

2010 MAUSATF Indoor Championships

Racewalk Event = 2-21-2010 with NJ Assoc Championships

Track Events = 3-07-2010 at Glen Mills, PA

Field Events = 03-21-2010 at Albright University

prepared by: H. Scanlon

> **bold font indicates All-American performance**

<u>Event</u>	<u>Gender/Age Group</u>	<u>Name</u>	<u>Result</u>	<u>Medal Awarded / "x" if outside association</u>
55m Hurdles				
	W40	Lizanne Stephan	10.48	Gold
55m Dash				
	W35	Abby Knowles	8.03	x - Gold
	W40	Nedenia West	8.26	x - Gold
	W55	Delores Grandison	8.29	Gold
	M30	Bruce Sobers	7.22	Gold
	M40	Jeff Norfleet	7.34	x - Gold
		Nate Atkins	8.30	x - Silver
	M45	Dean Auchenbach	7.94	Gold
	M50	Lovell Butler	7.02	Gold
		John Cataldo	8.91	Silver
	M55	Jesse Norman	8.47	x - Gold
	M60	Ron Johnson	7.79	x - Gold
		Joachim Acolatse	8.59	Gold
	M65	Alby Williams	7.87	x - Gold
		Fred Edelstein	8.30	Gold
	M70	William Bittner	8.39	Gold
		Burr Daly	9.05	Silver
		Joe Paradine	9.43	Bronze
		Bill Brown	10.50	
200m Dash				
	W35	Abby Knowles	29.67	x - Gold
	W45	Pat Butcher	33.14	x - Gold
	W55	Delores Grandison	32.81	Gold
	M30	Bruce Sobers	25.18	Gold
	M35	Marcus Knowles	25.77	x - Gold
	M40	Jeff Norfleet	26.73	x - Gold
	M45	Dean Auchenbach	29.11	Gold
	M50	Dan Fannon	29.26	Gold
		Duncan Smith	29.43	Silver
		Joe Rogan	29.96	Bronze
		David Lapreziosa	30.35	
	M60	Gary Potter	30.79	x - Gold
		Joachim Acolatse	31.58	Gold
	M65	Alby Williams	29.16	x - Gold
	M70	Bill Brown	29.16	Gold
		Burr Daly	35.41	Silver

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400m Run				
	W45	Patricia Butcher	1:13.05	x - Gold
		Stephanie Khan	1:19.27	Gold
	W50	Alison Suckling	1:13.05	Gold
	M30	Brusce Sobers	56.12	Gold
	M35	Kyle Lanier	57.38	Gold
		Kareem Lanier	58.92	Silver
	M40	Dave Brown	56.03	Gold
		Ulrick Exantus	1:01.79	Silver
	M50	Dan Fannon	1:04.30	Gold
		Duncan Smith	1:05.07	Silver
		David Lapreziosa	1:08.17	Bronze
		Joe Rogan	1:08.99	
	M55	Ross Donolow	1:07.84	Gold
	M60	Gary Potter	1:09.75	x - Gold
	M65	Alby Williams	1:10.49	x - Gold
		Tom Jennings	1:13.85	Gold
	M70	Bruce Gilbert	1:28.50	Gold
800m Run				
	W40	Sheila Natho	2:49.91	x - Gold
	W45	Julie Hankin	2:42.21	Gold
		Patricia Butcher	2:47.97	x - Silver
	W50	Alison Suckling	2:48.48	Gold
	M30	Nirav Pandya	2:29.22	Gold
	M35	Delvin Dinkins	2:10.20	Gold
		Matt Booth	2:37.37	Silver
	M40	Gary Rossen	2:13.89	x - Gold
		Terry Kelly	2:22.48	Gold
		Mick Donnelly	2:34.99	Silver
	M50	Duncan Smith	2:32.62	Gold
		Bill King	2:49.70	Silver
	M55	Denny Mellish	2:51.94	Gold
	M70	Bruce Gilbert	3:25.50	Gold
1 Mile Run				
	W40	Sheila Natho	5:52.49	x - Gold
	W45	Julie Hankin	5:46.11	Gold
		Linda Jarjisian	7:58.64	Silver
	W50	Karen Lein	7:33.18	x - Gold
	M30	Nirav Pandya	5:29.79	Gold

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				<u>Awarded / "x" if outside association</u>
	M35	Matt Booth	5:45.77	Gold
	M40	Terry Kelly	5:11.03	Gold
		Mick Donnelly	5:54.84	Silver
	M45	Tony Miller	5:32.68	Gold
	M50	Bill King	6:28.26	Gold
	M55	Denny Mellish	6:17.94	Gold
		Peter Blank	6:31.83	x - Silver
		John Kostenbauder	7:19.25	Silver
	M65	Tom Jennings	5:59.36	Gold
		Lou Coppens	6:21.34	Silver
	M95	Frank Levine	15:18.99	Gold
3000 Meter Run				
	W40	Sheila Natho	11:36.44	x - Gold
	W45	Julie Hankin	11:16.41	Gold
	W50	Alison Suckling	12:27.84	Gold
	M30	Richard L. Angelillo	9:55.59	Gold
	M35	Neill Clark	9:57.48	Gold
	M40	Mick Donnelly	12:18.60	Gold
	M45	Bob Rimkis	10:22.62	Gold
	M50	Duncan Smith	11:37.71	Gold
	M55	Terry Permar	10:29.09	Gold
		Joel Hoffsmith	11:06.20	Silver
		Peter Blank	13:19.78	x - Bronze
		John Kostenbauder	14:15.40	Bronze
	M60	Seth Bergmann	11:38.09	Gold
	M65	Lou Coppens	12:44.22	Gold
Racewalk 3000m				
	M65	Joel Dubow	19:23.76	Gold
	M80	John Starr	20:18.25	Gold
Long Jump				
	W35	Dawn Kent	4.41	Gold
	W55	Delores Grandison	3.72	Gold
	M30	John Porter Jr.	5.85	Gold
Triple Jump				
	M30	John Porter Jr.	11.59	Gold
	M65	David Marovich	7.25	Gold

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High Jump				
	W40	Gina Lanier	1.05	Gold
	M50	Tom Kenny	1.30	x - Gold
	M55	Ross Donolow	1.25	Gold
	M60	David Montieth	1.60	x - Gold
		Richard Holt	1.40	Gold
	M65	David Marovich	1.15	Gold
	M70	Joe Paradine	1.15	Gold
Pole Vault				
	M50	Brian Magerkurth	3.35	Gold
	M70	Joe Paradine	2.28	Gold
Shot Put				
	W35	Dawn Kent	6.90	Gold
	W40	Gina Lanier	7.44	Gold
	W45	Heather Scanlon	8.12	Gold
	W55	Delores Grandison	8.01	Gold
	W60	Beverly Salerno	5.82	x - Gold
		Joy Oakey	5.14	Gold
	M35	Mike McKenna	8.45	Gold
	M40	Patrick Toland	11.18	Gold
	M50	Hartley Palleschi	10.84	Gold
		Lovell Butler	9.55	Silver
	M55	Joe Ksiaskiewicz	11.06	Gold
		Dennis Hansen	10.61	x - Silver
		George Castelli	10.53	x - Bronze
		Michael Kalnas	9.86	x
	M60	Charles Roll	13.35	x - Gold
	M65	Peter Falzarano	9.80	x - Gold
		David Marovich	9.11	Gold
		Richard Oakey	5.43	Silver
	M70	Lee McCabe	8.63	x - Gold
	M75	Ray Feick	8.56	Gold
		Leonard Olson	7.73	Silver
Weight Throw				
	W40	Gina Lanier	8.03	Gold
	W45	Heather Scanlon	8.05	Gold
	W55	Delores Grandison	9.70	Gold
	W60	Beverly Salerno	8.65	x - Gold

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	<u>Name</u>			<u>Awarded / "x" if outside association</u>
	M35	Michael McKenna	12.04	Gold
	M40	Patrick Toland	10.13	Gold
	M50	Hartley Palleschi	10.29	Gold
	M55	George Castelli	11.87	x - Gold
		Dennis Hansen	11.30	x - Silver
	M60	Charles Roll	15.24	x - Gold
	M65	David Marovich	12.49	Gold
	M70	John Sellers	13.04	Gold
		Lee McCabe	7.57	x - Silver
	M75	Ray Feick	11.03	Gold
		Leonard Olson	10.63	Silver

Superweight Throw

	W40	Gina Lanier	4.66	Gold
	W45	Heather Scanlon	4.75	Gold
	W60	Beverly Salerno	4.05	x - Gold
	M35	Michael McKenna	7.79	Gold
	M40	Patrick Toland	6.58	Gold
	M50	Hartley Palleschi	4.99	Gold
	M55	George Castelli	5.83	x - Gold
		Dennis Hansen	4.96	x - Silver
	M60	Charles Roll	7.45	x - Gold
	M65	David Marovich	6.52	Gold
	M70	John Sellers	5.87	Gold
		Lee McCabe	4.38	x - Silver
	M75	Ray Feick	5.98	Gold
		Leonard Olson	4.10	Silver