

2007 AZ Flames Invitational Results 4/21/07 1

100m	
OM	
Devonte Neal	12.08
Casey Bloomquist	12.09
M30-34	
Keats Snideman	11.70
Steve Douglass	15.63
M35-39	
Eric Bramwell	11.51
Larry McElhinney	13.04
M45-49	
Dave DiMassa	13.13
M50-54	
Dave Hockersmith	12.62
Chip Crowl	13.14
Jeff Buhmiller	14.10
M55-59	
Patrick Rogers	14.92
M60-64	
Bob Zawidski	14.64
M65-69	
Merv Armstrong	15.13
W30-34	
Rachel Guest	13.04
Deonne Douglass	14.85
W35-39	
Dawn Young	15.86
W45-49	
Judy Clay	15.58
W55-59	
Pat Van Tuyl	17.85
200m	
OM	
Joel Banfield	23.21
Devonte Neal	24.48
M30-34	
Keats Snideman	24.18
M35-39	
Eric Bramwell	23.68
M40-44	
Dave DiMassa	26.64
M50-54	
Dave Hockersmith	25.74
Chip Crowl	27.70
Jim Hershberger	28.02
Jeff Buhmiller	29.00
M65-69	
Merv Armstrong	42.71
W30-34	
Rachel Guest	26.84
Deonne Douglass	32.29
Megan Powers	32.61
W55-59	
Pat Van Tuyl	38.62
400m	
OM	
Joel Banfield	52.08

400m (cont)	
M30-34	
Ben Mecham	55.66
Jeff Davison	1:03.18
M35-39	
Larry McElhinney	1:00.97
M40-44	
Miek Miegola	57.75
M45-49	
Dave DiMassa	59.00
M50-54	
Jim Hershberger	1:01.48
W30-34	
Megan Powers	1:13.35
100HH	
M50-54	
Chip Crowl	18.44
Richard Watson	21.01
M55-59	
Thad Wilson	16.16
Patrick Rogers	19.57
M65-69	
Merv Armstrong	20.30
80HH	
M75-79	
Dave Douglass	19.54
800m	
OM	
Au Nguyen	2:08.09
Joel Hartman	2:16.67
M30-34	
Joshua Trask	2:10.16
M35-39	
Chris Standage	2:11.52
Ryan Sweet	2:16.01
Bogdan Anghel	2:19.90
M45-49	
Doug Thompson	2:12.43
Andrew linkpen	2:35.92
M50-54	
Richard Burns	2:09.09
OW	
Anna Rodriguez	2:32.98
W45-49	
Jan Tefft	3:00.17
W55-59	
Mary Lynn Kretchmar	3:41.43
1500m	
OM	
Au Nguyen	4:22.72
Joel Hartman	4:26.86
M35-39	
Ryan Sweet	4:47.17
Bogdan Anghel	4:52.76
M40-44	
Neil Young	4:27.97
Jeff Maples	4:49.19

1500m (cont)	
M45-49	
Andrew linkpen	5:12.00
M50-54	
Gary Plank	4:36.47
W45-49	
Jan Tefft	6:01.76
W55-59	
Mary Lynn Kretchmar	7:10.30
3000m	
M40-44	
Neil Young	9:53.13
M45-49	
Eamonn Condon	10:10.78
Andrew linkpen	11:26.54
M50-54	
Gary Plank	10:18.69
W45-49	
Jan Tefft	12:46.31
5000m	
OW	
Brianna Spletstoser	19:36.84
W30-34	
Michele Resendez	19:37.13
2000m Steeplechase (exhibition)	
W16-19	
Andrea Hill	8:22.49
3000m Steeplechase	
M30-34	
Clint Santoro	10:35.43
M50-54	
Stuart Hancock	13:13.91
3000m Racewalk	
M55-59	
Will Jefferson	19:04.04
W40-44	
Loraine Berger	24:46.67
Javelin	
OM	
Fernando Terazon	32.23m
M30-34	
Mark Landa	45.49m
M40-44	
David Bickel	33.59m
M45-49	
David DeWeese	44.52m
Eric Raphael	34.44m
M50-54	
Barry Warmerdam	44.37m
Richard Watson	38.98m
M55-59	
Jim Lister	39.10m
M70-74	
Bob Bergfeldt	32.25m
OW	
Lisa Banta	21.55m

Javelin (cont)	
W50-54	
Kathy Wamerdam	17.69m
Discus	
OM	
Rashaud Scott	55.32m
Llyod Zack	50.68m
Ryan Anderson	43.60m
Curtis Durocher	41.19m
Fernando Tarazon	33.51m
M30-34	
Mark Landa	50.55m
M35-39	
Jamy Keshmiri	38.19m
John Dyer	34.57m
M40-44	
Dave Bickel	36.53m
M45-49	
Raphael Eric	30.88m
M50-54	
Richard Watson	36.29m
Arnaldo Vidal	34.06m
M55-59	
Tim Mueller	46.59m
Jim Lister	36.27m
M60-64	
Paul Economides	47.01m
Ron Dumchen	35.10m
M65-69	
Dick Dow	33.85m
Merv Armstrong	32.54m
Ellie Armstrong	19.26m
M70-74	
Bob Bergfeldt	37.38m
Phil Shipp	37.03m
Neil Saling	35.77m
M75-79	
Dave Douglass	25.41m
OW	
Summer Pierson	55.71m
Lisa Banta	37.54m
W30-34	
Rochelle Giesbrecht	16.91m
Shot Put	
OM	
Amin Nikfar	18.48m
Zack Llyod	18.00m
Collin Post	15.34m
Fernando Tarazon	10.39m
M30-34	
Mark Landa	15.55m
Matt Foreman	10.61m
M35-39	
Jamy Keshmiri	11.91m
John Dyer	10.82m
M40-44	
Tim Edwards	13.24m

Shot Put (cont)	
David Bickel	10.86m
M45-49	
Eric Raphael	10.08m
M55-59	
Tim Muller	14.04m
M50-54	
Richard Watson	10.55m
Arnoldo Vidal	10.26m
M55-59	
Jim Lister	12.48m
M60-64	
Paul Economides	14.74m
M70-74	
Phil Shipp	13.11m
Neil Saling	11.57m
Bob Bergfeldt	10.88m
M75-79	
Dave Douglass	8.97m
OW	
Nicole Lloyd	14.23m
Lisa Banta	8.73m
W30-34	
Rochelle Giesbrecht	5.65m
W50-54	
Kathy Warmerdam	8.01m
W65-69	
Ellie Armstrong	5.75m
Hammer	
OM	
Colin Post	59.93m
Curtis Durocher	57.91m
Austin Cartright	44.93m
Nick Gibson	31.53m
M30-34	
Mark Landa	54.29m
M35-39	
John Dyer	45.64m
M40-44	
Dave Bickel	45.39m
M50-54	
Richard Watson	38.55m
M55-59	
Tim Muller	35.38m
Jim Lister	34.33m
M60-64	
Paul Economides	49.02m
M75-79	
Dave Douglass	32.20m
W30-34	
Rochelle Giesbrecht	17.55m
Triple Jump	
M60-64	
Bob Zawidski	7.44m
M65-69	
Merv Armstrong	7.86m
Larry Jones	8.12m

Long Jump	
OM	
Davonte Neal	5.39m
M35-39	
Eric Bramwell	6.07m
M50-54	
Stuart Hancock	4.41m
Chip Crowl	4.32m
Richard Watson	4.05m
M55-59	
Patrick Rogers	3.85m
M60-64	
Art Parry	5.02m
Bob Zawidski	4.43m
Bruce Perkins	4.07m
M65-69	
Merv Armstrong	4.21m
Larry Jones	4.06m
M70-74	
Bob Bergfeldt	3.98m
M75-79	
Dave Douglass	3.40m
W30-34	
Deonne Douglass	3.75m
High Jump	
M35-39	
Larry McElhinney	1.47m
M50-54	
Brian Campbell	1.70m
Richard Watson	1.32m
M55-59	
Pat Rogers	1.42m
M60-64	
Bob Zawidski	1.32m
Bruce Perkins	1.17m
M65-69	
Mardon Connelly	1.22m
M70-74	
Bob Bergfeldt	1.37m
Pole Vault	
M50-54	
Ralph Haynie	12ft
Stuart Hancock	11ft
Richard Watson	8ft
M60-64	
Art Parry	11ft
Bruce Perkins	8ft
M65-69	
Mardon Connelly	9ft
Larry Jones	8ft

