

2015 Colorado Association & Mid-America Region
Masters & Open Indoor Track & Field Championships
3/1/2015
US Air Force Academy Indoor Track
Colorado Springs, CO

60M

BERNERT, BRANDI	F35-39	36	7.78
IBRAHEEM, ALYA	F35-39	39	10.33
REED, LaDONNA	F40-44	40	8.94
MILLIGAN-JACKSON, MARJORIE	F45-49	49	9.25
SMITH, RACHEL	F45-49	47	9.64
NICOLETTI, CATHY	F60-64	64	9.57
BERGEN, KATHY	F75-79	75	9.55
WOODS, THAI	M35-39	37	7.08
INGRAM, SEAN	M35-39	35	7.43
BASILE, VINNIE	M35-39	38	8.09
BRYANT, AMADOR	M40-44	40	7.77
RAMSEY, IAN	M40-44	43	8.12
WILLOCK, GEORGE	M40-44	44	8.15
ROMSA, DWAIN	M50-54	52	8.15
JEFFERS, AUBRY	M50-54	50	8.57
HESSLER, KENNY	M50-54	51	8.81
KELLER, DON	M55-59	59	8.48
POWELL, CHARLIE	M60-64	63	8.52
RADIFF, DAN	M60-64	63	8.80
DEITRICH, WOODY	M60-64	62	8.88
ENGEMAN, RICK	M60-64	63	9.47
GIRLING, DAN	M70-74	70	10.35
ALEXANDER, DALE	M70-74	74	11.24
FISCHER, BOBBY	M75-79	75	11.21

200M

BERNERT, BRANDI	F35-39	36	25.87
IBRAHEEM, ALYA	F35-39	39	34.89
MILLIGAN-JACKSON, MARJORIE	F45-49	49	31.99
SMITH, RACHEL	F45-49	47	32.48
NICOLETTI, CATHY	F60-64	64	32.52
SMITH, MARY	F70-74	74	39.20
BERGEN, KATHY	F75-79	75	35.70
WOODS, THAI	M35-39	37	23.09
INGRAM, SEAN	M35-39	35	24.29
BRYANT, AMADOR	M40-44	40	25.26
WILLOCK, GEORGE	M40-44	44	27.72
HESSLER, KENNY	M50-54	51	30.55
WOLFE, MICHAEL	M55-59	55	27.04
POWELL, CHARLIE	M60-64	63	27.93
RADIFF, DAN	M60-64	63	29.53
DEITRICH, WOODY	M60-64	62	30.08
TUCKER, DAVID	M60-64	63	32.89
STROUSE, FRANK	M70-74	74	31.49
FISCHER, BOBBY	M75-79	75	44.83

400M

IBRAHEEM, ALYA	F35-39	39	1:25.49
NICOLETTI, CATHY	F60-64	64	1:21.72
SMITH, MARY	F70-74	74	1:28.94
BASILE, VINNIE	M35-39	38	1:00.65
BRYANT, AMADOR	M40-44	40	57.62
RAMSEY, IAN	M40-44	43	57.75
ZINCONE, JOHN	M50-54	50	1:01.90
WOLFE, MICHAEL	M55-59	55	1:00.87
ALBO, DAVID	M55-59	58	1:06.18
RADIFF, DAN	M60-64	63	1:12.07
STROUSE, FRANK	M70-74	74	1:20.05

800M

WAIT, TRACY	M45-49	47	2:36.58
ERICKSON, GLENN	M50-54	54	2:27.57
MAHER, DENNIS	M55-59	55	2:24.81
STROUSE, FRANK	M70-74	74	4:01.89

1000M

ROMSA, DWAIN	M50-54	52	3:55.90
SCHAEFFER, RUSSELL	M50-54	54	4:03.01

1500M

WAIT, TRACY	M45-49	47	5:59.40
LITOFF, DAVID	M50-54	53	4:52.33
ERICKSON, GLENN	M50-54	54	5:34.49
MAHER, DENNIS	M55-59	55	5:06.03

3000M RUN

BRUESS, LAURA	F50-54	54	12:01.19
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3000M RW

MARTINO, MARIANNE	F60-64	64	18:38.64
FAIRS, JANET	F70-74	71	23:24.41
FOREMAN, CRAIG	M65-69	66	26:50.37
SMITH, MICHAEL	M70-74	70	23:03.85
SMITH, ROBERT F.M.	M70-74	74	24:06.14

60M HURDLES

DONLEY, CHRISTEL	F80-84	80	15.54
LOTRICH, ANTHONY	M40-44	41	DNF
ROMSA, DWAIN	M50-54	52	11.10
SCHAEFFER, RUSSELL	M50-54	54	12.72
KELLER, DON	M55-59	59	9.69
DE LA PUENTE, JOE	M55-59	58	12.68
RADIFF, DAN	M60-64	63	10.79

LONG JUMP

BERNERT, BRANDI	F35-39	36	4.55
REED, LaDONNA	F40-44	40	4.75

RAHAM, SHARON	F65-69	68	2.71
DONLEY, CHRISTEL	F80-84	80	2.12
ERBE,RICK	M45-49	45	4.82
WAIT, TRACY	M45-49	47	4.55
McCRIMMON, JAMES	M50-54	54	5.49
ROMSA, DWAIN	M50-54	52	5.00
JEFFERS, AUBRY	M50-54	50	4.97
HESSLER, KENNY	M50-54	51	4.76
SCHAEFFER, RUSSELL	M50-54	54	4.18
KELLER, DON	M55-59	59	4.46
DEITRICH, WOODY	M60-64	62	4.17
DONLEY, JERRY	M85-89	85	2.17

HIGH JUMP

RAHAM, SHARON	F65-69	68	.90
BERGEN, KATHY	F75-79	75	1.22
DONLEY, CHRISTEL	F80-84	80	1.02
WAIT, TRACY	M45-49	47	1.30
HELTON, JEFF	M50-54	53	1.60
McCRIMMON, JAMES	M50-54	54	1.60
ROMSA, DWAIN	M50-54	52	1.50
KNOCHE, RANDY	M50-54	53	1.40
SCHAEFFER, RUSSELL	M50-54	54	1.35
KELLER, DON	M55-59	59	1.45
DEITRICH, WOODY	M60-64	62	1.30
NICKERSON, ERIC	M60-64	64	1.32
BERGEN, BERT	M75-79	77	1.25

TRIPLE JUMP

RAHAM, SHARON	F65-69	68	5.52
DONLEY, CHRISTEL	F80-84	80	5.77
McCRIMMON, JAMES	M50-54	54	10.62
ROMSA, DWAIN	M50-54	52	10.35

POLE VAULT

MILLER, JEFFREY	M40-44	41	2.65
KNOCHE, RANDY	M50-54	53	2.80
ROMSA, DWAIN	M50-54	52	2.20
NICKERSON, ERIC	M60-64	64	2.35
JESMER, JOHN	M65-69	65	2.05
DONLEY, JERRY	M85-89	85	NH

SHOT PUT

LINDEBURG, EDDIE	F45-49	48	9.49
RAHAM, SHARON	F65-69	68	6.56
FOX, B	F75-79	77	4.79
DONLEY, CHRISTEL	F80-84	80	7.50
RAMSEY, IAN	M40-44	43	7.12
BERGSTROM, ROB	M50-54	50	12.83
ROMSA, DWAIN	M50-54	52	11.95
SCHAEFFER, RUSSELL	M50-54	54	10.04
LINDEBURG, NATHAN	M50-54	54	8.65

KNOCHE, RANDY	M50-54	53	8.49
GETTEL, STEVE	M55-59	55	14.00
DE LA PUENTE, JOE	M55-59	58	8.76
KEYES, ERIC	M55-59	57	DNF
KELLER, DON	M55-59	59	DNF
SQUIRES, JIM	M55-59	59	DNF
TORBERT, QUENTON	M60-64	63	14.81
MIZER, RAY	M60-64	61	8.49
TUCKER, DAVID	M60-64	63	8.13
HARVEY, WILLIAM	M65-69	69	12.26
PERCY, IAN	M65-69	69	10.46
DONLEY, JERRY	M85-89	85	7.67

WEIGHT THROW

LINDEBURG, EDDIE	F45-49	48	9.99
RAHAM, SHARON	F65-69	68	9.38
DONLEY, CHRISTEL	F80-84	80	6.93
BERGSTROM, ROB	M50-54	50	14.71
LINDEBURG, NATHAN	M50-54	54	12.45
GETTEL, STEVE	M55-59	55	11.14
MIZER, RAY	M60-64	61	10.65
PERCY, IAN	M65-69	69	14.04
MATHEWS, GEORGE	M70-74	71	16.97

SUPERWEIGHT

LINDEBURG, EDDIE	F45-49	48	5.64
BERGSTROM, ROB	M50-54	50	7.56
LINDEBURG, NATHAN	M50-54	54	5.07
MIZER, RAY	M60-64	61	5.55
PERCY, IAN	M65-69	69	7.00
MATHEWS, GEORGE	M70-74	71	10.43