

Striders Meet of Championships - 5/7/2016
Santa Ana College
Results - Saturday

Event 1 W29&U 5000 Meter Race Walk

Name	Age	Team	Finals	
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Finals

1	Fiddler, Jamie	W26	Los Angeles, CA	35:07.37
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Event 1 W40 5000 Meter Race Walk**Finals**

1	Armenta, Susan	W42	Arc Run Club	28:10.91
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Event 2 M50 5000 Meter Race Walk**Finals**

1	Morrow, Art	M51	Palm Desert, CA	33:01.87
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Event 2 M65 5000 Meter Race Walk**Finals**

1	Lawson, Paul	M69	Claremont, CA	34:29.16
2	Birnbaum, Jorge	M69	Redondo Beach, CA	35:07.37

Event 2 M70 5000 Meter Race Walk**Finals**

3	Campbell, Richard	M70	Orange, CA	37:25.53
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Event 3 W30 3000 Meter Run**Finals**

1	McCallum, Heather	W32	Unattached	13:36.82
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Event 3 W40 3000 Meter Run**Finals**

1	Armenta, Susan	W42	Arc Run Club	12:55.35
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Event 4 M29&U 3000 Meter Run**Finals**

1	Mora, Adrian	M19	El Centro, CA	10:28.44
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Event 4 M35 3000 Meter Run**Finals**

1	Duff, Brian	M39	Los Angeles, CA	9:27.27
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Event 4 M45 3000 Meter Run**Finals**

1	Cox, Darren	M46	Laguna Hills, CA	10:11.43
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Event 4 M50 3000 Meter Run**Finals**

1	Gallego, Oliver	M54	Arcadia, CA	10:52.76
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Event 4 M60 3000 Meter Run**Finals**

1	Forrester, Perry	M63	Topanga, CA	10:56.70
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Event 4 M65 3000 Meter Run**Finals**

2	Witler, Barry	M65	La Crescenta, CA	12:22.00
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Event 5 W60 80 Short Hurdles**Finals**

1	Hanscom, Rita	W61	San Diego, CA	14.10	0.4
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Striders Meet of Championships - 5/7/2016
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Event 8 M50 100 Short Hurdles
Finals

1	Forte, Jonathan	M51 Lake Elsinore, CA	20.24	0.5
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Event 8 M55 100 Short Hurdles
Finals

1	Niroumand, Mahmoud	M58 Unattached	17.61	0.5
2	Davison, Jeffery	M58 Laguna Hills, CA	20.18	0.5

Event 8 M60 100 Short Hurdles
Finals

1	McLawhorn, David	M61 Temecula, CA	20.53	0.5
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Event 10 W40 400 Meter Dash
Finals

1	Mann, Elly	W40 City Of Industry, CA	1:05.31
2	Daniels, Goldie aka LaTrease	W43 Los Angeles, CA	1:07.87

Event 10 W50 400 Meter Dash
Finals

1	McDonald, Sue	W53 Santa Barbara, CA	1:09.12
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Event 10 W55 400 Meter Dash
Finals

1	Contreras, Patricia	W58 San Bernardino, CA	1:17.09
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Event 10 W65 400 Meter Dash
Finals

1	Braxton, Freddie	W66 Los Angeles, CA	1:51.64
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Event 11 M29&U 400 Meter Dash
Finals

1	Rebollar, Matthew	M18 Brawley, CA	56.57
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Event 11 M35 400 Meter Dash
Finals

1	Duff, Brian	M39 Los Angeles, CA	53.82
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Event 11 M50 400 Meter Dash
Finals

1	Roberts, Matthew	M51 Unattached	57.34
2	Schipper, Billy	M51 Murrieta, CA	58.87

Event 11 M60 400 Meter Dash
Finals

1	Morris, Bob	M63 Laguna Niguel, CA	1:09.07
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Event 12 W35 1500 Meter Run
Finals

1	Fisher, Alisa	W36 Los Angeles, CA	5:33.40
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Event 13 M29&U 1500 Meter Run
Finals

1	Wegeng, Billy	M19 Unattached	4:25.07
2	McDaniel, Jonathan	M14 Unattached	4:40.94
3	Mora, Adrian	M19 El Centro, CA	4:54.75

Striders Meet of Championships - 5/7/2016**Santa Ana College****Results - Saturday****Finals ... (Event 13 M29&U 1500 Meter Run)**

4	Singh, Izaiah	M19 El Centro, CA	4:57.32		
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Event 13 M45 1500 Meter Run**Finals**

1	Fitzpatrick, Mark	M45 Thousand Oaks, CA	4:34.78		
2	Cox, Darren	M46 Laguna Hills, CA	4:43.69		

Event 13 M50 1500 Meter Run**Finals**

1	Dietz, Mike	M52 Laguna Niguel, CA	4:52.25		
2	Gallego, Oliver	M54 Arcadia, CA	4:58.58		

Event 13 M60 1500 Meter Run**Finals**

1	Forrester, Perry	M63 Topanga, CA	5:11.68		
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Event 14 W30 100 Meter Dash**Finals**

1	Perez, Ingrid	W34 West Valley City, UT	17.20	0.6	2
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Event 14 W40 100 Meter Dash**Finals**

1	Berry, Kateena	W43 San Diego, CA	13.55	0.6	2
2	Mann, Elly	W40 trojan masters	13.67	0.6	2
3	Shaw, Zoe	W41 Palmdale, CA	13.83	0.6	2

Event 14 W45 100 Meter Dash**Finals**

1	Barney, Colleen	W49 Newport Beach, CA	13.88	0.6	2
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Event 14 W50 100 Meter Dash**Finals**

1	Jewett, Venus	W51 Inglewood, CA	13.97	0.6	2
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Event 14 W55 100 Meter Dash**Finals**

1	Jones, Jennifer	W55 Carson, CA	16.08	0.8	
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Event 14 W60 100 Meter Dash**Finals**

1	Hanscom, Rita	W61 San Diego, CA	15.70	0.8	
2	Bowman, Jeanne	W63 Santa Ana, CA	16.12	0.8	
3	Cohn, Linda	W63 Northridge, CA	16.18	0.8	

Event 14 W65 100 Meter Dash**Finals**

1	Kelly, Pat	W66 San Diego, CA	16.92	0.8	
2	Braxton, Freddie	W66 Los Angeles, CA	21.70	0.8	

Event 15 M29&U 100 Meter Dash**Finals**

1	Nasser, Ramsey	M29 Los Angeles, CA	11.96	0.5	6
2	Lorrin, Hayato	M21 Unattached	12.29	0.5	6
3	Rebollar, Matthew	M18 Brawley, CA	12.49	0.5	6

Striders Meet of Championships - 5/7/2016**Santa Ana College****Results - Saturday****Event 15 M30 100 Meter Dash****Finals**

1	Koch, Michael	M33	San Fernando, CA	12.07	0.5	6
1	Hernandez, Justin	M33	Torrance, CA	12.07	0.5	6

Event 15 M35 100 Meter Dash**Finals**

1	Jones, Lenouris	M36	San Diego, CA	11.36	1.2	5
2	Farinas, Michael	M39	San Diego, CA	12.85	1.2	5

Event 15 M40 100 Meter Dash**Finals**

1	Brooks, Robert	M44	Unattached	12.05	1.2	5
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Event 15 M45 100 Meter Dash**Finals**

1	Warren, Mark	M48	Santa Rosa, CA	12.68	1.2	5
2	Grier, Jeffrey	M49	Philadelphia, PA	13.53	1.2	5

Event 15 M50 100 Meter Dash**Finals**

1	Foster, Robert	M54	Mission Viejo, CA	12.32	0.5	4
2	McCullough Sr, Gary	M54	Cypress, CA	12.78	0.5	4
3	Berry, Kettrell	M53	San Diego, CA	13.27	0.5	4
4	Forte, Jonathan	M51	Lake Elsinore, CA	13.40	0.5	4

Event 15 M55 100 Meter Dash**Finals**

1	Chinn, James	M57	Del Mar, CA	12.40	0.5	3
2	McConkey, Phil	M59	La Jolla, CA	12.52	0.5	3
3	Patridge II, Joseph T	M58	Unattached	12.63	0.5	3
4	Davison, Jeffery	M58	Laguna Hills, CA	14.60	0.5	3

Event 15 M60 100 Meter Dash**Finals**

1	Cummings, Steve	M60	Corona, CA	13.95	0.9	2
2	Stone, Kenneth	M61	La Mesa, CA	15.08	0.9	2

Event 15 M65 100 Meter Dash**Finals**

1	Moore, George	M68	Las Vegas, NV	14.79	0.9	2
2	Rose, Ed	M67	Carlsbad, CA	15.20	0.9	2

Event 15 M70 100 Meter Dash**Finals**

1	Crandall, James	M70	Pauma Valley, CA	14.97	0.8	
2	Muranaka, Ronnie	M72	Yorba Linda, CA	16.51	0.8	

Event 15 M75 100 Meter Dash**Finals**

1	Thorpe Sr, Karl	M77	Fallbrook, CA	16.21	0.8	
2	Ryan, Steve	M75	Unattached	19.45	0.8	
3	Silverman, Jerry	M79	Unattached	25.28	0.8	

Striders Meet of Championships - 5/7/2016**Santa Ana College****Results - Saturday****Event 15 M80 100 Meter Dash****Finals**

1	Flory, Samuel	M83 Inglewood, CA	18.55	0.8
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Event 17 M60 300 Long Hurdles**Finals**

1	Crowl, Chip	M61 San Diego, CA	50.41
2	Cummings, Steve	M60 Corona, CA	50.49
3	McLawhorn, David	M61 Temecula, CA	55.08

Event 20 W40 800 Meter Run**Finals**

1	Daniels, Goldie aka LaTrease	W43 Los Angeles, CA	2:45.92
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Event 21 M29&U 800 Meter Run**Finals**

1	Wegeng, Billy	M19 Unattached	2:15.61
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Event 21 M50 800 Meter Run**Finals**

1	Schipper, Billy	M51 Murrieta, CA	2:12.50
2	Dietz, Mike	M52 Laguna Niguel, CA	2:26.14

Event 21 M55 800 Meter Run**Finals**

1	Davison, Jeffery	M58 Laguna Hills, CA	3:00.91
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Event 21 M70 800 Meter Run**Finals**

1	Lindsley, Frederick	M71 Grand Terrace, CA	2:39.29
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Event 22 W40 200 Meter Dash**Finals**

1	Mann, Elly	W40 trojan masters	28.32	1.4	3
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Event 22 W45 200 Meter Dash**Finals**

1	Barney, Colleen	W49 Newport Beach, CA	28.07	1.4	3
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Event 22 W50 200 Meter Dash**Finals**

1	Jewett, Venus	W51 Inglewood, CA	28.89	1.4	3
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Event 22 W55 200 Meter Dash**Finals**

1	Jones, Jennifer	W55 Carson, CA	35.13	3.3
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Event 22 W60 200 Meter Dash**Finals**

1	Bowman, Jeanne	W63 Santa Ana, CA	34.75	3.3
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Event 22 W65 200 Meter Dash**Finals**

1	Kelly, Pat	W66 San Diego, CA	35.63	3.3
2	Braxton, Freddie	W66 Los Angeles, CA	46.62	3.3

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Event 23 M29&U 200 Meter Dash**Finals**

1	Nasser, Ramsey	M29	Los Angeles, CA	23.97	3.9	4
2	Ha, Kevin	M23	Unattached	24.62	3.9	4

Event 23 M30 200 Meter Dash**Finals**

1	Koch, Michael	M33	San Fernando, CA	23.98	3.9	4
2	Hernandez, Justin	M33	Torrance, CA	24.89	3.9	4

Event 23 M35 200 Meter Dash**Finals**

1	Jones, Lenouris	M36	San Diego, CA	22.54	3.9	4
2	Farinas, Michael	M39	San Diego, CA	25.83	3.9	4

Event 23 M45 200 Meter Dash**Finals**

1	Andrade, Claudio	M49	Unattached	27.01	3.9	4
2	Grier, Jeffrey	M49	Philadelphia, PA	28.33	3.9	4

Event 23 M50 200 Meter Dash**Finals**

1	Foster, Robert	M54	Mission Viejo, CA	25.22	2.2	3
2	McCullough Sr, Gary	M54	Cypress, CA	25.60	2.2	3
3	Roberts, Matthew	M51	Unattached	26.04	3.9	4

Event 23 M55 200 Meter Dash**Finals**

1	Chinn, James	M57	Del Mar, CA	24.76	2.2	3
2	Patridge II, Joseph T	M58	Unattached	26.43	2.2	3

Event 23 M60 200 Meter Dash**Finals**

1	Crowl, Chip	M61	San Diego, CA	26.99	2.7	2
2	Ruggless, Joe	M62	Palmdale, CA	27.02	2.7	2
3	Anderson, Gary	M60	San Jose, CA	27.49	2.2	3
4	Cummings, Steve	M60	Corona, CA	28.09	2.7	2

Event 23 M65 200 Meter Dash**Finals**

1	Hardison, Steve	M65	Fresno, CA	28.49	2.7	2
2	Rose, Ed	M67	Carlsbad, CA	31.16	3.8	1
3	Muth, Rick	M67	Stanton, CA	36.33	3.8	1

Event 23 M70 200 Meter Dash**Finals**

1	Crandall, James	M70	Pauma Valley, CA	31.02	3.8	
2	Muranaka, Ronnie	M72	Yorba Linda, CA	36.05	3.8	

Event 23 M75 200 Meter Dash**Finals**

1	Thorpe Sr, Karl	M77	Fallbrook, CA	35.38	3.8	
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Striders Meet of Championships - 5/7/2016
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Results - Saturday

Event 50 W50 High Jump
Finals

1 McDonald, Sue W53 Santa Barbara Track Club 1.50m 4-11.00

Event 50 W60 High Jump
Finals

1 Hanscom, Rita W61 San Diego, CA 1.30m 4-03.25

Event 50 W65 High Jump
Finals

1 Steekelenburg, Annelies W68 Malibu, CA 1.25m 4-01.25

Event 51 M50 High Jump
Finals

1 Forte, Jonathan M51 Lake Elsinore, CA 1.40m 4-07.00

Event 51 M55 High Jump
Finals

1 Niroumand, Mahmoud M58 Unattached 1.50m 4-11.00

Event 51 M60 High Jump
Finals

1 McLawhorn, David M61 Temecula, CA 1.30m 4-03.25
 2 Lloyd, Daniel M62 San Jose, CA 1.20m 3-11.25

Event 51 M65 High Jump
Finals

1 Rader, Charlie M68 Corona, CA 1.58m 5-02.25

Event 51 M70 High Jump
Finals

1 Goodreau, James M70 North Hollywood, CA 1.40m 4-07.00
 2 Robie, James M70 Los Angeles, CA 1.25m 4-01.25

Event 51 M75 High Jump
Finals

1 Ryan, Steve M75 Unattached 1.10m 3-07.25

Event 51 M80 High Jump
Finals

1 Leis, Donald M84 Pasadena, CA 1.00m 3-03.25

Event 52 W60 Pole Vault
Finals

1 Hanscom, Rita W61 San Diego, CA 2.53m 8-03.50

Event 53 M40 Pole Vault
Finals

1 Carranza, Stanley M40 Whittier, CA 3.35m 10-11.75

Event 53 M45 Pole Vault
Finals

1 Andrade, Claudio M49 Glendale, CA 3.20m 10-06.00

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Event 53 M55 Pole Vault

Finals					
1	McIntyre, Tim	M55	Seal Beach, CA	4.15m	13-07.25
2	Niroumand, Mahmoud	M58	Unattached	2.44m	8-00.00

Event 53 M65 Pole Vault

Finals					
1	Morris, Steve	M66	Santa Barbara, CA	2.90m	9-06.25
1	Hardison, Steve	M65	Fresno, CA	2.90m	9-06.25

Event 54 W40 Long Jump

Finals					
1	Cowdell, Allison	W44	Unattached	4.65m	15-03.25 0.2

Event 54 W55 Long Jump

Finals					
1	Jones, Jennifer	W55	Carson, CA	3.99m	13-01.25 1.6

Event 54 W60 Long Jump

Finals					
1	Hanscom, Rita	W61	San Diego, CA	3.99m	13-01.25 2.9
2	Cohn, Linda	W63	Northridge, CA	3.69m	12-01.25 1.6

Event 54 W65 Long Jump

Finals					
1	Steekelenburg, Annelies	W68	Malibu, CA	3.06m	10-00.50 1.7

Event 55 M40 Long Jump

Finals					
1	Brooks, Robert	M44	Unattached	5.43m	17-09.75 2.0

Event 55 M45 Long Jump

Finals					
1	Warren, Mark	M48	Santa Rosa, CA	4.82m	15-09.75 1.7

Event 55 M55 Long Jump

Finals					
1	Niroumand, Mahmoud	M58	Unattached	4.98m	16-04.25 1.5

Event 55 M60 Long Jump

Finals					
1	McLawhorn, David	M61	Temecula, CA	4.31m	14-01.75 1.9

Event 55 M65 Long Jump

Finals					
1	Tomaschke, John	M66	San Diego, CA	4.33m	14-02.50 2.6
2	Rose, Ed	M67	Carlsbad, CA	3.78m	12-05.00 0.9

Event 55 M75 Long Jump

Finals					
1	Ryan, Steve	M75	Unattached	2.81m	9-02.75 0.6

Event 55 M80 Long Jump

Finals					
1	Leis, Donald	M84	Pasadena, CA	2.76m	9-00.75 +0.0

Striders Meet of Championships - 5/7/2016
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**Event 56 W40 Triple Jump
 Finals**

1	Cowdell, Allison	W44	Unattached	9.71m	31-10.25	5.2
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**Event 56 W60 Triple Jump
 Finals**

1	Cohn, Linda	W63	Northridge, CA	8.45m	27-08.75	2.9
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**Event 57 M55 Triple Jump
 Finals**

1	Niroumand, Mahmoud	M58	Unattached	10.56m	34-07.75	3.9
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**Event 57 M60 Triple Jump
 Finals**

1	Pittman, Patrick	M63	Pasadena, CA	8.85m	29-00.50	1.3
2	McLawhorn, David	M61	Temecula, CA	8.63m	28-03.75	2.0

**Event 57 M65 Triple Jump
 Finals**

1	Tomaschke, John	M66	San Diego, CA	9.86m	32-04.25	2.2
2	Rose, Ed	M67	Carlsbad, CA	8.03m	26-04.25	3.1

**Event 57 M70 Triple Jump
 Finals**

1	Robie, James	M70	Los Angeles, CA	8.26m	27-01.25	2.5
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**Event 58 W40 Discus Throw
 Finals**

1	Cowdell, Allison	W44	Unattached	37.83m	124-01	
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**Event 58 W55 Discus Throw
 Finals**

1	Dunton, Linn	W59	Pine Valley, CA	25.72m	84-04	
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**Event 58 W60 Discus Throw
 Finals**

1	Cohn, Linda	W63	Northridge, CA	23.15m	75-11	
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**Event 59 M55 Discus Throw
 Finals**

1	Holden, Greg	M58	Corona, CA	35.12m	115-03	
2	Gold, Michael	M56	Minooka, IL	33.41m	109-07	

**Event 59 M60 Discus Throw
 Finals**

1	Rice, Robert	M61	Los Alamitos, CA	40.01m	131-03	
2	Lloyd, Daniel	M62	San Jose, CA	35.15m	115-04	
3	Watson, Richard	M63	Yuma, AZ	34.41m	112-11	

**Event 59 M65 Discus Throw
 Finals**

1	Sheets, Bob	M66	Banning, CA	23.10m	75-09	
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**Event 59 M75 Discus Throw
 Finals**

1	Johnson, Richard	M78	San Diego, CA	22.53m	73-11	
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Finals				
1	Rosen, Alan	M80	Sherman Oaks, CA	25.91m 85-00
2	Durrenberger, Joe	M81	Los Angeles, CA	20.57m 67-06
3	Ginsburg md, Marvin	M80	Simi Valley, CA	20.38m 66-10

Event 60 W40 Hammer Throw

Finals				
---	Cowdell, Allison	W44	Unattached	ND

Event 60 W55 Hammer Throw

Finals				
1	Dunton, Linn	W59	Pine Valley, CA	32.52m 106-08

Event 60 W60 Hammer Throw

Finals				
1	Cohn, Linda	W63	Northridge, CA	21.10m 69-03

Event 61 M29&U Hammer Throw

Finals				
---	Hughes, Albert	M23	Unattached	ND

Event 61 M55 Hammer Throw

Finals				
1	Gold, Michael	M56	Minooka, IL	31.57m 103-07

Event 61 M60 Hammer Throw

Finals				
1	Watson, Richard	M63	Yuma, AZ	37.69m 123-08
2	Meyer, Thomas	M64	San Diego, CA	36.13m 118-06

Event 61 M65 Hammer Throw

Finals				
1	Sheets, Bob	M66	Banning, CA	20.82m 68-04

Event 61 M75 Hammer Throw

Finals				
1	Johnson, Richard	M78	San Diego, CA	22.74m 74-07

Event 61 M80 Hammer Throw

Finals				
1	Durrenberger, Joe	M81	Los Angeles, CA	22.33m 73-03

Event 62 W40 Javelin Throw

Finals				
1	Cowdell, Allison	W44	Unattached	36.10m 118-05

Event 62 W55 Javelin Throw

Finals				
1	Dunton, Linn	W59	Pine Valley, CA	27.93m 91-08
2	Vaughn, Karen	W58	Tustin, CA	16.75m 54-11

Event 62 W60 Javelin Throw

Finals				
1	Cohn, Linda	W63	Northridge, CA	34.70m 113-10
2	Hanscom, Rita	W61	San Diego, CA	20.43m 67-00

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Finals**

1	Morrow, Art	M51	Palm Desert, CA	23.20m	76-01
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**Event 63 M55 Javelin Throw
Finals**

1	Niroumand, Mahmoud	M58	Unattached	44.61m	146-04
2	Shea, Michael	M56	Santa Monica, CA	40.16m	131-09
3	Gold, Michael	M56	Minooka, IL	29.24m	95-11

**Event 63 M60 Javelin Throw
Finals**

1	Watson, Richard	M63	Yuma, AZ	35.18m	115-05
2	McLawhorn, David	M61	Temecula, CA	30.19m	99-00
3	Crowl, Chip	M61	San Diego, CA	29.42m	96-06

**Event 63 M65 Javelin Throw
Finals**

1	Rook, Ron	M67	Coto De Caza, CA	29.36m	96-04
2	Sheets, Bob	M66	Banning, CA	18.33m	60-02

**Event 63 M70 Javelin Throw
Finals**

1	Robie, James	M70	Los Angeles, CA	21.95m	72-00
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**Event 63 M75 Javelin Throw
Finals**

1	Johnson, Richard	M78	San Diego, CA	16.34m	53-07
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**Event 64 W40 Shot Put
Finals**

1	Cowdell, Allison	W44	Unattached	9.73m	31-11.25
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**Event 64 W55 Shot Put
Finals**

1	Dunton, Linn	W59	Pine Valley, CA	9.83m	32-03.00
2	Vaughn, Karen	W58	Tustin, CA	8.54m	28-00.25

**Event 64 W60 Shot Put
Finals**

1	Cohn, Linda	W63	Northridge, CA	8.98m	29-05.50
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**Event 65 M55 Shot Put
Finals**

1	Holden, Greg	M58	Corona, CA	12.88m	42-03.25
2	Gold, Michael	M56	Minooka, IL	9.62m	31-06.75

**Event 65 M60 Shot Put
Finals**

1	Torbert, Quenton	M64	Redlands, CA	15.64m	51-03.75
2	Lloyd, Daniel	M62	San Jose, CA	12.69m	41-07.75
3	Watson, Richard	M63	Yuma, AZ	10.68m	35-00.50
4	Malin, James	M64	San Diego, CA	10.64m	34-11.00
5	McLawhorn, David	M61	Temecula, CA	8.94m	29-04.00
6	Hecker, Andrew	M61	Unattached	5.29m	17-04.25

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**Event 65 M65 Shot Put
 Finals**

1	Sheets, Bob	M66 Banning, CA	7.76m	25-05.50
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**Event 65 M70 Shot Put
 Finals**

1	Widmer, Ronald	M73 San Diego, CA	8.99m	29-06.00
2	Whitley, Stan	M70 Unattached	6.70m	21-11.75

**Event 65 M75 Shot Put
 Finals**

1	Johnson, Richard	M78 San Diego, CA	7.52m	24-08.25
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**Event 65 M80 Shot Put
 Finals**

1	Ginsburg md, Marvin	M80 Simi Valley, CA	9.67m	31-08.75
2	Durrenberger, Joe	M81 Los Angeles, CA	9.62m	31-06.75
3	Rosen, Alan	M80 Sherman Oaks, CA	7.88m	25-10.25
4	Smith, Ernie	M82 Arcadia, CA	7.49m	24-07.00