

**Pasadena Senior Games - 6/3/2023****Occidental College  
Results - Today's Meet****W55 50 Meter Dash**

Name	Age Team	Finals	Wind	H#
Finals				
1 Williams-Rendon, Dieanca	W55 Norwalk, CA	9.92	0.8	2

**W60 50 Meter Dash**

Name	Age Team	Finals	Wind	H#
1 Jones, Jennifer	W63 Carson, CA	8.52	0.8	2
2 von Winckelmann, Debby	W64 Woodland Hills, CA	9.23	0.8	2

**W70 50 Meter Dash**

Name	Age Team	Finals	Wind	H#
1 Cohn, Linda	W71 Porter Ranch, CA	8.80	0.8	2
2 Winiecki, Patricia	W72 Paramont, CA	13.19	0.8	2

**W75 50 Meter Dash**

Name	Age Team	Finals	Wind
1 Sneider, Sarah	W79 Arcadia, CA	12.01	0.2
2 Schaeffer, Mara	W78 Altadena, CA	13.87	0.2

**W80 50 Meter Dash**

Name	Age Team	Finals	Wind
1 Bergen, Kathy	W84 La Canada, CA	9.07	0.2
2 McMaster, Mary Jane	W80 Los Angeles, CA	15.91	0.2

**W85 50 Meter Dash**

Name	Age Team	Finals	Wind
1 Donley, Christel	W88 Colorado Springs, C	12.59	0.2
2 Yates, Patricia	W88 Del Mar, CA	18.25	0.2

**M55 50 Meter Dash**

Name	Age Team	Finals	Wind	H#
1 Clemons, Tony (Tc)	M57 Los Angeles, CA	6.91	0.2	10
2 Quong, Alex	M58 Brea, CA	7.59	0.2	10

**M60 50 Meter Dash**

Name	Age Team	Finals	Wind	H#
1 Poll, Steve	M60 Northridge, CA	7.41	0.7	9
2 Wilson, Victor	M63 Los Angeles, CA	7.71	0.7	9
3 Ham, Eben	M61 Santa Monica, CA	7.80	0.7	9
4 Bynum, Mike	M62 Murrieta, CA	7.84	0.7	9

**Pasadena Senior Games - 6/3/2023****Occidental College****Results - Today's Meet****...M60 50 Meter Dash**

5 Molinski, Michael	M60 Los Angeles, CA	7.87	0.7	9
6 Chan, Stephen	M61 El Cajon, CA	8.12	0.7	9
7 Smith, Jeff	M62 Pasadena, CA	9.21	0.7	9

**M65 50 Meter Dash**

Name	Age Team	Finals	Wind	H#
1 Stevens, Ron	M69 Camarillo, CA	7.21	0.8	8
2 Llavanos, Rudy	M67 Manhattan Beach, CA	7.41	0.2	10
3 Apodaca, Danny	M67 Burbank, CA	7.57	0.8	8
3 QI, Zhangming	M65 Temple City, CA	7.58	0.8	8
5 Niroumand, Mahmoud	M66 Costa Mesa, CA	7.71	0.8	8
6 Madison, Clifford	M66 Los Angeles, CA	8.11	0.8	8
7 Brink, James	M65 South Gate, CA	8.88	0.8	8
8 huffman, mark	M69 seal beach, CA	11.14	0.8	8

**M70 50 Meter Dash**

Name	Age Team	Finals	Wind	H#
1 Johnson, Lionel	M72 Northridge, CA	7.39	1.2	5
2 Nakamura, Ken	M70 Seal Beach, CA	8.04	1.2	5 8.036
2 Weiss, Noel	M72 Marina del Rey, CA	8.04	1.2	5 8.032
4 Boucquey, Thierry	M73 Huntington Beach, C	8.20	1.2	5
5 Malin, James	M72 San Diego, CA	8.72	1.2	5
6 Sutton, Michael	M70 South Pasadena, CA	9.82	1.2	5
7 dybens, bruce	M73 Long Beach, CA	9.87	1.2	5
8 Guerra, joseph	M71 Redlands, CA	10.07	1.2	5

**M75 50 Meter Dash**

Name	Age Team	Finals	Wind	H#
1 Ziskin, Daniel	M76 Manhattan Beach, CA	8.47	1.1	4
2 Rose, Edwin	M75 Carlsbad, CA	8.80	1.1	4
3 Winiecki, Kenneth	M75 Paramount, CA	9.53	1.1	4
4 Messick, Gregory	M75 Beaumont, CA	10.66	1.1	4

**M80 50 Meter Dash**

Name	Age Team	Finals	Wind	H#
1 Rowan, Terry	M83 Santa Rosa, CA	8.93	0.5	3
2 Muranaka, Ron	M80 Placentia, CA	9.99	0.5	3
3 Hashemzadeh, Iraj	M83 San Diego, CA	10.13	0.5	3
4 Brennan, James	M81 Pasadena, CA	11.43	0.5	3
5 Ryan, Steve	M83 Malibu, CA	11.85	0.5	3
-- Duncan, Lawrence	M83 Altadena, CA	DNF	0.5	3

**M85 50 Meter Dash**

Name	Age Team	Finals	Wind
1 Iseri, Joe	M87 Gardena, CA	9.46	1.2

## Pasadena Senior Games - 6/3/2023

## Occidental College

## Results - Today's Meet

## ...M85 50 Meter Dash

2	Yates, Vernon	M88 Del Mar, CA	10.03	1.2
3	Ford, Tellmadge	M89 Santa Monica, CA	12.32	1.2

## M90 50 Meter Dash

Name	Age Team	Finals	Wind
1 Leis, Don	M91 Pasadena, CA	12.37	1.2

## W60 100 Meter Dash

Name	Age Team	Finals	Wind	H#
1 Roy, Jeanne	W62 Arcadia, CA	16.50	1.1	2

## W65 100 Meter Dash

Name	Age Team	Finals	Wind	H#
1 Branch, Nicki	W65 Valley Center, CA	17.33	1.1	2

## W70 100 Meter Dash

Name	Age Team	Finals	Wind	H#
1 Winiecki, Patricia	W72 Paramount, CA	27.19	1.1	2

## W75 100 Meter Dash

Name	Age Team	Finals	Wind
1 Sneider, Sarah	W79 Arcadia, CA	24.67	0.7
2 Schaeffer, Mara	W78 Altadena, CA	28.76	0.7

## W80 100 Meter Dash

Name	Age Team	Finals	Wind
1 Bergen, Kathy	W84 La Canada, CA	18.23	0.7
2 McMaster, Mary Jane	W80 Los Angeles, CA	34.57	0.7

## W85 100 Meter Dash

Name	Age Team	Finals	Wind
1 Yates, Patricia	W88 Del Mar, CA	41.09	0.7

## M55 100 Meter Dash

Name	Age Team	Finals	Wind	H#
1 Clemons, Tony (Tc)	M57 Los Angeles, CA	12.44	0.3	7
2 Quong, Alex	M58 Brea, CA	14.48	0.3	7

**Pasadena Senior Games - 6/3/2023****Occidental College****Results - Today's Meet****M60 100 Meter Dash**

Name	Age Team	Finals	Wind	H#
1 Jones, Devery	M61 Corona, CA	13.03	0.3	7
2 McCullough, Gary	M61 Cypress, CA	13.20	0.3	7
3 Poll, Steve	M60 Northridge, CA	13.95	0.3	7
4 Richardson, Lon	M60 canyon country, CA	14.38	0.3	7
5 Chan, Stephen	M61 El Cajon, CA	14.56	0.3	7
6 Wilson, Victor	M63 Los Angeles, CA	14.67	0.3	7

**M65 100 Meter Dash**

Name	Age Team	Finals	Wind	H#
1 Stevens, Ron	M69 Camarillo, CA	13.29	-1.1	5
2 Llavanos, Rudy	M67 Manhattan Beach, CA	13.76	-1.1	5
3 QI, Zhangming	M65 Temple City, CA	14.44	-1.1	5
4 Hershberger, Jim	M67 Phoenix, AZ	14.82	-1.1	5
5 Madison, Clifford	M66 Los Angeles, CA	15.14	-1.1	5

**M70 100 Meter Dash**

Name	Age Team	Finals	Wind	H#
1 Johnson, Lionel	M72 Northridge, CA	13.81	0.8	4
2 Pizza, Greg	M70 Vista, CA	14.02	0.8	4
3 Nakamura, Ken	M70 Seal Beach, CA	14.88	0.8	4
4 Weiss, Noel	M72 Marina del Rey, CA	15.88	0.8	4
5 Kloch, Stephen	M71 Thousand Oaks, CA	16.81	0.8	4
6 dybens, bruce	M73 Long Beach, CA	18.99	0.8	4

**M75 100 Meter Dash**

Name	Age Team	Finals	Wind	H#
1 Ziskin, Daniel	M76 Manhattan Beach, CA	15.75	-1.3	3
2 Rose, Edwin	M75 Carlsbad, CA	16.70	-1.3	3
3 Winiecki, Kenneth	M75 Paramount, CA	19.77	-1.3	3
4 Messick, Gregory	M75 Beaumont, CA	20.29	-1.3	3

**M80 100 Meter Dash**

Name	Age Team	Finals	Wind	H#
1 Rowan, Terry	M83 Santa Rosa, CA	16.97	0.1	2
2 Hashemzadeh, Iraj	M83 San Diego, CA	20.12	0.1	2
3 Muranaka, Ron	M80 Placentia, CA	20.30	0.1	2
4 Ryan, Steve	M83 Malibu, CA	24.57	0.1	2

**M85 100 Meter Dash**

Name	Age Team	Finals	Wind
1 Iseri, Joe	M87 Gardena, CA	18.75	-2.8
2 Yates, Vernon	M88 Del Mar, CA	20.34	-2.8
3 Ford, Tellmadge	M89 Santa Monica, CA	27.07	-2.8

**Pasadena Senior Games - 6/3/2023****Occidental College  
Results - Today's Meet****...M85 100 Meter Dash**

4 Smith, Robert	M88 Pasadena, CA	35.81	-2.8
-----------------	------------------	-------	------

**M90 100 Meter Dash**

Name	Age Team	Finals	Wind
1 Leis, Don	M91 Pasadena, CA	25.53	-2.8

**W60 200 Meter Dash**

Name	Age Team	Finals	Wind	H#
1 Roy, Jeanne	W62 Arcadia, CA	34.40	-1.3	2
2 Lopez, Patricia	W61 Covina, CA	54.75	-1.3	2

**W70 200 Meter Dash**

Name	Age Team	Finals	Wind	H#
1 Bowman, Tina	W70 Long Beach, CA	36.04	-1.3	2
2 Winiecki, Patricia	W72 Paramont, CA	59.25	-1.3	2

**W75 200 Meter Dash**

Name	Age Team	Finals	Wind	H#
1 Schaeffer, Mara	W78 Altadena, CA	69.61	-1.3	2

**W80 200 Meter Dash**

Name	Age Team	Finals	Wind	H#
1 Bergen, Kathy	W84 La Canada, CA	42.69	-1.3	2
2 McMaster, Mary Jane	W80 Los Angeles, CA	79.74	-1.3	2

**M55 200 Meter Dash**

Name	Age Team	Finals	Wind	H#
1 Clemons, Tony (Tc)	M57 Los Angeles, CA	25.63	1.2	7

**M60 200 Meter Dash**

Name	Age Team	Finals	Wind	H#
1 Richardson, Lon	M60 canyon country, CA	29.69	1.2	7
2 Wilson, Victor	M63 Los Angeles, CA	29.94	1.2	7
3 Chan, Stephen	M61 El Cajon, CA	30.50	1.2	7
4 Jones, Devery	M61 Corona, CA	35.08	1.2	7

**M65 200 Meter Dash**

Name	Age Team	Finals	Wind	H#
1 Stevens, Ron	M69 Camarillo, CA	27.38	0.8	5

**Pasadena Senior Games - 6/3/2023****Occidental College  
Results - Today's Meet****...M65 200 Meter Dash**

2	Llavanes, Rudy	M67 Manhattan Beach, CA	28.42	0.8	5
3	Hershberger, Jim	M67 Phoenix, AZ	30.37	0.8	5
4	Madison, Clifford	M66 Los Angeles, CA	31.66	0.8	5
5	Holmes, Harold	M66 Rocklin, CA	32.41	0.8	5

**M70 200 Meter Dash**

Name	Age Team	Finals	Wind	H#
1 Pizza, Greg	M70 Vista, CA	29.80	-0.2	4
2 Nakamura, Ken	M70 Seal Beach, CA	30.73	-0.2	4
3 Weiss, Noel	M72 Marina del Rey, CA	32.59	-0.2	4
4 Kloch, Stephen	M71 Thousand Oaks, CA	34.98	-0.2	4
5 Tipping, Mike	M71 Irvine, CA	36.84	-0.2	4
6 dybens, bruce	M73 Long Beach, CA	42.88	-0.2	4

**M75 200 Meter Dash**

Name	Age Team	Finals	Wind	H#
1 Ziskin, Daniel	M76 Manhattan Beach, CA	33.03	-0.2	2
2 Lindsley, Fred	M78 Grand Terrace, CA	33.65	-0.2	2
3 Rose, Edwin	M75 Carlsbad, CA	34.90	-0.2	2
4 Winiecki, Kenneth	M75 Paramount, CA	45.46	-0.2	2
5 Messick, Gregory	M75 Beaumont, CA	50.00	-0.2	2
6 Clute, Steve	M75 Encinitas, CA	63.48	-0.2	2

**M80 200 Meter Dash**

Name	Age Team	Finals	Wind	H#
1 Rowan, Terry	M83 Santa Rosa, CA	36.48	0.2	1
2 Hashemzadeh, Iraj	M83 San Diego, CA	44.48	-0.2	2
3 Ryan, Steve	M83 Malibu, CA	56.73	0.2	1

**M85 200 Meter Dash**

Name	Age Team	Finals	Wind
1 Iseri, Joe	M87 Gardena, CA	42.95	0.2
2 Yates, Vernon	M88 Del Mar, CA	43.69	0.2
3 Smith, Robert	M88 Pasadena, CA	78.62	0.2

**M90 200 Meter Dash**

Name	Age Team	Finals	Wind
1 Leis, Don	M91 Pasadena, CA	65.81	0.2

**W70 400 Meter Dash**

Name	Age Team	Finals
1 Bowman, Tina	W70 Long Beach, CA	1:28.32
2 Winiecki, Patricia	W72 Paramont, CA	2:05.49

**Pasadena Senior Games - 6/3/2023****Occidental College  
Results - Today's Meet****W75 400 Meter Dash**

Name	Age Team	Finals
1 Schaeffer, Mara	W78 Altadena, CA	2:28.66

**W80 400 Meter Dash**

Name	Age Team	Finals
1 Demsky, Ellen	W83 Tarzana, CA	2:29.40
2 McMaster, Mary Jane	W80 Los Angeles, CA	2:55.74

**M50 400 Meter Dash**

Name	Age Team	Finals	H#
1 Park, Andy	M54 LA, CA	73.55	4

**M55 400 Meter Dash**

Name	Age Team	Finals	H#
1 Dayan, David	M55 La Canada Flintridge	62.25	4
2 Nguyen, Tom	M59 Castaic, CA	66.76	4
3 Conferti, Ronald	M59 Newport Beach, CA	78.02	4

**M65 400 Meter Dash**

Name	Age Team	Finals	H#
1 Llavanes, Rudy	M67 Manhattan Beach, CA	65.47	3
2 Grady, Tom	M69 Riverside, CA	72.24	3
3 Stevens, Ron	M69 Camarillo, CA	74.95	3
4 Holmes, Harold	M66 Rocklin, CA	77.48	3
5 Parker, Joe	M67 Altadena, CA	1:27.32	3

**M75 400 Meter Dash**

Name	Age Team	Finals	H#
1 Lindsley, Fred	M78 Grand Terrace, CA	78.53	2
2 Cognetta, Pedro	M78 running springs, CA	1:28.74	2
3 Winiecki, Kenneth	M75 Paramount, CA	1:34.29	2
4 MacPherson, Stephen	M77 La Canada, CA	1:34.39	2
5 Clute, Steve	M75 Encinitas, CA	2:19.73	2

**M80 400 Meter Dash**

Name	Age Team	Finals
1 Ares, Henry	M81 Hemet, CA	1:48.97

**Pasadena Senior Games - 6/3/2023****Occidental College  
Results - Today's Meet****M85 400 Meter Dash**

Name	Age Team	Finals
1 Yates, Vernon	M88 Del Mar, CA	1:46.32
2 Iseri, Joe	M87 Gardena, CA	1:53.73

**W70 800 Meter Run**

Name	Age Team	Finals
1 Winiecki, Patricia	W72 Paramont, CA	5:00.45
2:32.091 (2:32.091)	5:00.445 (2:28.355)	

**W75 800 Meter Run**

Name	Age Team	Finals
1 Schaeffer, Mara	W78 Altadena, CA	6:37.30
3:17.681 (3:17.681)	6:37.292 (3:19.611)	

**W80 800 Meter Run**

Name	Age Team	Finals
1 Demsky, Ellen	W83 Tarzana, CA	6:21.42
3:02.655 (3:02.655)	6:21.415 (3:18.760)	
2 McMaster, Mary Jane	W80 Los Angeles, CA	6:28.78
3:07.654 (3:07.654)	6:28.775 (3:21.121)	

**M50 800 Meter Run**

Name	Age Team	Finals
1 Rader, Rob	M52 Moreno Valley, CA	2:34.54
1:12.016 (1:12.016)	2:34.532 (1:22.516)	

**M55 800 Meter Run**

Name	Age Team	Finals
1 Nguyen, Tom	M59 Castaic, CA	2:40.46
1:20.222 (1:20.222)	2:40.458 (1:20.236)	

**M60 800 Meter Run**

Name	Age Team	Finals
1 Fuerte, Ambrose	M60 Pasadena, CA	2:47.47
1:22.674 (1:22.674)	2:47.470 (1:24.796)	

**M65 800 Meter Run**

Name	Age Team	Finals
1 Araujo, John	M65 Placentia, CA	2:50.48
1:26.770 (1:26.770)	2:50.475 (1:23.705)	



## Pasadena Senior Games - 6/3/2023

## Occidental College

## Results - Today's Meet

## ...M65 800 Meter Run

2	Grady, Tom	M69 Riverside, CA	2:51.58
	1:24.665 (1:24.665)	2:51.574 (1:26.909)	
3	Brumwell, Steve	M65 Palmdale, CA	2:55.28
	1:25.069 (1:25.069)	2:55.275 (1:30.206)	

## M70 800 Meter Run

Name	Age Team	Finals
1 Pitman, Patrick Thomas	M71 Los Angeles, CA	5:50.33
	2:31.205 (2:31.205)	5:50.323 (3:19.118)

## M75 800 Meter Run

Name	Age Team	Finals
1 MacPherson, Stephen	M77 La Canada, CA	3:50.96
	2:01.000 (2:01.000)	3:50.959 (1:49.959)
2 Winiecki, Kenneth	M75 Paramount, CA	4:11.18
	1:58.567 (1:58.567)	4:11.174 (2:12.607)

## M80 800 Meter Run

Name	Age Team	Finals
1 Ares, Henry	M81 Hemet, CA	4:33.64
	2:05.787 (2:05.787)	4:33.638 (2:27.851)

## M85 800 Meter Run

Name	Age Team	Finals
1 Anderson, Andy	M87 Eastvale, CA	3:54.95
	1:49.659 (1:49.659)	3:54.948 (2:05.289)

## W70 1500 Meter Run

Name	Age Team	Finals
1 Winiecki, Patricia	W72 Paramont, CA	9:24.97
	1:54.072 (1:54.072)	4:26.026 (2:31.954) 6:56.578 (2:30.552) 9:24.966 (2:28.389)

## W80 1500 Meter Run

Name	Age Team	Finals
1 Demsky, Ellen	W83 Tarzana, CA	12:44.09
	2:01.066 (2:01.066)	5:20.404 (3:19.338) 8:51.996 (3:31.592) 12:44.085 (3:52.089)

## M50 1500 Meter Run

Name	Age Team	Finals
1 Anthoney, Loren	M52 Simi Valley, CA	5:48.12
	1:07.359 (1:07.359)	2:39.258 (1:31.900) 4:14.460 (1:35.202) 5:48.115 (1:33.656)

**Pasadena Senior Games - 6/3/2023****Occidental College****Results - Today's Meet****M55 1500 Meter Run**

Name	Age Team	Finals
1 Ek, Bill	M58 Simi Valley, CA	6:23.82
1:09.678 (1:09.678)	2:52.601 (1:42.924)	4:39.884 (1:47.283) 6:23.814 (1:43.930)

**M60 1500 Meter Run**

Name	Age Team	Finals
1 Feliciano, Anselmo	M62 Cypress, CA	5:17.12
1:04.166 (1:04.166)	2:30.828 (1:26.662)	3:57.215 (1:26.387) 5:17.111 (1:19.896)
2 Cupp, Thomas	M62 Fountain Valley, CA	5:43.62
1:07.560 (1:07.560)	2:40.073 (1:32.513)	4:12.785 (1:32.712) 5:43.617 (1:30.833)
3 Smith, Jeff	M62 Pasadena, CA	7:05.41
1:18.982 (1:18.982)	3:17.076 (1:58.095)	5:12.324 (1:55.248) 7:05.404 (1:53.081)
4 Holmes, Mark	M63 Irvine, CA	12:44.09
2:01.066 (2:01.066)	5:20.404 (3:19.338)	8:51.996 (3:31.592) 12:44.085 (3:52.089)

**M65 1500 Meter Run**

Name	Age Team	Finals
1 Araujo, John	M65 Placentia, CA	5:37.51
1:07.147 (1:07.147)	2:38.953 (1:31.807)	4:08.869 (1:29.916) 5:37.503 (1:28.634)
2 Brumwell, Steve	M65 Palmdale, CA	5:50.76
1:05.667 (1:05.667)	2:38.036 (1:32.369)	4:14.096 (1:36.060) 5:50.759 (1:36.664)
3 Stromberg, Carl	M69 Santa Clarita, CA	5:55.16
1:08.628 (1:08.628)	2:43.592 (1:34.964)	4:22.453 (1:38.861) 5:55.159 (1:32.706)

**M70 1500 Meter Run**

Name	Age Team	Finals
1 Forrester, Perry	M71 Topanga, CA	6:10.75
1:07.836 (1:07.836)	2:44.412 (1:36.577)	4:27.733 (1:43.321) 6:10.743 (1:43.010)
2 Terayama, Tom	M71 Torrance, CA	7:23.64
1:22.258 (1:22.258)	3:23.225 (2:00.967)	5:27.821 (2:04.597) 7:23.636 (1:55.815)

**M75 1500 Meter Run**

Name	Age Team	Finals
1 MacPherson, Stephen	M77 La Canada, CA	8:18.89
1:31.366 (1:31.366)	3:45.481 (2:14.116)	6:04.671 (2:19.190) 8:18.884 (2:14.213)

**M80 1500 Meter Run**

Name	Age Team	Finals
1 Brennan, James	M81 Pasadena, CA	8:39.42
1:43.279 (1:43.279)	3:58.712 (2:15.433)	6:17.493 (2:18.782) 8:39.414 (2:21.921)
2 Merriam, John	M83 Altadena, CA	12:38.45
2:32.318 (2:32.318)	5:59.658 (3:27.340)	9:26.687 (3:27.029) 12:38.445 (3:11.758)

**Pasadena Senior Games - 6/3/2023****Occidental College  
Results - Today's Meet****M54&U 5000 Meter Run**

Name	Age Team	Finals
1 Anthoney, Loren	M52 Simi Valley, CA	21:32.53
48.792 (48.792)	2:26.352 (1:37.560)	4:05.581 (1:39.230)
7:21.454 (1:39.358)	9:01.943 (1:40.489)	10:46.576 (1:44.633)
14:17.164 (1:45.046)	16:06.737 (1:49.574)	17:57.918 (1:51.181)
21:32.530 (1:43.709)		19:48.821 (1:50.903)
2 JacoboGutierrez, Jose	M53 Hacienda Heights, C	22:10.09
49.452 (49.452)	2:27.557 (1:38.105)	4:07.961 (1:40.404)
7:35.866 (1:45.330)	9:22.642 (1:46.776)	11:10.799 (1:48.158)
14:52.177 (1:51.868)	16:41.382 (1:49.205)	18:32.051 (1:50.669)
22:10.086 (1:46.240)		20:23.846 (1:51.795)

**W54&U 5000 Meter Run**

Name	Age Team	Finals
1 Sanchez, Blanca	W52 Los Angeles, CA	24:07.36
51.300 (51.300)	2:40.492 (1:49.193)	4:30.771 (1:50.279)
8:20.028 (1:56.040)	10:18.568 (1:58.541)	12:16.484 (1:57.916)
16:11.710 (1:57.146)	18:13.215 (2:01.505)	20:16.034 (2:02.819)
24:07.355 (1:51.664)		22:15.691 (1:59.658)

**M60 5000 Meter Run**

Name	Age Team	Finals
1 Allen, Scott	M63 Santa Monica, CA	25:46.76
1:02.043 (1:02.043)	3:06.439 (2:04.397)	5:06.837 (2:00.398)
9:14.401 (2:04.015)	11:19.419 (2:05.018)	13:23.192 (2:03.773)
17:32.668 (2:04.822)	19:38.615 (2:05.948)	21:42.914 (2:04.299)
25:46.754 (1:59.324)		23:47.430 (2:04.516)

**M65 5000 Meter Run**

Name	Age Team	Finals
1 Araujo, John	M65 Placentia, CA	20:55.02
48.131 (48.131)	2:25.557 (1:37.427)	4:04.203 (1:38.646)
7:21.074 (1:39.344)	9:01.568 (1:40.494)	10:46.195 (1:44.628)
14:13.399 (1:41.698)	15:58.168 (1:44.770)	17:41.886 (1:43.718)
20:55.013 (1:30.657)		19:24.356 (1:42.470)
2 Snyder, Jeff	M67 Pasadena, CA	26:48.09
1:01.697 (1:01.697)	3:15.671 (2:13.974)	5:30.126 (2:14.455)
9:45.222 (2:09.085)	11:52.266 (2:07.044)	14:03.396 (2:11.131)
18:22.452 (2:09.299)	20:31.074 (2:08.622)	22:38.349 (2:07.276)
26:48.089 (2:00.347)		24:47.742 (2:09.393)

**M70 5000 Meter Run**

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

**Pasadena Senior Games - 6/3/2023**

**Occidental College**

**Results - Today's Meet**

**....M70 5000 Meter Run**

1 Forrester, Perry	M71 Topanga, CA	22:48.17				
48.464 (48.464)	2:26.031 (1:37.567)	4:05.243 (1:39.212)	5:48.771 (1:43.529)			
7:35.450 (1:46.679)	9:25.943 (1:50.493)	11:19.382 (1:53.439)	13:13.614 (1:54.232)			
15:06.914 (1:53.301)	17:00.277 (1:53.363)	18:57.479 (1:57.202)	20:54.425 (1:56.946)			
22:48.170 (1:53.745)						

**M75 5000 Meter Run**

Name	Age Team	Finals				
1 Calderon, Jose	M77 San Dimas, CA	35:48.76				
1:08.089 (1:08.089)	3:47.702 (2:39.613)	6:33.583 (2:45.881)	9:20.700 (2:47.117)			
12:14.802 (2:54.102)	15:07.357 (2:52.555)	18:03.279 (2:55.922)	21:01.770 (2:58.492)			
23:59.253 (2:57.483)	26:57.263 (2:58.011)	29:56.559 (2:59.296)	32:58.648 (3:02.089)			
35:48.760 (2:50.112)						

**W75 5000 Meter Run**

Name	Age Team	Finals				
1 Schaeffer, Mara	W78 Altadena, CA	44:26.26				
1:20.105 (1:20.105)	4:37.625 (3:17.520)	7:59.388 (3:21.764)	11:28.467 (3:29.079)			
14:58.144 (3:29.677)	18:32.303 (3:34.159)	22:18.291 (3:45.988)	25:52.122 (3:33.832)			
29:37.814 (3:45.692)	33:19.578 (3:41.764)	37:01.373 (3:41.795)	40:46.780 (3:45.408)			
44:26.254 (3:39.474)						

**M80 5000 Meter Run**

Name	Age Team	Finals				
1 Merriam, John	M83 Altadena, CA	44:21.10				
1:43.279 (1:43.279)	5:19.283 (3:36.004)	8:57.056 (3:37.774)	12:24.410 (3:27.354)			
15:56.054 (3:31.644)	19:31.703 (3:35.649)	23:08.130 (3:36.427)	26:45.353 (3:37.224)			
30:16.875 (3:31.522)	33:51.048 (3:34.174)	37:32.415 (3:41.367)	41:11.748 (3:39.333)			
44:21.093 (3:09.346)						

**W50 High Jump**

Name	Age Team	Finals		
1 Miller, Heidi	W52 Los Angeles, CA	1.10m	3-07.25	
1.05 1.10 1.15				
o o XXX				

**W60 High Jump**

Name	Age Team	Finals		
1 von Winckelmann, Debby	W64 Woodland Hills, CA	1.20m	3-11.25	
1.10 1.15 1.20 1.25				
o o XO XXX				

## Pasadena Senior Games - 6/3/2023

Occidental College  
Results - Today's Meet

## W65 High Jump

Name	Age Team	Finals
1 Hanscom, Rita 1.10 1.15 1.20 1.25 O O XO XXX	W69 San Diego, CA	1.20m 3-11.25
2 Branch, Nicki 0.85 0.90 0.95 1.00 O O O XXO	W65 Valley Center, CA	1.00m 3-03.25
3 Drastal, Carol Anne 0.90 0.95 1.00 1.05 1.10 XO O P P XXX	W67 El Cajon, CA	0.95m 3-01.25

## W80 High Jump

Name	Age Team	Finals
1 Bergen, Kathy 0.95 1.00 1.05 1.10 O O O PPP	W84 La Canada, CA	1.05m 3-05.25

## W85 High Jump

Name	Age Team	Finals
1 Donley, Christel 0.80 0.85 O XXX	W88 Colorado Springs, C	0.80m 2-07.50

## M60 High Jump

Name	Age Team	Finals
1 Ham, Eben 1.40 1.43 1.45 1.50 1.60 1.63 O P P XO XX X	M61 Santa Monica, CA	1.50m 4-11.00
2 Molinski, Michael 1.20 1.25 1.30 1.35 1.40 O O XXO XO XXX	M60 Los Angeles, CA	1.35m 4-05.00
3 Chan, Stephen 1.00 1.05 1.10 1.15 1.20 1.25 1.30 1.35 O O O P P P XXO XXX	M61 El Cajon, CA	1.30m 4-03.25

## M65 High Jump

Name	Age Team	Finals
1 Niroumand, Mahmoud 1.30 1.35 1.40 O O XXX	M66 Costa Mesa, CA	1.35m 4-05.00
2 Gordon, Mike 1.10 1.15 1.20 1.25 1.30 O O O O XXX	M69 Los Osos, CA	1.25m 4-01.25

## Pasadena Senior Games - 6/3/2023

## Occidental College

## Results - Today's Meet

## M70 High Jump

Name	Age Team	Finals
1 Stevens, Jim 1.10 1.15 1.20 1.25 1.30 O O O XO XXX	M72 Hermosa Beach, CA	1.25m 4-01.25
-- Johnson, Keith 1.10 XXX	M70 Escondido, CA	NH

## M75 High Jump

Name	Age Team	Finals
1 Rader, Charlie 1.25 1.30 1.35 1.40 1.43 1.45 1.50 O O O O O O XXX	M75 Corona, CA	1.45m 4-09.00
2 Campbell, Richard 1.00 1.05 1.10 1.15 1.20 1.25 1.30 O O O O XO PPP	M77 Orange, CA	1.25m 4-01.25
3 Burrell, Otis 1.10 1.15 1.20 XO XO XXX	M79 Carson, CA	1.15m 3-09.25
4 Gast, Monte 0.95 1.00 1.05 1.10 O O P XXX	M76 Marina Del Rey, CA	1.00m 3-03.25
5 Binninger, G A Ben 0.75 0.80 0.85 0.90 0.95 XO O XXO O XXX	M75 Valencia, CA	0.90m 2-11.50

## M80 High Jump

Name	Age Team	Finals
1 Rowan, Terry 1.00 1.05 XO PPP	M83 Santa Rosa, CA	1.00m 3-03.25
1 Ryan, Steve 1.00 1.05 XO PXX	M83 Malibu, CA	1.00m 3-03.25
-- Duncan, Lawrence 1.00 X	M83 Altadena, CA	NH

## M90 High Jump

Name	Age Team	Finals
1 Leis, Don 0.75 0.80 O XXO	M91 Pasadena, CA	0.80m 2-07.50

**Pasadena Senior Games - 6/3/2023****Occidental College  
Results - Today's Meet****W65 Pole Vault**

Name	Age Team	Finals
1 Hanscom, Rita 1.93 2.08 2.23 2.38 O O O XXX	W69 San Diego, CA	2.23m 7-03.75

**M65 Pole Vault**

Name	Age Team	Finals
1 McLawhorn, David 2.08 2.23 2.38 2.53 2.68 2.83 O O XO O XO XXX	M69 Temecula, CA	2.68m 8-09.50
2 Niroumand, Mahmoud 1.93 2.08 2.23 2.38 2.53 O O O XXO XXX	M66 Costa Mesa, CA	2.38m 7-09.75
-- Ferguson, Jeffery 3.13 XXX	M68 Los Angeles, CA	NH

**M70 Pole Vault**

Name	Age Team	Finals
1 St Cyr, Kenneth 2.23 2.38 2.53 2.68 2.83 O XO O O XXX	M71 Rancho Santa Fe, CA	2.68m 8-09.50

**M75 Pole Vault**

Name	Age Team	Finals
1 Gast, Monte 1.93 XO	M76 Marina Del Rey, CA	1.93m 6-04.00

**W60 Long Jump**

Name	Age Team	Finals	Wind
1 von Winckelmann, Debby FOUL(+0.0) 2.93m(1.9) 3.04m(+0.0) 3.29m(+0.0)	W64 Woodland Hills, CA	3.29m	+0.0 10-09.50
2 Jones, Jennifer FOUL(+0.0) 2.68m(0.3) 2.53m(0.6) 2.75m(1.8)	W63 Carson, CA	2.75m	1.8 9-00.25

**W65 Long Jump**

Name	Age Team	Finals	Wind
1 Branch, Nicki 2.64m(0.5) 2.49m(1.2) 2.70m(0.3) FOUL	W65 Valley Center, CA	2.70m	0.3 8-10.25

**Pasadena Senior Games - 6/3/2023****Occidental College  
Results - Today's Meet****W70 Long Jump**

Name	Age Team	Finals	Wind
1 Cohn, Linda	W71 Porter Ranch, CA	3.08m	1.2 10-01.25
2.81m(1.1) 3.05m(0.8) 3.08m(1.2) 3.07m(0.7)			

**W75 Long Jump**

Name	Age Team	Finals	Wind
1 Sneider, Sarah	W79 Arcadia, CA	1.80m	0.3 5-11.00
1.69m(0.2) 1.75m(0.3) 1.60m(1.2) 1.80m(0.3)			

**W85 Long Jump**

Name	Age Team	Finals	Wind
1 Donley, Christel	W88 Colorado Springs, C	1.55m	0.2 5-01.00
1.42m(0.2) 1.55m(0.2) 1.46m(+0.0) 1.32m(+0.0)			

**M55 Long Jump**

Name	Age Team	Finals	Wind	H#
1 Quong, Alex	M58 Brea, CA	4.03m	-2.1 13-02.75	2
FOUL(+0.0) 3.90m(0.7) FOUL(-0.1) 4.03m(-2.1)				

**M60 Long Jump**

Name	Age Team	Finals	Wind	H#
1 Koplowitz, Rob	M64 Oakland, CA	4.26m	1.6 13-11.75	2
3.85m(0.1) 4.09m(0.9) 4.16m(-1.4) 4.26m(1.6)				
2 Molinski, Michael	M60 Los Angeles, CA	4.21m	+0.0 13-09.75	1
FOUL(1.2) 3.99m(+0.0) 3.48m(0.2) 4.21m(+0.0)				

**M65 Long Jump**

Name	Age Team	Finals	Wind	H#
1 Niroumand, Mahmoud	M66 Costa Mesa, CA	4.30m	1.4 14-01.25	2
4.05m(+0.0) 4.30m(1.4) 4.26m(2.0) 3.87m(+0.0)				
2 Mak, Kenneth	M66 Monrovia, CA	3.72m	+0.0 12-02.50	2
3.54m(0.9) FOUL(2.9) 3.72m(+0.0) FOUL(-0.6)				

**M70 Long Jump**

Name	Age Team	Finals	Wind
1 Stevens, Jim	M72 Hermosa Beach, CA	4.04m	0.9 13-03.25
3.84m(1.0) 3.78m(0.7) 3.68m(0.2) 4.04m(0.9)			
2 Nakamura, Ken	M70 Seal Beach, CA	3.53m	2.1 11-07.00
3.41m(+0.0) 3.19m(1.3) 3.14m(1.1) 3.53m(2.1)			
3 Pitman, Patrick Thomas	M71 Los Angeles, CA	2.87m	1.2 9-05.00
2.62m(+0.0) 2.55m(1.7) 2.70m(0.8) 2.87m(1.2)			



**Pasadena Senior Games - 6/3/2023****Occidental College****Results - Today's Meet****...M70 Long Jump**

4 Sutton, Michael	M70 South Pasadena, CA	2.36m	+0.0	7-09.00
1.95m(1.1) 2.36m(+0.0) 2.02m(1.9) 2.21m(0.8)				

**M75 Long Jump**

Name	Age Team	Finals	Wind	
1 Rose, Edwin	M75 Carlsbad, CA	3.33m	1.5	10-11.25
3.19m(1.4) 3.33m(1.5) FOUL(+0.0) 3.28m(3.4)				

**M80 Long Jump**

Name	Age Team	Finals	Wind	
1 Rowan, Terry	M83 Santa Rosa, CA	3.16m	1.0	10-04.50
2.99m(+0.0) 3.16m(1.0) FOUL FOUL				
2 Muranaka, Ron	M80 Placentia, CA	2.67m	+0.0	8-09.25
2.49m(1.3) 2.65m(0.9) 2.56m(0.5) 2.67m(+0.0)				

**M85 Long Jump**

Name	Age Team	Finals	Wind	
1 Yates, Vernon	M88 Del Mar, CA	2.46m	0.2	8-01.00
2.46m(0.2) FOUL FOUL FOUL				
2 Bergen, Bert	M85 La Canada, CA	2.28m	NWI	7-05.75
FOUL 2.28m(NWI) 2.24m(NWI) 2.10m(NWI)				

**M90 Long Jump**

Name	Age Team	Finals	Wind	
1 Leis, Don	M91 Pasadena, CA	1.43m	1.7	4-08.25
1.43m(1.7) 1.42m(+0.0) FOUL FOUL				

**W60 Triple Jump**

Name	Age Team	Finals	Wind	
1 Jones, Jennifer	W63 Carson, CA	6.08m	1.0	19-11.50
5.13m(+0.0) 6.08m(1.0) 6.02m(-1.1) 5.99m(1.8)				

**W85 Triple Jump**

Name	Age Team	Finals	Wind	
1 Donley, Christel	W88 Colorado Springs, C	4.08m	0.1	13-04.75
3.92m(-1.9) 4.08m(0.1) FOUL 4.05m(-1.6)				

**M60 Triple Jump**

Name	Age Team	Finals	Wind	
1 Koplowitz, Rob	M64 Oakland, CA	8.58m	+0.0	28-01.75
8.58m(+0.0) 8.31m(1.9) 8.57m(1.4) 7.80m(0.6)				

## Pasadena Senior Games - 6/3/2023

## Occidental College

## Results - Today's Meet

## ...M60 Triple Jump

2 Ham, Eben	M61 Santa Monica, CA	7.90m	+0.0	25-11.00
7.33m(+0.0) 7.74m(0.2) 7.40m(+0.0) 7.90m(+0.0)				

## M65 Triple Jump

Name	Age Team	Finals	Wind	
1 Niroumand, Mahmoud	M66 Costa Mesa, CA	9.49m	0.2	31-01.75
9.49m(0.2) 9.47m(-2.5) FOUL(+0.0) FOUL				
2 Gordon, Mike	M69 Los Osos, CA	6.17m	0.2	20-03.00
5.97m(-1.6) 5.83m(1.3) 6.17m(0.2) 6.11m(-1.3)				

## M70 Triple Jump

Name	Age Team	Finals	Wind	
1 Tipping, Mike	M71 Irvine, CA	9.73m	+0.0	31-11.25
6.48m(-0.9) 9.73m(+0.0) 6.94m(0.5) 7.61m(NWI)				
2 Stevens, Jim	M72 Hermosa Beach, CA	8.23m	0.1	27-00.00
7.75m(-2.2) 7.94m(-0.2) 8.23m(0.1) 7.76m(-1.1)				
3 Pitman, Patrick Thomas	M71 Los Angeles, CA	6.30m	+0.0	20-08.00
6.05m(-2.9) 5.98m(1.0) 6.30m(+0.0) 6.30m(1.3)				

## M75 Triple Jump

Name	Age Team	Finals	Wind	
1 Rose, Edwin	M75 Carlsbad, CA	7.07m	-0.4	23-02.50
6.77m(-1.8) 6.82m(0.9) 6.78m(0.3) 7.07m(-0.4)				
2 Gast, Monte	M76 Marina Del Rey, CA	6.11m	+0.0	20-00.50
6.11m(+0.0) 6.02m(1.6) 6.10m(1.0) 6.04m(+0.0)				
3 Burrell, Otis	M79 Carson, CA	5.50m	2.3	18-00.50
FOUL(-1.7) 5.50m(2.3) 5.30m(0.8) 4.94m(-1.8)				

## M80 Triple Jump

Name	Age Team	Finals	Wind	
1 Rowan, Terry	M83 Santa Rosa, CA	5.57m	0.8	18-03.25
FOUL(1.7) 5.57m(0.8)				

## M85 Triple Jump

Name	Age Team	Finals	Wind	
1 Yates, Vernon	M88 Del Mar, CA	4.95m	1.8	16-03.00
4.95m(1.8) FOUL				

## W55 Shot Put - Follows DT

Name	Age Team	Finals	
1 Lee, Suzette	W59 Simi Valley, CA	8.11m	26-07.25
8.11m 7.79m FOUL FOUL			

**Pasadena Senior Games - 6/3/2023**

**Occidental College**

**Results - Today's Meet**

**...W55 Shot Put - Follows DT**

2 Utu, Robyn W59 Long Beach, CA 7.63m 25-00.50  
 6.75m 7.29m 7.63m FOUL

**W60 Shot Put - Follows DT**

Name	Age Team	Finals
1 Amarasekara, Veronica	W62 Fontana, CA	9.14m 30-00.00
		8.58m 8.69m 9.14m 8.09m
2 von Winckelmann, Debby	W64 Woodland Hills, CA	7.42m 24-04.25
		7.19m 6.39m 7.42m 7.38m
3 Barry, Victoria	W62 Studio city, CA	3.91m 12-10.00
		3.62m 3.81m 3.91m 3.89m

**W65 Shot Put - Follows DT**

Name	Age Team	Finals
1 Branch, Nicki	W65 Valley Center, CA	7.29m 23-11.00
		6.77m 7.29m 6.17m FOUL
2 Drastal, Carol Anne	W67 El Cajon, CA	6.01m 19-08.75
		6.01m FOUL 5.78m FOUL

**W70 Shot Put - Follows DT**

Name	Age Team	Finals
1 Cohn, Linda	W71 Porter Ranch, CA	8.37m 27-05.50
		7.88m 8.15m 8.37m 8.10m
2 Broneer, Janet	W74 Valencia, CA	6.91m 22-08.00
		6.37m 6.57m 6.91m FOUL
3 Evans, Ellie	W71 Whittier, CA	6.43m 21-01.25
		6.43m 6.19m 6.16m 6.12m

**W75 Shot Put - Follows DT**

Name	Age Team	Finals
1 Steekelenburg, Annelies	W75 Malibu, CA	6.81m 22-04.25
		6.50m 6.24m 6.81m 6.29m

**M55 Shot Put - Follows DT**

Name	Age Team	Finals	H#
1 Finley, Brian	M59 West Hills, CA	9.31m 30-06.50	2
		8.88m 8.82m 8.91m 9.31m	

**M60 Shot Put - Follows DT**

Name	Age Team	Finals	H#
1 Peterson, Dan	M63 Thousand oaks, CA	13.25m 43-05.75	2
		FOUL 13.02m 13.25m FOUL	

## Pasadena Senior Games - 6/3/2023

## Occidental College

## Results - Today's Meet

## ...M60 Shot Put - Follows DT

2	Starkey, Paul	M60 Temecula, CA	11.92m	39-01.25	2
	11.92m 11.87m 11.92m	FOUL			
3	Barba, Steve	M62 Lakewood, CA	10.32m	33-10.25	2
	9.41m 10.32m 9.62m	FOUL			
4	Chan, Stephen	M61 El Cajon, CA	8.50m	27-10.75	2
	8.50m	FOUL FOUL			
--	Lanier, Stephen	M62 Chula Vista, CA	FOUL		2
	FOUL FOUL FOUL FOUL				

## M65 Shot Put - Follows DT

Name	Age Team	Finals	H#
1 Niroumand, Mahmoud	M66 Costa Mesa, CA	9.51m 31-02.50	2
	9.51m 9.22m	FOUL 8.57m	
2 McClurg, Loren	M68 Pasadena, CA	9.12m 29-11.25	2
	8.14m 9.12m	FOUL 9.09m	
3 Irwin, Gary	M67 Culver City, CA	7.34m 24-01.00	2
	7.30m 7.34m 6.84m	7.28m	

## M70 Shot Put - Follows DT

Name	Age Team	Finals	H#
1 Malin, James	M72 San Diego, CA	11.31m 37-01.25	2
	11.11m 11.28m 11.16m	11.31m	
2 Markota, Richard	M74 Camarillo, CA	8.45m 27-08.75	2
	8.04m 8.15m 8.37m	8.45m	
3 Lloyd, Daniel B	M70 Brentwood, CA	7.46m 24-05.75	2
	FOUL 7.46m	FOUL FOUL	

## M75 Shot Put - Follows DT

Name	Age Team	Finals
1 Arnold, Mark	M75 Altadena, CA	11.71m 38-05.00
	10.83m 11.26m 11.08m	11.71m
2 Whitley, Stan	M78 Alta Loma, CA	10.69m 35-01.00
	9.50m 10.61m 8.85m	10.69m
3 abatzoglou, theagenis	M76 dana point, CA	10.56m 34-07.75
	10.56m 10.17m	FOUL 10.23m

## M80 Shot Put - Follows DT

Name	Age Team	Finals
1 White, Jack	M81 El Cajon, CA	10.01m 32-10.25
	9.68m 10.00m 9.73m	10.01m
2 Katsis, Tom	M84 Valley Glen, CA	7.98m 26-02.25
	7.57m 7.65m 7.98m	7.85m
3 Steusel, Paul	M80 Vista, CA	7.30m 23-11.50
	6.99m 6.06m 7.30m	6.39m

**Pasadena Senior Games - 6/3/2023****Occidental College  
Results - Today's Meet****M85 Shot Put - Follows DT**

Name	Age Team	Finals
1 Durrenberger, Joe 6.31m 6.32m 6.15m 6.94m	M89 L.A., CA	6.94m 22-09.25
2 Rosen, Alan 6.29m 5.75m FOUL 6.39m	M88 Sherman Oaks, CA	6.39m 20-11.75

**M90 Shot Put - Follows DT**

Name	Age Team	Finals
1 Leis, Don 4.85m 4.82m FOUL FOUL	M91 Pasadena, CA	4.85m 15-11.00

**W55 Discus Throw -Follows SBT**

Name	Age Team	Finals
1 Lee, Suzette 14.94m FOUL 16.97m 17.99m	W59 Simi Valley, CA	17.99m 59-00

**W65 Discus Throw -Follows SBT**

Name	Age Team	Finals
1 Branch, Nicki 13.20m FOUL 12.86m 14.77m	W65 Valley Center, CA	14.77m 48-05

**W70 Discus Throw -Follows SBT**

Name	Age Team	Finals
1 Cohn, Linda FOUL 19.91m 19.55m 21.38m	W71 Porter Ranch, CA	21.38m 70-02
2 Broneer, Janet 13.51m 11.14m 13.79m 13.94m	W74 Valencia, CA	13.94m 45-09

**W75 Discus Throw -Follows SBT**

Name	Age Team	Finals
1 Steekelenburg, Annelies 19.70m 20.21m FOUL 19.43m	W75 Malibu, CA	20.21m 66-04

**M55 Discus Throw -Follows SBT**

Name	Age Team	Finals	H#
1 Finley, Brian 18.71m FOUL 17.86m 17.41m	M59 West Hills, CA	18.71m 61-05	2

**Pasadena Senior Games - 6/3/2023****Occidental College****Results - Today's Meet****M60 Discus Throw -Follows SBT**

Name	Age Team	Finals	H#
1 Starkey, Paul	M60 Temecula, CA	42.62m	139-10 2
42.62m FOUL 41.15m 40.11m			
2 Barba, Steve	M62 Lakewood, CA	39.31m	129-00 2
34.42m FOUL 35.76m 39.31m			
3 Peterson, Dan	M63 Thousand oaks, CA	34.10m	111-10 2
FOUL FOUL 34.10m FOUL			
4 Holmes, Mark	M63 Irvine, CA	20.30m	66-07 2
FOUL 19.44m 20.30m 17.71m			

**M65 Discus Throw -Follows SBT**

Name	Age Team	Finals	H#
1 Niroumand, Mahmoud	M66 Costa Mesa, CA	30.77m	100-11 2
25.02m 30.58m 30.77m 29.45m			
2 Laveaga, Victor	M66 La Habra, CA	29.42m	96-06 2
FOUL 29.42m 29.21m FOUL			
3 McLawhorn, David	M69 Temecula, CA	26.00m	85-04 2
FOUL 26.00m 22.29m FOUL			
4 Barry, James	M65 Studio city, CA	25.82m	84-08 2
FOUL FOUL 24.39m 25.82m			
5 Gordon, Mike	M69 Los Osos, CA	25.17m	82-07 2
25.17m FOUL 24.32m FOUL			
6 Irwin, Gary	M67 Culver City, CA	21.15m	69-05 2
19.79m 21.15m 19.44m 18.79m			

**M70 Discus Throw -Follows SBT**

Name	Age Team	Finals	H#
1 Malin, James	M72 San Diego, CA	29.37m	96-04 2
FOUL 28.11m 29.37m 27.20m			
2 Markota, Richard	M74 Camarillo, CA	26.24m	86-01 2
24.12m 26.24m 23.83m 24.15m			
3 Johnson, Keith	M70 Escondido, CA	24.95m	81-10 2
FOUL 23.22m FOUL 24.95m			
4 Lloyd, Daniel B	M70 Brentwood, CA	22.78m	74-09 2
17.65m 22.78m 22.01m FOUL			

**M75 Discus Throw -Follows SBT**

Name	Age Team	Finals	H#
1 abatzoglou, theagenis	M76 dana point, CA	30.95m	101-06
FOUL 30.95m 27.48m 28.24m			
2 Whitley, Stan	M78 Alta Loma, CA	26.56m	87-02
FOUL 24.41m 23.24m 26.56m			
3 Rose, Edwin	M75 Carlsbad, CA	23.21m	76-02
23.21m FOUL FOUL FOUL			
4 Gast, Monte	M76 Marina Del Rey, CA	21.43m	70-04
FOUL 19.45m 21.43m 20.67m			
5 Binninger, G A Ben	M75 Valencia, CA	21.00m	68-11
17.22m 21.00m FOUL 16.92m			

**Pasadena Senior Games - 6/3/2023****Occidental College****Results - Today's Meet****...M75 Discus Throw -Follows SBT**

6 Messick, Gregory	M75	Beaumont, CA	16.45m	54-00
13.16m 16.45m 15.61m 15.04m				
7 Hanley, Jim	M78	Thousand Oaks, CA	9.24m	30-04
FOUL 8.59m FOUL 9.24m				

**M80 Discus Throw -Follows SBT**

Name	Age	Team	Finals	
1 Katsis, Tom	M84	Valley Glen, CA	22.37m	73-05
21.27m 21.48m 21.83m 22.37m				
2 White, Jack	M81	El Cajon, CA	18.19m	59-08
FOUL FOUL 18.19m FOUL				
3 Steusel, Paul	M80	Vista, CA	14.37m	47-02
14.25m FOUL 13.76m 14.37m				

**M85 Discus Throw -Follows SBT**

Name	Age	Team	Finals	
1 Rosen, Alan	M88	Sherman Oaks, CA	19.54m	64-01
17.65m 19.12m 19.54m 19.21m				
2 Durrenberger, Joe	M89	L.A., CA	15.71m	51-06
15.71m 13.28m 14.42m 15.17m				

**M60 Javelin Throw**

Name	Age	Team	Finals	
1 Chan, Stephen	M61	El Cajon, CA	27.58m	90-06
19.61m 26.96m 27.58m 27.40m				

**M65 Javelin Throw**

Name	Age	Team	Finals	
1 Niroumand, Mahmoud	M66	Costa Mesa, CA	37.09m	121-08
37.09m 29.17m 35.15m 36.37m				
2 Stevens, Ron	M69	Camarillo, CA	27.29m	89-06
FOUL 27.29m 25.05m 21.74m				
3 Barry, James	M65	Studio city, CA	27.17m	89-02
27.17m 26.86m 24.77m 25.42m				
4 Mak, Kenneth	M66	Monrovia, CA	22.13m	72-07
18.03m 22.13m FOUL FOUL				
5 Raveling, Lyle	M65	Valencia, CA	19.41m	63-08
16.04m 19.41m 18.35m 19.41m				

**M70 Javelin Throw**

Name	Age	Team	Finals	
1 Tipping, Mike	M71	Irvine, CA	29.93m	98-02
FOUL 29.93m FOUL 29.64m				
2 Markota, Richard	M74	Camarillo, CA	25.69m	84-03
25.69m 22.79m 25.31m 23.49m				

**Pasadena Senior Games - 6/3/2023****Occidental College****Results - Today's Meet****...M70 Javelin Throw**

3 Sutton, Michael	M70 South Pasadena, CA	20.69m	67-10
20.69m 18.57m 18.02m 16.78m			

**M80 Javelin Throw**

Name	Age Team	Finals
1 White, Jack	M81 El Cajon, CA	17.47m 57-04
15.86m 16.15m 15.93m 17.47m		
2 Steusel, Paul	M80 Vista, CA	15.06m 49-05
15.06m 13.55m 13.13m 13.39m		

**W55 Weight Throw Softball Thr**

Name	Age Team	Finals
1 Lee, Suzette	W59 Simi Valley, CA	33.06m 108-05.75
30.60m 32.30m 33.06m 31.75m		

**W60 Weight Throw Softball Thr**

Name	Age Team	Finals
1 von Winckelmann, Debby	W64 Woodland Hills, CA	31.29m 102-08.00
31.29m 28.92m 30.22m 29.11m		

**W70 Weight Throw Softball Thr**

Name	Age Team	Finals
1 Cohn, Linda	W71 Porter Ranch, CA	41.74m 136-11.50
38.70m 37.25m 39.14m 41.74m		
2 Broneer, Janet	W74 Valencia, CA	18.81m 61-08.50
18.71m 18.05m 18.04m 18.81m		
3 Small, Maggie	W74 Woodland Hills, CA	13.07m 42-10.75
9.80m 10.20m 9.66m 13.07m		

**W75 Weight Throw Softball Thr**

Name	Age Team	Finals
1 Jensen, Tere	W76 Cardiff by the Sea,	8.77m 28-09.25
6.35m 8.44m 5.35m 8.77m		

**W80 Weight Throw Softball Thr**

Name	Age Team	Finals
1 Ray, Pam	W80 Fallbrook, CA	8.34m 27-04.50
7.65m 7.30m 8.05m 8.34m		



**Pasadena Senior Games - 6/3/2023****Occidental College****Results - Today's Meet****M55 Weight Throw Softball Thr**

Name	Age Team	Finals
1 Finley, Brian	M59 West Hills, CA	34.42m 112-11.25
	33.91m 34.42m 32.11m 33.65m	

**M60 Weight Throw Softball Thr**

Name	Age Team	Finals
1 Smith, Jeff	M62 Pasadena, CA	47.63m 156-03.25
	40.20m 45.47m 44.71m 47.63m	
2 Holmes, Mark	M63 Irvine, CA	39.49m 129-06.75
	39.49m 35.27m 31.91m 33.91m	
3 Deegan, William	M61 Hawthorne, CA	32.81m 107-07.75
	29.02m 30.94m 28.92m 32.81m	

**M65 Weight Throw Softball Thr**

Name	Age Team	Finals
1 Niroumand, Mahmoud	M66 Costa Mesa, CA	48.64m 159-07.00
	45.44m 48.64m 45.56m 48.10m	
2 McLawhorn, David	M69 Temecula, CA	37.22m 122-01.50
	35.45m 33.91m 37.22m FOUL	

**M70 Weight Throw Softball Thr**

Name	Age Team	Finals
1 Markota, Richard	M74 Camarillo, CA	44.86m 147-02.25
	44.86m 44.70m 44.68m 43.81m	
2 Sutton, Michael	M70 South Pasadena, CA	39.18m 128-06.50
	35.41m 36.02m 36.36m 39.18m	

**M75 Weight Throw Softball Thr**

Name	Age Team	Finals
1 Rose, Edwin	M75 Carlsbad, CA	34.50m 113-02.25
	32.92m 34.05m 34.50m 32.28m	
2 Gast, Monte	M76 Marina Del Rey, CA	26.06m 85-06.00
	20.22m 25.44m 26.06m 22.07m	
3 Messick, Gregory	M75 Beaumont, CA	21.04m 69-00.50
	21.04m 20.62m 20.92m 20.96m	

**M80 Weight Throw Softball Thr**

Name	Age Team	Finals
1 Butler, Walt	M82 Altadena, CA	14.03m 46-00.50
	11.30m 12.75m 14.03m 7.10m	

**Pasadena Senior Games - 6/3/2023****Occidental College****Results - Today's Meet****M55 1500 Meter Race Walk**

Name	Age Team	Finals
1 Deegan, Gerard	M55 Burbank, CA	8:52.10
1:38.638 (1:38.638)	4:00.036 (2:21.398)	6:27.139 (2:27.103) 8:52.098 (2:24.959)

**W60 1500 Meter Race Walk Power Walk**

Name	Age Team	Finals
1 Avila, Araceli	W64 Glendora, CA	13:22.63
2:33.190 (2:33.190)	6:10.069 (3:36.879)	9:47.454 (3:37.385) 13:22.628 (3:35.175)
2 Laskey, Annie	W60 Los Angeles, CA	13:31.33
2:35.751 (2:35.751)	6:17.153 (3:41.402)	9:58.352 (3:41.200) 13:31.323 (3:32.971)

**W65 1500 Meter Race Walk Power Walk**

Name	Age Team	Finals
1 Drastal, Carol Anne	W67 El Cajon, CA	12:42.78
2:32.589 (2:32.589)	6:00.936 (3:28.347)	9:25.581 (3:24.645) 12:42.771 (3:17.190)

**W65 1500 Meter Race Walk**

Name	Age Team	Finals
1 Holder, Yolanda	W65 Las Vegas, NV	11:11.85
2:17.552 (2:17.552)	5:20.106 (3:02.554)	8:22.591 (3:02.485) 11:11.848 (2:49.257)

**M75 1500 Meter Race Walk**

Name	Age Team	Finals
1 Campbell, Richard	M77 Orange, CA	9:39.23
1:49.270 (1:49.270)	4:28.022 (2:38.753)	7:07.788 (2:39.766) 9:39.228 (2:31.440)
2 Lawson, Paul	M77 Claremont, CA	13:35.63
2:50.456 (2:50.456)	6:21.559 (3:31.104)	9:58.566 (3:37.007) 13:35.624 (3:37.058)

**W75 1500 Meter Race Walk**

Name	Age Team	Finals
1 eichel, yoko	W76 woodland hills, CA	10:05.44
1:49.331 (1:49.331)	4:29.697 (2:40.366)	7:18.147 (2:48.450) 10:05.434 (2:47.287)
2 Backlund, Darlene	W78 Palm Springs, CA	12:22.49
2:30.445 (2:30.445)	5:53.034 (3:22.589)	9:10.776 (3:17.742) 12:22.483 (3:11.708)

**M75 1500 Meter Race Walk Power Walk**

Name	Age Team	Finals
1 Gast, Monte	M76 Marina Del Rey, CA	12:20.92
2:18.629 (2:18.629)	5:37.497 (3:18.868)	8:57.950 (3:20.453) 12:20.912 (3:22.963)
2 Nielsen, Ed	M77 Apple Valley, CA	12:53.42
2:31.763 (2:31.763)	6:02.181 (3:30.418)	9:27.944 (3:25.763) 12:53.418 (3:25.475)

**Pasadena Senior Games - 6/3/2023**

**Occidental College**

**Results - Today's Meet**

**...M75 1500 Meter Race Walk Power Walk**

3 Messick, Gregory M75 Beaumont, CA 13:17.76  
 2:32.237 (2:32.237) 6:08.335 (3:36.098) 9:43.678 (3:35.344) 13:17.760 (3:34.082)

**M80 1500 Meter Race Walk Power Walk**

Name	Age Team	Finals
1 Merriam, John	M83 Altadena, CA	13:29.05
2:48.223 (2:48.223) 6:26.937 (3:38.714) 9:59.801 (3:32.865) 13:29.046 (3:29.245)		

**W80 1500 Meter Race Walk**

Name	Age Team	Finals
1 Sullivan, Mary Jo	W81 San Marino, CA	14:21.89
2:51.718 (2:51.718) 6:44.324 (3:52.606) 10:32.992 (3:48.669) 14:21.889 (3:48.897)		

**W80 1500 Meter Race Walk Power Walk**

Name	Age Team	Finals
1 Demsky, Ellen	W83 Tarzana, CA	13:58.45
2:32.049 (2:32.049) 6:22.925 (3:50.876) 10:17.424 (3:54.499) 13:58.447 (3:41.024)		

**M55 5000 Meter Race Walk**

Name	Age Team	Finals
1 Deegan, Gerard	M55 Burbank, CA	32:52.09
1:14.198 (1:14.198) 3:51.561 (2:37.363) 6:31.969 (2:40.409) 9:13.468 (2:41.499)		
11:48.457 (2:34.989) 14:24.131 (2:35.675) 17:02.797 (2:38.666) 19:41.819 (2:39.022)		
22:21.624 (2:39.805) 25:02.658 (2:41.034) 27:45.817 (2:43.159) 30:28.013 (2:42.196)		
32:52.082 (2:24.069)		

**W65 5000 Meter Race Walk**

Name	Age Team	Finals
1 Holder, Yolanda	W65 Las Vegas, NV	37:04.07
1:24.138 (1:24.138) 4:20.736 (2:56.598) 7:18.399 (2:57.664) 10:16.473 (2:58.074)		
13:14.488 (2:58.015) 16:14.106 (2:59.618) 19:13.139 (2:59.033) 22:13.263 (3:00.124)		
25:16.064 (3:02.802) 28:15.919 (2:59.855) 31:15.154 (2:59.235) 34:13.365 (2:58.211)		
37:04.063 (2:50.699)		

**M75 5000 Meter Race Walk**

Name	Age Team	Finals
1 Campbell, Richard	M77 Orange, CA	33:38.54
1:15.881 (1:15.881) 3:58.298 (2:42.418) 6:39.788 (2:41.490) 9:19.124 (2:39.336)		
12:00.107 (2:40.983) 14:41.389 (2:41.283) 17:23.746 (2:42.357) 20:06.413 (2:42.667)		
22:51.285 (2:44.872) 25:36.259 (2:44.974) 28:22.648 (2:46.389) 31:04.824 (2:42.176)		
33:38.534 (2:33.711)		

**Pasadena Senior Games - 6/3/2023**

**Occidental College**

**Results - Today's Meet**

**...M75 5000 Meter Race Walk**

2 Lawson, Paul M77 Claremont, CA 40:07.47  
 1:35.123 (1:35.123) 4:38.029 (3:02.906) 7:42.396 (3:04.367) 10:39.977 (2:57.582)  
 13:51.841 (3:11.864) 17:03.830 (3:11.989) 20:26.715 (3:22.886) 23:59.219 (3:32.504)  
 27:14.596 (3:15.377) 30:28.479 (3:13.884) 33:38.430 (3:09.951) 37:03.281 (3:24.851)  
 40:07.469 (3:04.188)

-- Kinzli, Arthur M79 Costa Mesa, CA DQ Bent Knee  
 1:44.466 (1:44.466) 5:02.541 (3:18.075) 8:16.697 (3:14.157) 11:35.147 (3:18.450)  
 14:45.434 (3:10.287) 17:56.056 (3:10.622) 21:11.553 (3:15.497) 24:27.064 (3:15.512)  
 27:40.097 (3:13.033) 30:52.073 (3:11.976) 34:05.020 (3:12.948) 37:12.908 (3:07.888)  
 40:25.681 (3:12.774)

**W75 5000 Meter Race Walk**

Name	Age Team	Finals
1 eichel, yoko	W76 woodland hills, CA	34:35.77
1:11.077 (1:11.077)	3:51.151 (2:40.074)	6:34.221 (2:43.071) 9:20.038 (2:45.817)
12:02.410 (2:42.372)	14:49.911 (2:47.501)	17:37.948 (2:48.037) 20:26.121 (2:48.173)
23:16.606 (2:50.486)	26:06.529 (2:49.923)	28:58.257 (2:51.728) 31:48.137 (2:49.880)
34:35.762 (2:47.626)		
2 Backlund, Darlene	W78 Palm Springs, CA	41:28.77
1:31.150 (1:31.150)	4:51.622 (3:20.472)	8:12.642 (3:21.021) 11:33.276 (3:20.634)
14:54.183 (3:20.907)	18:15.156 (3:20.974)	21:37.870 (3:22.714) 24:58.839 (3:20.969)
28:17.961 (3:19.122)	31:39.038 (3:21.077)	34:58.992 (3:19.954) 38:18.237 (3:19.246)
41:28.763 (3:10.526)		

**W80 5000 Meter Race Walk**

Name	Age Team	Finals
1 Dyar, Carol	W82 Upland, CA	38:49.96
1:27.437 (1:27.437)	4:36.984 (3:09.547)	7:41.192 (3:04.208) 10:43.524 (3:02.333)
13:49.259 (3:05.735)	16:54.071 (3:04.812)	20:00.636 (3:06.565) 23:07.022 (3:06.386)
26:15.576 (3:08.554)	29:27.184 (3:11.609)	32:36.916 (3:09.732) 35:46.493 (3:09.577)
38:49.960 (3:03.467)		
2 Sullivan, Mary Jo	W81 San Marino, CA	49:22.44
1:50.012 (1:50.012)	5:49.090 (3:59.079)	9:48.671 (3:59.581) 13:44.256 (3:55.586)
17:37.096 (3:52.840)	21:33.979 (3:56.884)	25:33.842 (3:59.863) 29:31.537 (3:57.695)
33:30.649 (3:59.112)	37:31.357 (4:00.708)	41:29.915 (3:58.558) 45:28.850 (3:58.935)
49:22.433 (3:53.583)		