

2021 Club West Masters/Open Meet

Westmont College

October 17, 2021

5000m Run

Place	Name	Team	Age	Finals
Women AGE 50-54				
1	Sanchez, Blanca	Trojan Masters	50	25:26.41
Men AGE 55-59				
1	Hutchen, Radell	ARC	58	21:52.07
Men AGE 60-64				
1	Nelson, Brian	Cal Coast Track Club	64	19:50.27

10000m Run

Place	Name	Team	Age	Finals	Points
Women AGE 50-54					
1	Jackson, Virginia	UNATTACHED	53	50:07.93	
Men AGE 45-49					
1	Diaz, Leonard	UNATTACHED	46	41:51.75	

5000m Race Walk

Place	Name	Team	Age	Finals	Points
Men AGE 50-54					
1	Deegan, Gerard	ARC	53	33:21.96	
Men AGE 60-64					
1	Papacalos, George	Southern Ca Striders	61	37:23.20	

2000m Steeplechase

Place	Name	Team	Age	Finals
Women AGE 40-44				
1	Schwyzzer, Elizabeth	SB Running and Racing	42	12:28.72
Women AGE 45-49				
1	Mann, Elly	Joy's Jack Rabbits	45	10:14.38
Women AGE 70-74				
1	Braxton, Freddie	Trojan Masters	71	13:18.44
Women AGE 80-84				
1	Michelsohn, Marie-Louise	UNATTACHED	80	12:26.27
Men AGE 60-64				
1	Jackson, David	UNATTACHED	60	9:27.08
Men AGE 70-74				
1	Washington, Michael	Trojan Masters	73	13:00.69

Hammer Throw

Place	Name	Team	Age	Finals	Points
AGE 1-15					
1	McDonald, Annabel	UNATTACHED	14	20.14m [66'00.75"]	
AGE 16-20					
1	McDonald, Clara	UNATTACHED	16	21.44m [70'04.00"]	
AGE 55-60					
1	Lee, Suzette	Southern Ca Striders	57	25.17m [82'06.75"]	
AGE 61-64					
1	Dunton, Linn	UNATTACHED	64	30.12m [98'09.75"]	

WOMENS Shot Put

Place	Name	Team	Age	Finals	Points
AGE 1-29					
1	McDonald, Clara	UNATTACHED	16	10.27m [33'08.25'']	
2	Davis, DeAna	UNATTACHED	17	10.22m [33'06.25'']	
3	McDonald, Annabel	UNATTACHED	14	7.92m [25'11.75'']	
AGE 55-59					
1	Lee, Suzette	Southern Ca Striders	57	8.92m [29'03.00'']	
AGE 60-64					
1	Amarasekara, Veronica	Southern Ca Striders	60	9.39m [30'09.50'']	
2	Dunton, Linn	UNATTACHED	64	9.13m [29'11.25'']	
3	Vaughn, Karen	UNATTACHED	64	7.78m [25'06.25'']	
AGE 65-69					
1	Cohn, Linda	Southern Ca Striders	68	8.19m [26'10.25'']	

WOMENS Discus Throw

Place	Name	Team	Age	Finals	Points
AGE 1-29					
1	Davis, DeAna	UNATTACHED	17	31.70m [104'00.00'']	
AGE 55-59					
1	Lee, Suzette	Southern Ca Striders	57	19.63m [64'04.75'']	
AGE 60-64					
1	Dunton, Linn	UNATTACHED	64	23.17m [76'00.00'']	
AGE 65-69					
1	Cohn, Linda	Southern Ca Striders	68	20.71m [67'11.25'']	
AGE 70-74					
1	Steekelenburg, Annalies	Southern Ca Striders	73	17.74m [58'02.25'']	
AGE 80-84					
1	Bergen, Kathy	Southern Ca Striders	81	15.32m [50'03.00'']	

WOMENS Pole Vault

Place	Name	Team	Age	Finals	Points
AGE 30-34					
1	Demontigny, Melissa	UNATTACHED	34	3.10m [10'02.00"]	
AGE 40-44					
1	Stroschine, Holly	UNATTACHED	44	2.98m [9'09.25"]	

WOMENS Long Jump

Place	Name	Team	Age	Finals	Wind
AGE 60-64					
1	Upshaw, Joy	Joy's Jack Rabbits	60	4.23m [13'10.50"]	+0m/s
2	Amarasekara, Veronica	Southern Ca Striders	60	3.93m [12'10.50"]	+0m/s
AGE 65-69					
1	Cohn, Linda	Southern Ca Striders	68	3.16m [10'04.25"]	+1m/s

WOMENS Triple Jump

Place	Name	Team	Age	Finals	Wind	Points
AGE 65-69						
1	Cohn, Linda	Southern Ca Striders	68	6.87m [22'06.25"]	+9m/s	

WOMENS High Jump

Place	Name	Team	Age	Finals	Points
AGE 70-74					
1	Steekelenburg, Annalies	Southern Ca Striders	73	1.15m [3'09.25'']	
AGE 80-84					
1	Bergen, Kathy	Southern Ca Striders	81	1.10m [3'07.25'']	

WOMENS Javelin Throw

Place	Name	Team	Age	Finals	Points
AGE 35-39					
1	DuBois, Siobhan	Southern Ca Striders	36	26.62m [87'04.00'']	
AGE 40-44					
1	Egender, Rebecca	Southern Ca Striders	40	20.92m [68'07.50'']	
2	Stroschine, Holly	UNATTACHED	44	18.98m [62'03.00'']	
AGE 55-59					
1	Lee, Suzette	Southern Ca Striders	57	22.89m [75'01.00'']	
AGE 60-64					
1	Dunton, Linn	UNATTACHED	64	27.37m [89'09.50'']	
2	Amarasekara, Veronica	Southern Ca Striders	60	19.61m [64'04.00'']	
AGE 65-69					
1	Cohn, Linda	Southern Ca Striders	68	29.11m [95'06.00'']	
AGE 80-84					
1	Bergen, Kathy	Southern Ca Striders	81	14.08m [46'02.25'']	

WOMENS 800m Run

Place	Name	Team	Age	Finals
AGE 1-29				
1	Tibbels, Kalista	UNATTACHED	18	2:38.72
AGE 40-44				
1	Hufenbecher, Christine	ARC	41	2:48.52
AGE 45-49				
1	Ngan, Rachel	UNATTACHED	49	3:16.87
AGE 60-64				
1	Byrne, Alisa	Pacific Coast Track	64	3:31.83

WOMENS 50m Dash

Place	Name	Team	Age	Finals	Points
AGE 1-29					
1	Lewis, Shatrika	Pacific Coast Track	26	7.44	
AGE 40-44					
1	Egendrer, Rebecca	UNATTACHED	40	10.26	
AGE 60-64					
1	Upshaw, Joy	Joy's Jack Rabbits	60	7.78	
2	Black, Cara	Southern Ca Striders	63	8.19	
AGE 65-69					
1	Cohn, Linda	Southern Ca Striders	68	8.69	
AGE 70-74					
1	Matthews, Brenda	Southern Ca Striders	72	8.91	
AGE 80-84					
1	Bergen, Kathy	Southern Ca Striders	81	8.59	

WOMENS 80m Hurdles

Place	Name	Team	Age	Finals	Points
AGE 60-64					
1	Upshaw, Joy	Joy's Jack Rabbits	60	13.97	

WOMENS 100m Dash

Place	Name	Team	Age	Finals	Wind	Points
AGE 1-29						
1	Lewis, Shatrika	Pacific Coast Track	26	14.10	+.6m/s w	
2	Stephenson, Lena	UNATTACHED	16	14.37	+.6m/s w	
3	Johnson, Zya	UNATTACHED	17	14.51	-1.1m/s sw	
AGE 45-49						
1	Mann, Elly	Joy's Jack Rabbits	45	14.37	+.6m/s w	
2	Ngan, Rachel	UNATTACHED	49	16.54	-1.1m/s sw	
AGE 60-64						
1	Upshaw, Joy	Joy's Jack Rabbits	60	14.47	+.6m/s w	
2	Black, Cara	Southern Ca Striders	63	15.60	+.6m/s w	
AGE 70-74						
1	Matthews, Brenda	Southern Ca Striders	72	17.52	-1.1m/s sw	
AGE 80-84						
1	Bergen, Kathy	Southern Ca Striders	81	16.51	-1.1m/s sw	

WOMENS 400m Dash

Place	Name	Team	Age	Finals
AGE 1-29				
1	McDonald, Annabel	UNATTACHED	14	1:18.26

AGE 40-44						
Place	Name	Team	Age	Finals	Wind	Points
1	Hufenbecher, Christine	ARC				1:10.31
AGE 45-49						
1	Ngan, Rachel	UNATTACHED				1:19.71

WOMENS 200m Dash

Place	Name	Team	Age	Finals	Wind	Points
AGE 60-64						
1	Black, Cara	Southern Ca Striders	63	33.34	+ .4m/s w	
AGE 80-84						
1	Bergen, Kathy	Southern Ca Striders	81	40.42	+ .4m/s w	

WOMENS 4x100m Relay

Place	Name	Team	Age	Finals	Points
AGE 1-29					
1	Open, A	Open	1	57.41	

WOMENS Standing Long Jump

Place	Name	Team	Age	Finals	Points
AGE 55-60					
1	Amarasekara, Veronica	Southern Ca Striders	60	2.16m [7'01.00'']	
2	Upshaw, Joy	Joy's Jack Rabbits	60	2.10m [6'10.50'']	
AGE 71-74					
1	Steekelenburg, Annalies	Southern Ca Striders	73	1.69m [5'06.50'']	

MENS Shot Put

Place	Name	Team	Age	Finals	Points
AGE 1-29					
1	Iwankiw, Nikolas	UNATTACHED	17	17.39m [57'00.50'']	
2	Pastorian, Aiden	UNATTACHED	17	16.52m [54'02.25'']	
3	Goldman, Jesse	UNATTACHED	16	15.44m [50'07.75'']	
4	Leider, Noah	UNATTACHED	17	15.30m [50'02.25'']	
AGE 60-64					
1	Peterson, Dan	UNATTACHED	61	14.16m [46'05.25'']	
2	Berezovskiy, Victor	UNATTACHED	61	12.09m [39'07.75'']	
AGE 70-74					
1	Malin, James	UNATTACHED	70	12.08m [39'07.50'']	
AGE 75-79					
1	Harvey, William	UNATTACHED	75	12.95m [42'05.75'']	
AGE 80-84					
1	Katsis, Tom	Southern Ca Striders	82	8.15m [26'08.75'']	

MENS Discus Throw

Place	Name	Team	Age	Finals	Points
AGE 1-29					
1	Iwankiw, Nikolas	UNATTACHED	17	48.45m [158'11.25"]	
2	Leider, Noah	UNATTACHED	17	46.54m [152'08.25"]	
3	Goldman, Jesse	UNATTACHED	16	42.68m [140'00.25"]	
4	Pastorian, Aiden	UNATTACHED	17	41.38m [135'09.00"]	
5	Regev, Dekel	UNATTACHED	17	38.44m [126'01.25"]	
AGE 60-64					
1	Peterson, Dan	UNATTACHED	61	39.80m [130'06.75"]	
2	Barry, James	UNATTACHED	63	33.43m [109'08.00"]	
AGE 70-74					
1	Malin, James	UNATTACHED	70	30.85m [101'02.50"]	
AGE 75-79					
1	Harvey, William	UNATTACHED	75	36.27m [118'11.75"]	
2	Pearce, Irv	UNATTACHED	76	21.45m [70'04.25"]	
AGE 80-84					
1	Katsis, Tom	Southern Ca Striders	82	20.46m [67'01.50"]	

MENS Pole Vault

Place	Name	Team	Age	Finals	Points
AGE 1-29					
1	Stroschine, Merrick	UNATTACHED	14	3.60m [11'09.50"]	
AGE 40-44					
1	Stroschine, Jonathan	UNATTACHED	42	3.45m [11'03.75"]	
AGE 45-49					
1	Hinkin, Jason	UNATTACHED	46	3.30m [10'09.75"]	

AGE 60-64				
1	Berezovskiy, Victor	UNATTACHED	61	3.30m [10'09.75"]
AGE 70-74				
1	Gast, Monte	UNATTACHED	73	2.80m [9'02.00"]

MENS Long Jump

Place	Name	Team	Age	Finals	Wind	Points
AGE 1-29						
1	Regev, Dekel	UNATTACHED	17	6.54m [21'05.25"]	+.4m/s	
2	Staniszewski, Kevin	City Speed	27	6.42m [21'00.75"]	+.0m/s	
AGE 55-59						
1	Quong, Alex	UNATTACHED	55	4.37m [14'04.00"]	+.6m/s	
AGE 60-64						
1	Niroumand, Mahmoud	Southern Ca Striders	64	4.62m [15'01.75"]	+.5m/s	
2	Maurali, Said	UNATTACHED	63	3.81m [12'06.00"]	+.2m/s	
AGE 65-69						
1	Strickland, Dale	UNATTACHED	65	3.78m [12'04.75"]	+.0m/s	
AGE 70-74						
1	Malin, James	UNATTACHED	70	3.88m [12'08.75"]	+.8m/s	
2	Gast, Monte	UNATTACHED	73	3.06m [10'00.25"]	+.0m/s	
AGE 80-84						
1	Bergen, Bert	Southern Ca Striders	83	2.80m [9'02.00"]	+.4m/s	

MENS Triple Jump

Place	Name	Team	Age	Finals	Wind	Points
AGE 1-29						
1	Chin, Lucas	UNATTACHED	16	12.57m [41'02.75"]	+1.0m/s	
2	Letendra, Cameron	UNATTACHED	17	10.49m [34'04.75"]	+.2m/s	
AGE 55-59						
1	Quong, Alex	UNATTACHED	55	8.10m [26'06.75"]	+.1m/s	
AGE 60-64						
1	Niroumand, Mahmoud	Southern Ca Striders	64	9.66m [31'08.25"]	-.6m/s	
2	Maurali, Said	UNATTACHED	63	8.44m [27'08.25"]	+1.0m/s	
AGE 70-74						
1	Wilson, Thad	Pacific Coast Track	70	8.89m [29'02.00"]	+1.2m/s	
AGE 80-84						
1	Bergen, Bert	Southern Ca Striders	83	5.66m [18'06.75"]	+.2m/s	

14 MENS High Jump

Place	Name	Team	Age	Finals
AGE 1-29				
1	Staniszewski, Kevin	City Speed	27	1.94m [6'04.25"]
2	Chin, Lucas	UNATTACHED	16	1.75m [5'08.75"]
3	Regev, Dekel	UNATTACHED	17	1.75m [5'08.75"]
AGE 60-64				
1	Berezovskiy, Victor	UNATTACHED	61	1.45m [4'09.00"]
2	Maurali, Said	UNATTACHED	63	1.25m [4'01.00"]

	Niroumand, Mahmoud	Southern Ca Striders	64	NM
AGE 70-74				
1	Gast, Monte	UNATTACHED	73	1.05m [3'05.25"]

MENS Javelin Throw

Place	Name	Team	Age	Finals	Points
AGE 60-64					
1	Niroumand, Mahmoud	Southern Ca Striders	64	43.68m [143'03.50"]	
2	Hansen, John	UNATTACHED	63	40.22m [131'11.25"]	
3	Berezovskiy, Victor	UNATTACHED	61	33.29m [109'02.50"]	
4	Barry, James	UNATTACHED	63	28.17m [92'05.00"]	
AGE 65-69					
1	Strickland, Dale	UNATTACHED	65	30.53m [100'01.75"]	
AGE 80-84					
1	Katsis, Tom	Southern Ca Striders	82	21.77m [71'05.00"]	

MENS 800m Run

Place	Name	Team	Age	Finals	Points
AGE 40-44					
1	Srinivasan, Prashant	UNATTACHED	42	2:35.03	

MENS 50m Dash

Place	Name	Team	Age	Finals	Points
AGE 1-29					
1	Schindler, Joshua	Pacific Coast Track	24	6.14	
2	Clark, Nickybo	UNATTACHED	17	6.29	
AGE 40-44					
1	McKeown, Jeff	Pacific Coast Track	41	6.68	
2	Srinnsasan, Prashant	UNATTACHED	42	8.30	
AGE 45-49					
1	Sommars, Nathan	Pacific Coast Track	45	6.85	
AGE 55-59					
1	Dalton, Pat	UNATTACHED	57	7.34	
2	Quong, Alex	UNATTACHED	55	7.49	
AGE 60-64					
1	Davison, Jeffery	Southern Ca Striders	63	8.04	
2	Holmes Jr., Harold	UNATTACHED	64	8.20	
AGE 70-74					
1	Malin, James	UNATTACHED	70	8.47	
2	Wong, George	UNATTACHED	72	8.77	
AGE 80-84					
1	Strouse, Frank	UNATTACHED	81	8.38	

MENS 80m Hurdles

Place	Name	Team	Age	Finals	Wind	Points
AGE 70-74						
1	Wilson, Thad	Pacific Coast Track	70	13.50	-.2m/s	

MENS 100m Hurdles

Place	Name	Team	Age	Finals	Wind	Points
AGE 60-64						
1	Niroumand, Mahmoud	Southern Ca Striders	64	17.69	+0m/s w	1
2	Davison, Jeffery	Southern Ca Striders	63	21.14	+0m/s w	

MENS 110m Hurdles

Place	Name	Team	Age	Finals	Wind	Points
AGE 1-29						
1	Staniszewski, Kevin	City Speed	27	15.59	+5m/s nw	1
2	Spears, Darian	City Speed	23	15.86	+5m/s nw	

MENS 100m Dash

Place	Name	Team	Age	Finals	Wind	Points
AGE 1-29						
1	Schindler, Joshua	Pacific Coast Track	24	10.94	+2m/s w	
2	Martin, Derrick	UNATTACHED	26	11.02	+2m/s w	
3	Clark, Nickybo	UNATTACHED	17	11.58	+2m/s w	
4	Solano, Diego	UNATTACHED	22	12.01	+2m/s w	
5	Chin, Lucas	UNATTACHED	16	12.26	-5m/s w	
6	Letendra, Cameron	UNATTACHED	17	12.40	+2m/s w	
7	Deleon, Justin	UNATTACHED	15	12.94	-2m/s w	
AGE 40-44						
1	McKeown, Jeff	UNATTACHED	41	11.99	+2m/s w	

2	Srinivasan, Prashant AGE 45-49	UNATTACHED	42	15.15	-.5m/s w
1	Sommars, Nathan AGE 55-59	Pacific Coast Track	45	12.30	+.2m/s w
1	Dalton, Pat	UNATTACHED	57	13.94	-.5m/s w
2	Quong, Alex AGE 60-64	UNATTACHED	55	14.33	-.2m/s w
1	Byrne, Eugene	Pacific Coast Track	64	14.04	-.2m/s w
2	Holmes Jr., Harold AGE 65-69	UNATTACHED	64	15.72	-.2m/s w
1	Penny, Bill AGE 70-74	UNATTACHED	66	14.33	-.2m/s w
1	Driver, Eugene AGE 80-84	Trojan Masters	71	16.32	-.2m/s w
1	Strouse, Frank	UNATTACHED	81	16.21	-.2m/s w

MENS 400m Dash

Place	Name	Team	Age	Finals	Points
AGE 1-29					
1	Clark, Nickybo	UNATTACHED	17	54.41	
2	Solano, Diego	UNATTACHED	22	54.91	
3	DeLeon, Justin	UNATTACHED	15	59.41	
AGE 40-44					
1	Srinivasan, Prashant	UNATTACHED	42	1:08.94	
AGE 70-74					
1	Gast, Monte	UNATTACHED	73	1:35.63	
AGE 90-99					
1	Linde, Gunnar	UNATTACHED	93	2:09.02	

MENS 300m Hurdles

Place	Name	Team	Age	Finals
AGE 60-64				
1	Berkeley, Steve	UNATTACHED	60	50.34
AGE 65-69				
1	Hecker, Andrew	UNATTACHED	66	59.43

MENS 200m Dash

Place	Name	Team	Age	Finals	Wind
AGE 1-29					
1	Martin, Derrick	UNATTACHED	26	22.23	-.4m/s w
2	Solano, Diego	UNATTACHED	22	24.18	-.4m/s w
3	Letendra, Cameron	UNATTACHED	17	25.43	-.4m/s w
4	Deleon, Justin	UNATTACHED	15	26.44	-.4m/s w
AGE 40-44					
1	McKeown, Jeff	Pacific Coast Track	41	24.32	-.4m/s w
AGE 45-49					
1	Sommars, Nathan	Pacific Coast Track	45	25.48	-.4m/s w
AGE 60-64					
1	Holmes Jr., Harold	UNATTACHED	64	33.86	-1.2m/s w
2	Berezovskiy, Victor	UNATTACHED	61	35.08	-1.2m/s w
AGE 65-69					
1	Penny, Bill	UNATTACHED	66	30.20	-1.2m/s w
2	Kloch, Steve	Southern Ca Striders	69	31.51	-1.2m/s w

MENS 1500m Run

Place	Name	Team	Age	Finals	Points
AGE 1-29					
1	Regev, Dekel	UNATTACHED	17	5:40.04	

MENS Standing Long Jump

Place	Name	Team	Age	Finals	Points
AGE 61-64					
1	Niroumand, Mahmoud	Southern Ca Striders	64	2.50m [8'02.25"]	
2	Maurali, Said	UNATTACHED	63	2.26m [7'04.75"]	
3	Davison, Jeffery	Southern Ca Striders	63	2.08m [6'09.75"]	
AGE 65-70					
1	Strickland, Dale	UNATTACHED	65	2.29m [7'06.00"]	
2	Malin, James	UNATTACHED	70	1.96m [6'05.00"]	
AGE 71-74					
1	Gast, Monte	UNATTACHED	73	2.16m [7'01.00"]	
	Flowers, Carl	Southern Ca Striders	74	NM	
AGE 81-84					
1	Bergen, Bert	Southern Ca Striders	83	1.66m [5'05.25"]	

MENS 1MI Run

Place	Name	Team	Age	Finals	Points
1	Strickland, Dale	UNATTACHED	65	6:19.41	1
2	Linde, Gunnar	UNATTACHED	93	11:56.69	