

2010 Colorado Association & Mid-American Region  
Masters & Open Indoor Track & Field Championships  
14-Feb-10  
US Air Force Academy Indoor Track  
Colorado Springs, CO

60M

RAMOS, ANGELINA	F OPEN	24	9.95
SMITH, RACHEL	F40-44	42	9.26
SUPERCHI, LESLEE	F45-49	49	9.09
NICOLETTTI, CATHY	F55-59	58	9.63
RAHAM, SHARON	F60-64	63	11.64
BERGEN, KATHY	F70-74	70	9.29
EVANS, ZANE	M OPEN	18	7.31
MONTOYA-COLLIS, MATEO	M OPEN	29	7.58
RAMSEY, SPENCER	M OPEN	18	7.97
CAUSE, JD	M40-44	42	7.70
WARREN, MARK	M40-44	42	7.82
LUCIANO, JOSEPH	M50-54	54	8.29
RAMSEY, CHUCK	M50-54	52	9.56
BROUN, JAMES	M55-59	58	8.17
JACQUET-ACEA, RUSSELL	M55-59	57	8.51
ENGEMAN, RICHARD	M55-59	58	9.09
MEYER, ALEX	M65-69	68	10.12
SOKOLOSKI, LEANARD	M65-69	65	8.94
McKISSON, RICHARD	M70-74	72	9.06
FRANKS, RAY	M75-79	75	9.83

200M

RAMOS, ANGELINA	F OPEN	24	31.47
SMITH, RACHEL	F40-44	42	29.92
SUPERCHI, LESLEE	F45-49	49	29.94
NICOLETTTI, CATHY	F55-59	58	31.91
BERGEN, KATHY	F70-74	70	33.46
EVANS, ZANE	M OPEN	18	23.25
MONTOYA-COLLIS, MATEO	M OPEN	29	24.77
CAUSE, JD	M40-44	42	25.26
McCRIMMON, JAMES	M45-49	49	26.86
RAMSEY, CHUCK	M50-54	52	34.40
JACQUET-ACEA, RUSSELL	M55-59	57	29.01
MEYER, ALEX	M65-69	68	39.39
McKISSON, RICHARD	M70-74	72	31.85
OBRIEN, ROBERT	M70-74	70	32.91
FRANKS, RAY	M75-79	75	33.56

400M

RAMOS, ANGELINA	F OPEN	24	1:10.61
SUPERCHI, LESLEE	F45-49	49	1:11.00
LEE, JIM	M40-44	40	59.63
NESBIT, ROBERT	M45-49	45	1:04.42
ALBO, DAVID	M50-54	53	1:03.55
MEYER, ALEX	M65-59	68	1:28.37

## 800M

RAMOS, ANGELINA	F OPEN	24	2:44.35
LEE, JIM	M40-44	40	2:14.33
McCRIMMON, JAMES	M45-49	49	2:20:52
NESBIT, ROBERT	M45-49	45	2:30.56
WOLFE, MICHAEL	M50-54	50	2:15.30
ALBO, DAVID	M50-54	53	2:25.18
MEYER, ALEX	M65-69	68	3:29.55

## 1500M

MURRAY, PATTY	F40-44	44	5:02.45
TABER, BENJAMIN	M OPEN	19	4:42.86
NESBIT, ROBERT	M45-49	45	5:19.17

## 3000M

EIPPER, VALERIE	F45-49	49	12:56.21
MARTIN, SIMON	M55-59	57	10:55.54

## 3000M RACEWALK

IVSIN, GEORGIA	F OPEN	20	24:53.17
MARTINO, MARIANNE	F55-59	59	18:26.24
HOMER, CAROLE	F65-69	69	24:43.65
BLANCHARD, MICHAEL	M45-49	48	16:49.62
JOHNSON, ERIC	M45-49	49	20:02.47
FOREMAN, CRAIG	M60-64	61	25:08.35
SMITH, ROBERT	M65-69	68	22:02.19
MEYER, ALEX	M65-69	68	24:02.65

## 60M HURDLES

DONLEY, CHRISTEL	F75-79	75	14.90
JACQUET-ACEA, RUSSELL	M55-59	57	10.22
MURRAY, BILL	M55-59	56	10.24
BROUN, JAMES	M55-59	58	9.39
MEYER, ALEX	M65-69	68	13.85
McKISSON, RICHARD	M70-74	72	11.45
FULTON, BOB	M70-74	70	11.87

## LONG JUMP

NESBIT, JANELLE	F35-39	38	2.44
RAHAM, SHARON	F60-64	63	2.75
SASHEN, STEVEN	M45-49	47	5.18
JOHNSON, ERIC	M45-49	49	3.00
WALLACE, CHRIS	M50-54	53	4.19
MURRAY, BILL	M55-59	56	4.79
WEIGEL, MAURE	M55-59	58	4.36
IWEN, GENE	M55-59	59	4.12
MEYER, ALEX	M65-69	68	3.59
OBRIEN, ROBERT	M70-74	70	3.50
DONLEY, JERRY	M75-79	79	2.74

## HIGH JUMP

RAHAM, SHARON	F60-64	63	0.97
BERGEN, KATHY	F70-74	70	1.29
DONLEY, CHRISTEL	F75-79	75	1.05
JOHNSON, ERIC	M45-49	49	1.27
WALLACE, CHRIS	M50-54	53	1.22
MURRAY, BILL	M55-59	56	1.47
WEIGEL, MAURE	M55-59	58	1.27
IWEN, GENE	M55-59	59	1.27
SOKOLOSKI, LEANARD	M65-69	65	1.37
CARTWRIGHT, MONTY	M65-69	65	1.22
MEYER, ALEX	M65-69	68	1.17
FULTON, BOB	M70-74	70	1.32
BERGEN, BERT	M70-74	72	1.32
FRANKS, RAY	M75-79	75	NH

#### TRIPLE JUMP

RAHAM, SHARON	F60-64	63	5.69
JOHNSON, ERIC	M45-49	49	7.49
WALLACE, CHRIS	M50-54	53	8.77
WEIGEL, MAURE	M55-59	58	9.29
IWEN, GENE	M55-59	59	8.42
CARTWRIGHT, MONTY	M65-69	65	7.60
MEYER, ALEX	M65-69	68	6.62
McKISSON, RICHARD	M70-74	72	7.95
OBRIEN, ROBERT	M70-74	70	6.98

#### POLE VAULT

ADAMS, JENNA	F OPEN	18	3.50
WESTFALL, LIBBY	F OPEN	18	3.35
LUNA, ARACELILUNA	F OPEN	20	2.74
NICKEL, CARRIE	FOPEN	17	2.89
MARSHALL, CHANDLER	FOPEN	17	3.20
IBRAHIM, GIOIA	FOPEN	17	2.89
BELLAH, SAMANTHA	FOPEN	17	2.74
FLYNN, KELLY	FOPEN	17	2.74
MUELLER, CLAIRE	FOPEN	17	2.74
THOMPSON, KATIE	FOPEN	17	2.29
BUMGARDNER, BRENDA	F40-44	43	3.20
CALDWELL, CHANDLER	M OPEN	25	4.42
NIEVES, TYLER	M OPEN	18	3.96
SCHWINDT, KEVIN	MOPEN	17	4.42
KRUMLAND, DAVID	MOPEN	17	4.11
PIERSON, DANIEL	MOPEN	17	3.35
JACKSON, ROBERT	MOPEN	17	3.05
MUNOZ, ANDY	M35-39	37	3.50
MANSON, PAT	M40-44	42	4.90
WADLEY, TED	M45-49	48	3.05
LOPEZ, JOHN	M50-54	50	3.05
JACQUET-ACEA, RUSSELL	M55-59	57	2.89
CARMONY, JOHN	M55-59	56	2.89
JESMER, JOHN	M60-64	60	1.83
MEYER, ALEX	M65-69	68	1.68

FULTON, BOB	M70-74	70	2.89
DONLEY, JERRY	M75-79	79	2.13

SHOT PUT

JORDAN, DANIELE	F30-34	31	8.29
RAHAM, SHARON	F60-64	63	6.99
DONLEY, CHRISTEL	F75-79	75	6.82
BOTT, JEFFREY	M45-49	46	13.18
KRICH, MATT	M45-49	45	10.94
MURRAY, BILL	M55-59	56	11.70
VASQUEZ, GIL	M55-59	56	10.47
HARVEY, BILL	M60-64	64	12.47
MEYER, ALEX	M65-69	68	10.24
FULTON, BOB	M70-74	70	11.07

WEIGHT THROW

RAHAM, SHARON	F60-64	63	9.89
KRICH, MATT	M45-49	45	8.91
VASQUEZ, GIL	M55-59	56	8.98
SPENCER, VERN	M75-79	75	10.79

SUPERWEIGHT

SPENCER, VERN	M75-79	75	5.85
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