



**Saddleback Masters Relays**  
Saddleback College  
Mission Viejo, CA  
March 8, 2003

Doug Smith  
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**60m**

M35 Robert Spence 7.59  
M40 Eric Dixon 7.53  
James Chinn 7.68  
Mike Shea 8.06  
Mike DiMassa 8.11  
Doug Fetteroll 8.16  
Tom Llamas 8.74  
M45 Ross Erick 8.12  
Andrew Hecker 8.53T  
Rick Berrios 8.53T  
Ken Stone 8.77  
Brian Stern 9.02  
M50 John Tomasche 8.23  
M55 Dan Girling 9.14  
M60 Lee Gillespie 8.49  
Bill Knocke 8.76  
Karl Thorpe 9.23  
Ronald Stock 9.34  
M65 Harold Tolson 8.14  
M70 Frank Kishi 10.00  
Jim Selby 10.03  
M751Paul Evans 10.73  
M80 Al Guidet 11.57  
Rudy Ceja 12.02  
M90 Bert Morrow 13.47  
W30 Kateena Bugg 7.97

W35 Colleen Barney 8.25

Tammy Nolen-Mack 9.08

W40 Bev Jephcott 8.77

Mary Miller 9.15

W45 Elizabeth Monday 9.79

Debbie Selby 10.21

W50 Brenda Matthews 8.76

W55 Lynn Naftel 9.13

W60 Nadine O'Conner 9.05

W70 Sumi Onodera-Leonard 11.67

**300m**

M35 Cullen Plousha 37.82

Vaughn Kastor 38.43

Tim Hickok 41.53

Scott Capifoni 42.76

M40 Cornell Stevenson 36.06

James Chinn 37.63

Eric Dixon 38.56

M45 James Lofton 37.35

Robert Richardson 41.09

Jim Hershberger 43.19

Rick Berrios 43.39

Ross Erick 43.78

Andrew Hecker 44.87

Brian Stern 49.14

M50 John Tomasche 42.70

M55 Jim Crandall 48.74

Bob Kogler 49.00

Dan Girling 50.64

M60 Lee Gillespie 45.94

Robert McAlpine 50.65

Paul Gilbert 52.49

Karl Thorpe 52.55

M65 Harold Tolson 44.54

M70 Jim Selby 53.86

Al Sheahen 55.97

Frank Kishi 58.29

M75 Al Escobosa 53.05

W35 Colleen Barney 42.89

Julia Casals 45.80

Tammy Nolen-Mack 54.65

W40 Bev Jephcott 46.85

Vickie Ford 51.93

W45 Debbie Barraza-Lee 53.68

Tracy Cox 59.60

Debbie Selby 60.23

W50 Brenda Matthews 49.99

W55 Lynn Naftel 48.00

W70 Sumi Onadera-Leonard 66.96

### **800m**

M35 Ben Crouch 2:08.04

Tim Hickok 2:21.28

M40 Kevin McCarthy 2:08.18

M45 John Araujo 2:16.61

Ken Stone 2:52.31

M50 Sverre Falck-Pedersen 2:19.53

Steve Lassegard 2:20.77

Gary Shapiro 2:23.57

Wayne Douglas 2:30.36

M55 Herman Castille 2:24.60

Ronald Salupo 2:25.83

Bob Kogler 2:51.55

M65 Ralph Reiche 3:23.33

M70 Jim Selby 3:00.81

W45 Carla Hoppie 2:40.12

W70 Sumi Onodera-Leonard 4:02.75

### **1500m**

M40 James Kurtzman 4:21.73

M45 John Araujo 4:44.00

Jim Hershberger 4:49.27

Rob Duncanson 5:04.98

M50 Gary Shapiro 4:47.85

Steve Lassegard 4:55.56

M55 Ronald Salupo 4:57.87

Herman Castille 5:16.75

M60 Bob Inouye 7:02.91

M65 Ralph Reiche 7:19.45

M70 Jim Selby 6:37.58

W45 Debbie Barraza-Lee 5:42.18

### **3000m**

M45 Angelo Delolibus 9:33.11

John Araujo 10:31.72

M50 Sverre Falck-Pedersen 10:53.99

Wayne Douglas 13:13.89

M60 Robert McAlpine 12:57.31

Bob Inouye 15:14.78

M65 Dale Headley 13:01.48

M70 Jim Selby 14:50.24

W40 Vickie Ford 12:17.69

W45 Tracy Cox 13:59.14

### **5000m**

M60 Bob Inouye 26:01.73

M80 Roy Wallace 41:32.99

### **60m Hurdles**

M35 Robert Spence 8.52

M40 Eddie Balderas 13.45

M45 Mike Smith 9.68

Mac Niroumand 10.73

M55 James Hollister 9.42

Theo Viltz 9.51

M60 Bill Knocke 10.15

Terry Rowan 21.42

M80 Al Guidet 14.27

M90 Bert Morrow 17.09

W35 Tammy Nolen-Mack 13.70

W45 Elizabeth Monday 11.70

W55 Lynn Naftel 11.90

### **300m Hurdles**

M35 Robert Spence 40.57

M40 Eddie Balderas 54.51

M45 Mike Smith 49.22

Andrew Hecker 53.36

M60 James Hollister 46.50

W45 Tina Bowman 55.58

Elizabeth Monday 57.76

W55 Lynn Naftel 55.59

### **High Jump**

M35 Ronald Lee 1.93m

M40 Henry Watson 1.62

Doug Fetteroll 1.57

Eddie Balderas 1.37

M45 Mac Niroumand 1.57

M55 Roberto Pozzi 1.57

M60 Davie Perry 1.52

M65 Ralph Reiche 1.38

M80 Rudy Ceja 1.01

### **Long Jump**

M35 Robert Spence 5.23

M40 Eddie Balderas 4.34

M45 Mac Niroumand 5.81

M50 Mike Tipping 5.11

M55 Jmes Hollister 5.12

M60 Terry Rowan 4.40

M80 Rudy Ceja 2.59

W45 Elizabeth Monday 3.78

W50 Brenda Matthews 3.76

**Triple Jump**

M30 Stuart Richmond 14.97

M45 Mac Niroumand 11.36

M60 terry Rowan 8.85

M80 Rudy Ceja 5.75

**Pole Vault**

M35 Simon Arkell 4.57

M50 Steve Morris 3.81

Bill McNeal 3.35

M70 Bob Holmes 2.13

M75 Bud held 3.05

Don Roser 1.83

W60 Nadine O'Connor 2.82

**Shot Put**

M35 Angelo Rosselli 9.67

M40 Thomas Llamas 9.95

M50 Hadley James 13.89

Mike Deller 13.66

Angelo Rinaldi 12.65

M55 Kenneth Baker 7.97

M60 Glen Johnson 11.98

Hal Sheakley 10.49

M65 Henry Ross 11.91

Len Rosen 10.87

Alan Rosen 9.42

Ralph Reiche 9.24

M70 Fred Lochner 10.59

Doug Richardson 9.72

Orlyn North 9.22

M75 Arnie Gaynor 12.35

Hal Wallace 10.51

Kio Shik Song 7.46

M80 Sy Lambert 7.01

Rudy Ceja 6.55

W55 Hattie Perry 6.41

**Discus**

M35 Angelo Rosselli 25.60

M40 Thomas Llamas 31.70

M45 Brian Williams 33.45

Wayne Weddell 30.25

Rob Duncanson 25.27

M50 Mikw Deller 45.46

Hadley James 43.35

Jon Friestedt 33.57

Jim McEvoy 32.89

Mike Tipping 32.69

Angelo Rinaldi 31.75

M55 Kenneth Baker 24.28

M60 Glen Johnson 36.34

Hal Sheakley 32.69

M65 Joe Marino 41.30

Len Rosen 39.82

Alan Rosen 35.66

Henry Ross 31.31

M70 Orlyn North 30.17

Fred Lochner 29.56

M75 Arnie Gaynor 35.84

Hal Wallace 34.13

Donald Roser 26.56

W50 Annelies Steeklenberg 18.97

**Javelin**

M35 Angelo Rosselli 29.76

M40 Doug Fetteroll 35.68

Hal Halpern 34.65

M45 Mac Niroumand 42.58

Rob Duncanson 39.81

Vern McGarry 35.70

M50 Mike Tipping 44.92

Jim McEvoy 42.85

Sy Silverstein 40.78

Ron Rook 38.46

John Williams 37.84

M55 James Brennan 34.82

Kenneth Baker 25.57

M60 Hal Sheakley 30.20

Glen Johnson 28.11

M70 Allan Trefry 28.48

Doug Richardson 28.08

M75 Hal Wallace 31.21

Donald Roser 27.08

Kio Shik Song 17.88

W45 Tina Bowman 28.49

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