

USATF West Region Masters Championships
Cerritos College - 6/18/2016 to 6/19/2016
Results

W29&U 100 Meter Dash

Name	Age Team	Finals	Wind
Finals			
1 229 Suzanne Arenel	W17 Unattached	17.67	-3.4

W30 100 Meter Dash

Name	Age Team	Finals	Wind	H#
1 228 Krystol Lartey	W31 Unattached	12.59	0.7	2

W35 100 Meter Dash

Name	Age Team	Finals	Wind	H#
1 101 Melisa Barber	W35 Adidas Garde	11.60	0.7	2

W40 100 Meter Dash

Name	Age Team	Finals	Wind	H#
1 224 Elly Mann	W40 Trojan Masters T.C.	13.57	0.7	2
2 113 MaryLou Johnson	W41 SC Striders	14.04	0.7	2

W45 100 Meter Dash

Name	Age Team	Finals	Wind	H#
1 103 Colleen Barney	W49 SC Striders	13.50	0.7	2

W50 100 Meter Dash

Name	Age Team	Finals	Wind
1 112 Venus Jewett	W51 Unattached	14.40	-3.4
2 104 Cadence Baron	W51 Unattached	17.36	-3.4

W65 100 Meter Dash

Name	Age Team	Finals	Wind
1 115 Brenda Matthews	W66 SC Striders	15.74	-3.4

W70 100 Meter Dash

Name	Age Team	Finals	Wind
1 124 Andrea Winkler	W71 Unattached	27.18	-3.4

M29&U 100 Meter Dash

Name	Age Team	Finals	Wind	H#
1 225 Ramsey Nasser	M29 Trojan Masters T.C.	11.91	0.7	2

USATF West Region Masters Championships
Cerritos College - 6/18/2016 to 6/19/2016
Results

M30 100 Meter Dash

Name	Age Team	Finals	Wind	H#
1 161 Justin Hernandez	M33 So Cal Track Club	12.00	0.7	2

M35 100 Meter Dash

Name	Age Team	Finals	Wind	H#
1 169 Ryan Krueger	M36 Unattached	12.00	0.7	2

M45 100 Meter Dash

Name	Age Team	Finals	Wind	H#
1 126 Claudio Andrade	M49 Unattached	13.50	0.7	2

M50 100 Meter Dash

Name	Age Team	Finals	Wind	H#
1 148 Robert Foster	M54 So Cal Track Club	12.32	0.7	2
2 179 Gary McCullouch Sr	M54 Unattached	12.88	0.7	2

M60 100 Meter Dash

Name	Age Team	Finals	Wind
1 173 Damien Leake	M63 SC Striders	12.43	0.7
2 140 Mark Davis	M60 Houston Elite	12.84	0.7
3 144 Calvin Evans	M61 Unattached	15.41	0.7

M65 100 Meter Dash

Name	Age Team	Finals	Wind
1 129 Thierry Boucquey	M65 So Cal Track Club	14.06	0.7
2 151 Monte Gast	M68 Unattached	18.15	0.7

M70 100 Meter Dash

Name	Age Team	Finals	Wind
1 187 Ronnie Muranaka	M72 SC Striders	16.51	0.7

M75 100 Meter Dash

Name	Age Team	Finals	Wind
1 212 Karl Thorpe Sr	M77 Unattached	18.07	0.7
2 204 Jerry Silverman	M79 Unattached	22.23	0.7

USATF West Region Masters Championships
Cerritos College - 6/18/2016 to 6/19/2016
Results

W40 200 Meter Dash

Name	Age Team	Finals	Wind
1 116 Cynthia McNamee	W40 Southwest Sp	27.05	-0.1
2 224 Elly Mann	W40 Trojan Masters T.C.	27.71	-0.1
3 113 MaryLou Johnson	W41 SC Striders	28.78	-0.1

W45 200 Meter Dash

Name	Age Team	Finals	Wind
1 103 Colleen Barney	W49 SC Striders	27.47	-0.1

W50 200 Meter Dash

Name	Age Team	Finals	Wind
1 106 Amanda Clarke	W51 Athena Track Club	32.40	-0.1

W70 200 Meter Dash

Name	Age Team	Finals	Wind
1 124 Andrea Winkler	W71 Unattached	56.46	-0.1

M29&U 200 Meter Dash

Name	Age Team	Finals	Wind	H#
1 225 Ramsey Nasser	M29 Trojan Masters T.C.	24.50	-1.7	3

M30 200 Meter Dash

Name	Age Team	Finals	Wind	H#
1 161 Justin Hernandez	M33 So Cal Track Club	25.48	-1.7	3

M35 200 Meter Dash

Name	Age Team	Finals	Wind	H#
1 135 Keith Chambers	M37 So Cal Track Club	24.48	-1.7	3
2 169 Ryan Krueger	M36 Unattached	24.49	-1.7	3

M40 200 Meter Dash

Name	Age Team	Finals	Wind	H#
1 227 Andrew Reyes	M41 Unattached	24.22	-1.7	3

M45 200 Meter Dash

Name	Age Team	Finals	Wind	H#
1 150 John Garratt	M49 Track Club L.A.	25.09	-1.7	3
2 128 Joe Blackman	M45 So Cal Track Club	27.28	-1.7	3

USATF West Region Masters Championships
Cerritos College - 6/18/2016 to 6/19/2016
Results

M50 200 Meter Dash

Name	Age Team	Finals	Wind	H#
1 148 Robert Foster	M54 So Cal Track Club	25.33	0.1	2
2 179 Gary McCullouch Sr	M54 Unattached	26.23	0.1	2

M60 200 Meter Dash

Name	Age Team	Finals	Wind
1 173 Damien Leake	M63 SC Striders	26.11	-1.9

M65 200 Meter Dash

Name	Age Team	Finals	Wind
1 143 F Eugene Driver II	M65 Trojan Masters T.C.	29.09	-1.9

M70 200 Meter Dash

Name	Age Team	Finals	Wind
1 187 Ronnie Muranaka	M72 SC Striders	36.48	-1.9

W40 400 Meter Dash

Name	Age Team	Finals
1 116 Cynthia McNamee	W40 Southwest Sp	63.14
2 223 Goldie Danials	W43 Trojan Masters T.C.	69.16
3 123 Darmesha Watkins	W44 Unattached	77.78

W45 400 Meter Dash

Name	Age Team	Finals
1 114 Vanessa Juarez	W46 Unattached	65.87

W50 400 Meter Dash

Name	Age Team	Finals
1 106 Amanda Clarke	W51 Athena Track Club	69.01

W55 400 Meter Dash

Name	Age Team	Finals
1 108 Patricia Contreras	W58 So Cal Track Club	77.56

W70 400 Meter Dash

Name	Age Team	Finals
1 124 Andrea Winkler	W71 Unattached	2:05.24

USATF West Region Masters Championships
Cerritos College - 6/18/2016 to 6/19/2016
Results

M30 400 Meter Dash

Name	Age Team	Finals
1 210 Jonathan Tan	M31 ARC Run Club	53.18

M35 400 Meter Dash

Name	Age Team	Finals
1 135 Keith Chambers	M37 So Cal Track Club	53.67

M45 400 Meter Dash

Name	Age Team	Finals
1 216 Anthony Wall	M46 Unattached	55.56
2 150 John Garratt	M49 Track Club L.A.	55.82
3 126 Claudio Andrade	M49 Unattached	63.86

M65 400 Meter Dash

Name	Age Team	Finals
1 145 Bill Fitzpatrick	M65 SC Striders	66.52

M70 400 Meter Dash

Name	Age Team	Finals
1 175 Frederick Lindsley	M71 So Cal Track Club	67.42

W40 800 Meter Run

Name	Age Team	Finals
1 223 Goldie Danials	W43 Trojan Masters T.C.	2:43.71

W45 800 Meter Run

Name	Age Team	Finals
1 114 Vanessa Juarez	W46 Unattached	2:35.56

W50 800 Meter Run

Name	Age Team	Finals
1 106 Amanda Clarke	W51 Athena Track Club	2:49.13

M30 800 Meter Run

Name	Age Team	Finals
1 210 Jonathan Tan	M31 ARC Run Club	2:04.64

USATF West Region Masters Championships
Cerritos College - 6/18/2016 to 6/19/2016
Results

M35 800 Meter Run

Name	Age Team	Finals
1 211 Nicholas Thornton	M35 Track Club L.A.	1:58.63

M40 800 Meter Run

Name	Age Team	Finals
1 152 Matthew Gibson	M44 Trojan Masters T.C.	2:37.82

M50 800 Meter Run

Name	Age Team	Finals
1 206 Allen Smith	M53 So Cal Track Club	2:20.92

M65 800 Meter Run

Name	Age Team	Finals
1 145 Bill Fitzpatrick	M65 SC Striders	2:37.71

M70 800 Meter Run

Name	Age Team	Finals
1 175 Frederick Lindsley	M71 So Cal Track Club	2:38.70

W30 1500 Meter Run

Name	Age Team	Finals
1 122 Valarie Tucker	W31 Unattached	5:41.98

W35 1500 Meter Run

Name	Age Team	Finals
1 111 Alisa Fisher	W36 ARC Run Club	5:28.17

W70 1500 Meter Run

Name	Age Team	Finals
1 124 Andrea Winkler	W71 Unattached	9:23.83

M40 1500 Meter Run

Name	Age Team	Finals
1 154 Barry Givens	M42 So Cal Track Club	4:34.79

USATF West Region Masters Championships
Cerritos College - 6/18/2016 to 6/19/2016
Results

M45 1500 Meter Run

Name	Age Team	Finals
1 146 Mark Fitzpatrick	M45 ARC Run Club	4:33.04

M50 1500 Meter Run

Name	Age Team	Finals
1 149 Oliver Gallego	M54 ARC Run Club	5:05.08

M65 1500 Meter Run

Name	Age Team	Finals
1 220 Barry Witler	M65 ARC Run Club	5:45.51

W35 1 Mile Run

Name	Age Team	Finals
1 117 Nicole Prause	W37 Unattached	5:41.31
2 111 Alisa Fisher	W36 ARC Run Club	5:47.92

W70 1 Mile Run

Name	Age Team	Finals
1 124 Andrea Winkler	W71 Unattached	10:19.34

M35 1 Mile Run

Name	Age Team	Finals
1 156 Phillip Gonzalez	M39 ARC Run Club	4:54.91

M40 1 Mile Run

Name	Age Team	Finals
1 154 Barry Givens	M42 So Cal Track Club	4:56.15
2 200 Thomas Schmierer	M43 Unattached	5:38.57

M45 1 Mile Run

Name	Age Team	Finals
1 146 Mark Fitzpatrick	M45 ARC Run Club	4:49.60
2 141 Gerard Deegan	M48 ARC Run Club	5:47.84

M55 1 Mile Run

Name	Age Team	Finals
1 158 David Guss	M55 Unattached	4:49.94

Canadian Record

USATF West Region Masters Championships
Cerritos College - 6/18/2016 to 6/19/2016
Results

M60 1 Mile Run

Name	Age Team	Finals
1 165 Neil Howk	M63 Unattached	5:39.25

M65 1 Mile Run

Name	Age Team	Finals
1 220 Barry Witler	M65 ARC Run Club	6:08.29

M70 1 Mile Run

Name	Age Team	Finals
1 190 Gary Patton	M70 So Cal Track Club	5:35.03 American Record

W30 5000 Meter Run

Name	Age Team	Finals
1 122 Valarie Tucker	W31 Unattached	20:16.40

M45 5000 Meter Run

Name	Age Team	Finals
1 141 Gerard Deegan	M48 ARC Run Club	19:56.54

M50 5000 Meter Run

Name	Age Team	Finals
1 149 Oliver Gallego	M54 ARC Run Club	18:25.90
2 209 Christopher Sylvan	M50 Dukes Track Club	20:34.97

M55 5000 Meter Run

Name	Age Team	Finals
1 166 Mark Huber	M55 Unattached	20:17.00

M60 5000 Meter Run

Name	Age Team	Finals
1 147 Perry Forrester	M63 Cal Coast Tr	18:57.75
2 203 Alan Siddons	M64 Unattached	31:45.41

M70 5000 Meter Run

Name	Age Team	Finals
1 190 Gary Patton	M70 So Cal Track Club	20:53.04

USATF West Region Masters Championships
Cerritos College - 6/18/2016 to 6/19/2016
Results

W55 10000 Meter Run

Name	Age Team	Finals
1 105 Laura Bruess	W55 Athletics Boulder	39:37.05 American Record

M40 10000 Meter Run

Name	Age Team	Finals
1 205 Noel Singh	M41 Unattached	42:13.89

M50 10000 Meter Run

Name	Age Team	Finals
1 149 Oliver Gallego	M54 ARC Run Club	37:51.69

M55 10000 Meter Run

Name	Age Team	Finals
-- 130 Rick Bruess	M57 Athletics Boulder	DNF

M60 10000 Meter Run

Name	Age Team	Finals
1 208 Carl Stromberg	M61 Unattached	40:05.08

M65 10000 Meter Run

Name	Age Team	Finals
-- 220 Barry Witler	M65 ARC Run Club	DNF

M85 10000 Meter Run

Name	Age Team	Finals
1 174 Gunnar Linde	M87 Santa Monica	1:08:44.96 Meet Record

W65 80 Short Hurdles

Name	Age Team	Finals	Wind
1 115 Brenda Matthews	W66 SC Striders	19.82	0.8 Meet Record

M35 110 Short Hurdles

Name	Age Team	Finals	Wind
1 169 Ryan Krueger	M36 Unattached	17.75	0.8

**USATF West Region Masters Championships
Cerritos College - 6/18/2016 to 6/19/2016
Results**

M60 300 Long Hurdles

Name	Age Team	Finals
1 181 David McLawhorn	M61 So Cal Track Club	52.81

M60 2000 Meter Steeplechase

Name	Age Team	Finals
1 181 David McLawhorn	M61 So Cal Track Club	9:25.04

M65 2000 Meter Steeplechase

Name	Age Team	Finals
1 215 Arnold Utterback	M69 Buffalo Chip	9:21.81

M45 3000 Meter Steeplechase

Name	Age Team	Finals
1 138 Darren Cox	M46 So Cal Track Club	10:39.45 Meet Record

M29&U 4x800 Meter Relay

Team	Finals
1 ARC Run Club 'A'	8:51.68
1) 210 Jonathan Tan 31	2) 156 Phillip Gonzalez 39
3) 232 Gerardo Rabelo 31	4) 233 Rony Vega 33
2 A Snail's Pace Running Club 'A'	9:48.15
1) 125 John Alvarado 50	2) 164 Matt Hood 46
3) 137 Michael Connors 48	4) 177 Miguel Magana 49

W65 High Jump

Name	Age Team	Finals
1 121 Annelies Steekelen	W68 SC Striders	1.27m 4-02.00
1.10 1.15 1.20 1.25 1.27 1.30		
O O O O O XXX		

M35 High Jump

Name	Age Team	Finals
1 169 Ryan Krueger	M36 Unattached	1.34m 4-04.75
1.34 1.48		
O XXX		

M55 High Jump

Name	Age Team	Finals
------	----------	--------

USATF West Region Masters Championships
Cerritos College - 6/18/2016 to 6/19/2016
Results

....M55 High Jump

1	162	Peter Hlavin	M58 SC Striders	1.65m	5-05.00
		1.55 1.60 1.65 1.70			
		O O O XXX			

M60 High Jump

=====					
Name	Age	Team	Finals		
=====					
1	181	David McLawhorn	M61 So Cal Track Club	1.30m	4-03.25
		1.20 1.25 1.30 1.35			
		XO O XO XPP			

M65 High Jump

=====					
Name	Age	Team	Finals		
=====					
1	193	Charlie Rader	M68 So Cal Track Club	1.55m	5-01.00
		1.40 1.45 1.50 1.55 1.60			
		O O O O XXX			
2	151	Monte Gast	M68 Unattached	1.25m	4-01.25
		1.10 1.25 1.30			
		O XXO XXP			

M70 High Jump

=====					
Name	Age	Team	Finals		
=====					
1	157	James Goodreau	M71 Unattached	1.40m	4-07.00
		1.25 1.30 1.35 1.40 1.45			
		O O O O XXX			
2	132	Otis Burrell	M72 Unattached	1.35m	4-05.00
		1.25 1.30 1.35 1.40			
		O XO O XXX			
3	197	James Robie	M70 Unattached	1.30m	4-03.25
		1.25 1.30 1.35			
		O O XXX			

M75 High Jump

=====					
Name	Age	Team	Finals		
=====					
1	191	Dave Perry	M77 Unattached	1.25m	4-01.25
		1.10 1.15 1.20 1.25 1.30			
		O O O XO XXX			

M40 Pole Vault

=====					
Name	Age	Team	Finals		
=====					
1	134	Stanley Carranza	M41 So Cal Track Club	3.51m	11-06.25
		3.20 3.36 3.51 3.66			
		XO O O XXX			

USATF West Region Masters Championships
Cerritos College - 6/18/2016 to 6/19/2016
Results

M45 Pole Vault

Name	Age Team	Finals
1 126 Claudio Andrade 3.05 3.20 3.36 O O XXX	M49 Unattached	3.20m 10-06.00

M55 Pole Vault

Name	Age Team	Finals
1 180 Tim McIntyre 3.66 4.00 4.15 4.20 O O XXO XXX	M55 Higher Flyers	4.15m 13-07.25

M60 Pole Vault

Name	Age Team	Finals
1 207 Kenneth St Cyr 2.14 2.29 2.45 2.60 O O XO XXX	M63 Unattached	2.45m 8-00.50

W50 Long Jump

Name	Age Team	Finals	Wind
1 104 Cadence Baron 3.06m(1.3) 3.48m(+0.0) 3.32m(1.6) 2.88m(+0.0) 3.48m(1.6) 3.43m(-1.8)	W51 Unattached	3.48m	+0.0 11-05.00

W65 Long Jump

Name	Age Team	Finals	Wind
1 115 Brenda Matthews 3.16m(0.3) PASS 3.21m(+0.0) FOUL(-2.2) 3.43m(2.1) PASS	W66 SC Striders	3.43m	2.1 11-03.00

M35 Long Jump

Name	Age Team	Finals	Wind
1 169 Ryan Krueger 4.54m(1.0) 5.22m(-2.3) 5.29m(1.3) PASS PASS PASS	M36 Unattached	5.29m	1.3 17-04.25

M45 Long Jump

Name	Age Team	Finals	Wind
1 128 Joe Blackman 4.74m(0.2) PASS PASS PASS PASS PASS	M45 So Cal Track Club	4.74m	0.2 15-06.75
2 126 Claudio Andrade 4.11m(-1.3) 4.28m(-0.0) 4.53m(+0.0) 4.50m(+0.0)	M49 Unattached	4.53m	+0.0 14-10.50

**USATF West Region Masters Championships
Cerritos College - 6/18/2016 to 6/19/2016
Results**

M55 Long Jump

Name	Age	Team	Finals	Wind
-- 189 Joseph Patridge II	M58	Unattached	FOUL	
PASS PASS PASS PASS PASS			FOUL(+0.0)	

M60 Long Jump

Name	Age	Team	Finals	Wind
1 173 Damien Leake	M63	SC Striders	4.94m	+0.0 16-02.50
4.94m(+0.0) FOUL(0.4)				
2 181 David McLawhorn	M61	So Cal Track Club	4.54m	1.4 14-10.75
4.18m(+0.0) 4.20m(2.5) 4.18m(1.4) 4.54m(1.4) FOUL			FOUL	
3 176 Charles Lyons	M61	So Cal Roadrunners	3.23m	0.2 10-07.25
1.86m(+0.0) 2.76m(3.3) 3.01m(-0.7) 2.81m(1.4) 2.94m(1.8) 3.23m(0.2)				
4 192 Patrick Pittman	M63	Trojan Masters T.C.	3.19m	1.9 10-05.75
2.87m(-0.3) 3.18m(0.3) 3.14m(+0.0) 3.17m(+0.0) 3.19m(1.9) 2.89m(+0.0)				

M65 Long Jump

Name	Age	Team	Finals	Wind
1 151 Monte Gast	M68	Unattached	3.50m	1.9 11-05.75
3.31m(-1.7) 3.39m(+0.0) 3.50m(1.9)				

M75 Long Jump

Name	Age	Team	Finals	Wind
1 204 Jerry Silverman	M79	Unattached	1.43m	0.9 4-08.25
1.41m(0.7) 1.43m(0.9) 1.36m(1.3)				

M35 Triple Jump

Name	Age	Team	Finals	Wind
1 169 Ryan Krueger	M36	Unattached	11.05m	2.5 36-03.00
9.29m(0.2) 10.53m(+0.0) 11.05m(2.5) PASS PASS PASS				

M45 Triple Jump

Name	Age	Team	Finals	Wind
1 128 Joe Blackman	M45	So Cal Track Club	10.01m	1.1 32-10.25
10.01m(1.1) PASS PASS PASS PASS			PASS	

M60 Triple Jump

Name	Age	Team	Finals	Wind
1 181 David McLawhorn	M61	So Cal Track Club	8.64m	1.7 28-04.25
FOUL(0.9) FOUL(1.1) 8.58m(1.5) FOUL(1.2) 8.64m(1.7) 8.63m(0.7)				
2 192 Patrick Pittman	M63	Trojan Masters T.C.	7.18m	0.9 23-06.75
6.90m(+0.0) 7.05m(1.0) 6.87m(1.4) 7.03m(1.9) 7.18m(0.9) 7.12m(+0.0)				

USATF West Region Masters Championships
Cerritos College - 6/18/2016 to 6/19/2016
Results

M65 Triple Jump

Name	Age Team	Finals	Wind
1 151 Monte Gast	M68 Unattached	7.23m	0.5 23-08.75
6.61m(0.2) 6.85m(0.8) 6.90m(0.2) 6.63m(2.0) 7.23m(0.5) 7.03m(+0.0)			

M70 Triple Jump

Name	Age Team	Finals	Wind
1 132 Otis Burrell	M72 Unattached	7.09m	+0.0 23-03.25
6.31m(+0.0) 6.12m(0.4) 7.05m(0.7) 6.49m(0.9) 7.04m(1.2) 7.09m(+0.0)			

W40 Shot Put

Name	Age Team	Finals
-- 109 Allison Cowdell	W44 SC Striders	ND
PASS PASS PASS PASS PASS PASS		

W60 Shot Put

Name	Age Team	Finals
1 107 Linda Cohn	W63 SC Striders	8.77m 28-09.25
8.63m 8.64m 8.32m 8.42m 8.77m 8.55m		

M35 Shot Put

Name	Age Team	Finals
1 194 Mike Rainis	M37 So Cal Track Club	13.81m 45-03.75
13.30m 13.53m 13.80m 13.65m PASS 13.81m		
2 169 Ryan Krueger	M36 Unattached	9.51m 31-02.50
8.76m 9.46m 9.51m PASS PASS PASS		

M55 Shot Put

Name	Age Team	Finals
1 163 Greg Holden	M58 Unattached	13.57m 44-06.25
13.43m 12.99m 13.57m FOUL FOUL 13.56m		

M60 Shot Put

Name	Age Team	Finals
1 214 Quenton Torbert	M64 So Cal Track Club	15.56m 51-00.75
15.47m 15.08m 14.90m 14.96m 15.17m 15.56m		
2 217 Richard Watson	M63 AZ Desert Throwers	10.23m 33-06.75
FOUL 9.91m FOUL FOUL 10.23m FOUL		
3 181 David McLawhorn	M61 So Cal Track Club	9.00m 29-06.50
9.00m 8.69m 8.89m 8.62m 8.83m 8.47m		

USATF West Region Masters Championships
Cerritos College - 6/18/2016 to 6/19/2016
Results

M75 Shot Put

Name	Age Team	Finals
1 167 Ken Hurlbert	M76 So Cal Track Club	11.93m 39-01.75
11.60m 11.02m 11.93m 11.05m 10.77m FOUL		
2 202 Harold Sheakley	M75 Unattached	9.39m 30-09.75
9.16m 9.22m 9.39m 9.13m 8.94m 9.30m		

M80 Shot Put

Name	Age Team	Finals
1 153 Marvin Ginsburg md	M80 Unattached	9.89m 32-05.50
9.45m 9.58m 9.89m 9.68m 9.48m 9.64m		
2 222 Joe Durrenberger	M81 So Cal Track Club	9.50m 31-02.00
8.92m 8.95m 9.05m 9.11m 9.50m 9.50m		

M55 Discus Throw

Name	Age Team	Finals
1 163 Greg Holden	M58 Unattached	38.27m 125-07
FOUL 36.10m FOUL FOUL 38.27m FOUL		
2 127 James Barry	M58 Unattached	28.33m 92-11
26.98m FOUL 25.32m FOUL FOUL 28.33m		

M60 Discus Throw

Name	Age Team	Finals
1 196 Robert Rice	M61 Unattached	39.17m 128-06
38.67m FOUL FOUL FOUL 34.77m 39.17m		
2 217 Richard Watson	M63 AZ Desert Throwers	36.88m 121-00
32.86m FOUL 33.99m 36.88m FOUL 36.66m		
3 181 David McLawhorn	M61 So Cal Track Club	32.73m 107-04
29.56m 31.60m 32.73m FOUL FOUL FOUL		
4 213 Mike Tipping	M63 So Cal Track Club	30.52m 100-01
27.54m 29.73m 30.36m 26.90m 30.31m 30.52m		

M65 Discus Throw

Name	Age Team	Finals
1 160 Larry Hart	M69 Unattached	41.44m 135-11
39.50m FOUL 40.43m 38.44m 41.44m 39.74m		
2 151 Monte Gast	M68 Unattached	28.58m 93-09
26.65m 28.58m FOUL 27.48m 19.54m 25.59m		

M70 Discus Throw

Name	Age Team	Finals
1 182 David Merkwitz	M74 Unattached	32.47m 106-06
FOUL 31.39m 30.55m FOUL 32.47m 30.39m		

USATF West Region Masters Championships
Cerritos College - 6/18/2016 to 6/19/2016
Results

M80 Discus Throw

Name	Age Team	Finals
1 222 Joe Durrenberger	M81 So Cal Track Club	19.82m 65-00
FOUL 7.90m 19.21m 19.82m FOUL FOUL		

M60 Hammer Throw

Name	Age Team	Finals
1 217 Richard Watson	M63 AZ Desert Throwers	38.18m 125-03
34.37m 37.35m 36.52m 37.56m 38.18m 38.14m		
2 181 David McLawhorn	M61 So Cal Track Club	22.41m 73-06
14.14m 15.70m 20.17m FOUL 20.54m 22.41m		

M65 Hammer Throw

Name	Age Team	Finals
1 160 Larry Hart	M69 Unattached	53.91m 176-10
FOUL 52.27m 50.56m 51.36m 53.91m FOUL		

M80 Hammer Throw

Name	Age Team	Finals
1 222 Joe Durrenberger	M81 So Cal Track Club	21.14m 69-04
19.93m 20.29m 20.93m 21.14m 20.98m FOUL		

W60 Javelin Throw

Name	Age Team	Finals
1 107 Linda Cohn	W63 SC Striders	35.38m 116-01
32.26m 32.62m 34.18m 35.38m 32.84m FOUL		

M50 Javelin Throw

Name	Age Team	Finals
1 168 Joe Kelly Sr	M53 Unattached	51.14m 167-09
FOUL 47.69m FOUL 51.14m 44.04m PASS		
2 186 Art Morrow	M52 So Cal Track Club	33.68m 110-06
21.29m 19.88m 23.36m 23.30m 33.68m 21.32m		

M55 Javelin Throw

Name	Age Team	Finals
1 201 Michael Shea	M56 Unattached	43.06m 141-03
FOUL FOUL 38.05m 39.97m 42.60m 43.06m		
2 127 James Barry	M58 Unattached	38.54m 126-05
FOUL 35.15m 34.90m 34.03m 35.76m 38.54m		

USATF West Region Masters Championships
Cerritos College - 6/18/2016 to 6/19/2016
Results

M60 Javelin Throw

Name	Age Team	Finals
1 159 David Hamel	M62 Unattached	44.70m 146-08
36.12m 44.32m 44.13m 44.70m 44.07m FOUL		
2 213 Mike Tipping	M63 So Cal Track Club	39.20m 128-07
33.97m 34.60m 35.81m FOUL 39.20m FOUL		
3 217 Richard Watson	M63 AZ Desert Throwers	33.85m 111-01
29.45m 29.57m 33.23m 32.04m 33.25m 33.85m		
4 181 David McLawhorn	M61 So Cal Track Club	32.00m 105-00
25.96m 29.57m FOUL 30.67m 30.50m 32.00m		

M65 Javelin Throw

Name	Age Team	Finals
1 231 Robert Morris	M66 Unattached	33.05m 108-05
31.54m 32.17m 30.37m 32.01m 33.05m 31.72m		
2 198 Ron Rook	M67 Trojan Masters T.C.	30.96m 101-07
30.76m 30.96m 29.58m 30.81m 30.35m 30.06m		
3 151 Monte Gast	M68 Unattached	28.01m 91-11
27.94m 26.71m 28.01m 24.95m 20.95m 26.83m		
4 136 D Michael Connella	M68 Unattached	25.16m 82-06
FOUL 18.65m FOUL FOUL FOUL 25.16m		

M70 Javelin Throw

Name	Age Team	Finals
1 182 David Merkwitz	M74 Unattached	31.12m 102-01
29.10m FOUL 31.12m FOUL 30.92m FOUL		

M50 Weight Throw

Name	Age Team	Finals
1 195 Greg Retzer	M51 So Cal Track Club	15.29m 50-02.00
14.86m FOUL 15.29m FOUL FOUL 14.38m		

M55 Weight Throw

Name	Age Team	Finals
1 139 Jeff Crothers	M57 AZ Desert Throwers	12.50m 41-00.25
12.23m 11.62m FOUL FOUL 12.50m 12.26m		

M60 Weight Throw

Name	Age Team	Finals
1 183 Thomas Meyer	M64 So Cal Track Club	16.46m 54-00.00
16.25m 15.65m FOUL 16.10m 15.66m 16.46m		
2 217 Richard Watson	M63 AZ Desert Throwers	12.83m 42-01.25
11.93m 12.18m 12.67m 12.83m 12.60m FOUL		
3 181 David McLawhorn	M61 So Cal Track Club	9.12m 29-11.25
7.66m 7.99m 8.06m 8.51m 8.83m 9.12m		

USATF West Region Masters Championships
Cerritos College - 6/18/2016 to 6/19/2016
Results

M65 Weight Throw

Name	Age Team	Finals
1 160 Larry Hart	M69 Unattached	18.45m 60-06.50
FOUL 16.76m FOUL 17.06m 17.00m 18.45m		

M80 Weight Throw

Name	Age Team	Finals
1 222 Joe Durrenberger	M81 So Cal Track Club	9.84m 32-03.50
9.84m 9.71m 9.18m 9.59m 9.39m 9.61m		

M50 Super Weight

Name	Age Team	Finals
1 195 Greg Retzer	M51 So Cal Track Club	8.06m 26-05.50
FOUL 7.84m 7.85m 7.21m 7.39m 8.06m		

M55 Super Weight

Name	Age Team	Finals
1 139 Jeff Crothers	M57 AZ Desert Throwers	6.20m 20-04.25
6.20m 5.95m 6.10m 5.89m 6.13m FOUL		

M60 Super Weight

Name	Age Team	Finals
1 183 Thomas Meyer	M64 So Cal Track Club	7.65m 25-01.25
7.65m FOUL FOUL FOUL FOUL FOUL		
2 217 Richard Watson	M63 AZ Desert Throwers	7.25m 23-09.50
6.52m 7.24m 7.16m FOUL 7.25m 7.18m		
3 181 David McLawhorn	M61 So Cal Track Club	3.77m 12-04.50
3.77m 3.10m 3.65m FOUL 3.25m 3.47m		

M65 Super Weight

Name	Age Team	Finals
1 160 Larry Hart	M69 Unattached	8.27m 27-01.75
7.69m 7.63m FOUL FOUL FOUL 8.27m		

M80 Super Weight

Name	Age Team	Finals
1 222 Joe Durrenberger	M81 So Cal Track Club	5.39m 17-08.25
5.14m 5.39m 5.36m PASS PASS PASS		

USATF West Region Masters Championships
Cerritos College - 6/18/2016 to 6/19/2016
Results

W60 5000 Meter Race Walk

Name	Age Team	Finals
1 118 Paula Rasmussen	W61 So Cal Track Club	35:44.05

M50 5000 Meter Race Walk

Name	Age Team	Finals
1 186 Art Morrow	M52 So Cal Track Club	32:19.26

M55 5000 Meter Race Walk

Name	Age Team	Finals
1 188 George Papacalos	M56 So Cal Track Club	37:38.41

M65 5000 Meter Race Walk

Name	Age Team	Finals
1 172 Paul Lawson	M69 Pilgrim Pacers	33:24.08

M70 5000 Meter Race Walk

Name	Age Team	Finals
1 133 Richard Campbell	M70 So Cal Track Club	36:36.00