

Flash Results, Inc. (DonChadez)
Pride Meet
Cox Stadium - 7/18/2009
San Francisco St, San Francisco CA

Results

W70 100 Meter Dash

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Name	Age	Team	Finals	Wind
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Finals

1 Elsbeth Padiaw W71 unattached 17.79 NWI

M29&U 100 Meter Dash

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Name	Age	Team	Finals	Wind	H#
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1 Mike Survillion M24 San Francisc 11.57 -0.1 5
2 Rico Morales M26 unattached 12.07 -0.1 5
3 Christian Picou M27 unattached 12.08 -0.1 5
4 Brandon Dawes M22 unattached 12.21 -0.1 5
5 Rudolph Russell M24 unattached 12.23 -0.1 5

M30 100 Meter Dash

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Name	Age	Team	Finals	Wind	H#
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1 Kien Tran M32 San Francisc 12.51 -1.8 4
2 David Yu M34 unattached 13.05 -1.8 4
3 JD Hooth M30 San Francisc 13.94 -1.8 4

M35 100 Meter Dash

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Name	Age	Team	Finals	Wind	H#
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1 Bruce Dibley M39 San Francisc 13.04 -1.8 4
2 Aaron Castillo M38 San Francisc 13.57 -1.8 4
3 Sean Au M37 San Francisc 15.02 -1.8 4

M40 100 Meter Dash

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Name	Age	Team	Finals	Wind	H#
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1 Curtis Moore M41 San Francisc 12.00 0.3 3
2 Renato Brito M44 unattached 12.90 0.3 3
3 Gwynn Villegas M40 San Francisc 12.64 0.3 3
4 EricTodd Glenk M42 San Francisc 14.13 0.3 3

M45 100 Meter Dash

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Name	Age	Team	Finals	Wind	H#
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=
1 Gary Schlingen M49 San Francisc 14.01 0.3 3
M50 100 Meter Dash
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Name Age Team Finals Wind H#
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1 Kenneth Wun M54 San Francisc 12.68 +0.0 2
M55 100 Meter Dash
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Name Age Team Finals Wind H#
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=
1 John Mcnamee M56 Golden West 13.02 +0.0 2
2 Christopher Goodwin M57 San Francisc 14.92 +0.0 2
3 William Jones M56 unattached 18.13 -0.1 5
M60 100 Meter Dash
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Name Age Team Finals Wind
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1 Barry Green M63 unattached 14.57 -0.2
M65 100 Meter Dash
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Name Age Team Finals Wind
=====
1 Bob Callori M66 San Francisc 16.62 -0.2
M70 100 Meter Dash
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Name Age Team Finals Wind
=====
1 Brian Shears M72 unattached 17.10 -0.2
M75 100 Meter Dash
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Name Age Team Finals Wind
=====
1 Dick Richards M75 unattached 14.66 -0.2
2 Benjamin Rivera M75 unattached 16.50 -0.2
W30 200 Meter Dash
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Name Age Team Finals Wind
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1 Claudia Pena W31 San Francisc 33.75 NWI
M29&U 200 Meter Dash
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Name Age Team Finals Wind H#
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=
1 Mike Survillion M24 San Francisc 23.67 0.1 4
2 Rudolph Russell M24 unattached 24.44 0.1 4
3 Christian Picou M27 unattached 25.49 0.1 4
4 Craig Wingate M29 San Francisc 25.92 0.1 4
M30 200 Meter Dash

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Name Age Team Finals Wind H#
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=
1 Kien Tran M32 San Francisc 25.83 0.1 4
M35 200 Meter Dash
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Name Age Team Finals Wind H#
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=
1 Aaron Castillo M38 San Francisc 28.07 0.1 4
2 Sean Au M37 San Francisc 30.27 0.1 4
M40 200 Meter Dash
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=
Name Age Team Finals Wind H#
=====
=
1 Curtis Moore M41 San Francisc 24.55 1.3 3
2 Gwynn Villegas M40 San Francisc 26.11 1.3 3
3 Renato Brito M44 unattached 27.08 1.3 3
M45 200 Meter Dash
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Name Age Team Finals Wind H#
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=
1 Gary Schlimgen M49 San Francisc 30.00 1.3 3
M50 200 Meter Dash
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Name Age Team Finals Wind H#
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=
1 Kenneth Wun M54 San Francisc 26.34 -0.4 2
2 David Serrano M53 San Francisc 38.13 -0.4 2
M55 200 Meter Dash
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=
Name Age Team Finals Wind H#
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=
1 John Mcnamee M56 Golden West 26.43 -0.4 2
2 Christopher Goodwin M57 San Francisc 32.08 -0.4 2
M60 200 Meter Dash
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Name Age Team Finals Wind
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1 Barry Green M63 unattached 31.22 0.8
M65 200 Meter Dash
=====
Name Age Team Finals Wind
=====
1 Fred Dillemath M67 unattached 32.72 0.8
2 Bob Callori M66 San Francisc 36.55 0.8

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M70 200 Meter Dash

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Name Age Team Finals Wind
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1 Dan Roth M72 unattached 33.54 0.8

M29&U 400 Meter Dash
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Name Age Team Finals H#
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1 Rudolph Russell M24 unattached 55.40 2

M30 400 Meter Dash
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Name Age Team Finals H#
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1 Kien Tran M32 San Francisc 58.38 2

M40 400 Meter Dash
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Name Age Team Finals H#
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1 Renato Brito M44 unattached 62.97 2

M45 400 Meter Dash
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Name Age Team Finals H#
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1 James Lawson M45 unattached 53.76 2

M50 400 Meter Dash
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Name Age Team Finals
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1 Kenneth Wun M54 San Francisc 58.74

2 Mark Valera M51 San Francisc 65.16

M55 400 Meter Dash
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Name Age Team Finals
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1 Christopher Goodwin M57 San Francisc 70.10

M65 400 Meter Dash

1 Bob Callori M66 San Francisc 1:25.73
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Name Age Team Finals
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W30 800 Meter Run
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Name Age Team Finals
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1 Claudia Pena W31 San Francisc 3:02.32

W40 800 Meter Run
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Name Age Team Finals
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1 Doreen Brown W43 San Francisc 3:07.77

M29&U 800 Meter Run
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Name Age Team Finals
=====

1 Jose Montoya M20 unattached 2:05.47

2 Thomas Sester M29 unattached 2:05.35

M30 800 Meter Run

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Name Age Team Finals
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1 Kien Tran M32 San Francisc 2:19.05

M40 800 Meter Run

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Name Age Team Finals
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1 Bryant Kong M40 San Francisc 2:35.91

M45 800 Meter Run

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Name Age Team Finals
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1 Chuck Louden M49 unattached 3:27.02

M50 800 Meter Run

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Name Age Team Finals
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1 Mark Valera M51 San Francisc 2:33.96

2 David Serrano M53 San Francisc 3:05.92

M55 800 Meter Run

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Name Age Team Finals
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1 Mark Hays M59 unattached 2:34.86

M60 800 Meter Run

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Name Age Team Finals
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1 Tom Bennett M61 New Balance Exc. 3:08.91

2 Jeff Ruda M61 San Francisc 3:39.71

M65 800 Meter Run

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Name Age Team Finals
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1 Bob Callori M66 San Francisc 3:35.13

W50 1 Mile Run

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Name Age Team Finals
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1 Stella Gibbs W50 Monterey Bay 5:59.30

M29&U 1 Mile Run

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Name Age Team Finals
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1 Thomas Sester M29 unattached 4:54.74

M40 1 Mile Run

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Name Age Team Finals
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1 Phillip Aguilar M41 San Francisc 5:36.02

2 Bryant Kong M40 San Francisc 6:14.40

M45 1 Mile Run

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Name Age Team Finals
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1 Jeff Urbansti M46 unattached 5:23.02
2 Carlos Borrigo M48 San Francisc 7:58.54
M50 1 Mile Run

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Name Age Team Finals
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1 David Serrano M53 San Francisc 6:42.50
M55 1 Mile Run

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Name Age Team Finals
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1 Mark Hays M59 unattached 5:39.84
M60 1 Mile Run

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Name Age Team Finals
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1 Tom Bennett M61 New Balance Exc. 6:53.54
2 Jeff Ruda M61 San Francisc 8:34.84
W40 5000 Meter Run

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Name Age Team Finals
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1 Doreen Brown W43 San Francisc 21:17.76
W50 5000 Meter Run

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Name Age Team Finals
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1 Stella Gibbs W50 Monterey Bay 19:49.46
M29&U 5000 Meter Run

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Name Age Team Finals
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1 Thomas Sester M29 unattached 17:23.55
M40 5000 Meter Run

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Name Age Team Finals
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1 Phillip Aguilar M41 San Francisc 18:38.07
M45 5000 Meter Run

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Name Age Team Finals
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1 Robert Rosenbauim M47 San Francisc 19:21.41
2 Richard Ervais M49 San Francisc 19:48.75
3 Chuck Louden M49 unattached 25:10.33
M50 5000 Meter Run

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Name Age Team Finals
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1 David Serrano M53 San Francisc 22:25.80
M60 5000 Meter Run

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Name Age Team Finals
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1 William McCarty M61 San Francisc 24:47.37
M29&U 110 Short Hurdles

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Name Age Team Finals Wind

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1 Andrew Bundy M29 San Francisc 20.76 -0.1
M40 110 Short Hurdles
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Name Age Team Finals Wind

=====
1 Gwynn Villegas M40 San Francisc 18.21 -0.1
M29&U 400 Long Hurdles
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Name Age Team Finals

=====
1 Mike Survillion M24 San Francisc 65.39
2 Andrew Bundy M29 San Francisc 71.77
M55 400 Long Hurdles
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Name Age Team Finals

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1 John Mcnamee M56 Golden West 74.27
2 Bob Larsen M56 unattached 1:40.79
M65 300 Long Hurdles
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Name Age Team Finals

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1 Fred Dillemath M67 unattached 58.07
M 4x100 Meter Relay
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Team Finals

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1 San Francisco Track and Field 'A' 50.19
1) EricTodd Glenk 42 2) Curtis Moore 41
3) Gwynn Villegas 40 4) Craig Wingate 29
2 San Francisco Track and Field 'B' 51.44
1) Aaron Castillo 38 2) Drew Monaghan 44
3) David Dibley 44 4) Bruce Dibley 39
3 Cheetaz 'A' 75.58
1) Jeff Ruda 61 2) Bob Callori 66
3) Christopher Goodwin 57 4) David Serrano 53
M 4x400 Meter Relay
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Team Finals

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1 unattached 'A' 3:52.26
1) Rudolph Russell 24 2) Thomas Sester 29
3) Jose Montoya 20 4) Mike Survillion 27
2 San Francisco Track and Field 'B' 4:42.34
1) Aaron Castillo 38 2) Bryant Kong 40
3) Phillip Aguilar 41 4) Sean Au 37
3 San Francisco Track and Field 'A' 6:02.91
1) Jeff Ruda 61 2) Bob Callori 66
3) Chris Goodwin 57 4) David Serrano 53
M29&U High Jump
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Name Age Team Finals
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1 Andrew Bundy M29 San Francisc 1.60m 5-03.00
M45 High Jump

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Name Age Team Finals

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1 Allen Eggman M48 San Francisc 1.55m 5-01.00
2 Randy Shepherd M45 unattached 1.41m 4-07.50
3 Gary Schlingen M49 San Francisc 1.21m 3-11.50
4 James Warren Boyd M45 San Francisc 1.16m 3-09.50
M50 High Jump

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Name Age Team Finals

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1 Donald Watson M54 unattached 1.55m 5-01.00
2 Brian Mutert M52 San Francisc 1.41m 4-07.50
M55 High Jump

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Name Age Team Finals

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1 Edward Baskauskas M59 unattached 1.55m 5-01.00
M60 High Jump

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Name Age Team Finals

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1 Jack Squires M64 unattached 1.31m 4-03.50
W29&U Pole Vault

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Name Age Team Finals

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1 Lauren Tracy W25 unattached 2.35m 7-08.50
M45 Pole Vault

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Name Age Team Finals

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1 Paul Sinatra M47 Roseville Po 4.65m 15-03.00
2 Allen Eggman M48 San Francisc 2.95m 9-08.00
M65 Pole Vault

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Name Age Team Finals

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1 Arthur Ribbel M67 North Coast 3.10m 10-02.00
2 Bruce Hotaling M65 unattached 2.95m 9-08.00
M29&U Long Jump

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Name	Age	Team	Finals	Wind
1 Christian Picou	M27	unattached	5.72m	NWI 18-09.25
2 Brandon Dawes	M22	unattached	5.61m	NWI 18-05.00
3 Andrew Bundy	M29	San Francisc	4.82m	NWI 15-09.75

M30 Long Jump

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Name	Age	Team	Finals	Wind
1 David Yu	M34	San Francisc	5.13m	NWI 16-10.00
2 Kien Tran	M32	San Francisc	5.12m	NWI 16-09.75
3 JD Hooth	M30	San Francisc	4.63m	NWI 15-02.25

M35 Long Jump

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Name	Age	Team	Finals	Wind
1 Bruce Dibley	M39	San Francisc	5.35m	NWI 17-06.75

M40 Long Jump

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Name	Age	Team	Finals	Wind
1 Curtis Moore	M41	San Francisc	6.13m	NWI 20-01.50
2 Drew Monaghan	M44	San Francisc	5.20m	NWI 17-00.75
3 EricTodd Glenk	M42	San Francisc	4.83m	NWI 15-10.25

M45 Long Jump

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Name	Age	Team	Finals	Wind
1 Allen Eggman	M48	San Francisc	5.10m	NWI 16-08.75
2 James Warren Boyd	M45	San Francisc	3.76m	NWI 12-04.00
3 Randy Shepherd	M45	unattached	3.62m	NWI 11-10.50

M75 Long Jump

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Name	Age	Team	Finals	Wind
1 Dick Richards	M75	unattached	4.40m	NWI 14-05.25

M29&U Triple Jump

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Name	Age	Team	Finals	Wind
1 Andrew Bundy	M29	San Francisc	11.61m	NWI 38-01.25
2 Christian Picou	M27	unattached	10.04m	NWI 32-11.25

M30 Triple Jump

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Name Age Team Finals Wind

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1 Kien Tran M32 San Francisc 9.53m NWI 31-03.25

M35 Triple Jump

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Name Age Team Finals Wind

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=====

1 Aaron Castillo M38 San Francisc 10.06m NWI 33-00.25

M40 Triple Jump

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Name Age Team Finals Wind

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1 Curtis Moore M41 San Francisc 12.67m NWI 41-07.00

M45 Triple Jump

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Name Age Team Finals Wind

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1 Randy Shepherd M45 unattached 8.60m NWI 28-02.75

M50 Triple Jump

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Name Age Team Finals Wind

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1 Donald Watson M54 unattached 10.22m NWI 33-06.50

W29&U Shot Put

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Name Age Team Finals

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1 Carley Flores W25 unattached 6.39m 20-11.75

W60 Shot Put

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Name Age Team Finals

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1 Pat Diskin W62 unattached 8.56m 28-01.00

W70 Shot Put

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Name Age Team Finals

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1 Elsbeth Padiaw W71 unattached 7.35m 24-01.50

M35 Shot Put

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Name Age Team Finals

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- 1 Bruce Dibley M39 San Francisc 11.29m 37-00.50
- 2 Sean Au M37 San Francisc 5.78m 18-11.75

M40 Shot Put

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Name Age Team Finals

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- 1 Harminder Bajwa M42 unattached 11.99m 39-04.00
- 2 David Dibley M44 San Francisc 9.94m 32-07.50

M45 Shot Put

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Name Age Team Finals

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- 1 Larry Munski M49 unattached 11.05m 36-03.00
- 2 Jim Provenzano M47 San Francisc 6.56m 21-06.25

M50 Shot Put

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Name Age Team Finals

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- 1 Randy Wilson M51 unattached 14.25m 46-09.00
- 2 William Ackerman M53 unattached 12.55m 41-02.25
- 3 David Herbert M52 unattached 11.55m 37-10.75

M55 Shot Put

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Name Age Team Finals

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- 1 Gary Schmidt M56 unattached 10.96m 35-11.50
- 2 Gary Kelmenson M59 unattached 9.26m 30-04.75
- 3 Rick Thoman M56 San Francisc 8.30m 27-02.75

M60 Shot Put

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Name Age Team Finals

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- 1 Bill Victorino M60 unattached 13.44m 44-01.25

M65 Shot Put

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Name Age Team Finals

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- 1 Bob Callori M66 San Francisc 5.90m 19-04.25

W60 Discus Throw

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Name Age Team Finals
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1 Patricia Diskin W62 unattached 21.11m 69-03
W70 Discus Throw
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Name Age Team Finals
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1 Elsbeth Padiaw W71 unattached 16.64m 54-07
M29&U Discus Throw
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Name Age Team Finals
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1 Chris Hamilton M19 unattached 45.15m 148-01
M40 Discus Throw
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Name Age Team Finals
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===
1 Harminder Bajwa M42 unattached 36.08m 118-04
2 David Dibley M44 San Francisc 30.71m 100-09
M45 Discus Throw
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Name Age Team Finals
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===
1 Larry Munki M49 unattached 31.70m 104-00
2 James Warren Boyd M45 San Francisc 18.78m 61-07
3 Jim Provenzano M47 San Francisc 17.68m 58-00
M50 Discus Throw
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Name Age Team Finals
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===
1 Randy Wilson M51 unattached 44.72m 146-09
2 David Herbert M52 unattached 35.18m 115-05
M55 Discus Throw
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===
Name Age Team Finals
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===
1 Jim Lewis M56 unattached 37.32m 122-05
2 Gary Schmidt M56 unattached 32.97m 108-02
3 Gary Kelmenson M59 unattached 31.42m 103-01
M60 Discus Throw
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Name Age Team Finals

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1 Bill Victorino M60 unattached 43.02m 141-02
M65 Discus Throw
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Name Age Team Finals

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1 Fred Dillemath M67 unattached 24.06m 78-11
W29&U Hammer Throw
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Name Age Team Finals

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===
1 Audrey Oswald W24 unattached 55.32m 181-06
M29&U Hammer Throw
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Name Age Team Finals

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===
1 Nicholas Welihozkiy M28 Pacific Bay 67.71m 222-02
2 Chris Hamilton M19 unattached 51.33m 168-05
3 Bradley Wright M21 unattached 43.05m 141-03
M30 Hammer Throw
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Name Age Team Finals

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1 Luke Woydziak M32 Pacific Bay 64.23m 210-09
M40 Hammer Throw
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Name Age Team Finals

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===
1 David Dibley M44 San Francisc 31.34m 102-10
M45 Hammer Throw
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===
Name Age Team Finals

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===
1 James Warren Boyd M45 San Francisc 23.18m 76-00
M50 Hammer Throw
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Name Age Team Finals

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===
1 Michael Venning M51 unattached 45.03m 147-09
M55 Hammer Throw

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Name Age Team Finals

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1 Gary Kelmenson M59 unattached 35.95m 117-11
2 Gary Schmidt M56 unattached 37.62m 123-05
W60 Javelin Throw

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Name Age Team Finals

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1 Patricia Diskin W62 unattached 25.37m 83-03
W70 Javelin Throw

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Name Age Team Finals

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1 Elsbeth Padiaw W71 unattached 19.69m 64-07
M45 Javelin Throw

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Name Age Team Finals

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1 James Warren Boyd M45 San Francisc 23.74m 77-11
2 Carlos Borrico M48 San Francisc 19.45m 63-10
3 Jim Provenzano M47 San Francisc 15.42m 50-07
M50 Javelin Throw

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Name Age Team Finals

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1 John Hansen M51 unattached 45.61m 149-08
2 Randy Wilson M51 unattached 44.33m 145-05
M55 Javelin Throw

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Name Age Team Finals

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1 Jim Lewis M56 unattached 40.84m 134-00
2 Edward Baskauskas M59 unattached 28.88m 94-09
M65 Javelin Throw

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Name Age Team Finals

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1 Fred Dillemath M67 unattached 27.64m 90-08