

Track and Field



Javelin

Women

- **65 +**
 - Phyllis Ruoho (43.3) – Gold

Men

- **55+**
 - Eric Johnson (101.2) – Gold
 - David Tannenbaum (81.0) – Silver
 - Daniel Cruz (76.8) – Bronze
- **60+**
 - Don Parry (90.10) – Gold
 - Billy Frang (74.11) – Silver
- **65+**
 - Jack Way (105.8) – Gold
- **70+**
 - Rich Bohman (120.5) – Gold
 - Ron Grenda (45.0) – Silver
- **80 +**
 - Pothen Varughese (68.1) – Gold
 - Dave Douglas (48.5) – Silver

Shotput

Women

- **50 +**
 - Lynette Moody (29.7) – Gold
 - Phyllis Ruoho (20.1) – Silver

Discus

Women

- **65 +**
 - Phyllis Ruoho (48.1) – Gold

Men

- **55 +**
 - Daniel Cruz (91.0) – Gold
 - David Tannenbaum (76.9) – Silver
- **60+**
 - Patrick Kranking (127.1) – Gold
 - Billy Frang (107.8) – Silver
 - Jeffrey Carl (103.3) – Bronze
- **65+**
 - Jack Way (89.1) – Gold
- **70+**
 - Ron Grenda (68.6) – Gold
 - John Getchell (63.2) – Silver
- **80+**
 - Neil Sailing (91.9) – Gold
 - Loren Whitehead – Silver
- **85+**
 - Douglas McFetters (68.4) – Gold
 - Dave Douglas (56.0) – Silver

Shotput

Men

- **55 +**
 - Daniel Cruz (30.11) – Gold
 - Frank Anaya (25.7) – Silver
 - David Tannenbaum (25.5) – Bronze
- **60+**
 - Patrick Kranking (37.4) – Gold
 - Jeffery Carl (32.5) – Silver
 - Billy Frang (30.5) – Bronze
- **65+**
 - Jack Way (32.9) – Gold
 - Gary Peterangelo (30.8) – Silver
- **70+**
 - John Gretchell (30.2) – Gold
 - Ron Grenda (24.9) – Silver
- **80+**
 - Neil Saling (29.10) – Gold
 - Pothen Varughese (29.4) – Silver
 - Loren Whitehead (22.1) – Bronze
- **85+**
 - Dave Douglas – Gold

Standing Long Jump

Women

- **50 +**
 - Ewa Grenda (5.4) – Gold
- **55 +**
 - Phyllis Ruoho (4.4) – Gold

Men

- **50+**
 - Art Marrow (7.2) – Gold
- **55+**
 - Eric Johnson (7.2) – Gold
- **60+**
 - Chris Wallace (7.5) – Gold
 - Don Parry (7.2) – Silver
 - Jeffery Carl (6.4) – Bronze
- **65+**
 - Steve Worley (6.10) – Gold
 - William Soffet (5.7) – Silver
 - Paul Hunzeker (5.2) – Bronze

Running Long Jump

Women

- **50 +**
 - Ewa Grenda (9.2) – Gold

Men

- **50+**
 - Art Marrow (11.6) – Gold
- **55+**
 - Frank Anaya (13.1) – Gold
 - Eric Johnson (12.11) – Silver
- **60+**
 - Chris Wallace (12.9) – Gold
- **65+**
 - Steve Worley (10.4) – Gold
 - Don Parry (9.11) – Silver
 - Paul Hunzeker (8.2) – Bronze
- **70+**
 - Arthur Perry (13.6) – Gold
 - Jim Sears (10.5) – Silver
 - Ron Grenda (7.2) – Bronze
- **80+**
 - Pothen Varughese (8.8) – Gold
 - Loren Whitehead (4.6) – Silver

High Jump

Women

- **50 +**
 - Ewa Grenda (1.0m) – Gold

Men

- **55+**
 - Eric Johnson (1.27m) – Gold
- **70+**
 - Arthur Parry (1.18m) – Gold
 - Jim Sears (1.16m) – Silver
 - Ron Grenda (1.13m) – Bronze
- **80+**
 - Loren Whitehead (.097m) – Gold
- **85+**
 - Dave Douglas (1.0m) – Gold

Standing Long Jump

Men Cont.

- **70+**
 - Jim Sears (6.11) – Gold
 - Rich Bohman (6.10) – Silver
 - Ron Grenda (4.10) – Bronze
- **80+**
 - Pothen Varughese (6.1) – Gold
 - Loren Whitehead (4.8) – Silver
- **85+**
 - Douglas McFetters (5.8) – Gold

1500 Meter Run

Women

- **55 +**
 - Sandra Jaurigue (8:11) – Gold
- **65 +**
 - Valeria Koch (8:00) – Gold
 - Tanya Glover (9:42) – Silver

Men

- **60+**
 - Henerick Mulder (6:47) – Gold
- **65+**
 - Robert Robak (6:53) – Gold
 - Gary Peterangelo (8:54) – Silver
 - William Soffer (8:59) – Bronze
- **70+**
 - Mathias Siqueiros (7:55) – Gold
- **80+**
 - Gerald Loper (9:44) – Gold

800 Meter Run

Women

- **50 +**
 - Stephania Boswell (3:17.10) – Gold
- **55 +**
 - Sandra Jaurigue (4:08.78) – Gold
- **65 +**
 - Tanya Glover (5:07.59) – Gold

50 Meter Run

Women

- **50 +**
 - Corrina Herrick (9.28) – Gold
 - Ewa Grenda (9.38) – Silver
- **65 +**
 - Betty Schaefer (9.40) – Gold
 - Lynne O'Brien (9.48) – Silver

Men

- **55+**
 - Christopher Bayley (6.55) – Gold
 - Frank Anaya (7.56) – Silver
- **60+**
 - John Kapsal (8.31) – Gold
 - Don Parry (10.54) – Silver
- **65+**
 - Steve Worley (7.40) – Gold
 - Paul Martin (7.54) – Silver
 - Paul Hunzeker (9.35) – Bronze
- **70+**
 - Jim Sears (7.59) – Gold
 - Chris Martin & Dan Girling (8.53) – Silver
 - Ron Grenda (10.12) – Bronze
- **75+**
 - Garry Cox (8.75) – Gold
 - Richard Ulrich (9.71) – Silver
- **80+**
 - Pothen Varughese – Gold
- **85+**
 - Douglas McFetters – Gold

400 Meter Run

Women

- **50 +**
 - Stephania Boswell (1:26.22) – Gold
- **65 +**
 - Betty Schaefer (1:36.09) – Gold

800 Meter Run

Men

- **60+**
 - Henerik Mulder (3:17.24) – Gold
- **70+**
 - Mathias Siqueiros (4:05.37) – Gold

100 Meter Run

Women

- **50 +**
 - Corrina Herrick (18.17) – Gold
 - Stephania Boswell (18.78) – Silver
 - Ewa Grenda (23.13) – Bronze
- **65 +**
 - Betty Schaefer (19.37) – Gold
 - Valeria Koch (22.50) – Silver
 - Lynne O'Brien (27.27) – Bronze

Men

- **55 +**
 - Christopher Bayley (12.53) – Gold
- **60 +**
 - John Kapsal (15.42) – Gold
- **65 +**
 - Steve Worley (13.90) – Gold
 - Paul Martin (14.32) – Silver
 - Charlie Tarajan (15.95) – Bronze
- **70 +**
 - Jim Sears (14.25) – Gold
 - Chris Martin (17.61) – Silver
 - Dan Girling (20.68) – Bronze
- **75 +**
 - Gary Cox (16.37) – Gold
 - Richard Ulrich (18.37) – Silver
- **80 +**
 - Pothen Varughese (17.66) – Gold

400 Meter Run

Men

- **65 +**
 - Charlie Tarjan (1:21.26) – Gold
- **70+**
 - Mathias Siqueiros (1:42.78) – Gold
 - Ron Grenda (2:19.45) – Silver
- **75 +**
 - Pothen Varughese (1:34.68) – Gold
 - Gerald Loper (1:38.61) – Silver

200 Meter Run

Women

- **50 +**
 - Stephania Boswell (40.33) – Gold
 - Corrina Herrick (43.34) – Silver
 - Ewa Grenda (105.74) – Bronze

Men

- **55 +**
 - Christopher Bayley (27.35) – Gold
- **60 +**
 - John Kapsal (34.36) – Gold
- **65 +**
 - Paul Martin (30.26) – Gold
 - Charlie Tarjan (34.44) – Silver
 - Paul Hunzeker (42.69) – Bronze
- **70 +**
 - Jim Sears (29.98) – Gold
 - Ron Grenda (53.95) – Silver
- **80 +**
 - Pothen Varughese (36.65) – Gold

400 Meter Walk

Women

- **50 +**
 - Stephania Boswell (2:55.16) – Gold
- **60 +**
 - Eileen Loughrey (2:55.35) – Gold

Men

- **50 +**
 - Art Marrow (1:45.83) – Gold
- **55+**
 - Eric Johnson (1:43.35) – Gold
- **60 +**
 - Alan Brizee (2:49.87) – Gold
- **65 +**
 - Michael Devaney (2:45.06) – Gold
 - Ron Grenda (3:01.84) – Silver
- **80 +**
 - Ron Clayton (3:53.44) – Gold

1500 Meter Walk

Women

- **60 +**
 - Eileen Loughrey (11:07.15) – Gold

Men

- **50 +**
 - Art Marrow (9:48.72) – Gold
- **55+**
 - Eric Johnson (8:30.40) – Gold
- **65 +**
 - Michael Devaney (9:55.30) – Gold
 - William Jefferson (12:04.82) – Silver
- **70 +**
 - Marty Nitzberg (11:03.70) – Gold
 - Ron Grenda (12:15.45) – Silver