

Pride Meet
Cox Stadium - 8/13/2011
San Francisco State -- San Francisco, CA
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

Event 1 W29&U 100 Meter Dash

Name	Age	Team	Seed	Finals	Wind
Finals					
1 154 Catherine Covington	W25	unattached		15.65	-0.9
2 155 Anna Jaffe	W26	unattached		16.42	-0.9

Event 1 W30 100 Meter Dash

Finals					
1 110 Cynthia Tam	W32	unattached		15.05	-0.9

Event 1 W50 100 Meter Dash

Finals					
1 157 Joy Upshaw	W50	unattached	12.79	13.05	-0.9
2 151 Yuko Hayashi	W53	MacCanDo Tenderloin Youth		17.74	-0.9

Event 2 W29&U 200 Meter Dash

Finals					
1 155 Anna Jaffe	W26	unattached		36.02	1.8 2

Event 2 W50 200 Meter Dash

Finals					
1 157 Joy Upshaw	W50	unattached		26.51	NWI

Event 3 W29&U 400 Meter Dash

Finals					
1 154 Catherine Covington	W25	unattached		77.29	
2 155 Anna Jaffe	W26	unattached		1:21.14	

Event 4 W29&U 800 Meter Run

Finals					
1 155 Anna Jaffe	W26	unattached		3:18.54	

Event 4 W35 800 Meter Run

Finals					
1 114 Tracy Johns	W38	San Francisco Track and Field		3:07.00	

Event 5 W29&U 1 Mile Run

Finals					
1 154 Catherine Covington	W25	unattached		7:03.29	

Event 8 W29&U 5000 Meter Run

Finals					
1 150 Madeline Kramer	W24	Impala Racing Team		17:37.78	

Event 8 W50 5000 Meter Run

Finals					
1 152 Stella Gibbs	W52	Monterey Bay Wednesday Night	9:49:46.01	20:29.94	
2 98 Marlene Capra	W52	unattached		23:50.22	

Event 10 W50 80 Short Hurdles

Finals					
1 115 Karen Maxwell	W50	unattached		15.07	NWI

Event 12 W29&U 300 Long Hurdles

Finals					
1 155 Anna Jaffe	W26	unattached		72.05	

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Event 12 W50 300 Long Hurdles**Finals**

1	157 Joy Upshaw	W50	unattached	46.38
2	115 Karen Maxwell	W50	unattached	60.14

Event 14 W29&U 4x100 Meter Relay**Finals**

1	San Francisco Track and Field	A		62.26
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Event 19 W29&U Pole Vault**Finals**

1	113 Etta Grover-Silva	W24	unattached	3.15m	10-04.00
2	70 Audrey ines	W19	unattached	1.80m	5-10.75

Event 20 W29&U Long Jump**Finals**

1	155 Anna Jaffe	W26	unattached	3.42m	11-02.75	NWI
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Event 20 W35 Long Jump**Finals**

1	106 Anna Sapozhnikoia	W38	unattached	3.87m	12-08.50	NWI
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Event 20 W50 Long Jump**Finals**

1	157 Joy Upshaw	W50	unattached	4.90m	16-01.00	NWI
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Event 21 W29&U Triple Jump**Finals**

1	155 Anna Jaffe	W26	unattached	6.10m	20-00.25	NWI
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Event 22 W30 Shot Put**Finals**

1	156 Christina McKinstry	W31	unattached	10.29m	33-09.25
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Event 23 W29&U Discus Throw**Finals**

---	155 Anna Jaffe	W26	unattached	FOUL
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Event 23 W30 Discus Throw**Finals**

1	156 Christina McKinstry	W31	unattached	33.29m	109-03
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Event 24 W29&U Javelin Throw**Finals**

1	155 Anna Jaffe	W26	unattached	10.35m	33-11
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Event 24 W30 Javelin Throw**Finals**

1	156 Christina McKinstry	W31	unattached	23.30m	76-05
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Event 25 M29&U 100 Meter Dash**Finals**

1	204 Paul Supawanich	M25	unattached	12.79	+0.0
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Event 25 M30 100 Meter Dash**Finals**

1	112 Nuno Costa	M32	unattached	11.70	-0.4	3
2	210 Craig Wingate	M31	unattached	12.08	1.4	2

Event 25 M35 100 Meter Dash**Finals**

1	179 Sean Au	M39	unattached	13.85	+0.0	
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Event 25 M40 100 Meter Dash**Finals**

1	184 Walter Cranford	M44	unattached	11.82	12.01	+0.0
2	172 Aaron Castillo	M40	San Francisco Track and Field		13.11	+0.0
3	208 Gwynn Villegas	M42	unattached	12.90	13.29	+0.0

Event 25 M45 100 Meter Dash**Finals**

1	189 Doug Holland	M47	unattached	12.43	1.4	2
2	180 Renato Brito	M46	unattached	13.35	1.4	2
3	198 Joseph Ols	M47	unattached	15.62	1.4	2

Event 25 M50 100 Meter Dash**Finals**

1	165 Robert McDaniels	M54	MacCanDo Tenderloin Youth	12.24	14.03	1.4 2
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Event 25 M55 100 Meter Dash**Finals**

1	196 John McNamee	M58	unattached	12.85	13.03	+0.0 1
2	176 David Serrano	M55	San Francisco Track and Field		19.03	-0.4 3

Event 25 M60 100 Meter Dash**Finals**

1	173 Christopher Goodwin	M60	San Francisco Track and Field	14.77	14.75	-0.4 3
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Event 25 M65 100 Meter Dash**Finals**

1	203 Jack Squires	M66	unattached	14.74	14.77	-0.4 3
2	161 Fred Dillemath	M69	Golden West Athletics Club		15.51	-0.4 3
3	171 Bob Callori	M68	San Francisco Track and Field	16.03	18.68	-0.4 3

Event 25 M70 100 Meter Dash**Finals**

1	160 Terry Rowan	M71	Empire Runners Club of Sonoma	16.16	1.4	2
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Event 26 M30 200 Meter Dash**Finals**

1	112 Nuno Costa	M32	unattached	23.33	+0.0	
2	210 Craig Wingate	M31	unattached	24.16	+0.0	

Event 26 M35 200 Meter Dash**Finals**

1	179 Sean Au	M39	unattached	28.34	-0.6	3
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Event 26 M40 200 Meter Dash**Finals**

1	184 Walter Cranford	M44	unattached	24.58	41.72	+0.0	
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Event 26 M45 200 Meter Dash**Finals**

1	189 Doug Holland	M47	unattached		26.00	-0.6	3
2	180 Renato Brito	M46	unattached		27.92	0.9	2
3	198 Joseph Ols	M47	unattached		29.82	0.9	2

Event 26 M55 200 Meter Dash**Finals**

1	196 John McNamee	M58	unattached	26.80	26.79	+0.0	1
2	176 David Serrano	M55	San Francisco Track and Field		40.89	-0.6	3

Event 26 M60 200 Meter Dash**Finals**

1	173 Christopher Goodwin	M60	San Francisco Track and Field	31.77	30.60	0.9	2
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Event 26 M65 200 Meter Dash**Finals**

1	203 Jack Squires	M66	unattached	31.20	30.80	0.9	2
2	171 Bob Callori	M68	San Francisco Track and Field	38.96	43.76	-0.6	3

Event 26 M70 200 Meter Dash**Finals**

1	164 Frank Strouse	M70	Golden West Athletics Club	30:19.00	29.78	-0.6	3
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Event 26 M75 200 Meter Dash**Finals**

1	190 Edward Karas	M76	unattached		53.16	-0.6	3
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Event 27 M30 400 Meter Dash**Finals**

1	118 Brian Roberts	M33	unattached		56.00		
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Event 27 M35 400 Meter Dash**Finals**

1	179 Sean Au	M39	unattached		63.10		
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Event 27 M40 400 Meter Dash**Finals**

1	108 Bryant Kong	M42	San Francisco Track and Field		67.67		
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Event 27 M45 400 Meter Dash**Finals**

1	178 Terry Parks	M47	So Cal Track Club	52.98	54.19		
2	175 Koji Kawano	M46	San Francisco Track and Field		58.30		

Event 27 M50 400 Meter Dash**Finals**

1	96 Marcus Valera	M53	unattached		66.92		
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Event 27 M55 400 Meter Dash

Finals
 1 176 David Serrano M55 San Francisco Track and Field 1:25.68

Event 27 M60 400 Meter Dash

Finals
 1 173 Christopher Goodwin M60 San Francisco Track and Field 1:09:33.00 69.90 2
 2 207 Paul Turner M60 unattached 78.00 76.87 2

Event 27 M65 400 Meter Dash

Finals
 1 199 Robert Picker M67 unattached 1:20.00 78.08 2
 2 171 Bob Callori M68 San Francisco Track and Field 1:07:12.00 1:39.46 2

Event 27 M70 400 Meter Dash

Finals
 1 164 Frank Strouse M70 Golden West Athletics Club 67.76 2

Event 27 M75 400 Meter Dash

Finals
 1 190 Edward Karas M76 unattached 1:52.12 2

Event 28 M29&U 800 Meter Run

Finals
 1 206 Casey Trias M19 unattached 2.05 2:11.14

Event 28 M40 800 Meter Run

Finals
 1 108 Bryant Kong M42 San Francisco Track and Field 2:43.25

Event 28 M45 800 Meter Run

Finals
 1 175 Koji Kawano M46 San Francisco Track and Field 2:15.82

Event 28 M60 800 Meter Run

Finals
 1 207 Paul Turner M60 unattached 3:10.00 3:04.26

Event 28 M65 800 Meter Run

Finals
 1 199 Robert Picker M67 unattached 2:59.80 3:11.43
 2 171 Bob Callori M68 San Francisco Track and Field 3:52:08.01 3:49.64

Event 28 M75 800 Meter Run

Finals
 1 190 Edward Karas M76 unattached 4:11.65

Event 29 M29&U 1 Mile Run

Finals
 1 123 Daniel Samaniego M27 unattached 4:56.89

Event 29 M30 1 Mile Run

Finals
 1 118 Brian Roberts M33 unattached 5:24.24

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Event 29 M45 1 Mile Run

Finals
 1 175 Koji Kawano M46 San Francisco Track and Field 5:15.36

Event 29 M55 1 Mile Run

Finals
 1 176 David Serrano M55 San Francisco Track and Field 6:55.06

Event 29 M60 1 Mile Run

Finals
 1 166 Tom Bernhard M60 New Balance Excelsior 4:57.00 4:59.42
 2 195 William McCarty M63 unattached 9:19.43

Event 29 M65 1 Mile Run

Finals
 1 199 Robert Picker M67 unattached 7:46.21

Event 29 M75 1 Mile Run

Finals
 1 190 Edward Karas M76 unattached 9:16.74

Event 32 M35 5000 Meter Run

Finals
 1 99 Aaron Henrikron M37 unattached 20:46.29

Event 32 M40 5000 Meter Run

Finals
 1 167 Phillip Aguilar M43 San Francisco Track and Field 19:17.80

Event 32 M55 5000 Meter Run

Finals
 1 104 Mike Fanelli M55 unattached 19:54.94
 2 176 David Serrano M55 San Francisco Track and Field 20:22.00 22:29.96

Event 32 M60 5000 Meter Run

Finals
 1 174 Mark Hays M61 San Francisco Track and Field 19:38.81 19:17.78
 2 97 Mike Holland M62 unattached 19:35.01
 3 195 William McCarty M63 unattached 25:29.44

Event 36 M40 110 Short Hurdles

Finals
 1 208 Gwynn Villegas M42 unattached 18.98 NWI

Event 36 M45 110 Short Hurdles

Finals
 1 198 Joseph Ols M47 unattached 22.48 NWI

Event 36 M50 110 Short Hurdles

Finals
 1 101 George Patterson, Jr M50 unattached 16.11 NWI
 2 165 Robert McDaniels M54 MacCanDo Tenderloin Youth 16.35 NWI

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Event 37 M29&U 300 Long Hurdles

Finals
 1 206 Casey Trias M19 unattached 49.48

Event 37 M45 300 Long Hurdles

Finals
 1 198 Joseph Ols M47 unattached 51.89 2

Event 37 M50 300 Long Hurdles

Finals
 1 165 Robert McDaniels M54 MacCanDo Tenderloin Youth 7 66.64

Event 37 M55 300 Long Hurdles

Finals
 1 196 John McNamee M58 unattached 49.53

Event 37 M65 300 Long Hurdles

Finals
 1 161 Fred Dillemath M69 Golden West Athletics Club 61.69 2

Event 37 M70 300 Long Hurdles

Finals
 2 160 Terry Rowan M71 Empire Runners Club of Sonoma 59.17 2

Event 39 M29&U 4x100 Meter Relay

Finals
 1 San Francisco Track and Field A 49.47
 2 unattached A 62.85

Event 40 M29&U 4x200 Meter Relay

Finals
 1 San Francisco Track and Field B 2:15.26
 2 San Francisco Track and Field A 2:28.63

Event 41 M29&U 4x400 Meter Relay

Finals
 1 San Francisco Track and Field A 5:59.21

Event 43 M29&U High Jump

Finals
 4 103 Jon Patterson M28 unattached 1.32m 4-04.00

Event 43 M30 High Jump

Finals
 1 170 Andrew Bundy M31 San Francisco Track and Field 1.62m 5-03.75

Event 43 M45 High Jump

Finals
 1 178 Terry Parks M47 So Cal Track Club 1.67m 5-05.75
 1 198 Joseph Ols M47 unattached 1.52m 4-11.75
 3 189 Doug Holland M47 unattached 1.37m 4-06.00

Event 43 M50 High Jump

Finals
 2 111 Alan Eggman M50 unattached 1.42m 4-07.75

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Finals ... (Event 43 M50 High Jump)

6	101 George Patterson, Jr	M50	unattached	1.27m	4-02.00
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Event 43 M55 High Jump

Finals					
1	163 Doug Osland	M56	Golden West Athletics Club	1.57m	5-01.75

Event 43 M60 High Jump

Finals					
1	187 Richard Harmon	M62	unattached	1.17m	3-10.00

Event 43 M65 High Jump

Finals					
1	203 Jack Squires	M66	unattached	1.37m	4-06.00
2	161 Fred Dillemath	M69	Golden West Athletics Club	1.12m	3-08.00
4	100 Gary Wuest	M65	unattached	1.32m	4-04.00

Event 44 M29&U Pole Vault

Finals					
1	124 Mark Dimas	M28	unattached	3.60m	11-09.75
2	215 Kyle Capuli	M17	unattached	3.45m	11-03.75

Event 44 M45 Pole Vault

Finals					
1	182 Chris Clarke	M49	unattached	3.75m	12-03.50
2	214 Earl Capuli	M48	unattached	2.70m	8-10.25
3	198 Joseph Ols	M47	unattached	2.40m	7-10.50

Event 44 M50 Pole Vault

Finals					
1	212 Walt Worthge	M50	unattached	3.75m	12-03.50
2	111 Alan Eggman	M50	unattached	3.15m	10-04.00

Event 44 M55 Pole Vault

Finals					
1	163 Doug Osland	M56	Golden West Athletics Club	3.60m	11-09.75
2	188 Mike Hochderffer	M58	unattached	3.15m	10-04.00
---	213 Doug Studebaker	M58	unattached	FAIL	

Event 44 M65 Pole Vault

Finals					
1	201 Arthur Ribbel	M69	unattached	2.85m	9-04.25

Event 45 M29&U Long Jump

Finals						
1	204 Paul Supawanich	M25	unattached	5.50m	18-00.50	NWI
2	103 Jon Patterson	M28	unattached	4.88m	16-00.25	NWI
3	105 Devin Yakoushkin	M8	unattached	2.80m	9-02.25	NWI

Event 45 M40 Long Jump

Finals						
1	172 Aaron Castillo	M40	San Francisco Track and Field	4.93m	16-02.25	NWI

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Event 45 M45 Long Jump**Finals**

1	189 Doug Holland	M47	unattached	5.74m	18-10.00	NWI
2	198 Joseph Ols	M47	unattached	4.05m	13-03.50	NWI

Event 45 M50 Long Jump**Finals**

1	111 Alan Eggman	M50	unattached	4.92m	16-01.75	NWI
2	101 George Patterson, Jr	M50	unattached	4.86m	15-11.50	NWI

Event 45 M60 Long Jump**Finals**

1	187 Richard Harmon	M62	unattached	3.69m	12-01.25	NWI
2	207 Paul Turner	M60	unattached	3.15m	10-04.00	NWI

Event 45 M65 Long Jump**Finals**

1	100 Gary Wuest	M65	unattached	3.80m	12-05.75	NWI
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Event 45 M70 Long Jump**Finals**

1	160 Terry Rowan	M71	Empire Runners Club of Sonon	3.56m	11-08.25	NWI
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Event 46 M29&U Triple Jump**Finals**

1	204 Paul Supawanich	M25	unattached	11.28m	37-00.25	NWI
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Event 46 M35 Triple Jump**Finals**

1	186 Gabriel Enache	M36	unattached	11.54m	37-10.50	NWI
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Event 46 M40 Triple Jump**Finals**

2	172 Aaron Castillo	M40	San Francisco Track and Field	9.90m	32-05.75	NWI
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Event 46 M45 Triple Jump**Finals**

1	189 Doug Holland	M47	unattached	11.02m	36-02.00	NWI
2	198 Joseph Ols	M47	unattached	9.73m	31-11.25	NWI
3	169 James Warren Boyd	M47	San Francisco Track and Field	7.53m	24-08.50	NWI

Event 46 M50 Triple Jump**Finals**

1	168 Carlos Borrigo	M50	San Francisco Track and Field	7.33m	24-00.75	NWI
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Event 46 M60 Triple Jump**Finals**

1	207 Paul Turner	M60	unattached	6.71m	22-00.25	NWI
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Event 46 M65 Triple Jump**Finals**

1	161 Fred Dillemath	M69	Golden West Athletics Club	7.20m	23-07.50	NWI
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Event 47 M30 Shot Put

Finals					
3	170 Andrew Bundy	M31	San Francisco Track and Field	7.78m	25-06.25
5	210 Craig Wingate	M31	unattached	6.27m	20-07.00

Event 47 M35 Shot Put

Finals					
1	179 Sean Au	M39	unattached	6.55m	21-06.00

Event 47 M45 Shot Put

Finals					
1	198 Joseph Ols	M47	unattached	9.61m	31-06.50
2	175 Koji Kawano	M46	San Francisco Track and Field	8.62m	28-03.50

Event 47 M50 Shot Put

Finals					
1	162 Larry Munski	M51	Golden West Athletics Club	11.78m	38-07.75
1	101 George Patterson, Jr	M50	unattached	11.18m	36-08.25

Event 47 M55 Shot Put

Finals					
1	191 Ken Kirschenman	M59	unattached	12.41m	40-08.75
2	202 Gary Schmidt	M58	unattached	10.70m	35-01.25
3	205 Rick Thoman	M58	unattached	8.04m	26-04.50

Event 47 M65 Shot Put

Finals					
1	171 Bob Callori	M68	San Francisco Track and Field	5.48m	17-11.75
2	100 Gary Wuest	M65	unattached	9.41m	30-10.50

Event 47 M70 Shot Put

Finals					
4	102 George Patterson, Sr	M74	unattached	7.44m	24-05.00

Event 48 M30 Discus Throw

Finals					
1	209 Zechariah Whittington	M32	unattached	47.15m	154-08
2	170 Andrew Bundy	M31	San Francisco Track and Field	23.13m	75-11
3	210 Craig Wingate	M31	unattached	21.04m	69-00

Event 48 M40 Discus Throw

Finals					
1	172 Aaron Castillo	M40	San Francisco Track and Field	18.19m	59-08

Event 48 M45 Discus Throw

Finals					
1	117 David Dibrey	M46	unattached	29.50m	96-09
2	198 Joseph Ols	M47	unattached	27.69m	90-10
3	175 Koji Kawano	M46	San Francisco Track and Field	23.78m	78-00
4	189 Doug Holland	M47	unattached	23.68m	77-08
5	169 James Warren Boyd	M47	San Francisco Track and Field	17.56m	57-07

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Event 48 M50 Discus Throw

Finals					
1	101 George Patterson, Jr	M50	unattached	37.79m	124-00
2	162 Larry Munski	M51	Golden West Athletics Club	36.76m	120-07
3	111 Alan Eggman	M50	unattached	32.33m	106-01
4	116 Andrew Arce	M53	unattached	18.69m	61-04
5	168 Carlos Borrico	M50	San Francisco Track and Field	13.90m	45-07

Event 48 M55 Discus Throw

Finals					
1	191 Ken Kirschenman	M59	unattached	39.00m	127-11
2	202 Gary Schmidt	M58	unattached	36.62m	120-02
3	192 Jim Lewis	M58	unattached	36.10m	118-05

Event 48 M60 Discus Throw

Finals					
1	200 Gerald Prnjak	M62	unattached	41.98m	137-09

Event 48 M65 Discus Throw

Finals					
1	100 Gary Wuest	M65	unattached	32.37m	106-02
1	161 Fred Dillemath	M69	Golden West Athletics Club	22.11m	72-06

Event 48 M70 Discus Throw

Finals					
1	160 Terry Rowan	M71	Empire Runners Club of Sonon	24.45m	80-02
2	102 George Patterson, Sr	M74	unattached	23.78m	78-00

Event 49 M29&U Javelin Throw

Finals					
1	103 Jon Patterson	M28	unattached	30.90m	101-04

Event 49 M35 Javelin Throw

Finals					
1	179 Sean Au	M39	unattached	15.60m	51-02

Event 49 M40 Javelin Throw

Finals					
1	172 Aaron Castillo	M40	San Francisco Track and Field	27.77m	91-01

Event 49 M45 Javelin Throw

Finals					
1	117 David Dibrey	M46	unattached	35.42m	116-02
2	183 James Clayton	M49	unattached	32.29m	105-11
3	185 Robert Daroff	M47	unattached	30.19m	99-00
4	169 James Warren Boyd	M47	San Francisco Track and Field	27.30m	89-07
5	198 Joseph Ols	M47	unattached	25.89m	84-11

Event 49 M50 Javelin Throw

Finals					
1	101 George Patterson, Jr	M50	unattached	39.49m	129-07
2	116 Andrew Arce	M53	unattached	21.99m	72-02

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Event 49 M55 Javelin Throw

Finals				
1	192 Jim Lewis	M58 unattached	40.03m	131-04
2	202 Gary Schmidt	M58 unattached	32.15m	105-06
3	205 Rick Thoman	M58 unattached	14.31m	46-11

Event 49 M65 Javelin Throw

Finals				
1	100 Gary Wuest	M65 unattached	33.69m	110-06
2	161 Fred Dillemath	M69 Golden West Athletics Club	23.47m	77-00

Event 49 M70 Javelin Throw

Finals				
1	102 George Patterson, Sr	M74 unattached	15.05m	49-04