

**Self Transcendence Masters Games - 10/16/2016**

**2016**

**Glendale High School**

**Results**

**Event 100 W55 5000 Meter Race Walk**

Name	Age Team	Finals	H#	Points
Finals				
1 Darian, Shea	W56 unattached	31:30.65	2	

**Event 100 W60 5000 Meter Race Walk**

Name	Age Team	Finals	Points
1 Morales, Luz	W64 unattached	35:37.23	
2 Rasmussen, Paula	W62 unattached	35:46.60	

**Event 100 W65 5000 Meter Race Walk**

Name	Age Team	Finals	H#	Points
1 Ellis, Sylvia	W68 unattached	35:22.14	2	

**Event 100 W75 5000 Meter Race Walk**

Name	Age Team	Finals	Points
1 LaVigne, Yvette	W76 unattached	39:48.87	

**Event 100 W80 5000 Meter Race Walk**

Name	Age Team	Finals	Points
1 Capps, Shirley	W81 unattached	43:26.76	
-- Willis, Patricia	W80 unattached	DNF	

**Event 110 M65 5000 Meter Race Walk**

Name	Age Team	Finals	Points
1 Brinbaum, Jorge	M69 unattached	38:15.15	

**Event 110 M80 5000 Meter Race Walk**

Name	Age Team	Finals	Points
1 Acosta, Carl	M82 unattached	37:59.83	

**Event 130 M35 3000 Meter Run**

Name	Age Team	Finals	Points
1 Malabag, Kenny	M39 unattached	12:48.35	

**Event 130 M60 3000 Meter Run**

Name	Age Team	Finals	Points
1 McLawhorn, David	M61 unattached	14:22.14	

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**Event 130 M65 3000 Meter Run**

Name	Age Team	Finals	Points
1 Wysocki, Jan	M68 unattached	14:16.58	

**Event 170 M55 100 Short Hurdles**

Name	Age Team	Finals	Wind	Points
1 Conley, Brian	M56 unattached	16.95	NWI	
2 McDaniels, Robert	M59 unattached	17.33	NWI	
3 Niroumand, Mahmoud	M59 unattached	18.41	NWI	

**Event 210 M35 1500 Meter Run**

Name	Age Team	Finals	Points
1 Malabag, Kenny	M39 unattached	5:31.87	

**Event 210 M50 1500 Meter Run**

Name	Age Team	Finals	Points
1 Smith, Allen	M53 unattached	5:00.45	

**Event 210 M55 1500 Meter Run**

Name	Age Team	Finals	Points
1 Reitmann, Tom	M56 unattached	5:18.05	

**Event 210 M65 1500 Meter Run**

Name	Age Team	Finals	Points
1 Shaeed, Nolan	M67 unattached	4:57.05	
2 Gast, Monte	M68 unattached	7:43.36	*Separate heat

**Event 220 W50 400 Meter Dash**

Name	Age Team	Finals	Points
1 Clarke, Amanda	W52 unattached	1:12.83	

**Event 220 W65 400 Meter Dash**

Name	Age Team	Finals	Points
1 Kelly, Pat	W66 unattached	1:24.81	

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**Event 220 W75 400 Meter Dash**

Name	Age Team	Finals	Points
1 Smith, Mary	W75 unattached	1:25.13	

**Event 230 M30 400 Meter Dash**

Name	Age Team	Finals	Points
1 Balyan, Vardan	M33 unattached	56.71	

**Event 230 M45 400 Meter Dash**

Name	Age Team	Finals	H#	Points
1 Bogdanowicz, Matthew	M47 unattached	58.39	2	
2 Willis, Marcellus	M45 unattached	1:02.52	1	
3 Lightbourne, Steve	M46 unattached	1:03.12	2	

**Event 230 M50 400 Meter Dash**

Name	Age Team	Finals	H#	Points
1 Parks, Terry	M52 unattached	54.98	2	
2 Makino, Shigeki	M50 unattached	56.32	2	

**Event 230 M55 400 Meter Dash**

Name	Age Team	Finals	H#	Points
1 Tebo, Michael	M57 unattached	1:03.04	2	

**Event 240 W40 100 Meter Dash**

Name	Age Team	Finals	Wind	Points
1 Ishio, Michelle	W44 unattached	14.13	NWI	
2 Mann, Elly	W40 unattached	14.21	NWI	

**Event 240 W45 100 Meter Dash**

Name	Age Team	Finals	Wind	Points
1 Barney, Colleen	W49 unattached	13.72	NWI	

**Event 240 W80 100 Meter Dash**

Name	Age Team	Finals	Wind	Points
1 Willis, Patricia	W80 unattached	28.44	NWI	

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**Event 250 M30 100 Meter Dash**

Name	Age Team	Finals	Wind	Points
1 French, Roldaven	M34 unattached	12.45	NWI	

**Event 250 M35 100 Meter Dash**

Name	Age Team	Finals	Wind	Points
1 Miskovic, Radenko	M36 unattached	11.71	NWI	
2 Stallings, TC	M38 unattached	12.11	NWI	

**Event 250 M45 100 Meter Dash**

Name	Age Team	Finals	Wind	H#	Points
1 Ruhter, Lance	M46 unattached	12.86	NWI	2	
2 Sawamura, John	M46 unattached	12.95	NWI	1	

**Event 250 M50 100 Meter Dash**

Name	Age Team	Finals	Wind	H#	Points
1 Biggers, Kevin	M54 unattached	13.03	NWI	2	
2 Andrade, Claudio	M50 unattached	13.86	NWI	2	
3 Forte, Jonathan	M51 unattached	14.91	NWI	2	

**Event 250 M55 100 Meter Dash**

Name	Age Team	Finals	Wind	H#	Points
1 McDaniels, Robert	M59 unattached	13.85	NWI	2	
2 Reed, Darrell	M58 unattached	14.55	NWI	2	

**Event 250 M70 100 Meter Dash**

Name	Age Team	Finals	Wind	H#	Points
1 Whitley, Stan	M70 unattached	15.20	NWI	3	
2 Muranaka, Ron	M73 unattached	16.86	NWI	3	

**Event 250 M75 100 Meter Dash**

Name	Age Team	Finals	Wind	H#	Points
1 Strouse, Frank	M76 unattached	15.70	NWI	3	
2 Ryan, Steve	M75 unattached	19.43	NWI	3	

**Event 250 M80 100 Meter Dash**

Name	Age Team	Finals	Wind	H#	Points
1 Leis, Donald	M84 unattached	20.72	NWI	3	

**Self Transcendence Masters Games - 10/16/2016****2016****Glendale High School****Results****Event 270 M55 800 Meter Run**

Name	Age	Team	Finals	H#	Points
1 Reitmann, Tom	M56	unattached	2:37.12	2	
2 Nivens, Denny	M59	unattached	2:37.15	1	
3 Tebo, Michael	M57	unattached	2:41.40	1	

**Event 270 M65 800 Meter Run**

Name	Age	Team	Finals	Points
1 Shaeed, Nolan	M67	unattached	2:31.54	
2 Hallum, Donald	M66	unattached	3:21.79	

**Event 280 W45 200 Meter Dash**

Name	Age	Team	Finals	Wind	Points
1 Barney, Colleen	W49	unattached	28.36	NWI	

**Event 280 W65 200 Meter Dash**

Name	Age	Team	Finals	Wind	Points
1 Kelly, Pat	W66	unattached	38.89	NWI	

**Event 290 M35 200 Meter Dash**

Name	Age	Team	Finals	Wind	Points
1 Stallings, TC	M38	unattached	25.58	1.4	

**Event 290 M40 200 Meter Dash**

Name	Age	Team	Finals	Wind	Points
1 Reyes, Andrew	M41	unattached	24.61	1.4	
2 Kian, Homan	M44	unattached	25.50	1.4	

**Event 290 M50 200 Meter Dash**

Name	Age	Team	Finals	Wind	H#	Points
1 Makino, Shigeki	M50	unattached	25.36	3.1	2	
2 Pearl, Steve	M51	unattached	29.92	3.1	2	
3 Forte, Jonathan	M51	unattached	31.13	3.1	2	

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**Event 290 M55 200 Meter Dash**

Name	Age Team	Finals	Wind	H#	Points
1 Tebo, Michael	M57 unattached	29.02	2.8	3	

**Event 290 M65 200 Meter Dash**

Name	Age Team	Finals	Wind	H#	Points
1 Gast, Monte	M68 unattached	37.56	2.8	3	

**Event 290 M70 200 Meter Dash**

Name	Age Team	Finals	Wind	H#	Points
1 Whitley, Stan	M70 unattached	29.30	2.8	3	
2 Murray, Marvin	M71 unattached	30.22	NWI	4	
3 Muranaka, Ron	M73 unattached	38.60	NWI	4	

**Event 290 M75 200 Meter Dash**

Name	Age Team	Finals	Wind	H#	Points
1 Strouse, Frank	M76 unattached	31.60	NWI	4	
2 Ryan, Steve	M75 unattached	44.45	NWI	4	

**Event 310 M60 300 Long Hurdles**

Name	Age Team	Finals	Points
1 Pitman, Patrick	M64 unattached	1:21.62	

**Event 320 W40 400 Long Hurdles**

Name	Age Team	Finals	Points
1 Mann, Elly	W40 unattached	1:21.37	

**Event 330 M50 400 Long Hurdles**

Name	Age Team	Finals	Points
1 Forte, Jonathan	M51 unattached	1:21.73	

**Event 340 W45 50 Meter Dash**

Name	Age Team	Finals	Wind	Points
1 Barney, Colleen	W49 unattached	7.93	NWI	

**Event 340 W55 50 Meter Dash**

Name	Age Team	Finals	Wind	Points
1 Jones, Jennifer	W55 unattached	8.73	NWI	

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**Event 340 W65 50 Meter Dash**

Name	Age Team	Finals	Wind	Points
1 Kelly, Pat	W66 unattached	9.85	NWI	

**Event 350 M40 50 Meter Dash**

Name	Age Team	Finals	Wind	Points
1 Reyes, Andrew	M41 unattached	6.60	-1.7	

**Event 350 M45 50 Meter Dash**

Name	Age Team	Finals	Wind	Points
1 Sawamura, John	M46 unattached	7.27	-1.7	

**Event 350 M50 50 Meter Dash**

Name	Age Team	Finals	Wind	Points
1 Hirayama, Keiichiro	M51 unattached	7.54	-1.7	
2 Koga, Kevin	M53 unattached	7.80	-1.7	
3 Pearl, Steve	M51 unattached	7.98	-1.7	

**Event 350 M55 50 Meter Dash**

Name	Age Team	Finals	Wind	H#	Points
1 Reed, Darrell	M58 unattached	7.65	-3.6	2	
2 McDaniels, Robert	M59 unattached	7.94	-3.6	2	

**Event 350 M65 50 Meter Dash**

Name	Age Team	Finals	Wind	H#	Points
1 Gast, Monte	M68 unattached	10.04	-3.6	2	

**Event 350 M70 50 Meter Dash**

Name	Age Team	Finals	Wind	H#	Points
1 Muranaka, Ron	M73 unattached	9.02	-3.6	2	

**Event 350 M75 50 Meter Dash**

Name	Age Team	Finals	Wind	H#	Points
1 Strouse, Frank	M76 unattached	8.37	-3.6	2	
2 Niedermeyer, Fred	M76 unattached	9.97	-3.6	2	
3 Ryan, Steve	M75 unattached	10.07	-3.6	2	

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**Results**

**Event 390 M50 Pole Vault**

Name	Age Team	Finals	Points
1 Andrade, Claudio	M50 unattached	3.21m	

**Event 390 M55 Pole Vault**

Name	Age Team	Finals	Points
1 Niroumand, Mahmoud	M59 unattached	2.46m	

**Event 390 M60 Pole Vault**

Name	Age Team	Finals	Points
1 Mead, Murray	M62 unattached	3.21m	
2 McLawhorn, David	M61 unattached	2.16m	

**Event 390 M65 Pole Vault**

Name	Age Team	Finals	Points
1 Morris, Steve	M67 unattached	2.31m	
-- Gast, Monte	M68 unattached	NH	

**Event 400 W40 Long Jump**

Name	Age Team	Finals	Wind	Points
1 Mann, Elly	W40 unattached	3.66m	NWI	

**Event 400 W55 Long Jump**

Name	Age Team	Finals	Wind	Points
1 Jones, Jennifer	W55 unattached	3.34m	NWI	

**Event 410 M35 Long Jump**

Name	Age Team	Finals	Wind	Points
1 Yandell-Iholts, Caleb	M38 unattached	4.83m	NWI	

**Event 410 M40 Long Jump**

Name	Age Team	Finals	Wind	Points
1 McDonald, Trevor	M40 unattached	4.27m	NWI	

**Event 410 M55 Long Jump**

Name	Age Team	Finals	Wind	Points
1 Niroumand, Mahmoud	M59 unattached	5.10m	NWI	



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**Event 410 M60 Long Jump**

Name	Age Team	Finals	Wind	Points
1 Kuechle, John	M64 unattached	4.57m	NWI	
2 Pitman, Patrick	M64 unattached	3.28m	NWI	

**Event 410 M65 Long Jump**

Name	Age Team	Finals	Wind	Points
1 Stevens, Jim	M65 unattached	4.78m	NWI	
2 Tomaschke, John	M67 unattached	4.51m	NWI	
3 Hallum, Donald	M66 unattached	3.58m	NWI	
4 Gast, Monte	M68 unattached	3.43m	NWI	

**Event 410 M75 Long Jump**

Name	Age Team	Finals	Wind	Points
1 Ryan, Steve	M75 unattached	3.09m	NWI	

**Event 410 M80 Long Jump**

Name	Age Team	Finals	Wind	Points
1 Leis, Donald	M84 unattached	2.63m	NWI	

**Event 420 W60 Javelin Throw**

Name	Age Team	Finals	Points
1 Cohn, Linda	W63 unattached	32.22m	

**Event 430 M40 Javelin Throw**

Name	Age Team	Finals	Points
1 McDonald, Trevor	M40 unattached	34.22m	

**Event 430 M55 Javelin Throw**

Name	Age Team	Finals	Points
1 Niroumand, Mahmoud	M59 unattached	44.62m	

**Event 430 M60 Javelin Throw**

Name	Age Team	Finals	Points
1 Hays, Jack	M62 unattached	38.15m	

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**Event 430 M65 Javelin Throw**

Name	Age	Team	Finals	Points
1 Gast, Monte	M68	unattached	27.53m	

**Event 430 M80 Javelin Throw**

Name	Age	Team	Finals	Points
1 Durrenberger, Joe	M82	unattached	14.24m	

**Event 430 M90 Javelin Throw**

Name	Age	Team	Finals	Points
1 Roser, Donald	M92	unattached	17.55m	

**Event 450 M55 Triple Jump**

Name	Age	Team	Finals	Wind	Points
1 Niroumand, Mahmoud	M59	unattached	10.43m	NWI	

**Event 450 M65 Triple Jump**

Name	Age	Team	Finals	Wind	Points
1 Tomaschke, John	M67	unattached	9.78m	NWI	
2 Stevens, Jim	M65	unattached	9.20m	NWI	
3 Gast, Monte	M68	unattached	6.38m	NWI	

**Event 460 W60 Discus Throw**

Name	Age	Team	Finals	Points
1 Cohn, Linda	W63	unattached	21.04m	

**Event 460 W65 Discus Throw**

Name	Age	Team	Finals	Points
1 Steekelenburg, Annelies	W68	unattached	19.26m	

**Event 470 M40 Discus Throw**

Name	Age	Team	Finals	Points
1 McDonald, Trevor	M40	unattached	28.68m	

**Event 470 M60 Discus Throw**

Name	Age	Team	Finals	Points
1 Kirschenman, Ken	M64	unattached	46.98m	
-- Rice, Robert	M61	unattached	ND	

**Self Transcendence Masters Games - 10/16/2016****2016****Glendale High School****Results****Event 470 M65 Discus Throw**

Name	Age Team	Finals	Points
1 Gast, Monte	M68 unattached	25.25m	

**Event 470 M70 Discus Throw**

Name	Age Team	Finals	Points
1 Harvey, William	M70 unattached	38.42m	
2 Willis, Steve	M70 unattached	27.86m	

**Event 470 M80 Discus Throw**

Name	Age Team	Finals	Points
1 Rosen, Alan	M80 Unattached	24.82m	
2 Durrenberger, Joe	M82 unattached	20.36m	
3 Ginsburg, Marvin	M80 unattached	18.33m	

**Event 470 M90 Discus Throw**

Name	Age Team	Finals	Points
1 Roser, Donald	M92 unattached	12.12m	

**Event 480 W65 High Jump**

Name	Age Team	Finals	Points
1 Steekelenburg, Annelies	W68 unattached	1.25m	

**Event 490 M35 High Jump**

Name	Age Team	Finals	Points
1 Stallings, TC	M38 unattached	1.75m	

**Event 490 M50 High Jump**

Name	Age Team	Finals	Points
1 Lewis, James	M54 unattached	1.75m	
2 Forte, Jonathan	M51 unattached	1.50m	
3 Andrade, Claudio	M50 unattached	1.35m	

**Event 490 M55 High Jump**

Name	Age Team	Finals	Points
1 Hlavin, Peter	M58 unattached	1.65m	
2 Niroumand, Mahmoud	M59 unattached	1.55m	

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Name	Age Team	Finals	Points
1 Rader, Charlie	M68 unattached	1.50m	
2 Stevens, Jim	M65 unattached	1.40m	
3 Hallum, Donald	M66 unattached	1.25m	
4 Gast, Monte	M68 unattached	1.10m	

**Event 490 M70 High Jump**

Name	Age Team	Finals	Points
1 Goodreau, James	M71 unattached	1.40m	
2 Burrell, Otis	M72 unattached	1.30m	

**Event 490 M75 High Jump**

Name	Age Team	Finals	Points
1 Ryan, Steve	M75 unattached	1.00m	

**Event 490 M80 High Jump**

Name	Age Team	Finals	Points
1 Leis, Donald	M84 unattached	0.95m	

**Event 500 W60 Shot Put**

Name	Age Team	Finals	Points
1 Cohn, Linda	W63 unattached	8.55m	

**Event 510 M40 Shot Put**

Name	Age Team	Finals	Points
1 McDonald, Trevor	M40 unattached	10.12m	

**Event 510 M60 Shot Put**

Name	Age Team	Finals	Points
1 Kirschenman, Ken	M64 unattached	12.08m	
2 Hays, Jack	M62 unattached	10.71m	

**Event 510 M70 Shot Put**

Name	Age Team	Finals	Points
1 Harvey, William	M70 unattached	13.93m	
2 Widmer, Ronald	M74 unattached	9.49m	
3 Willis, Steve	M70 unattached	8.71m	

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**Event 510 M75 Shot Put**

Name	Age Team	Finals	Points
1 Hurlbert, Ken	M76 unattached	11.26m	

**Event 510 M80 Shot Put**

Name	Age Team	Finals	Points
1 Ginsburg, Marvin	M80 unattached	9.58m	
2 Durrenberger, Joe	M82 unattached	9.35m	
3 Rosen, Alan	M80 unattached	7.44m	

The following points listed below are for reference only.  
 Unofficial Outdoor Pentathlon Points (competed out of sequence)

Gast, Monte M65, Age 68  
 Long Jump 3.43m, 121  
 Javelin 27.53m, 265  
 200m 37.56, 1  
 Discus 25.25, 372  
 1500m 7:43.46, 6  
 Total points 765  
 Age graded points 1917, Based on 2010 WMA Age Graded Tables.