

2014 Colorado Association & Mid-America Region  
Masters & Open Indoor Track & Field Championships  
3/2/14  
US Air Force Academy Indoor Track  
Colorado Springs, CO

60M

BECK, BEVERLY	F35-39	39	12.39
MALAFRONTE, SARAH	F40-44	42	10.40
UPSHAW, JOY	F50-54	53	8.41
ULM, POLLY	F50-54	51	10.17
NICOLETTI, CATHY	F60-64	63	9.93
INGRAM, SEAN	M30-34	34	7.27
KISNER, NAHUM	M35-39	35	7.28
BENSON, SCOTT	M40-44	44	8.25
COLLINS, RANDY	M40-44	44	8.49
WARREN, MARK	M45-49	46	7.78
OLIVER, BRIAN	M45-49	49	8.22
BITTINGER, CHRIS	M45-49	46	8.60
ROMSA, DWAIN	M50-54	51	8.20
SCHAEFFER, RUSSELL	M50-54	53	9.19
JORDAN, KEVIN	M55-59	55	9.02
POWELL, CHARLES	M60-64	62	8.47
BLANKENSHIP, PAUL	M60-64	63	9.37
ENGEMAN, RICH	M60-64	62	9.52
OLSON, RANDALL	M65-69	66	9.58
FISCHER, BOBBY	M70-74	74	12.28
ALEXANDER, DALE	M70-74	73	12.44
FRANKS, RAY	M75-79	79	10.22
ARNOLD, ED	M75-79	76	14.23
FETTERS, DOUG	M80-84	81	10.92
COUTTS, ROBERT	M85-89	85	10.93

200M

MOUDY, MICHELLE	F30-34	33	39.82
MAFATRONK, SARAH	F40-44	42	37.37
UPSHAW, JOY	F50-54	53	27.42
ULM, POLLY	F50-54	51	34.67
NICOLETTI, CATHY	F60-64	63	33.32
SMITH, MARY	F70-74	73	38.43
INGRAM, SEAN	M30-34	34	24.29
KISNER, NAHUM	M35-39	35	23.68
ROSEMAN, GARRY	M40-44	42	27.30
COLLINS, RANDY	M40-44	44	29.10
WARREN, MARK	M45-49	46	26.04
OLIVER, BRIAN	M45-49	49	27.03
BITTINGER, CHRIS	M45-49	46	27.19
ROMSA, DWAIN	M50-54	51	28.31
KELLOGG, TIM	M50-54	52	37.89
ALBO, DAVID	M55-59	57	28.98
POWELL, CHARLES	M60-64	62	27.77
BLANKENSHIP, PAUL	M60-64	63	32.67
FISCHER, BOBBY	M70-74	74	43.04

FRANKS, RAY	M75-79	79	35.72
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400M

MOUDY, MICHELLE	F30-34	33	1:37.32
ULM, POLLY	F50-54	51	1:30.21
SMITH, MARY	F70-74	73	1:26.62
IVY, DOUGLAS	M50-54	50	1:02.01
ROMSA, DWAIN	M50-54	51	1:05.65
ERICKSON, GLENN	M50-54	53	1:05.65
ALBO, DAVID	M55-59	57	1:07.17
POWELL, CHARLES	M60-64	62	1:09.87
GRANDJEAN, BURKE	M65-69	65	1:09.87

800M

PETRIE, LORI	F50-54	51	2:57.51
MARANVILLE, BARRY	M30-34	32	2:22.84
ROSEMAN, GARRY	M40-44	42	2:16.57
WOLF, TROY	M40-44	43	2:19.48
KELLOGG, TIM	M50-54	52	3:19.07
LINNELL, TOM	M70-74	70	3:08.26

1500M

ROSEMAN, GARRY	M40-44	42	4:51.35
WOLF, TROY	M40-44	43	5:06.98
LITOFF, DAVID	M50-54	52	4:52.02
ERICKSON, GLENN	M50-54	53	5:15.24
SNOW, GEORGE	M50-54	54	6:00.13
KELLOGG, TIM	M50-54	52	7:09.47
LINNELL, TOM	M70-74	70	6:53.25

3000M RUN

SNOW, GEORGE	M50-54	54	12:51.87
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3000M RW

MARTINO, MARIANNE	F60-64	63	18:49.30
FAIRS, JANET	F70-74	70	24:01.46
FOREMAN, CRAIG	M65-69	65	25:21.45
SMITH II, ROBERT	M70-74	73	27:47.41

60M HURDLES

UPSHAW, JOY	F50-54	53	9.56
DONLEY, CHRISTEL	F75-79	79	14.59
ROMSA, DWAIN	M50-54	51	11.45
OLSON, RANDALL	M65-69	66	11.59
JOHNSTON, JOE	M70-74	70	10.95
McKISSON, RICHARD	M75-79	76	10.09

LONG JUMP

RAIRDON, LINDSAY	F35-39	36	4.63
UPSHAW, JOY	F50-54	53	4.80
RAHAM, SHARON	F65-69	67	2.61
DONLEY, CHRISTEL	F75-79	79	2.30
BENSON, SCOTT	M40-44	44	4.94

McCRIMMON, JAMES	M50-54	53	5.42
ROMSA, DWAIN	M50-54	51	5.16
SCHAEFFER, RUSSELL	M50-54	53	3.92
AMUWO, JAMIYU	M65-69	65	3.90
OLSON, RANDALL	M65-69	66	3.86
ARNOLD, ED	M75-79	76	2.28

#### HIGH JUMP

RAHAM, SHARON	F65-69	67	0.90
DONLEY, CHRISTEL	F75-79	79	1.04
BENSON, SCOTT	M40-44	44	1.70
OLIVER, BRIAN	M45-49	49	1.50
ROMSA, DWAIN	M50-54	51	1.55
McCRIMMON, JAMES	M50-54	53	1.55
SCHAEFFER, RUSSELL	M50-54	53	1.35
OLSON, RANDALL	M65-69	66	1.25
AMUWO, JAMIYU	M65-69	65	1.20
ARNOLD, ED	M75-79	76	0.90

#### TRIPLE JUMP

RAIRDON, LINDSAY	F35-39	36	9.42
RAHAM, SHARON	F65-69	67	5.45
ROMSA, DWAIN	M50-54	51	10.45
JESMER, JOHN	M60-64	64	6.68
AMUWO, JAMIYU	M65-69	65	8.55

#### POLE VAULT

HANSON, PENNY	F55-59	58	1.40
JOHNSTON, JANET	F65-69	66	1.55
CULLIGAN, JEFF	M40-44	43	3.65
McCRIMMON, JAMES	M50-54	53	2.30
SPARKS, DOUG	M60-64	60	3.05
JESMER, JOHN	M60-64	64	2.45
NICKERSON, ERIC	M60-64	63	2.45
OLSON, RANDALL	M65-69	66	2.60
JOHNSTON, JOE	M70-74	70	3.05
STEINMAN, JOHN	M75-79	77	2.30
McFETTERS, DOUG	M80-84	84	2.15

#### SHOT PUT

BECK, BEVERLY	F35-39	39	5.83
RAHAM, SHARON	F65-69	67	6.41
DONLEY, CHRISTEL	F75-79	79	7.56
FOX, B.	F75-79	76	4.59
BENSON, SCOTT	M40-44	44	10.75
KRICH, MATT	M45-49	49	10.71
SCHAEFFER, RUSSELL	M50-54	53	10.03
KELLOGG, TIM	M50-54	52	7.57
SQUIRES, JIM	M55-59	58	11.25
TORBERT, QUENTON	M60-64	62	15.88
VASQUEZ, GIL	M60-64	60	10.76
MIZER, RAY	M60-64	60	8.40
DEETER, BILL	M65-69	66	12.48

HARVEY, BILL	M65-69	65	12.31
PERCY, IAN	M65-69	68	11.24
OLSON, RANDALL	M65-69	66	10.06
NEAL, E. LEROY	M70-74	72	7.23
SABIN, WAYNE	M80-84	80	10.20
DONLEY, JERRY	M80-84	84	7.91

WEIGHT THROW

BECK, BEVERLY	F35-39	39	3.64
RAHAM, SHARON	F65-69	67	9.44
KRICH, MATT	M45-49	49	9.83
TREECE RANDE	M50-54	53	15.47
VASQUEZ, GIL	M60-64	60	12.34
MIZER, RAY	M60-64	60	10.27
PERCY, IAN	M65-69	68	14.87
DEETER, BILL	M65-69	66	13.73
OLSON, RANDALL	M65-69	66	10.37
SABIN, WAYNE	M80-84	80	13.24

SUPERWEIGHT

RAHAM, SHARON	F65-69	67	5.74
TREECE RANDE	M50-54	53	7.37
VASQUEZ, GIL	M60-64	60	7.24
MIZER, RAY	M60-64	60	4.95
PERCY, IAN	M65-69	68	7.87
DEETER, BILL	M65-69	66	7.56
SABIN, WAYNE	M80-84	80	9.42