

**USATF Southern Calif Masters Champs****Orange Coast College****Results - Combined Events - Age Grading: 1 Yr Indiv & 5 yr Multi****W29&U 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
Finals					
1 Brianna Bowman	W21 unattached	15.39	-2.6	15.30 68.55%	3

**W35 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 April Jace	W36 Elite Health	14.43	-2.6	14.43 72.70%	3

**W40 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Melissa Crumpler	W43 So Cal Track Club	16.25	-2.6	15.00 69.97%	3

**W45 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Nina Moore	W49 unattached	13.75	-2.3	11.89 88.22%	2
2 Monica Bednar-Stanley	W47 Pacific Coas	14.72	-2.3	13.01 80.71%	2
3 Alyson Ford	W45 Elite Health	16.41	-2.3	14.81 70.87%	2
4 Lillie Ponder	W49 Elite Health	16.84	-2.3	14.56 72.03%	2
5 Susan Duenas	W47 Westlake Tra	17.54	-2.3	15.50 67.73%	2

**W50 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading
1 Alisa Byrne	W52 Pacific Coas	16.57	-1.5	13.89 75.56%

**W55 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading
1 Jeanne Bowman	W57 SC Striders	15.97	-1.5	12.74 82.40%

**W60 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading
1 Freddie Braxton	W60 unattached	19.35	-1.5	14.99 70.03%

**M35 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Jason Swisher	M35 unattached	13.02	-1.9	12.89 76.04%	5

**USATF Southern Calif Masters Champs****Orange Coast College****Results - Combined Events - Age Grading: 1 Yr Indiv & 5 yr Multi****M40 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Joseph Diedrick	M40	Elite Health	12.14	-1.9	11.59 84.51%	5
2 Chappale Burton	M41	unattached	12.53	-1.9	11.88 82.44%	5
3 Mark Warren	M42	unattached	12.56	-1.9	11.83 82.80%	5
4 John Sawamura	M40	unattached	12.67	-1.9	12.10 80.98%	5
5 Anthony Zoolakis	M44	unattached	12.80	-1.9	11.89 82.34%	5

**M45 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Johnny Speed	M46	unattached	12.18	-1.2	11.16 87.77%	4
2 Kevin Biggers	M48	unattached	12.68	-1.2	11.47 85.41%	4
3 Louis Jefferson	M46	unattached	13.62	-1.2	12.48 78.49%	4
4 Joseph Ols	M46	unattached	13.78	-1.2	12.63 77.58%	4

**M55 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Thaddeus Wilson	M59	Pacific Coas	12.85	-3.0	10.82 90.51%	3
2 Stephen Kloch	M58	So Cal Track Club	13.60	-3.0	11.53 84.93%	3
3 F. Eugene Driver	M59	The Trojan M	14.33	-3.0	12.07 81.16%	3
4 Andrew Hecker	M55	unattached	14.42	-3.0	12.45 78.64%	3

**M60 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Ernie Stucki	M60	SC Striders	13.77	-1.7	11.53 84.97%	2
2 Michael Washington	M62	unattached	15.46	-1.7	12.79 76.58%	2

**M65 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Rufus Morris Jr	M65	SC Striders	15.10	-1.7	12.26 79.87%	2
2 Eric Jones	M67	So Cal Track Club	16.13	-1.7	12.95 75.64%	2
3 Ronnie Muranaka	M66	SC Striders	16.25	-1.7	13.12 74.65%	2

**M70 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Karl Thorpe	M71	unattached	15.61	-2.8	12.16 80.53%	
2 John Carr	M71	unattached	17.56	-2.8	13.68 71.58%	
3 Jerry Harwood	M71	So Cal Track Club	20.83	-2.8	16.23 60.35%	

**M75 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Francis Kishi	M79	SC Striders	19.08	-2.8	13.36 73.32%	

**USATF Southern Calif Masters Champs****Orange Coast College****Results - Combined Events - Age Grading: 1 Yr Indiv & 5 yr Multi****W29&U 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Brianna Bowman	W21 unattached	31.67	-2.0	31.50 67.76%	3

**W30 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Jennifer Freemas	W30 unattached	26.75	-2.0	26.75 79.78%	3

**W35 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Siri Kristjansson	W36 So Cal Track Club	28.89	-2.0	28.72 74.32%	3
2 April Jace	W36 Elite Health	29.70	-2.0	29.53 72.29%	3

**W40 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Moira Delaney	W42 unattached	30.94	-2.0	28.50 74.89%	3
2 Natania Goldberg	W41 unattached	32.43	-2.0	30.24 70.58%	3
3 Melissa Crumpler	W43 So Cal Track Club	33.52	-2.0	30.51 69.96%	3
4 Love Letitia	W44 Elite Health	38.87	-2.0	34.94 61.08%	3

**W45 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Monica Bednar-Stanley	W47 Pacific Coas	30.82	-2.0	26.75 79.79%	2
2 Phyllis Bradford	W48 Elite Health	35.21	-2.0	30.22 70.63%	2
3 Vickie Ford	W49 Elite Health	35.42	-2.0	30.04 71.03%	2
4 Susan Duenas	W47 Westlake Tra	36.49	-2.0	31.67 67.39%	2

**W50 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Linda Hillebrand	W53 unattached	32.81	-2.0	26.63 80.13%	
2 Lenora Brown	W52 Elite Health	36.79	-2.0	30.19 70.70%	

**W55 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Jeanne Bowman	W57 SC Striders	32.83	-2.0	25.54 83.55%	
2 Tina Bowman	W57 unattached	34.59	-2.0	26.91 79.30%	

**W60 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Brenda Matthews	W60 SC Striders	40.56	-2.0	30.59 69.77%	

**USATF Southern Calif Masters Champs  
Orange Coast College**

**Results - Combined Events - Age Grading: 1 Yr Indiv & 5 yr Multi**

**M35 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Cory Cook	M38 Elite Health	29.77	-3.1	28.05 68.89%	6

**M40 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Joseph Diedrick	M40 Elite Health	24.72	-3.1	22.93 84.26%	6
2 Chappale Burton	M41 unattached	25.02	-3.1	23.04 83.89%	6
3 John Sawamura	M40 unattached	25.63	-3.1	23.77 81.27%	6
4 John Garratt	M43 Track Club L.A.	25.85	-3.1	23.45 82.40%	6

**M45 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Johnny Speed	M46 unattached	24.21	-3.4	21.48 89.96%	5
2 Joseph Ols	M46 unattached	28.57	-3.4	25.35 76.23%	5
3 Art Morrow	M45 So Cal Track Club	31.23	-3.4	27.91 69.23%	5

**M50 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Eugene Byrne	M52 Pacific Coas	25.20	-2.8	21.43 90.20%	4
2 Jerry Davis	M50 unattached	26.40	-2.8	22.76 84.92%	4
3 Philip Hill	M53 Elite Health	26.79	-2.8	22.62 85.41%	4

**M55 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Ed Italo	M56 Pacific Coas	27.68	-2.0	22.90 84.39%	3
2 F. Eugene Driver	M59 The Trojan M	31.23	-2.0	25.32 76.34%	3

**M60 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Ernie Stucki	M60 SC Striders	28.24	-2.3	22.74 84.99%	2
2 Michael Washington	M62 unattached	31.99	-2.3	25.43 75.99%	2

**M65 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Eric Jones	M67 So Cal Track Club	32.96	-2.3	25.29 76.43%	2
2 Ronnie Muranaka	M66 SC Striders	34.81	-2.3	26.92 71.79%	2

**M70 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Karl Thorpe	M71 unattached	32.47	-3.3	23.95 80.69%	

**USATF Southern Calif Masters Champs****Orange Coast College****Results - Combined Events - Age Grading: 1 Yr Indiv & 5 yr Multi****...M70 200 Meter Dash**

2	Robert McAlpine	M71 Elite Health	34.30	-3.3	25.30	76.38%
3	John Carr	M71 unattached	38.35	-3.3	28.29	68.32%
4	Jerry Harwood	M71 So Cal Track Club	46.96	-3.3	34.64	55.79%

**M75 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading
1 Francis Kishi	M79 SC Striders	40.21	-3.3	26.02 74.29%

**M80 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading
1 Alfonso Escobosa	M82 SC Striders	39.31	-3.3	23.93 80.74%

**W30 400 Meter Dash**

Name	Age Team	Finals	Age-Grading	H#
1 Jennifer Freemas	W30 unattached	58.13	58.13 81.89%	2

**W35 400 Meter Dash**

Name	Age Team	Finals	Age-Grading	H#
1 April Jace	W36 Elite Health	68.01	64.46 73.86%	2

**W40 400 Meter Dash**

Name	Age Team	Finals	Age-Grading	H#
1 Moira Delaney	W42 unattached	68.26	60.62 78.52%	2
2 Love Letitia	W44 Elite Health	1:35.70	1:23.22 57.20%	2

**W45 400 Meter Dash**

Name	Age Team	Finals	Age-Grading	H#
1 Vickie Ford	W49 Elite Health	76.99	63.66 74.78%	2
2 Susan Duenas	W47 Westlake Tra	77.22	65.14 73.08%	2
3 Phyllis Bradford	W48 Elite Health	79.14	66.09 72.02%	2
4 Wanda Toro	W47 unattached	1:20.04	67.52 70.50%	2

**W50 400 Meter Dash**

Name	Age Team	Finals	Age-Grading
1 Patricia Contreras	W52 So Cal Track Club	77.14	61.96 76.82%
2 Lenora Brown	W52 Elite Health	1:28.34	70.96 67.08%

**USATF Southern Calif Masters Champs****Orange Coast College****Results - Combined Events - Age Grading: 1 Yr Indiv & 5 yr Multi****W55 400 Meter Dash**

Name	Age Team	Finals	Age-Grading
1 Tina Bowman	W57 unattached	76.73	58.83 80.91%

**W60 400 Meter Dash**

Name	Age Team	Finals	Age-Grading
1 Freddie Braxton	W60 unattached	1:34.81	70.73 67.30%

**M35 400 Meter Dash**

Name	Age Team	Finals	Age-Grading	H#
1 Cory Cook	M38 Elite Health	68.05	64.59 66.86%	2

**M40 400 Meter Dash**

Name	Age Team	Finals	Age-Grading	H#
1 John Garratt	M43 Track Club L.A.	57.00	52.18 82.75%	2
2 John Sawamura	M40 unattached	58.27	54.49 79.25%	2

**M45 400 Meter Dash**

Name	Age Team	Finals	Age-Grading	H#
1 Johnny Speed	M46 unattached	53.55	48.00 89.97%	2

**M50 400 Meter Dash**

Name	Age Team	Finals	Age-Grading
1 Philip Hill	M53 Elite Health	57.95	49.53 87.18%
2 Jerry Davis	M50 unattached	58.82	51.28 84.21%

**M60 400 Meter Dash**

Name	Age Team	Finals	Age-Grading
1 Herman Castille	M61 unattached	66.36	53.86 80.17%

**M65 400 Meter Dash**

Name	Age Team	Finals	Age-Grading
1 Eric Jones	M67 So Cal Track Club	70.85	54.40 79.39%

**W45 800 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Wanda Toro	W47 unattached	2:58.62	2:43.42 69.32%

**USATF Southern Calif Masters Champs  
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**Results - Combined Events - Age Grading: 1 Yr Indiv & 5 yr Multi**

**W55 800 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Tracey Cox	W56 Elite Health	3:47.58	3:07.51 60.41%

**M29&U 800 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Stephen Phelps	M20 unattached	2:09.99	2:09.02 78.37%

**M35 800 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Jon Colletti	M37 So Cal Track Club	2:03.78	2:01.12 83.48%
2 Barry Givens	M36 So Cal Track Club	2:10.91	2:09.32 78.19%

**M40 800 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Mark Steuer	M43 unattached	2:11.78	2:01.91 82.94%
2 Aaron Goodall	M40 So Cal Track Club	2:13.17	2:06.58 79.88%

**M45 800 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Bret Evans	M45 So Cal Track Club	2:08.84	1:57.00 86.42%
2 Allen Smith	M47 unattached	2:20.02	2:04.99 80.90%
3 Oliver Gallego	M48 Elite Health	2:29.44	2:12.23 76.47%

**M50 800 Meter Run**

Name	Age Team	Finals	Age-Grading
1 William Ward	M53 So Cal Track Club	2:24.56	2:02.58 82.49%

**M55 800 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Paul Pearson	M59 So Cal Track Club	2:29.17	2:00.44 83.95%
2 Gary Shapiro	M58 unattached	2:29.86	2:01.98 82.90%
3 Hugo Velazquez	M59 unattached	2:31.61	2:02.41 82.60%

**M60 800 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Nolan Shaheed	M60 So Cal Track Club	2:14.12	1:47.41 94.14%
2 Herman Castille	M61 unattached	2:55.97	2:19.85 72.30%

**USATF Southern Calif Masters Champs  
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**Results - Combined Events - Age Grading: 1 Yr Indiv & 5 yr Multi**

**M65 800 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Frederick Lindsley	M65 So Cal Track Club	2:29.91	1:55.51 87.54%

**M70 800 Meter Run**

Name	Age Team	Finals	Age-Grading
1 George Cohen	M70 unattached	3:19.58	2:25.70 69.40%

**W35 1500 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Siri Kristjansson	W36 So Cal Track Club	4:57.09	4:50.11 80.13%

**W45 1500 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Wanda Toro	W47 unattached	5:49.61	5:05.00 76.22%

**W50 1500 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Debbie Lee	W53 So Cal Track Club	5:43.59	4:37.73 83.70%
2 Patricia Contreras	W52 So Cal Track Club	5:52.61	4:48.79 80.50%

**M40 1500 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Aaron Goodall	M40 So Cal Track Club	4:39.45	4:22.32 78.53%
2 Robert Davis	M40 unattached	4:47.73	4:30.10 76.27%

**M45 1500 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Mark Sarno	M48 unattached	4:47.11	4:09.99 82.40%
2 Mike Dietz	M46 So Cal Track Club	4:55.33	4:21.87 78.66%
3 Chuck Douglas	M49 unattached	5:19.01	4:35.21 74.85%

**M55 1500 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Paul Pearson	M59 So Cal Track Club	4:52.05	3:51.07 89.15%
2 Hugo Velazquez	M59 unattached	5:05.74	4:01.91 85.16%
3 Nabor Gomez	M57 Team Runners High	5:16.67	4:14.83 80.84%



**USATF Southern Calif Masters Champs****Orange Coast College****Results - Combined Events - Age Grading: 1 Yr Indiv & 5 yr Multi****M65 1500 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Frederick Lindsley	M65 So Cal Track Club	5:11.15	3:54.49 87.85%

**W50 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Celia Domingue-pettus	W53 Elite Health	25:27.78	21:06.84 68.26%

**W55 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Tracey Cox	W56 Elite Health	25:43.73	20:28.97 70.36%

**M45 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Oliver Gallego	M48 Elite Health	18:29.21	16:25.87 76.79%

**M50 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Brian Nelson	M52 unattached	17:25.45	14:59.72 84.14%

**M55 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Nabor Gomez	M57 Team Runners High	19:03.17	15:43.58 80.23%
2 Alan Siddons	M58 unattached	23:38.64	19:21.02 65.20%

**M40 10000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Robert Arsenault	M44 Compex Racing	34:55.18	32:01.08 82.25%

**M50 100 Short Hurdles 100 meter**

Name	Age Team	Finals	Wind	Age-Grading
1 Mahmoud Niroumand	M53 So Cal Track Club	16.94	-2.9	15.84 81.52%
2 Jeffery Davison	M52 So Cal Track Club	20.35	-2.9	19.30 66.93%

**M55 100 Short Hurdles 100 meter**

Name	Age Team	Finals	Wind	Age-Grading
1 Thaddeus Wilson	M59 Pacific Coas	16.55	-2.9	14.28 90.45%
2 Andrew Hecker	M55 unattached	19.74	-2.9	17.94 71.99%
3 Bob Larsen	M56 unattached	20.18	-2.9	18.11 71.31%

**USATF Southern Calif Masters Champs  
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**Results - Combined Events - Age Grading: 1 Yr Indiv & 5 yr Multi**

**M35 110 Short Hurdles 110 meter**

Name	Age Team	Finals	Wind	Age-Grading
1 Kenneth King	M35 unattached	21.70	-1.8	21.70 59.49%

**M40 110 Short Hurdles 110 meter**

Name	Age Team	Finals	Wind	Age-Grading
1 Derek Pye	M40 So Cal Track Club	15.05	-1.8	14.40 89.70%

**M45 110 Short Hurdles 110 meter**

Name	Age Team	Finals	Wind	Age-Grading
1 Joseph Ols	M46 unattached	20.71	-1.8	18.84 68.52%

**M70 300 Long Hurdles 300 meter**

Name	Age Team	Finals	Age-Grading
1 Robert McAlpine	M71 Elite Health	60.07	58.42 80.09%

**M45 400 Long Hurdles 400 meter**

Name	Age Team	Finals	Age-Grading
1 Joseph Ols	M46 unattached	72.08	62.27 75.12%

**M55 400 Long Hurdles 400 meter**

Name	Age Team	Finals	Age-Grading
1 Andrew Hecker	M55 unattached	76.70	61.04 76.64%
2 Bob Larsen	M56 unattached	1:41.36	1:20.48 58.13%

**W40 2000 Meter Steeplechase**

Name	Age Team	Finals	Age-Grading
1 Lee D'Alessandro	W41 New Balance	8:57.73	11:50.94 76.18%

**M35 3000 Meter Steeplechase**

Name	Age Team	Finals	Age-Grading
1 Barry Givens	M36 So Cal Track Club	10:41.41	10:10.05 77.64%

**M40 3000 Meter Steeplechase**

Name	Age Team	Finals	Age-Grading
1 Darren Cox	M40 unattached	11:00.80	10:04.90 78.30%

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**M45 3000 Meter Steeplechase**

Name	Age Team	Finals	Age-Grading
1 Douglas Doi	M47 unattached	14:47.53	12:42.39 62.12%

**M50 3000 Meter Steeplechase**

Name	Age Team	Finals	Age-Grading
1 David Cook	M53 So Cal Track Club	11:38.87	9:30.21 83.06%

**W40 4x100 Meter Relay**

Team	Finals
1 Elite Health Track Club 'A'	69.90
2 unattached 'A'	70.62

**M40 4x100 Meter Relay**

Team	Finals
1 Elite Health Track Club 'A'	64.73

**W40 High Jump**

Name	Age Team	Finals	Age-Grading
1 Leslie Martin	W41 So Cal Track Club	1.32m	4-04.00 1.46m 70.21%

**W45 High Jump**

Name	Age Team	Finals	Age-Grading
1 Kim Freetly	W47 unattached	1.32m	4-04.00 1.57m 75.43%

**W60 High Jump**

Name	Age Team	Finals	Age-Grading
1 Annelies Steekelenburg	W62 SC Striders	1.27m	4-02.00 1.86m 89.44%

**M35 High Jump**

Name	Age Team	Finals	Age-Grading
1 Kenneth King	M35 unattached	1.75m	5-08.75 1.84m 75.43%
2 Jason Swisher	M35 unattached	1.47m	4-09.75 1.55m 63.36%

**M45 High Jump**

Name	Age Team	Finals	Age-Grading
-- Joseph Ols	M46 unattached	NH	

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**M55 High Jump**

Name	Age Team	Finals	Age-Grading
1 Kirk Bentz	M55 So Cal Track Club	1.52m 4-11.75	1.96m 80.42%

**M60 High Jump**

Name	Age Team	Finals	Age-Grading
1 Phil Koestoer Bisson	M60 So Cal Track Club	1.32m 4-04.00	1.81m 74.16%
2 Robert Sheets	M60 unattached	0.95m 3-01.25	1.30m 53.37%

**M65 High Jump**

Name	Age Team	Finals	Age-Grading
1 John Dobroth	M69 So Cal Track Club	1.55m 5-01.00	2.38m 97.48%

**M70 High Jump**

Name	Age Team	Finals	Age-Grading
1 Dave Perry	M71 unattached	1.47m 4-09.75	2.32m 94.84%

**M75 High Jump**

Name	Age Team	Finals	Age-Grading
1 Ray Fitzhugh	M75 unattached	1.10m 3-07.25	1.84m 75.34%

**M95 High Jump**

Name	Age Team	Finals	Age-Grading
-- Leland McPhie	M96 So Cal Track Club	NH	

**W40 Pole Vault**

Name	Age Team	Finals	Age-Grading
1 Alison Regan	W44 unattached	9-00.00 2.74m	

**M45 Pole Vault**

Name	Age Team	Finals	Age-Grading
1 Joseph Ols	M46 unattached	9-00.00 2.74m	

**M50 Pole Vault**

Name	Age Team	Finals	Age-Grading
1 Charles Brown	M54 unattached	14-00.00 4.26m	

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**M55 Pole Vault**

Name	Age Team	Finals	Age-Grading
1 Kirk Bentz	M55 So Cal Track Club	12-06.00	3.81m
1 Murray Mead	M56 No Limit Sports	12-06.00	3.81m

**M60 Pole Vault**

Name	Age Team	Finals	Age-Grading
1 Phil Koestoer Bisson	M60 So Cal Track Club	8-00.00	2.43m

**W50 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Alisa Byrne	W52 Pacific Coas	3.68m	NWI 12-01.00	4.75m 63.23%

**W55 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Linda Cohn	W57 SC Striders	4.11m	NWI 13-06.00	5.72m 76.11%

**W60 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Brenda Matthews	W60 SC Striders	4.07m	NWI 13-04.25	5.94m 79.03%

**W80 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Johnnye Valien	W84 SC Striders	2.18m	NWI 7-02.00	5.46m 72.67%

**M35 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Kenneth King	M35 unattached	6.14m	NWI 20-01.75	6.45m 72.07%
2 Jason Swisher	M35 unattached	5.18m	NWI 17-00.00	5.44m 60.80%

**M45 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Kevin Biggers	M48 unattached	5.91m	NWI 19-04.75	7.22m 80.74%
2 Joseph Ols	M46 unattached	4.81m	NWI 15-09.50	5.73m 64.13%
3 Art Morrow	M45 So Cal Track Club	4.11m	NWI 13-06.00	4.84m 54.15%
-- LaVell Davenport	M48 unattached	FOUL		

**USATF Southern Calif Masters Champs**  
**Orange Coast College**  
**Results - Combined Events - Age Grading: 1 Yr Indiv & 5 yr Multi**

**M50 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Mahmoud Niroumand	M53 So Cal Track Club	5.16m	NWI 16-11.25	6.73m 75.22%
2 Bill Sargenti	M50 unattached	4.84m	NWI 15-10.50	6.07m 67.88%

**M55 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Kirk Bentz	M55 So Cal Track Club	5.30m	NWI 17-04.75	7.11m 79.46%
2 Thaddeus Wilson	M59 Pacific Coas	4.94m	NWI 16-02.50	7.01m 78.41%
3 Richard Censullo	M57 So Cal Track Club	4.67m	NWI 15-04.00	6.44m 71.96%
4 Andrew Hecker	M55 unattached	4.65m	NWI 15-03.25	6.23m 69.72%
5 Mike Tipping	M57 So Cal Track Club	4.23m	NWI 13-10.50	5.83m 65.18%

**M60 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Gregory Mimm	M61 unattached	5.20m	NWI 17-00.75	7.60m 84.97%
2 Carl Flowers	M63 So Cal Track Club	4.78m	NWI 15-08.25	7.21m 80.61%
3 Phil Koestoer Bisson	M60 So Cal Track Club	3.49m	NWI 11-05.50	5.03m 56.20%

**M65 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Rufus Morris Jr	M65 SC Striders	5.01m	NWI 16-05.25	7.80m 87.13%

**M70 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Jerry Harwood	M71 So Cal Track Club	2.77m	NWI 9-01.25	4.77m 53.37%

**M75 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Ray Fitzhugh	M75 unattached	3.30m	NWI 10-10.00	6.12m 68.32%

**M85 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Tom Patsalis	M88 So Cal Track Club	2.24m	NWI 7-04.25	6.10m 68.29%

**M95 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Leland McPhie	M96 So Cal Track Club	1.13m	NWI 3-08.50	5.94m 66.47%

**USATF Southern Calif Masters Champs**  
**Orange Coast College**  
**Results - Combined Events - Age Grading: 1 Yr Indiv & 5 yr Multi**

**W55 Triple Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Linda Cohn	W57 SC Striders	8.82m	NWI 28-11.25	12.62m 81.44%

**W80 Triple Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Johnnye Valien	W84 SC Striders	4.21m	NWI 13-09.75	10.50m 67.79%

**M35 Triple Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Kenneth King	M35 unattached	12.22m	NWI 40-01.25	12.37m 67.66%

**M45 Triple Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 LaVell Davenport	M48 unattached	12.72m	NWI 41-08.75	15.04m 82.28%
2 Joseph Ols	M46 unattached	9.08m	NWI 29-09.50	10.47m 57.25%

**M50 Triple Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Mahmoud Niroumand	M53 So Cal Track Club	10.94m	NWI 35-10.75	13.83m 75.66%
2 Richard Love	M50 unattached	8.02m	NWI 26-03.75	9.74m 53.25%

**M55 Triple Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Kirk Bentz	M55 So Cal Track Club	10.39m	NWI 34-01.25	13.51m 73.90%
2 Andrew Hecker	M55 unattached	9.42m	NWI 30-11.00	12.25m 67.00%

**M60 Triple Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Gregory Mimm	M61 unattached	10.49m	NWI 34-05.00	14.93m 81.63%
2 John Tomaschke	M60 unattached	10.35m	NWI 33-11.50	14.50m 79.31%
3 Robert Sheets	M60 unattached	5.74m	NWI 18-10.00	8.04m 43.98%

**M70 Triple Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Jerry Harwood	M71 So Cal Track Club	4.24m	NWI 13-11.00	7.14m 39.08%

**USATF Southern Calif Masters Champs**  
**Orange Coast College**  
**Results - Combined Events - Age Grading: 1 Yr Indiv & 5 yr Multi**

**M75 Triple Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Ray Fitzhugh	M75 unattached	6.63m	NWI 21-09.00	12.06m 65.97%

**M85 Triple Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Tom Patsalis	M88 So Cal Track Club	6.03m	NWI 19-09.50	15.36m 83.98%

**M95 Triple Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Leland McPhie	M96 So Cal Track Club	3.16m	NWI 10-04.50	14.81m 81.03%

**W35 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Tiffany Rector	W38 So Cal Track Club	8.52m 27-11.50	9.56m 42.28%

**W40 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Trinidad Nelson	W40 So Cal Track Club	6.47m 21-02.75	7.58m 33.51%

**W45 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Rena Thompson	W48 unattached	7.88m 25-10.25	11.21m 49.56%
2 Ann Hill	W47 unattached	6.34m 20-09.75	8.78m 38.82%

**W50 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Alisa Byrne	W52 Pacific Coas	8.08m 26-06.25	11.61m 51.33%

**W55 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Linda Cohn	W57 SC Striders	9.63m 31-07.25	15.20m 67.20%

**W60 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Brenda Matthews	W60 SC Striders	8.73m 28-07.75	14.65m 64.76%



**USATF Southern Calif Masters Champs**  
**Orange Coast College**  
**Results - Combined Events - Age Grading: 1 Yr Indiv & 5 yr Multi**

**W65 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Hattie Perry	W67 unattached	5.98m 19-07.50	11.75m 51.95%

**W80 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Johnnye Valien	W84 SC Striders	5.04m 16-06.50	16.99m 75.11%

**M30 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Mike Rainis	M31 So Cal Track Club	15.15m 49-08.50	15.15m 65.53%

**M35 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Arvil Hampton	M38 unattached	12.09m 39-08.00	12.28m 53.14%

**M45 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Joseph Ols	M46 unattached	9.99m 32-09.50	11.34m 49.09%
2 Steve Hill	M48 unattached	9.03m 29-07.50	10.69m 46.26%
3 Greg Retzer	M45 unattached	8.28m 27-02.00	9.21m 39.87%

**M50 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Floyd Thompson	M51 unattached	9.90m 32-05.75	11.58m 50.10%

**M55 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Greg Stines	M55 unattached	14.81m 48-07.25	18.86m 81.60%
2 Gerald Althouse	M57 unattached	12.06m 39-07.00	16.06m 69.51%
3 Wayne Tweddell	M55 unattached	10.68m 35-00.50	13.60m 58.84%

**M60 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Angelo Rinaldi	M61 So Cal Track Club	11.90m 39-00.50	15.54m 67.23%
2 Theagenis Abatzoglou	M63 unattached	11.55m 37-10.75	15.98m 69.16%
3 Robert Richardson	M62 unattached	10.03m 32-11.00	13.47m 58.31%
4 Robert Sheets	M60 unattached	9.45m 31-00.00	12.00m 51.92%
5 Robert Morris	M60 unattached	9.21m 30-02.75	11.69m 50.60%

**USATF Southern Calif Masters Champs**  
**Orange Coast College**  
**Results - Combined Events - Age Grading: 1 Yr Indiv & 5 yr Multi**

**M70 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Robert Humphreys	M74 unattached	10.64m 34-11.00	15.52m 67.13%
2 Marvin Ginsburg	M74 unattached	10.03m 32-11.00	14.63m 63.28%
3 Jerry Harwood	M71 So Cal Track Club	9.06m 29-08.75	12.11m 52.43%
4 Alan Rosen	M74 unattached	8.88m 29-01.75	12.95m 56.03%

**M75 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Joe Durrenberger	M75 unattached	10.52m 34-06.25	15.82m 68.45%
2 Ernie Smith	M76 SC Striders	9.17m 30-01.00	14.23m 61.58%

**M90 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Seymour Lampert	M90 So Cal Track Club	5.96m 19-06.75	14.62m 63.27%

**M95 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Leland McPhie	M96 So Cal Track Club	5.86m 19-02.75	23.16m100.17%

**W35 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Tiffany Rector	W38 So Cal Track Club	21.11m 69-03	22.68m 29.53%

**W40 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Trinidad Nelson	W40 So Cal Track Club	13.23m 43-05	14.64m 19.07%

**W45 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Rena Thompson	W48 unattached	21.41m 70-03	26.99m 35.14%
2 Ann Hill	W47 unattached	17.73m 58-02	21.96m 28.61%

**W50 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Alisa Byrne	W52 Pacific Coas	17.13m 56-02	23.20m 30.21%

**USATF Southern Calif Masters Champs****Orange Coast College****Results - Combined Events - Age Grading: 1 Yr Indiv & 5 yr Multi****W55 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Linda Cohn	W57 SC Striders	27.40m	89-11 40.92m 53.29%

**W60 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Annelies Steekelenburg	W62 SC Striders	21.54m	70-08 35.86m 46.69%

**M35 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Arvil Hampton	M38 unattached	39.35m	129-01 39.35m 53.12%

**M45 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Steven Finehirsh	M48 unattached	39.34m	129-01 43.77m 59.10%
2 Greg Retzer	M45 unattached	34.18m	112-02 35.88m 48.44%
3 Joseph Ols	M46 unattached	28.30m	92-10 30.28m 40.88%
4 Steve Hill	M48 unattached	25.86m	84-10 28.77m 38.85%

**M50 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Jeff Brown	M53 unattached	38.25m	125-06 40.42m 54.56%
2 Floyd Thompson	M51 unattached	22.33m	73-03 22.73m 30.69%

**M55 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Ralph Fruguglietti	M55 So Cal Track Club	50.48m	165-07 55.44m 74.85%
2 Greg Stines	M55 unattached	45.12m	148-00 49.55m 66.90%
3 Richard Comber	M57 San Diego Tr	42.16m	138-04 48.69m 65.73%
4 Gerald Althouse	M57 unattached	33.91m	111-03 39.16m 52.87%
5 Wayne Tweddell	M55 unattached	31.51m	103-04 34.61m 46.72%
6 Thaddeus Wilson	M59 Pacific Coas	21.29m	69-10 25.92m 34.99%

**M60 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Theagenis Abatzoglou	M63 unattached	39.10m	128-03 46.79m 63.17%
2 Robert Morris	M60 unattached	38.82m	127-04 43.60m 58.86%
3 Robert Sheets	M60 unattached	29.88m	98-00 33.56m 45.31%
4 Robert Richardson	M62 unattached	24.99m	82-00 29.26m 39.51%

**USATF Southern Calif Masters Champs  
Orange Coast College**

**Results - Combined Events - Age Grading: 1 Yr Indiv & 5 yr Multi**

**M70 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Alan Rosen	M74 unattached	31.20m 102-04	49.13m 66.33%
2 Jerry Harwood	M71 So Cal Track Club	29.19m 95-09	42.32m 57.13%
3 Marvin Ginsburg	M74 unattached	25.15m 82-06	39.60m 53.47%

**M95 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Leland McPhie	M96 So Cal Track Club	11.84m 38-10	50.72m 68.48%

**W40 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 Trinidad Nelson	W40 So Cal Track Club	17.71m 58-01	23.03m 29.92%

**W45 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 Rena Thompson	W48 unattached	22.61m 74-02	38.07m 49.45%
2 Ann Hill	W47 unattached	15.11m 49-07	24.54m 31.88%

**M35 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 Troy Nelson	M39 So Cal Track Club	34.53m 113-03	36.69m 42.31%

**M45 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 Greg Retzer	M45 unattached	41.70m 136-10	49.39m 56.95%
2 Joseph Ols	M46 unattached	20.25m 66-05	24.46m 28.20%

**M50 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 Floyd Thompson	M51 unattached	28.06m 92-01	33.39m 38.50%

**M55 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 Thomas Meyer	M58 So Cal Track Club	38.87m 127-06	54.23m 62.52%

**M60 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 Robert Sheets	M60 unattached	22.12m 72-07	31.09m 35.85%

**USATF Southern Calif Masters Champs****Orange Coast College****Results - Combined Events - Age Grading: 1 Yr Indiv & 5 yr Multi****M65 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 Robert Cahners	M68 Florida Athl	40.22m 131-11	69.04m 79.61%

**M70 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 Jerry Harwood	M71 So Cal Track Club	25.05m 82-02	41.52m 47.88%

**M90 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 Seymour Lampert	M90 So Cal Track Club	15.38m 50-05	49.26m 56.79%

**W45 Javelin Throw**

Name	Age Team	Finals	Age-Grading
1 Rena Thompson	W48 unattached	27.30m 89-07	36.96m 50.64%

**W55 Javelin Throw**

Name	Age Team	Finals	Age-Grading
1 Linda Cohn	W57 SC Striders	36.07m 118-04	58.84m 80.60%
2 Tina Bowman	W57 unattached	25.89m 84-11	42.23m 57.85%

**W80 Javelin Throw**

Name	Age Team	Finals	Age-Grading
1 Johnnye Valien	W84 SC Striders	11.95m 39-02	43.03m 58.95%

**M35 Javelin Throw**

Name	Age Team	Finals	Age-Grading
1 Troy Nelson	M39 So Cal Track Club	34.07m 111-09	37.82m 38.41%

**M45 Javelin Throw**

Name	Age Team	Finals	Age-Grading
1 Joseph Ols	M46 unattached	28.55m 93-08	35.70m 36.25%
2 Steve Hill	M48 unattached	26.44m 86-09	34.30m 34.83%
3 Greg Retzer	M45 unattached	25.19m 82-08	30.94m 31.42%
4 Art Morrow	M45 So Cal Track Club	22.93m 75-03	28.16m 28.60%

**M50 Javelin Throw**

Name	Age Team	Finals	Age-Grading
1 John Hansen	M52 unattached	48.63m 159-06	64.52m 65.52%

**USATF Southern Calif Masters Champs  
Orange Coast College**

**Results - Combined Events - Age Grading: 1 Yr Indiv & 5 yr Multi**

**...M50 Javelin Throw**

2	Mahmoud Niroumand	M53	So Cal Track Club	43.93m	144-01	59.40m	60.32%
3	Richard Love	M50	unattached	43.44m	142-06	55.55m	56.42%
4	James Barry	M52	unattached	37.91m	124-04	50.30m	51.08%
5	Bill Sargenti	M50	unattached	36.77m	120-08	47.02m	47.75%

**M55 Javelin Throw**

Name	Age	Team	Finals	Age-Grading
1 Mike Tipping	M57	So Cal Track Club	39.83m 130-08	58.31m 59.21%

**M60 Javelin Throw**

Name	Age	Team	Finals	Age-Grading
1 Bob Powers	M61	unattached	51.17m 167-10	77.33m 78.53%
2 Robert Morris	M60	unattached	37.89m 124-04	56.09m 56.96%
3 Ron Rook	M61	The Trojan M	33.82m 110-11	51.11m 51.90%
4 Robert Sheets	M60	unattached	24.89m 81-08	36.84m 37.42%

**M70 Javelin Throw**

Name	Age	Team	Finals	Age-Grading
1 Jerry Harwood	M71	So Cal Track Club	18.26m 59-11	32.74m 33.25%

**M75 Javelin Throw**

Name	Age	Team	Finals	Age-Grading
1 Ernie Smith	M76	SC Striders	17.99m 59-00	37.28m 37.86%

**W35 Weight Throw**

Name	Age	Team	Finals	Age-Grading
1 Tiffany Rector	W38	So Cal Track Club	7.93m 26-00.25	10.68m 45.29%

**W40 Weight Throw**

Name	Age	Team	Finals	Age-Grading
1 Trinidad Nelson	W40	So Cal Track Club	6.17m 20-03.00	8.64m 36.64%

**W45 Weight Throw**

Name	Age	Team	Finals	Age-Grading
1 Rena Thompson	W48	unattached	7.17m 23-06.25	11.94m 50.60%

**W55 Weight Throw**

Name	Age	Team	Finals	Age-Grading
1 Linda Cohn	W57	SC Striders	8.19m 26-10.50	11.58m 49.10%

**USATF Southern Calif Masters Champs****Orange Coast College****Results - Combined Events - Age Grading: 1 Yr Indiv & 5 yr Multi****M35 Weight Throw**

Name	Age Team	Finals	Age-Grading
1 Troy Nelson	M39 So Cal Track Club	10.55m 34-07.50	11.39m 44.05%

**M45 Weight Throw**

Name	Age Team	Finals	Age-Grading
1 Greg Retzer	M45 unattached	13.17m 43-02.50	15.45m 59.75%
2 Joseph Ols	M46 unattached	7.10m 23-03.50	8.45m 32.69%

**M55 Weight Throw**

Name	Age Team	Finals	Age-Grading
1 Thomas Meyer	M58 So Cal Track Club	16.33m 53-07.00	20.87m 80.72%

**M65 Weight Throw**

Name	Age Team	Finals	Age-Grading
1 Robert Cahners	M68 Florida Athl	16.75m 54-11.50	22.58m 87.33%

**M70 Weight Throw**

Name	Age Team	Finals	Age-Grading
1 Jerry Harwood	M71 So Cal Track Club	9.77m 32-00.75	12.96m 50.13%

**W40 Super Weight**

Name	Age Team	Finals	Age-Grading
1 Trinidad Nelson	W40 So Cal Track Club	3.75m 12-03.75	

**M35 Super Weight**

Name	Age Team	Finals	Age-Grading
1 Troy Nelson	M39 So Cal Track Club	6.01m 19-08.75	

**M45 Super Weight**

Name	Age Team	Finals	Age-Grading
1 Greg Retzer	M45 unattached	8.15m 26-09.00	
2 Joseph Ols	M46 unattached	3.22m 10-06.75	

**M65 Super Weight**

Name	Age Team	Finals	Age-Grading
1 Robert Cahners	M68 Florida Athl	7.05m 23-01.75	

**USATF Southern Calif Masters Champs****Orange Coast College****Results - Combined Events - Age Grading: 1 Yr Indiv & 5 yr Multi****M70 Super Weight**

Name	Age Team	Finals	Age-Grading
1 Jerry Harwood	M71 So Cal Track Club	6.15m	20-02.25
-- Robert Humphreys	M74 unattached	FOUL	

**M45 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
1 Art Morrow	M45 So Cal Track Club	33:01.82	30:09.01 59.57%

**M55 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
1 John Magnussen	M57 Southern Cal	30:09.87	24:51.16 72.27%

**M65 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
1 Patrick Bivona	M69 Inland Empir	35:12.29	25:33.11 70.29%