

2015 Colorado Association
Mid-America Region Masters Outdoor Championships &
35th Annual Rocky Mountain Masters Games
Colorado State University, Ft. Collins, CO
August 29 & 30, 2015

50M

F	55	Liz	Palmer	7.69
F	60	Cathy	Nicoletti	8.23
M	60	Mike	Asmus	8.46
M	60	David	Black	9.36
M	65	Roger	Assink	7.22
M	65	Mac	Azuogo	8.30
M	70	Wes	Dye	8.02
M	70	Jim	Shoemaker	8.42
M	70	Dan	Girling	9.32
M	75	Ed	Arnold	10.42
M	80	Ronald	Gray	8.88
M	85	Robert	Coutts	9.70

100M

F	55	Liz	Palmer	14.03
F	60	Cathy	Nicoletti	15.36
M	35	Sean	Ingram	11.70
M	50	Steven	Sashen	13.28
M	60	Michael	Kish	13.10
M	65	Roger	Assink	13.73
M	65	Mac	Azuogo	14.25
M	70	Dale	Alexander	15.16
M	70	Jim	Shoemaker	16.43
M	70	Dan	Girling	17.96
M	75	Ed	Arnold	20.07
M	80	Ronald	Gray	17.39
M	80	Ray	Franks	20.96
M	85	Robert	Coutts	19.02

200M

F	35	Thal	Woods	23.41
F	45	Jeannie	Freis	35.04
F	60	Cathy	Nicoletti	32.50
F	60	Karen	Blackmore	40.31
F	70	Mary	Smith	38.28
M	35	Sean	Ingram	24.44
M	50	Steven	Sashen	28.02
M	50	Dave	Anderson	29.70
M	60	Michael	Kish	26.75
M	65	Roger	Assink	27.97

M 65 Timothy Kearley 29.28

400M

F 30 Ruth Waller 1:02.82

F 35 Alya Alghamdi 1:10.02

F 40 Eileen Phillips 1:01.57

F 45 Jeannie Freis 1:16.24

F 70 Mary Smith 1:25.37

M 40 Ian Ramsey 57.48

M 50 James Gilbert 1:04.83

M 50 Dave Anderson 1:05.85

M 55 Michael Wolfe 1:00.17

M 55 Bob Cottrell 1:02.31

M 55 Dave Albo 1:03.71

M 65 Timothy Kearley 1:20.53

800M

F 30 Ruth Waller 2:21.71

F 45 Jeannie Freis 2:49.66

M 40 Ian Ramsey 2:12.86

M 50 James Gilbert 2:21.11

M 50 Steve Monroney 2:30.62

M 55 Bob Cottrell 2:17.93

M 55 Michael Wolfe 2:22.97

M 60 David Salazar 2:34.71

Mile (hand timed)

F 50 Laura Bruess 5:57.1

F 50 Lisa Rainsberger 6:49.0

F 50 Lori Petrie 6:52.4

F 55 Valerie Eipper 6:22.3

M 45 Todd Straka 4:44.0

M 45 Troy Wolf 5:26.2

M 50 James Gilbert 5:09.5

M 50 Jim Bogus 6:10.0

M 55 Rick Bruess 5:54.0

M 70 Jerry Brown 8:03.3

3K Racewalk (hand timed)

F 55 Connie Reukauf 22:10.3

F 65 Marianne Martino 18:30.6

F 70 Janet Fairs 23:25.7

F 75 Rita Sinkovec 22:10.4

M 67 Craig Foreman 24:26.0

M 74 Robert Smith 24:30.0

3000M (hand timed)

F	50	Laura	Bruess	11:32.7
F	55	Valerie	Eipper	12:44.3
M	55	Rick	Bruess	11:30.5
M	70	Jerry	Brown	15:53.1

80M High Hurdles

F	55	Liz	Palmer	13.24
F	60	Karen	Blackmore	23.18
M	70	Jim	Shoemaker	19.74

100M High Hurdles

M	50	Dwain	Romsa	18.71
M	60	David	Black	23.79

300M Intermediate Hurdles

M	60	Mike	McGraw	59.97
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High Jump

F	60	Karen	Blackmore	1.10
M	45	Scott	Bensow	1.75
M	45	Jere	Page	1.60
M	50	Matt	Emmons	1.45
M	50	Randy	Hansen	1.45
M	50	Dwain	Romsa	1.40
M	60	Rob	Schenk	1.40
M	60	David	Black	1.20

Pole Vault

F	60	Kay	Glynn	2.75
M	40	Ken	Boisvert	3.80
M	40	Kevin	Carberry	3.35
M	40	Andy	Munoz	3.20
M	50	Randy	Hansen	3.35
M	55	John	Lopez	3.05
M	65	John	Jesmer	2.15
M	70	William	Johnson	2.30
M	85	Jerry	Donley	1.55

Long Jump

F	60	Susan	Raikes	2.92
M	45	Jere	Page	5.04
M	45	Rick	Erbe	4.99
M	50	Dwain	Romsa	4.80
M	50	Mark	Jones	4.69
M	60	David	Black	3.78
M	60	Rob	Schenk	3.71
M	70	Wes	Dye	3.82

M 75	Ed	Arnold	2.47
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Triple Jump

M 50	Dwain	Romsa	10.38
M 50	Mark	Jones	10.22
M 60	Mike	McGraw	8.17
M 60	Rob	Schenk	7.98
M 60	David	Black	7.55
M 70	Wes	Dye	7.65

Shot Put

F 50	Lori	Graff	9.10
F 55	Susan	Ruff	8.09
F 60	Martha	Green	6.36
F 60	Karen	Blackmore	6.27
F 65	Sharon	Raham	6.43
F 75	Joanne	Marriott	7.71
F 75	Joy	Kaylor	7.45
F 80	Christel	Donley	7.36
M 40	Brad	Reed	12.67
M 50	Randy	Hansen	10.55
M 50	Matt	Emmons	10.22
M 55	Kenneth	Tietz	11.89
M 55	Eric	Keyes	10.25
M 55	Russell	Schaeffer	10.06
M 60	Quenton	Torbert	15.29
M 60	Billy	Frang	9.18
M 60	Ray	Mizer	9.00
M 60	David	Tucker	8.96
M 65	Bill	Harvey	12.63
M 65	Robert	Reynolds	9.93
M 65	Bob	Maltby	8.21
M 70	Jim	Shoemaker	9.05
M 75	George	Soule	10.35
M 75	Jerrold	Springer	8.63
M 85	Jerry	Donley	7.54

Weight Throw

F 50	Lori	Graff	7.69
F 55	Susan	Ruff	10.66
F 60	Martha	Green	7.25
F 65	Sharon	Raham	9.36
F 75	Joanne	Marriott	11.39
F 75	Joy	Kaylor	10.89
M 55	Garry	Stanley	9.87
M 60	Ray	Mizer	11.66
M 65	Reed	Masters	13.13

M 65	Bob	Maltby	12.20
M 65	Darrel	Harriman	12.14
M 70	Ian	Percy	16.02
M 70	Wes	Dye	9.33
M 75	George	Soule	10.93

Hammer

F 35	Lindsey	Malone	42.23
F 50	Lori	Graff	24.91
F 55	Susan	Ruff	32.06
F 60	Martha	Green	19.89
F 65	Sharon	Raham	24.80
F 75	Joy	Kaylor	30.53
F 75	Joanne	Marriott	26.68
F 80	Christel	Donley	17.96
M 60	Ray	Mizer	28.45
M 65	Reed	Masters	38.56
M 65	Darrel	Harriman	34.17
M 65	Bob	Maltby	30.93
M 70	Ian	Percy	37.24
M 75	George	Soule	26.15
M 75	Jerrold	Springer	23.45

Javelin

F 50	Lori	Graff	16.49
F 55	Susan	Ruff	26.78
F 60	Martha	Green	12.22
F 65	Sharon	Raham	21.49
F 75	Joanne	Marriott	16.47
F 80	Christel	Donley	13.34
M 30	Jason	Novak	21.87
M 50	Mark	Jones	37.83
M 50	Kelly	Yoxall	35.69
M 50	Randy	Hansen	34.70
M 55	Russell	Schaeffer	36.11
M 55	Kenneth	Tietz	34.54
M 55	Garry	Stanley	33.75
M 60	David	Hamel	44.42
M 60	Quenton	Torbert	33.06
M 60	David	Tucker	29.21
M 60	Mike	Asmus	25.92
M 60	Billy	Frang	24.31
M 60	Ray	Mizer	21.60
M 65	Ed	Morland	38.14
M 65	Robert	Reynolds	31.81
M 65	Ed	Godoy	24.89
M 70	Wes	Dye	19.93

M 75 George Soule 21.03

Discus

F 50 Lori Graff 23.18
F 55 Susan Ruff 23.67
F 60 Karen Blackmore 15.84
F 60 Martha Green 14.88
F 65 Sharon Raham 17.75
F 75 Joy Kaylor 20.68
F 75 Joanne Marriott 18.68
M 30 Jason Novak 18.72
M 40 Brad Reed 38.00
M 50 Brian Bedard 48.43
M 50 Randy Hansen 32.79
M 50 Mark Jones 22.79
M 55 Jared Finley 38.75
M 55 Kenneth Tietz 36.26
M 55 Russell Schaeffer 26.81
M 60 Billy Frang 36.07
M 60 Ray Mizer 29.55
M 60 David Tucker 25.95
M 65 Bill Harvey 39.30
M 65 Darrel Harriman 30.30
M 65 Reed Masters 29.98
M 65 Robert Reynolds 29.87
M 70 Jim Shoemaker 24.47
M 75 Jerrol Springer 29.60
M 75 George Soule 27.67
M 80 Vern Spencer 14.54

Super Weight

F 60 Martha Green 4.97
F 75 Joanne Marriott 8.18
M 60 Ray Mizer 4.07
M 65 Reed Masters 6.07
M 70 Ian Percy 9.12

Outdoor Pentathlon (hand timed)

LJ/JT/200m/DT/1500m

M 45 Scott Bensow DNS
4.86/45.15/27.5/DNS/DNS
M 50 Dwain Romsa 2248
5.20/40/06/27.0/34.28/6:16.8
M 50 Matt Emmons 1667
4.16/34.16/36.2/31.66/7:29.2
M 60 David Salazar 3083
4.47/32.22/29.2/27.62/5:30.8

Throws Pentathlon

HT/SP/DT/JT/Wt

F 50	Debbie	Falzitto	2961
30.82/8.80/26.75/23.14/10.14			
F 55	Susan	Ruff	3242
30.11/8.30/23.79/25.64/10.48			
F 55	Linda	Hughes	1828
21.05/6.54/11.78/12.24/6.74			
F 60	Martha	Green	1950
19.13/6.39/12.80/12.89/6.69			
F 65	Sharon	Raham	3274
25.31/6.69/17.80/23.34/9.83			
F 75	Joanne	Marriott	3834
27.90.6.92/18.58/16.80/11.21			
M 50	Matt	Kirch	3101
31.64/11.84/34.16/47.62/12.58			
M 55	R.V.	Biagioni	3001
28.84/11.11/32.90/35.71/11.84			
M 55	Russell	Schaeffer	2297
15.18/10.12/23.17/39.59/8.61			
M 65	Darrel	Harriman	3055
36.73/8.87/36.0/24.49/10.75			
M 65	Reed	Masters	2931
38.48/8.22/27.08/23.41/12.98			
M 65	Bob	Maltby	2537
31 30.98/8.15/25.64/17.90/12.18			
M 70	Ian	Percy	2828
42.02/11.68/34.78/23.12/0.00			
M 75	George	Soule	2861
25.18/9.60/25.62/21.27/10.10			