



**Saddleback Masters Relays**  
 Saddleback College  
 Mission Viejo, CA  
 MARCH 10, 2001

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## 60M

W35

Tammy Mack (36) 9.19

Tiffany Wilson (36) 9.85

W40

Elaine Iba (40) 8.63

Debbie Selby (44) 10.58

Eliz. Monday (43) 11.71

W50

Brenda Matthews (50) 9.29

W55

Lynn Naftel (56) 9.38

W60

Kathy Bergen (61) 9.29

M30

Randy Thompson (31) 7.86

M35

Robt. Spence (35) 7.85

Jeff Gonzales (36) 8.30

Peter Simms (36) 8.37

Mike Bynum (39) 8.43

## M40

Eric Dixon (41) 7.49

B. J. Duhon (42) 7.55

Alvin Millerbas (42) 7.96

Michael Shea (41) 8.13

## M45

Andrew Hecker (46) 8.56

Lyndon Herzberg(46) 8.85

## M50

1 Homi Hormasji (52) 8.23

1 Glenn Johnson (51) 8.23

John Tomaschke (51) 8.43

Jorge Birnbaum (53) 8.55

Phil McCaskey (53) 8.93

Glen Lynch (51) 11.21

## M55

John Hartfield (56) 7.88

Willie Roberson (56) 8.79

Richard Lapham (55) 8.92

Joe Perry (56) 8.93

Juan Bustamante (58) 9.04

Steve Bisbikis (56) 9.05

Ron Stock (58) 9.19

## M60

Ken Dennis (63) 8.06

Lee Gillespie (60) 8.68

## M65

Frank Kishi (69) 10.00

M70

Paul Bambrook (72) 9.19

Al Escobosa (73) 9.63

Jim Selby (72) 9.70

Bob Frier (71) 10.08

M75

Jock Jocoy (75) 9.97

Rudy Ceja (78) 11.39

**100M**

W35

Tammy Mack (36) 14.56

Tiffany Wilson (36) 15.95

W40

Elaine Iba (40) 13.96

Debbie Selby (44) 17.09

W55

Lynn Naftel (56) 15.35

W60

Kathy Bergen (61) 15.10

M30

R. Thompson (31) 12.44

M35

Fred Simmons (35) 11.46

Peter Simms (36) 13.34

Jeff Gonzales (36) 13.35

M40

B. J. Duhon (42) 12.06

Alvin Millerbas (42) 12.94

Michael Shea (41) 13.23

M45

Robt. Richardson(47) 12.63

Andrew Hecker (46) 14.08

M50

Burke Grandjean (52) 13.26

Homi Hirmasji (52) 13.47

Jorge Birnbaum (53) 13.90

M55

D. Reichardt (58) 13.74

Warren Graff (55) 14.22

Willie Roberson (56) 14.37

Juan Bustamante(58) 14.93

Steve Bisbikis (56) 15.10

Ron Stock (58) 15.26

M60

Ken Dennis (63) 13.07

Doug Smith (61) 13.32

Lee Gillespie (60) 14.27

M65

Nick Newton (67) 14.65

Frank Kishi (69) 16.39

M70

Paul Bambrook (72) 14.92

Jim Selby (72) 16.08

Bob Frier (73) 16.64

M75

Jock Jocoy (75) 16.50

Rudy Ceja (78) 19.43

### **300m**

W40

Diane Heil (43) 46.62

Debbie Selby (44) 59.54

Eliz. Monday (43) 1:02.93

W55

Lynn Naftel (56) 53.23

M30

M. Bogdanowicz(32) 37.77

R. Thompson (31) 39.41

M35

Robt. Spence (35) 38.58

M40

Michael Shea (41) 39.78

Alvin Millerbas (42) 42.70

Joe Gilboy (41) 43.99

M45

R. Richardson (47) 41.14

Andrew Hecker (46) 43.69

M50

John Tomaschke(51) 43.05

Bill Fitzpatrick (50) 43.91

Glenn Johnson (51) 44.10

Bill McNeal (50) 47.43

M55

Warren Graff (55) 41.92

Willie Roberson (56) 44.32

Bob Kogler (57) 51.19

Ron Stock (58) 54.25

M60

Ken Dennis (63) 42.70

Gary Sims (63) 43.26

M70

Jim Selby (72) 52.08

Al Escobosa (73) 52.90

Bob Frier (71) 56.46

Milo Sather (73) 58.89

## **800M**

W30

Laura Shapiro (34) 2:47.30

W35

Diane Haney (39) 2:37.91

W40

Diane Heil (43) 2:28.32

W45

Tina Bowman (47) 2:37.92

M30

M. Bogdanowicz (32) 2:00.15

M35

Kettrell Berry (38) 2:05.91

Todd Hansink (39) 2:12.89

M40

Mark Cleary (42) 2:07.92

M45

Dan Goldman (45) 2:08.09

Mike Tipping (48) 2:11.51

M50

Nolan Shaheed (51) 2:02.56

Bill Fitzpatrick (50) 2:23.65

Wayne Douglas (52) 2:26.17

M65

William Wall (68) 3:01.68

M70

Jim Selby (72) 2:53.04

Erian Sanchez (72) 2:59.53

Harold Willis (73) 3:46.17

M75

Avery Bryant (76) 3:20.63

## **1500M**

W35

K. Archuletta (39) 5:03.27

Diane Haney (39) 5:18.48

Sinead Foran (36) 5:45.42

W40

Debbie Barraza (44) 5:17.86

Vickie Ford (40) 5:39.70

Helen Moreno (40) 5:58.55

W45

Tracey Cox (46) 6:13.98

W50

D. Cunningham (54) 6:53.06

W60

Yvette Lavigne (61) 5:55.02

## M40

Frank Boegeman (45) 4:54.33

Steve Moreno (40) 5:47.80

## M45

Dan Goldman (45) 4:37.29

Gary Shapiro (49) 4:42.77

David Sheraton (48) 4:50.00

## M50

Gary Hall (54) 4:55.18

Steven Kellmyer (50) 5:13.66

Herman Castille (52) 5:20.58

Rick Muth (51) 5:22.75

Glen Lynch (51) 7:16.12

## M55

Dr. Ron Salupo (56) 5:00.76

Bob Kogler (57) 6:13.61

## M60

Ralph Reiche (63) 6:57.38

## M65

Carl Acosta (67) 6:34.51

## M70

Jim Selby (72) 6:00.94

Efrian Sanchez (72) 6:24.60

Milo Sather (73) 6:45.24

Harold Willis (73) 7:45.97

**5,000M**

## M35

Jim Kurtzman (38) 16:19.19



M40

Larry Holland (41) 16:45.33

M50

Gary Hall (54) 18:45.70

60M Hurdles

M35

Robt. Spence (35) 9.11

Robt. Hecker (36) 9.55

M40

B. J. Duhon (42) 8.76

M45

David Perrin (47) 9.46

M70

Jim Selby (72) 16.35

300M Hurdles

M30

M. Bogdanowicz(32) 44.49

M45

Andrew Hecker (46) 48.25

Ken Stone (46) 51.81

M50

Jorge Birnbaum (53) 52.40

M55

Warren Graff (55) 48.29

### **3K Steeple**

M30

M. Bogdanowicz (32) 10:18.86

### **Family Relay (4X50m)**

Smith/Gumz Family 33.69

McNeal Family 34.24

### **4X200m Relay**

(Under 30 Team) 2:15.68

M40-49

Eric Dixon Team 1:39.35

M60-69

Team USA 1:46.41

(K. Dennis, D. Smith,

L. Gillespie, G. Sims)

### **Sprint Med. Relay (400,200,200,800)**

(Mixed ages)

Cal Coast 3:57.30

So. Cal. Club (men) 3:58.30

Saddleback Team 4:58.81

So. Cal. Club (women) 5:00.38

### **5K Race Walk**

W35

Maria Figueroa (37) 37:26

W45

Jacklyn Joyo (48) 31:32

W50

Donna Cunningham(54) 29:05

Carol Bertino (53) 32:09

W55

Darlene Backlund (55) 32:53

W70

Grace Moreman (70) 39:12

Florence Kerechuk (71) 39:41

W75

Jane Dana (79) 37:21

M35

Joe Nieroski (39) 24:33

M40

Pedro Santoni (43) 27:06

M55

Rich Campbell (55) 27:48

M60

John Backlund (61) 30:21

Bob Nyman (62) 32:29

M65

Carl Acosta (67) 31:28

Arvid Rolle (67) 32:20

George Solis (69) 34:39

Lloyd McGuire (65) 34:42

## **Long Jump**

W35

Tiffany Wilson (36) 3.97m (13' 1/4")

W40

Elaine Iba (40) 5.12m (16' 9 3/4")

M30

M. Bogdanowicz (32) 5.37m (17' 7 1/2")

M35

LaVell Davenport (39) 5.78m (18' 11 3/4")

Mike Bynum (39) 4.70m (15'5")

M60

Bert Bergen (63) 4.31m (14' 1 3/4")

M65

Ray Fitzhugh (66) 3.90m (12' 9 1/2")

George Fisher (67) 2.85m (9' 4 1/4")

M70

Paul Bambrook (72) 4.42m (14' 6")

Triple Jump

W40

Elaine Iba (40) 9.68m (31' 9 1/4")

M35

LaVell Davenport (39) 13.85m (45' 5 1/4")

M70

Paul Bambrook (72) 8.52m (27' 11 1/2")

M80

Charles Mercurio (81) 6.27m (20' 7")

## **High Jump**

W30

Leslie Martin (31) 1.32m (4'4")

W50

A. Steekelenburg (52) 1.32m (4'4")

M50

Charlie Rader (52) 1.68m (5'6")

Jorge Birnbaum (53) 1.42m (4'8")

M60

Davie Perry (61) 1.52m (5'0")

Bert Bergen (63) 1.42m (4'8")

Ralph Reiche (63) 1.37m (4'6")

John Steinman (64) 1.32m (4'4")

M65

Phil Fehlen (65) 1.63m (5'4")

Nick Newton (67) 1.47m (4' 10")

Phil Shipp (65) 1.32m (4'4")

Ray Fitzhugh (66) 1.27m (4'2")

### **Pole Vault**

W55

Nadine O'Conner (59) 2.29m (7'6")

M50

Bill McNeal (50) 3.20m (10'6")

Mick James (54) 3.05m (10')

M55

Dan Borrey (55) 3.81m (12'6")

M60

John Steinman (64) 2.50m (8'6")

M65

Ray Fitzhugh (66) 2.44m (8')

M70

Bud Held (73) 2.59m (8'6")

### **Discus**

W61

Kathy Bergen (61) 15.04m (49'4")

M35

Jeffrey Gonzales (36) 33.50m (109'11")

M40

Rick Gangloff (44) 24.86m (81'7")

M50

Jim McEvoy (52) 31.60m (103'8")

Angelo Rinaldi (51) 30.62m (100'5")

John Montana (54) 25.48m (83'7")

M55

David Archambault (58) 27.86m (91'5")

Juan Bustamante (58) 25.26m (82'10")

Kenneth Baker (57) 23.90m (78'5")

M60

Joe Marino (63) 44.90m (147'4")

John Steinman (64) 33.38m (109'6")

M65

Phil Shipp (65) 34.34m (112'8")

George Fisher (67) 17.42m (57'2")

M70

Fred Lochner (70) 29.92m (98'2")

M90

Burt DeGroot (94) 12.26m (40'3")

## **Javelin**

W35

Tammy Mack (36) 20.78m (68'2")

W60

Kathy Bergen (61) 21.22m (69'7")

M35

Jeffrey Gonzales (36) 41.90m (137'5")

M40

Rick Gangloff (44) 23.90m (78'5")

M45

John Williams (49) 37.98m (124'7")

Vern McGarry (47) 37m (121'5")

## M50

Jim McEvoy (52) 39.94m (131')

Ron Rook (52) 35.32m (115'10")

John Montana (54) 28.64m (93'11")

## M55

Steve Shepherd (55) 35.82m (117'6")

James Brennan (57) 32.42m (106'4")

David Archambault (58) 28.30m (92'10")

Kenneth Baker (57) 25.82m (84'8")

## M60

Larry Stuart (63) 50.64m (166'2")

## M65

Phil Shipp (65) 35.18m (115'5")

Ray Fitzhugh (66) 25.96m (85'2")

George Fisher (67) 16.28m (53'5")

## M70

Allan Trefry (72) 30.64m (99'11")

Doug Richardson (71) 30.32m (99'6")

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