M65 Triple Jump

Name	Age Team	Seed	Finals	Wind
1 Tomaschke, John	M65 San Diego, CA	10.20m	9.51m	2.8
2 Rose, Ed	M66 Carlsbad, CA	7.88m	8.23m	2.9

## Event 57 M70 Triple Jump

Name	Age Team	Seed	Finals	Wind
1 Morris, Rufus	M70 SC Striders		8.88m	2.5
2 Damschen, Ron	M72 El Cajon, CA		5.84m	3.0
3 Ryan, Steve	M74 Malibu, CA		5.75m	3.1

## Event 57 M75 Triple Jump

Name	Age Team	Seed	Finals	Wind
1 Harwood, Jerry	M76 Oxnard, CA	4.00m	3.97m	3.1

## Event 58 W60 Discus Throw

Name	Age Team	Seed	Finals
1 Cohn, Linda	W62 Northridge, CA	24.00m	23.84m
2 Hanscom, Rita	W61 San Diego, CA		22.00m

## Event 58 W75 Discus Throw

Name	Age Team	Seed	Finals
1 Bergen, Kathy	W75 La Canada, CA		20.76m

## Event 59 M50 Discus Throw

Name	Age Team	Seed	Finals
1 Stensrud, Paul	M50 Lake Arrowhead, CA		41.06m
2 Culp, Logan	M50 49-Unattache		31.63m

## Event 59 M55 Discus Throw

Name	Age Team	Seed	Finals
1 Holden, Greg	M57 Corona, CA	39.00m	35.86m

## Event 59 M60 Discus Throw

Name	Age Team	Seed	Finals
1 Watson, Richard	M62 Yuma, AZ	40.23m	38.79m
2 Rice, Robert	M60 Los Alamitos, CA	37.00m	35.02m
3 Tipping, Mike	M62 Irvine, CA	33.09m	32.20m
4 Crowl, Chip	M60 San Diego, CA	27.00m	29.24m
5 McLawhorn, David	M60 Temecula, CA	32.40m	26.97m

## Event 59 M65 Discus Throw

Name	Age Team	Seed	Finals
1 Hart, Larry	M68 Los Angeles, CA	43.00m	41.89m

## Event 59 M70 Discus Throw

Name	Age Team	Seed	Finals
1 Merkowitz, David	M73 Santa Barbara, CA	38.98m	36.43m
2 Damschen, Ron	M72 El Cajon, CA		28.80m

## Event 59 M75 Discus Throw

Name	Age Team	Seed	Finals
1 Harwood, Jerry	M76 Oxnard, CA	28.00m	26.49m
2 Barry, Lawrence	M76 San Diego, CA	87.00m	24.57m
3 Johnson, Richard	M77 San Diego, CA	24.00m	24.52m
4 Ginsburg md, Marvin	M79 Simi Valley, CA		19.81m

## Event 59 M80 Discus Throw

Name	Age Team	Seed	Finals
1 Durrenberger, Joe	M80 Los Angeles, CA		20.33m

## Event 59 M90 Discus Throw

Name	Age Team	Seed	Finals
1 Roser, Donald	M91 Apple Valley, CA		15.93m

## Event 62 W50 Javelin Throw

Name	Age Team	Seed	Finals
1 Ware, Caren	W50 49-Unattache		18.66m

## Event 62 W60 Javelin Throw

Name	Age Team	Seed	Finals
1 Cohn, Linda	W62 Northridge, CA	35.00m	34.89m
2 Hanscom, Rita	W61 San Diego, CA		25.91m

## Event 62 W75 Javelin Throw

Name	Age Team	Seed	Finals
1 Bergen, Kathy	W75 La Canada, CA		17.79m

## Event 63 M50 Javelin Throw

Name	Age Team	Seed	Finals
1 Culp, Logan	M50 49-Unattache		33.08m
2 Morrow, Art	M50 Palm Desert, CA		18.59m

## Event 63 M55 Javelin Throw

Name	Age Team	Seed	Finals
1 Holden, Greg	M57 Corona, CA	41.00m	35.65m
-- Shea, Mike	M55 49-Unattache		ND

## Event 63 M60 Javelin Throw

Name	Age Team	Seed	Finals
1 Hamel, David	M61 Yorba Linda, CA	46.00m	46.24m
2 Warmerdam, Barry	M62 Reedley, CA	40.76m	36.96m
3 Watson, Richard	M62 Yuma, AZ	37.97m	34.94m
4 McLawhorn, David	M60 Temecula, CA	31.40m	28.68m
5 Crowl, Chip	M60 San Diego, CA	27.00m	28.60m

## Event 63 M65 Javelin Throw

Name	Age Team	Seed	Finals
1 Rook, Ron	M66 Coto De Caza, CA		31.17m

## Event 63 M70 Javelin Throw

Name	Age Team	Seed	Finals
1 Damschen, Ron	M72 El Cajon, CA		30.07m
2 Merkwowitz, David	M73 Santa Barbara, CA	33.05m	29.77m

## Event 63 M75 Javelin Throw

Name	Age Team	Seed	Finals
1 Barry, Lawrence	M76 San Diego, CA	28.00m	32.74m
2 Johnson, Richard	M77 San Diego, CA	24.00m	18.00m
3 Harwood, Jerry	M76 Oxnard, CA	19.00m	16.62m

## Event 63 M80 Javelin Throw

Name	Age Team	Seed	Finals
1 Durrenberger, Joe	M80 Los Angeles, CA		14.87m

## Event 63 M90 Javelin Throw

Name	Age Team	Seed	Finals
1 Roser, Donald	M91 Apple Valley, CA		17.89m

## Event 64 W45 Shot Put

Name	Age Team	Seed	Finals
1 Edgerly, Grace	W48 Culver City, CA		5.80m

## Event 64 W50 Shot Put

Name	Age Team	Seed	Finals
1 Jones, Jennifer	W54 Carson, CA		6.78m
2 Ware, Caren	W50 49-Unattache		6.37m

## Event 64 W60 Shot Put

Name	Age Team	Seed	Finals
1 Cohn, Linda	W62 Northridge, CA	9.50m	9.00m

## Event 65 M35 Shot Put

Name	Age Team	Seed	Finals
1 Rainis, Mike	M36 Capistrano Beach, C		14.26m

## Event 65 M55 Shot Put

Name	Age Team	Seed	Finals
1 Holden, Greg	M57 Corona, CA	13.42m	13.11m
2 Keyes, Eric	M57 Santa Fe, NM		10.66m

## Event 65 M60 Shot Put

Name	Age Team	Seed	Finals
1 Torbert, Quenton	M60 49-Unattache		12.00m
2 Watson, Richard	M62 Yuma, AZ	11.23m	10.05m

## Event 65 M65 Shot Put

Name	Age Team	Seed	Finals
1 Hart, Larry	M68 Los Angeles, CA	10.00m	10.02m

Event 65 M70 Shot Put

Name	Age Team	Seed	Finals
1 Widmer, Ronald	M72 San Diego, CA	9.00m	9.00m
2 Damschen, Ron	M72 El Cajon, CA		8.63m

Event 65 M75 Shot Put

Name	Age Team	Seed	Finals
1 Hurlbert, Ken	M75 Bakersfield, CA		11.14m
2 Barry, Lawrence	M76 San Diego, CA	9.00m	10.01m
3 Ginsburg md, Marvin	M79 Simi Valley, CA		8.57m
4 Harwood, Jerry	M76 Oxnard, CA	9.00m	8.46m
5 Johnson, Richard	M77 San Diego, CA	9.00m	8.36m

Event 65 M80 Shot Put

Name	Age Team	Seed	Finals
1 Durrenberger, Joe	M80 Los Angeles, CA		9.26m
2 Smith, Ernie	M81 Arcadia, CA		8.38m