

# Seattle Parks and Recreation Masters Meet 2010

Results							
NAME	M/F	AGE	EVENT	DISTANCE/ TIME	PLACE		
				metrics		feet	
Melissa Moore	F	45-49	Javelin	25.48	1	83' 7	
Peggy Anderson	F	60-64	Javelin	9.88	1	32' 5	
Edythe Hulett	F	70-74	Javelin	8.27	1	27' 1	
Geoff Appel	M	30-34	Javelin	39.46	1	129' 5	
Tom Sinclair	M	50-54	Javelin	47.39	1	155' 5	
Lance Neubauer	M	50-54	Javelin	34.02	2	111' 7	
Scott Copeland	M	50-54	Javelin	33.88	3	107' 10	
Jim Backstrand	M	50-54	Javelin	32.92	4	108' 0	
Ted Demetro	M	50-54	Javelin	27.82	5	91' 3	
Woody Dietrick	M	55-59	Javelin	21.27	1	69' 9.5	
Howie Kellogg	M	60-64	Javelin	26.32	1	86' 4	
Gary Stenland	M	65-69	Javelin	44.16	1	144' 10	
Geoff Appel	M	65-69	Javelin	39.35	2	129' 1	
Ron Tienhara	M	65-69	Javelin	36.45	3	119' 7	
Don McCrea	M	65-69	Javelin	24.93	4	81' 9	
Mike Walton	M	65-69	Javelin	21.11	5	69' 3	
John King	M	70-74	Javelin	24.62	2	80' 9	
Roger Virgin	M	70-74	Javelin	23.72	3	77' 9.25	
Roger Dean	M	70-74	Javelin	22.95	4	78' 7	
Bob Lawson	M	75-79	Javelin	25.32	1	83' 1	
Albert Erickson	M	80-84	Javelin	19.94	1	65' 5	
Frank Webber	M	85-89	Javelin	13.08	1	42' 11	
Roger Virgin	M	70-74	Long Jump	4.21	1	14' 9.75	
Jonathan Heller	M	70-74	Long Jump	2.66	2	8' 8.75	
Don Shepherson	M	70-74	Long Jump	1.79	3	5' 10.25	
Ruggles Larson	M	70-74	Long Jump	1.89	1	7' 2.50	
Albert Erickson	M	80-84	Long Jump	2.69	1	8' 10	
Roger Vergin	M	70-74	Triple Jump	8.33	1	27' 4	
Jonathan Heller	M	70-74	Triple Jump	6.15	2	20' 2.25	
Ruggles Larson	M	75-79	Triple Jump	3.78	1	12' 5	





Gail Kuhnly	F	45-49	100 Meter	15.3	1		
Karlyne Fazio	F	50-54	100 Meter	15.3	1		
Anna Cole	F	50-54	100 Meter	17	2		
Cletus Coffey	M	35-39	100 Meter	12	1		
David Webster	M	40-44	100 Meter	12.1	1		
Keith Johnson	M	40-44	100 Meter	12.7	2		
Mark Rozema	M	45-49	100 Meter	13.4	1		
Michael Waller	M	50-54	100 Meter	11.8	1		
Naim Hasen	M	50-54	100 Meter	12.8	2		
Scott Copeland	M	50-54	100 Meter	15.1	4		
Ted Demetrio	M	50-54	100 Meter	14.2	1		
Arny Stankus	M	55-59	100 Meter	14.5	1		
Edward Diaz	M	55-59	100 Meter	15.1	2		
Woody Dietrick	M	55-59	100 Meter	15.3	3		
Vance Jacobson	M	60-64	100 Meter	13.9	1		
Art Lurock	M	60-64	100 Meter	14.2	2		
Clyde Hundley	M	60-64	100 Meter	14.7	3		
Richard Ying	M	60-64	100 Meter	15.2	4		
Dave Sinclair	M	60-64	100 Meter	15.8	5		
Joseph D'Arrigo	M	60-64	100 Meter	17.4	6		
Kwame Turner	M	65-69	100 Meter	16.3	1		
Roger Virgin	M	70-74	100 Meter	15.6	1		
Roger Brown	M	70-74	100 Meter	15.7	2		
Dale Sawyer	M	70-74	100 Meter	18	3		
Mike Flynn	M	70-74	100 Meter	18.5	4		
Johnathan Heller	M	70-74	100 Meter	20.1	5		
Stuart Fittelson	M	75-79	100 Meter	19	1		
Dora Choi	F	40-44	1500 RW	09:41.8	1		
Ann Tuberg	F	50-54	1500 RW	08:11.7	1		
Diane Johnson	F	65-68	1500 RW	09:53.9	1		
Selwyn Singh	M	30-34	1500 RW	10:18.1	1		
Pradeep Chand	M	35-39	1500 RW	08:15.4	1		
Scott Briedenbach	M	45-49	1500 RW	09:14.8	1		
Lee Harris	M	45-49	1500 RW	10:05.1	2		
George Opsahl	M	65-68	1500 RW	08:41.9	1		
Don Shepherdson	M	70-74	1500 RW	13:14.2	1		
Paul Kaald	M	75-79	1500 RW	11:31.6	1		
Michelle Cunningham	F	45-49	3000 RW	18:41.4	1		
Ann Tuberg	F	50-54	3000 RW	17:48.4	1		
Diane Thurman	F	60-65	3000 RW	20:31.9	1		
Diane Johnson	F	65-69	3000 RW	20:47.0	1		
Scott Briedenbach	M	45-48	3000 RW	20:02.0	1		
Bart Kale	M	50-54	3000 RW	19:15.7	1		
Bob Novak	M	60-64	3000 RW	16:30.5	1		

Stan Chraminski	M	60-64	3000 RW		17:05.5	2		
George Opsahl	M	65-69	3000 RW		18:10.4	1		
Paul Kaald	M	75-79	3000 RW		23:38.2	1		
Laura Michels	F	40-44	5000 Meter		24:27.6	1		
Louise Mihay	F	65-69	5000 Meter		28:29.8	1		
Daulot Fountain	M	50-55	5000 Meter		20:18.7	1		
Craig Anderson	M	60-64	5000 Meter		19:21.2	1		
David Pitkethly	M	70-74	5000 Meter		25:04.5	1		
Kacie Luderus	F	30-34	800 Meter		03:22.5	1		
Sarah Smith	F	40-44	800 Meter		02:36.7	2		
Louise Murray	F	65-69	800 Meter		04:02.2	1		
Amy McVee	M	50-54	800 Meter		03:26.4	1		
Arny Stankus	M	55-59	800 Meter		02:25.7	1		
Bruce Schmid	M	80-84	800 Meter		07:01.8	1		
Kacie Luderns	F	Open	400 Meter		01:21.4	1		
Sarah Horner	F	30-34	400 Meter		01:00.7	1		
Sarah Smith	F	40-44	400 Meter		01:06.2	1		
Markan Lee	M	30-34	400 Meter		00:55.3	1		
Jason Sims	M	30-34	400 Meter		00:55.9	2		
Perry Rodgers	M	45-49	400 Meter	DNF				
Scott Copeland	M	50-54	400 Meter		01:00.7	1		
Brian Gidden	M	50-54	400 Meter		01:06.5	2		
Robert Johnson	M	50-54	400 Meter		01:08.8	3		
Ted Demetrio	M	50-54	400 Meter		01:11.9	4		
Daulot Fountain	M	50-54	400 Meter		01:19.1	5		
Arny Stankus	M	55-59	400 Meter		01:01.7	1		
Dean Koga	M	55-59	400 Meter		01:11.9	2		
Edward Diaz	M	55-59	400 Meter		01:13.8	3		
Steven Rovig	M	55-59	400 Meter		01:21.2	4		
Paul Kozma	M	60-64	400 Meter		01:28.8	1		
Roger Vergin	M	70-74	400 Meter		01:19.0	1		
Don Kane	M	75-79	400 Meter		01:22.7	1		
Ruggles Larson	M	75-79	400 Meter		02:14.1	2		
Bruce Schmid	M	80-84	400 Meter		02:24.2	1		
Louise Mihay	F	65-69	1500 Meter		07:48.3	1		
Steve Grichel	M	35-39	1500 Meter		04:31.0	1		
Henry James	M	50-54	1500 Meter		04:41.9	1		
Craig Anderson	M	60-64	1500 Meter		05:26.3	1		
Des O'Rourke	M	70-74	1500 Meter		06:33.9	1		
Roger Dean	M	70-74	1500 Meter		07:09.4	2		
Bruce Schmid	M	80-84	1500 Meter		13:57.7	1		

Karlyne Fazio	F	50-54	200 Meter	32.3	1		
Anne Cole	F	50-54	200 Meter	36.4	2		
Markham Lee	M	30-34	200 Meter	36:00.0	1		
Cletus Coffey	M	35-39	200 Meter	24.4	1		
Gail Kuhnly	M	45-49	200 Meter	31.5	1		
Mark Rozema	M	45-49	200 Meter	27.3	1		
Clyde Hundley	M	60-64	200 Meter	29.8	1		
Art Turock	M	60-64	200 Meter	29.8	2		
Leon Grundsteiner	M	60-64	200 Meter	31.6	3		
Richard Ying	M	60-64	200 Meter	32.1	4		
Dave Sinclair	M	60-64	200 Meter	34.7	5		
Roger Vergin	M	70-74	200 Meter	34.1	1		
Don Kane	M	75-79	200 Meter	38.7	1		
Bruce Schmid	M	80-84	200 Meter	01:01.3	1		
Team Sweden	Coed		4X100M	01:51.8	1		