

**POWER WALK****Track: Occidental College, Los Angeles****May 31, 2025****TODD ZGORZELSKI, MEET DIRECTOR****Road: Rose Bowl Oval, Pasadena****June 29, 2025****ANDREW HECKER, MEET DIRECTOR****TRACK****1500 METER****Women****50-54**

|   |              |          |
|---|--------------|----------|
| 1 | Trista Beard | 11:13.49 |
|---|--------------|----------|

**65-69**

|   |                    |          |
|---|--------------------|----------|
| 1 | Carol Anne Drastal | 11:10.48 |
|---|--------------------|----------|

**70-74**

|   |                 |          |
|---|-----------------|----------|
| 1 | Sandy Fetherolf | 10:37.02 |
|---|-----------------|----------|

**Men****60-64**

|   |            |         |
|---|------------|---------|
| 1 | Art Morrow | 9:58.93 |
|---|------------|---------|

**65-69**

|   |              |          |
|---|--------------|----------|
| 1 | Sean Mulcahy | 13:24.45 |
|---|--------------|----------|

**70-74**

|   |           |          |
|---|-----------|----------|
| 1 | Ray Neale | 10:15.75 |
|---|-----------|----------|

**75-79**

|   |             |          |
|---|-------------|----------|
| 1 | Paul Lawson | 13:41.23 |
| 2 | Ed Nielsen  | 14:27.22 |
| 3 | Monte Gast  | 15:55.57 |

**ROAD****5K****Women****70-74**

|   |                 |         |
|---|-----------------|---------|
| 1 | Luz Morales     | 36:31.0 |
| 2 | Sandy Fetherolf | 36:48.5 |

**75-79**

|   |               |         |
|---|---------------|---------|
| 1 | Alene Gardner | 43:28.5 |
|---|---------------|---------|

**Men****75-79**

|   |             |         |
|---|-------------|---------|
| 1 | Paul Lawson | 46:54.3 |
| 1 | Ed Nielsen  | 50:53.8 |

**80-84**

|   |                  |         |
|---|------------------|---------|
| 1 | Curtis Blumfield | 43:10.1 |
| 2 | Alvah Miller     | 47:51.7 |

**85-89**

|   |              |         |
|---|--------------|---------|
| 1 | John Merriam | 50:50.8 |
|---|--------------|---------|

**10K****Women****60-64**

|   |                 |           |
|---|-----------------|-----------|
| 1 | Leah Key Ketter | 1:23:03.5 |
|---|-----------------|-----------|

**70-74**

|   |                 |           |
|---|-----------------|-----------|
| 1 | Sandy Fetherolf | 1:17:47.2 |
|---|-----------------|-----------|

**Men****75-79**

|   |            |           |
|---|------------|-----------|
| 1 | Ed Nieslen | 1:47:05.5 |
|---|------------|-----------|