



## MEN'S TRACK & FIELD RESULTS 2023

EVENT	AGE DIVISION	NAME	STATE	TIME/DISTANCE SCORE	AWARD
<b>50 M</b>	55-59	Mark Stone	AZ	7.78	<b>GOLD</b>
		Mark Gruca	AZ	8.04	<b>SILVER</b>
	60-64	Chris Bayley	AZ	6.99	<b>GOLD</b>
		Frank Anaya	AZ	9.04	<b>SILVER</b>
		Bob Griffiths	CA	11.46	<b>BRONZE</b>
	65-69	Mike Gebhardt	AZ	7.72	<b>GOLD</b>
		Ray Neale	AZ	7.86	<b>SILVER</b>
	70-74	Jack Kelly	OK	7.68	<b>GOLD</b>
		Timothy Kearley	CO	7.81	<b>SILVER</b>
		Edward Parr	UT	7.91	<b>BRONZE</b>
		James Troche	AZ	8.58	<b>4TH</b>
		Ron Halma	AZ	8.69	<b>5TH</b>
		Paul Hunzeker	AZ	10.44	<b>6TH</b>
		John Yarush	WI	8.03	<b>GOLD</b>
	75-79	Ron Grenda	AZ	8.40	<b>SILVER</b>
		John Salter	AZ	9.00	<b>BRONZE</b>
		Richard Reeser	CO	9.16	<b>4TH</b>
		Daniel Aragaki	AZ	10.40	<b>5TH</b>
		Victor Johnson	AZ	21.72	<b>6TH</b>
		Frank Strouse	CA	12.16	<b>GOLD</b>
<b>100 M</b>	60-64	Chris Bayley	AZ	13.75	<b>GOLD</b>
		Barry Conser	AZ	14.60	<b>SILVER</b>
		Martin Clauss	AZ	16.94	<b>BRONZE</b>
		Bob Griffiths	CA	21.05	<b>4TH</b>
	65-69	Ray Neale	AZ	16.13	<b>GOLD</b>
		Richard A Sumner	AZ	16.88	<b>SILVER</b>
	70-74	Jack Kelly	OK	14.64	<b>GOLD</b>
		Edward Parr	UT	14.99	<b>SILVER</b>
		Ron Halma	AZ	16.73	<b>BRONZE</b>
	75-79	Paul Hunzekar	AZ	19.68	<b>4TH</b>
		Richard Reeser	CO	15.51	<b>GOLD</b>
		Daniel Parker	BC	16.54	<b>SILVER</b>
		John Salter	AZ	20.47	<b>BRONZE</b>
		Danfar Girling	AZ	26.43	<b>4TH</b>
		Ron Grenda	AZ	27.13	<b>5TH</b>
	80-84	Frank Strouse	CA	16.42	<b>GOLD</b>

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EVENT	AGE DIVISION	NAME	STATE	TIME/DISTANCE SCORE	AWARD	
<b>200 M</b>	60-64	Chris Bayley	AZ	28.61	<b>GOLD</b>	
		Barry Conser	AZ	29.54	<b>SILVER</b>	
		Bob Griffiths	CA	42.54	<b>BRONZE</b>	
	65-69	Mike Gebhardt	AZ	32.56	<b>GOLD</b>	
		70-74	Timothy Kearley	CO	30.91	<b>GOLD</b>
			Edward Parr	UT	31.83	<b>SILVER</b>
			Ron Halma	AZ	35.17	<b>BRONZE</b>
			Paul Hunzeker	AZ	45.73	<b>4TH</b>
		75-79	Richard Reeser	CO	34.21	<b>GOLD</b>
	Ron Grenda		AZ	59.41	<b>SILVER</b>	
	80-84	Frank Strouse	CA	39.04	<b>GOLD</b>	
		Renold Schilke	AZ	40.54	<b>SILVER</b>	
	<b>400 M</b>	60-64	Barry Conser	AZ	1:09.22	<b>GOLD</b>
		65-69	Richard A Sumner	AZ	1:18.61	<b>GOLD</b>
Mike Gebhardt			AZ	1:24.76	<b>SILVER</b>	
70-74		Timothy Kearley	CO	1:19.41	<b>GOLD</b>	
		Edward Parr	UT	1:21.61	<b>SILVER</b>	
		Patrick Pittman	CA	2:07.11	<b>BRONZE</b>	
75-79		John Dischinger	AZ	1:43.52	<b>GOLD</b>	
<b>800 M</b>	55-59	Todd Blatti	AZ	2:38.19	<b>GOLD</b>	
	60-64	Mark Huber	AZ	2:56.82	<b>GOLD</b>	
	65-69	Mike Gebhardt	AZ	3:51.04	<b>GOLD</b>	
	70-74	William Moore	NY	3:13.89	<b>GOLD</b>	
	75-79	John Dischinger	AZ	3:48.09	<b>GOLD</b>	
	80-84	Nat White	AZ	4:10.77	<b>GOLD</b>	
<b>1500 M</b>	55-59	Todd Blatti	AZ	4:59.63	<b>GOLD</b>	
	60-64	Mark Huber	AZ	5:54.04	<b>GOLD</b>	
	70-74	William Moore	NY	6:51.64	<b>GOLD</b>	
	75-79	John Dischinger	AZ	7:27.45	<b>GOLD</b>	
	80-84	Nat White	AZ	8:09.94	<b>GOLD</b>	
<b>Discus</b>	60-64	Jimmy Hodges	AZ	32.08M/105' 2.99"	<b>GOLD</b>	
		Todd Hertzberg	AR	29.53M/96' 10.6"	<b>SILVER</b>	
		Rick Cinadr	AZ	28.61M/93' 10.38"	<b>BRONZE</b>	
		David Tannenbaum	AZ	27.09M/88' 10.54"	<b>4TH</b>	
		Karl Bensel	AZ	20.62M/67' 7.81"	<b>5TH</b>	
	65-69	Pat Kranking	AZ	36.08M/118' 4.47"	<b>GOLD</b>	
		William Jump	AZ	35.53M/116' 6.82"	<b>SILVER</b>	
	70-74	Jim Lewis	AZ	37.42M/122' 9.23"	<b>GOLD</b>	
		Timothy Muller	AZ	34.31M/112' 6.79"	<b>SILVER</b>	
	75-79	Gary Thomas	AZ	20.42M/66' 11.94"	<b>GOLD</b>	
	80-84	John Bourn	IL	20.92M/68' 7.62"	<b>GOLD</b>	
		Barry Johnson	CA	18.49M/60' 7.95"	<b>SILVER</b>	
		Dieter Krause	AZ	14.1M/46' 3.12"	<b>BRONZE</b>	

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EVENT	AGE DIVISION	NAME	STATE	TIME/DISTANCE SCORE	AWARD
Discus	85-89	Phillip Shipp	AZ	25.36M/83' 2.43"	<b>GOLD</b>
		Neil Saling	AZ	18.04M/59' 2.24"	<b>SILVER</b>
High Jump	50-54	Chris Babcock	AZ	1.75M/5' 8.9"	<b>GOLD</b>
	60-64	Martin Clauss	AZ	1.4M/4' 7.12"	<b>GOLD</b>
	65-69	Terry Monda	AZ	1.15M/3' 9.28"	<b>GOLD</b>
	70-74	Ron Halma	AZ	1.35M/4' 5.15"	<b>GOLD</b>
		William Moore	NY	1.3M/4' 3.18"	<b>SILVER</b>
	75-79	Ron Grenda	AZ	1.2M/3' 11.24"	<b>GOLD</b>
	80-84	Larry Jones	AZ	1.2M/3' 11.24"	<b>GOLD</b>
		Barry Johnson	CA	0.91M/2' 11.83"	<b>SILVER</b>
	85-89	Phillip Shipp	AZ	1.15M/ 3' 9.28"	<b>GOLD</b>
	Javelin	60-64	David Tannenbaum	AZ	24.84M/81' 5.95"
Rick Cinadr			AZ	21.63M/70' 11.57"	<b>SILVER</b>
George Purvis			AZ	17.01M/55' 9.69"	<b>BRONZE</b>
75-79		Gary Thomas	AZ	21.76M/71' 4.69"	<b>GOLD</b>
80-84		Dieter Krause	AZ	14.81M/48' 7.07"	<b>GOLD</b>
Pole Vault	65-69	Terry Monda	AZ	1.52M/4' 11.84"	<b>GOLD</b>
	75-79	Arthur Parry	AZ	3.12M/10' 2.83"	<b>GOLD</b>
		William Johnson	CO	2.13M/6' 11.86"	<b>SILVER</b>
	80-84	Larry Jones	AZ	1.82M/5' 11.65"	<b>GOLD</b>
		Barry Johnson	CA	0.91M/2' 11.83"	<b>SILVER</b>
Shot Put	60-64	Rick Cinadr	AZ	10.83M/35' 6.38"	<b>GOLD</b>
		Jimmy Hodges	AZ	9.72M/31' 10.68"	<b>SILVER</b>
		David Tannenbaum	AZ	7.71M/25' 3.54"	<b>BRONZE</b>
		George Purvis	AZ	6.92M/22' 8.44"	<b>4TH</b>
	65-69	William Jump	AZ	11.02M/36' 1.86"	<b>GOLD</b>
		Pat Kranking	AZ	10.51M/34' 5.78"	<b>SILVER</b>
		70-74	Timothy Muller	AZ	11.37M/37' 3.64"
	75-79	Gary Thomas	AZ	7.03M/23' 0.77"	<b>GOLD</b>
	80-84	John Bourn	IL	8.14M/26' 8.47"	<b>GOLD</b>
		Dieter Krause	AZ	7.63M/25' 0.39"	<b>SILVER</b>
	85-89	Phillip Shipp	AZ	10.46M/34' 3.81"	<b>GOLD</b>
		Neil Saling	AZ	7.15M/23' 5.5"	<b>SILVER</b>
	Standing Long	55-59	Mark Stone	AZ	2.36M/7' 8.91"
60-64		George Purvis	AZ	1.9M/6' 2.8"	<b>GOLD</b>
		David Tannenbaum	AZ	1.86M/6' 1.23"	<b>SILVER</b>
65-69		Mike Gebhardt	AZ	2.3M/7' 6.55"	<b>GOLD</b>
		Terry Monda	AZ	2.01M/6' 7.13"	<b>SILVER</b>
70-74		Patrick Pittman	CA	1.52M/4' 11.84"	<b>GOLD</b>
		Paul Hunzeker	AZ	1.43M/4' 8.3"	<b>SILVER</b>

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EVENT	AGE DIVISION	NAME	STATE	TIME/DISTANCE SCORE	AWARD		
<b>Standing Long</b>	75-79	Daniel Parker	BC	2.21M/7' 3.01"	<b>GOLD</b>		
		John Yarush	WI	1.98M/6' 5.95"	<b>SILVER</b>		
		Ron Grenda	AZ	1.35M/4' 5.15"	<b>BRONZE</b>		
	80-84	Larry Jones	AZ	1.81M/5' 11.26"	<b>GOLD</b>		
		Dieter Krause	AZ	1.74M/5' 8.5"	<b>SILVER</b>		
<b>Running Long</b>	60-64	Martin Clauss	AZ	3.65M/11' 11.7"	<b>GOLD</b>		
		Frank Anaya	AZ	3.55M/11' 7.76"	<b>SILVER</b>		
		George Purvis	AZ	2.05M/6' 8.71"	<b>BRONZE</b>		
	65-69	Mike Gebhardt	AZ	3.86M/12' 7.97"	<b>GOLD</b>		
		70-74	Ron Halma	AZ	3.37M/11' 0.68"	<b>GOLD</b>	
			Patrick Pittman	CA	2.8M/9' 2.24"	<b>SILVER</b>	
			Paul Hunzeker	AZ	2.67M/8' 9.12"	<b>BRONZE</b>	
			75-79	Arthur Parry	AZ	3.8M/12' 5.61"	<b>GOLD</b>
	80-84		John Yarush	WI	3.38M/11' 1.07"	<b>SILVER</b>	
			Daniel Parker	BC	3.06M/10' 0.47"	<b>BRONZE</b>	
			Victor Johnson	AZ	1.99M/6' 6.35"	<b>4TH</b>	
			80-84	Larry Jones	AZ	3.04M/9' 11.69"	<b>GOLD</b>
			85-89	Phillip Shipp	AZ	2.8M/9' 2.24"	<b>GOLD</b>
	<b>Triple Jump</b>	60-64	Martin Clauss	AZ	7.66M/25' 1.57"	<b>GOLD</b>	
			George Purvis	AZ	5.08M/16' 8"	<b>SILVER</b>	
65-69		Mike Gebhardt	AZ	6.94M/22' 9.23"	<b>GOLD</b>		
		70-74	Ron Halma	AZ	7.07M/23' 2.35"	<b>GOLD</b>	
75-79		Patrick Pittman	CA	6.34M/20' 9.61"	<b>SILVER</b>		
		Arthur Parry	AZ	8.03M/26' 4.14"	<b>GOLD</b>		
		John Yarush	WI	6.92M/22' 8.44"	<b>SILVER</b>		
			Ron Grenda	AZ	5.15M/16' 10.76"	<b>BRONZE</b>	
			Victor Johnson	AZ	3.72M/12' 2.46"	<b>4TH</b>	

# WOMEN'S TRACK & FIELD RESULTS 2023

EVENT	AGE DIVISION	NAME	STATE	TIME/DISTANCE SCORE	AWARD
<b>50 M</b>	50-54	Ewa Grenda	AZ	10.11	<b>GOLD</b>
	60-64	Corena Chee	AZ	9.90	<b>GOLD</b>
		Sandra Zerner	AZ	10.33	<b>SILVER</b>
	70-74	Carol Papenberg	IL	11.96	<b>GOLD</b>
		Phyllis Ruoho	AZ	12.61	<b>SILVER</b>
<b>100M</b>	50-54	Ewa Grenda	AZ	19.99	<b>GOLD</b>
	60-64	Lydia Christesen	AZ	19.08	<b>GOLD</b>
		Corena Chee	AZ	19.62	<b>SILVER</b>
		Sandra Zerner	AZ	20.29	<b>BRONZE</b>
	70-74	Carol Papenberg	IL	23.46	<b>GOLD</b>
		Phyllis Ruoho	AZ	25.58	<b>SILVER</b>
<b>200M</b>	50-54	Ewa Grenda	AZ	44.23	<b>GOLD</b>
	60-64	Lydia Christesen	AZ	44.60	<b>GOLD</b>
		Corena Chee	AZ	47.32	<b>SILVER</b>
<b>400M</b>	60-64	Sylvia Quick	AZ	1:22.40	<b>GOLD</b>
		Corena Chee	AZ	2:03.94	<b>SILVER</b>
		Lydia Christesen	AZ	2:17.49	<b>BRONZE</b>
	65-69	Mok Kim	AZ	1:42.90	<b>GOLD</b>
		Lydia Woods	AZ	2:59.32	<b>SILVER</b>
<b>800M</b>	60-64	Sylvia Quick	AZ	3:03.50	<b>GOLD</b>
	65-69	Mok Kim	AZ	3:49.33	<b>GOLD</b>
<b>1500M</b>	65-69	Mok Kim	AZ	7:54.94	<b>GOLD</b>
		Lydia Woods	AZ	13:59.77	<b>SILVER</b>
<b>Javelin</b>	50-54	Melissa Sides	AZ	14.31M/46' 11.39"	<b>GOLD</b>
	60-64	Emilie Class	MD	26.99M/88' 6.6"	<b>GOLD</b>
	70-74	Phyllis Ruoho	AZ	13.12M/43' 0.54"	<b>GOLD</b>
<b>Standing Long</b>	50-54	Melissa Sides	AZ	1.27M/4' 2"	<b>GOLD</b>
	70-74	Carol Papenberg	IL	1.48M/4' 10.27"	<b>GOLD</b>
<b>Discus</b>	50-54	Felicia Johnson	AZ	19.5M/63' 11.72"	<b>GOLD</b>
		Melissa Sides	AZ	14.39M/47' 2.54"	<b>SILVER</b>
	60-64	Emilie Class	MD	24.89M/81' 7.92"	<b>GOLD</b>
		Coann Haus	AZ	22.21M/72' 10.41"	<b>SILVER</b>
	70-74	Mary Clark	FL	14.51M/47' 7.26"	<b>GOLD</b>
		Phyllis Ruoho	IL	12.42M/40' 8.98"	<b>SILVER</b>
		Carol Papenberg	AZ	9.08M/29' 9.48"	<b>BRONZE</b>
	75-79	Helen Mines	FL	12.78M/41' 11.15"	<b>GOLD</b>

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EVENT	AGE DIVISION	NAME	STATE	TIME/DISTANCE SCORE	AWARD
<b>High Jump</b>	50-54	Ewa Grenda	AZ	1.1M/3' 7.31"	<b>GOLD</b>
	60-64	Emilie Class	MD	1.15M/3' 9.28"	<b>GOLD</b>
	65-69	Lydia Woods	AZ	0.9M/2' 11.43"	<b>GOLD</b>
	70-74	Carol Papenberg	IL	0.95M/3' 1.4"	<b>GOLD</b>
<b>Shot Put</b>	50-54	Felicia Johnson	AZ	8.94M/29' 3.97"	<b>GOLD</b>
		Melissa Sides	AZ	7.06M/23' 1.95"	<b>SILVER</b>
	60-64	Emilie Class	MD	9.67M/31' 8.71"	<b>GOLD</b>
	70-74	Mary Clark	FL	6.7M/21' 11.78"	<b>GOLD</b>
		Phyllis Ruoho	IL	5.88M/19' 3.5"	<b>SILVER</b>
	75-79	Helen Mines	FL	6.07M/19' 10.98"	<b>GOLD</b>
<b>Running Long</b>	50-54	Ewa Grenda	AZ	2.7M/8' 10.3"	<b>GOLD</b>
		Melissa Sides	AZ	1.73M/5' 8.11"	<b>SILVER</b>
	60-64	Emilie Class	MD	3.1M/10' 2.05"	<b>GOLD</b>
	65-69	Lydia Woods	AZ	2.1M/6' 10.68"	<b>GOLD</b>
	70-74	Carol Papenberg	IL	2.2M/7' 2.61"	<b>GOLD</b>
<b>Triple Jump</b>	50-54	Ewa Grenda	AZ	5.7M/18' 8.41"	<b>GOLD</b>
	65-69	Lydia Woods	AZ	4.4M/14' 5.23"	<b>GOLD</b>
	70-74	Carol Papenberg	IL	4.78M/15' 8.19"	<b>GOLD</b>