

TRACK AND FIELD
Occidental College, Los Angeles
May 30, 2026
TODD ZGORZELSKI, MEET
DIRECTOR

TRACK EVENTS

50 METER DASH

Women

55-59

1	Laura Howe	8.88
2	Lynn Larsen	8.98
3	Maria De Rada	9.08

60-64

1	Selina Safari	7.69
2	LaShawn Jones	7.91
3	Karen Howell	7.73
4	Colleen Barney	7.97
5	Juaquita Gray	8.15
6	Jenny Brandt	9.34

65-69

1	Jeanne Roy	8.21
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70-74

1	Linda Cohn	9.30
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75-79

1	Brenda Matthews	9.56
2	LaTanya Glass	10.34
3	Ann Golay	11.01
4	Wendy Hames	11.75
5	Patricia Winiecki	18.27

80-84

1	Elizabeth Juncosa	12.87
2	Sarah Sneider	13.05

85-89

1	Kathy Bergen	10.19
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Men

50-54

1	Micah Peng	7.05
2	Crispin Nunez	7.33

55-59

1	Lloyd Hightower	6.93
2	Randy Boba	6.94

3	Mike Risley	7.15
4	Martin Salazar	7.67
5	Chung Loh	7.90

60-64

1	Tony Clemons	6.77
2	Byron Belcher	7.44
3	Richard Kim	7.63
4	Stephen Chan	7.87
5	Adam Ross	8.05

65-69

1	Sam Jho	7.19
2	Eric Dahlgren	7.72
3	Tim Pyle	8.21
4	Alvin Millerbis	8.22
5	Steven Tottleben	8.47
6	David Boyd	9.52
7	Jonathan Gong	21.72

70-74

1	Ron Stevens	7.27
2	Randall Stevens	7.44
3	Romeo Brooks	8.03
4	Ken Nakamura	8.07
5	Mark Rafter	8.21
6	Andy Shelby	8.51
7	Cameron Birnie	9.30
8	Jim Martinez	15.54

75-79

1	Noel Weiss	7.80
2	Thierry Boucquey	8.15
3	Edwin Rose	8.29
4	Jim Stevens	8.33
5	Daniel Ziskin	8.63
6	James Malin	8.90
7	George Wong	8.91
8	Greg Messick	10.05
9	Felipe Naranjo Sr	10.40
10	Kenneth Winiecki	10.61
11	Alan Share	10.81

80-84

1	Charles McCune	9.96
2	Clifford Ching	11.18
3	Ron Muranaka	12.54

85-89

1	Rolan Bynum	10.72
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90-94

1	Joe Iseri	10.41
2	Vernon Yates	11.96
3	Gerald Chase	21.80

100 METER DASH

Women

50-54

1	Elly Mann	14.33
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55-59

1	Laura Howe	16.89
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60-64

1	Selina Safari	14.54
2	Colleen Barney	14.66
3	LaShawn Jones	15.06
3	Karen Howell	15.11
4	Juaquita Gray	15.60
5	Jenny Brandt	18.16
6	Liudmyla Filatova	18.65

65-69

1	Paula Clagon	16.29
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70-74

1	Sarah Scott	18.21
2	Tina Bowman	18.87
3	Linda Cohn	19.31
4	Jeanne Bowman	19.41

75-79

1	Brenda Matthews	18.69
2	Ann Golay	21.49
3	Patricia Winiecki	34.09

80-84

1	Sarah Sneider	27.50
2	Elizabeth Juncosa	29.26

85-89

1	Kathy Bergen	19.22
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Men

50-54

1	Jonah Peretti	12.18
2	Micah Peng	12.88

55-59

1	Lloyd Hightower	12.45
1	Randy Boba	12.70

3	Mike Risley	13.18
4	Martin Salazar	14.62
5	Alex Kakutani	14.84
6	Joseph Blackman	14.90

60-64

1	Tony Clemons	12.43
2	Gary McCullough	13.40
3	Byron Belcher	14.20
4	Adam Ross	14.60
5	Stephen Chan	14.99
6	Cruz Contreras	15.23

65-69

1	Mahmoud Niroumand	14.71
2	Victor Wilson	14.83
3	Tim Pyle	15.27
4	Steven Totleben	15.82
5	David Boyd	16.35

70-74

1	Ron Stevens	13.41
2	Randall Stevens	14.37
3	Mark Rafter	15.61
4	Ken Nakamura	15.23
5	Romeo Brooks	15.24
6	Andy Shelby	16.35
7	Cameron Birnie	18.26
8	Jim Martinez	26.43

75-79

1	Noel Weiss	14.90
2	Edwin Rose	15.71
3	Daniel Ziskin	16.54
4	Michael Washington	18.39
5	Robert Croeni	18.61
6	Greg Messick	20.70
7	Kenneth Winiecki	20.92
8	Bruce Dybens	22.09

80-84

1	Charles McCune	20.71
2	Curtis Blumfield	21.85
3	Ron Muranaka	23.25

85-89

1	Richard Tenser	21.07
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90-94

1	Joe Iseri	21.03
2	Vern Yates	23.19

200 METER DASH

Women

50-54

1	Elly Mann	29.29
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55-59

1	Laura Howe	35.05
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60-64

1	Colleen Barney	30.66
2	LaShawn Jones	31.91
3	Selina Safari	32.47
4	Jenny Brandt	38.95

65-69

1	Jeanne Roy	32.42
2	Paula Clagon	33.93

70-74

1	Sarah Scott	38.01
2	Tina Bowman	40.67
3	Jeanne Bowman	41.47

75-79

1	Patricia Winiecki	1:09.28
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80-84

1	Elizabeth Juncosa	1:07.59
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Men

50-54

1	Jonah Peretti	24.78
2	Ryan Matulka	26.23
3	Micah Peng	26.76

55-59

1	Lloyd Hightower	25.21
2	Randy Boba	25.97
3	Joseph Blackman	31.90

60-64

1	Gary McCullough	27.29
2	Tony Clemons	30.18
3	Adam Ross	30.33
4	Byron Belcher	30.43
5	Kier Shapiro	36.14

65-69

1	Victor Wilson	32.32
2	Tim Pyle	32.58
3	Harold Holmes	34.09

4	David Boyd	34.21
5	Paul Jordan	35.77

70-74

1	Ron Stevens	27.86
2	Randall Stevens	30.29
3	Ken Nakamura	30.50
4	Bob Thurman	31.83
5	Andy Shelby	35.02
6	Cameron Birnie	38.04
7	Jim Brown	44.08

75-79

1	Edwin Rose	32.75
2	Daniel Ziskin	35.68
3	Michael Washington	38.90
4	Robert Croeni	39.83
5	Felipe Naranjo Sr	45.80
6	Kenneth Winiecki	47.75
7	Bruce Dybens	49.63
8	Greg Messick	53.72

80-84

1	Charles McCune	49.45
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90-94

1	Vern Yates	56.16
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400 METER

Women

60-64

1	Jenny Brandt	1:27.72
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65-69

1	Jeanne Roy	1:17.19
2	Paula Clagon	1:19.46

70-74

1	Sarah Scott	1:36.56
2	Tina Bowman	1:43.90

75-79

1	Freddie Braxton	2:07.14
2	Patricia Winiecki	2:52.45

80-84

1	Elizabeth Juncosa	2:33.94
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Men

50-54

1	Paul Galindo	1:11.75
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55-59

1 Joseph Blackman	1:11.80
2 Joseph Fierro	1:12.67
3 Jack Schaedel	1:14.36

60-64

1 Adam Ross	1:06.29
2 Lon Richardson	1:10.03
3 Bob Lang	1:14.54
4 John Hradnansky	1:17.56
5 Kier Shapiro	1:23.47
6 Angus Kennedy	1:27.81
7 Kalea Chapman	1:29.11

65-69

1 Steven Totleben	1:21.36
2 Paul Jordan	1:36.66

70-74

1 Bob Thurman	1:12.06
2 Spencer Robinson	1:15.99
3 Ron Stevens	1:19.42
4 Jim Martinez	1:57.77

75-79

1 Edwin Rose	1:21.42
2 Robert Croeni	1:34.02
3 Michael Washington	1:38.17
4 Kenneth Winiecki	1:48.38
5 Wayne Morris	1:54.50

80-84

1 Charles McCune	1:58.42
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90-94

1 Andy Anderson	1:41.48
2 Vern Yates	2:23.84
3 Andrew Ford	2:23.92

800 METER**Women****50-54**

1 Xinyu Li	3:55.19
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55-59

1 Elizabeth Guerrini	3:17.85
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60-64

1 Jenny Brandt	3:37.63
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65-69

Lori Oneil	4:07.51
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70-74

Debbie Lee	3:09.29
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75-79

1 Freddie Braxton	4:52.09
2 Patricia Winiecki	6:13.52

80-84

1 Elizabeth Juncosa	5:42.82
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85-89

1 Ellen Demsky	7:12.63
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Men**50-54**

1 Nyron Bernard	2:17.03
2 James McGrew	2:24.46
3 Steve Laguna	2:37.59
4 Steven Guerrini	2:43.21
5 Raul Galindo	2:50.67

55-59

1 Bo Tao	2:49.93
2 Jack Schaedel	2:57.85
3 Joseph Blackman	3:14.36

60-64

1 Jeff Williamson	2:26.99
2 Jeff Mann	2:28.51
3 Adam Ross	2:50.48
4 Bob Lang	2:58.83
5 John Hradnansky	3:07.62
6 Angus Kennedy	3:26.95
7 Kier Shapiro	3:30.19
8 Billy Ek	3:30.52
9 David Honeychurch	3:53.68

65-69

1 Ronald Benudiz	2:52.20
2 Denny Nivens	2:56.46
3 Mark Holmes	3:04.28
4 Michael Lebold	3:16.91

70-74

1 Kenneth Hammer	2:48.94
2 Bob Morris	3:23.76

75-79

1 Dennis Stowell	4:10.85
2 Wayne Morris	4:35.40
3 Robert Croeni	4:42.28
4 Kenneth Winiecki	4:46.12

90-94

1 Andy Anderson	4:19.50
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1500 METER**Women****55-59**

1 Elizabeth Guerrini	6:36.99
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60-64

1 Jenny Brandt	7:12.49
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65-69

1 Lori Oneil	8:07.49
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70-74

1 Debbie Lee	8:07.49
2 Therese Molina	8:14.34

75-79

1 Freddie Braxton	9:15.44
2 Patricia Winiecki	12:15.09
3 Jill Glenn	12:31.57

85-89

1 Ellen Demsky	14:07.93
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Men**50-54**

1 James McGrew	4:53.91
2 Steve Laguna	5:19.86
3 Steven Guerrini	5:40.48

55-59

1 Joseph Blackman	6:04.01
1 Jose Jacobo Gutierrez	6:33.15

60-64

1 Jeff Mann	4:54.69
2 Bob Lang	6:02.55
3 Angus Kenneth	6:30.07
4 Kalea Chapman	6:43.60
5 Kier Shapiro	6:56.80
6 Chad Pratt	7:29.46

65-69

1	Anselmo Feliciano	5:30.46
2	Bruce Thurpp	5:34.65
3	Bill Austin	6:07.47
4	Mark Holmes	6:24.16
5	Mark Cleary	6:41.62
6	Michael Lebold	6:47.37

70-74

1	Carl Stromberg	6:15.69
2	Bob Morris	6:35.84
3	Paul Hartfield	7:19.58

75-79

1	Dennis Stowell	9:08.96
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5000 METER**Women****55-59**

1	Blanca Sanchez	24:39.09
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65-69

1	Lori Oneil	31:47.86
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Men**50-54**

1	Steve Laguna	20:09.21
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60-64

1	Adam Ross	22:54.96
2	Kalea Chapman	24:45.77
3	Chad Pratt	27:09.04

65-69

1	Anselmo Feliciano	20:57.80
2	Bill Austin	22:34.26

70-74

1	Carl Stromberg	22:59.96
2	Jeff Snyder	30:55.10

75-79

1	Pete Boisineau	24:33.54
2	Don Brown	32:35.85
3	Dennis Stowell	33:59.10

80-84

1	Jose Calderon	39:54.14
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85-89

1	John Merriam	57:47.49
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FIELD EVENTS**HIGH JUMP****Women****75-79**

1	Annelies Steekelenberg	1.05m
1	LaTanya Glass	0.97m

85-89

1	Kathy Bergen	0.97m
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Men**50-54**

1	Crispin Nunez	1.37m
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55-59

1	Patrick Carter	1.32m
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60-64

1	Steve Magers	1.37m
2	Chuck Powell	1.02m

65-69

1	Kim Nielson	1.47m
2	Mahmoud Niroumand	1.32m
3	Harold Holmes	1.32m
4	Gregory Wells	1.33m
5	Michael Palacios	1.02m

70-74

1	Randall Stevens	1.42m
2	David McLawhorn	1.12m

75-79

1	Charlie Rader	1.37m
2	Jim Stevens	1.32m
3	Robert Klewitz	1.17m
4	Monte Gast	1.07m

80-84

1	Curtis Blumfield	0.92m
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LONG JUMP**Women****55-59**

1	Maria De Rada	2.81m
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60-64

1	Juaquita Gray	3.68m
2	Karan Howell	3.63m

70-74

1	Linda Cohn	3.26m
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80-84

1	Sarah Sneider	1.49m
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Men**55-59**

1	Mike Risley	4.81m
2	Chung Loh	4.73m
3	Joseph Blackman	3.96m
4	Patrick Carter	3.71m

60-64

1	Vincent Orme	2.93m
2	Chuck Powell	2.78m

65-69

1	Mahmoud Niroumand	4.22m
2	Rob Koplowitz	4.17m
3	Harold Holmes	3.65m

70-74

1	Ken Nakamura	4.08m
2	Romeo Brooks	3.66m
3	David McLawhorn	2.97m
4	Patrick Pittman	2.48m

75-79

1	Jim Stevens	4.15m
2	John Tomaschke	3.99m
3	Greg Mimm	3.79m
4	James Malin	3.46m
5	Monte Gast	3.13m

80-84

1	Ron Muranaka	2.41m
2	Barry Johnson	1.59m

85-89

1	Bert Bergen	1.93m
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90-94

1	Joe Iseri	2.11m
2	Vern Yates	1.83m
3	Gerald Chase	1.10m

TRIPLE JUMP

Women**60-64**

1 Juaquita Gray 7.76m

70-74

1 Linda Cohn 6.47

Men**55-59**

1 Joseph Blackman 7.79m

2 Patrick Carter 6.59m

65-69

1 Mahmoud Niroumand 9.06m

2 Rob Koplowitz 8.30m

70-74

1 Patrick Pittman 5.88m

75-79

1 John Tomaschke 8.19m

2 Jim Stevens 7.86m

3 Edwin Rose 7.36m

4 Greg Mimm 7.32m

90-94

1 Vern Yates 3.97m

POLE VAULT

Women**55-59**

1 Lynn Larsen 1.85m

Men**50-54**

1 Libert Gaitan 2.60m

55-59

1 Brian Monroe 4.15m

60-64

1 Steve Magers 2.90m

65-69

1 Mahmoud Niroumand 2.30m

70-74

1 Kevin Burnett 2.75m

2 Kenneth St. Cyr 2.76m

3 Mike Ritter 2.00m

75-79

1 Thierry Boucquey 2.00m

2 Monte Gast 2.01m

80-84

1 Barry Johnson 1.10m

SOFTBALL THROW

Women**55-59**

1 Mindy Barratt 19.35m

2 Jessica Horton 18.16m

60-64

1 LaShawn Jones 41.60m

2 Sarah Letts 27.27m

65-69

1 Johanna Fontenot 30.02m

2 Louise Smith 23.92m

3 Rozanne Adanto 21.79m

4 Susan Artian 21.64m

Men**55-59**

1 Patrick Carter 46.99m

2 Jack Schaedel 33.93m

60-64

1 Lewis Watson 50.36m

2 Chuck Powell 49.68m

3 Jim Kollias 35.71m

65-69

1 Mahmoud Niroumand 46.68m

2 Michael Palacios 44.04m

70-74

1 David McLawhorn 40.61m

2 Andy Shelby 35.50m

3 Charles Lyons 25.73m

75-79

1 Richard Markota 40.58m

2 Greg Messick 24.99m

3 Dennis Stowell 20.87m

80-84

1 Vince Dayes 28.32m

2 Curtis Blumfield 25.60m

85-89

1 Lawrence Duncan 21.36m

2 Gerald Chase 12.09m

DISCUS THROW

Women**55-59**

1 Mindy Barratt 18.05m

60-64

1 Carole Stanford 28.51m

2 Suzette Lee 14.86m

65-69

1 Veronica Amarasekara 19.96m

2 Johanna Fontenot 17.61m

70-74

1 Linda Cohn 21.30m

75-79

1 Annelies Steekelenburg 14.46m

Men**55-59**

1 Patrick Carter 32.33m

60-64

1 Paul Starkey 44.80m

2 Timothy Edwards 37.19m

3 Steve Magers 33.11m

4 Chuck Powell 30.75m

65-69

1 Greg Holden 33.20m

2 James Berry 29.02m

3 Don DeRosa 21.85m

4 Jim Worden 16.08m

70-74

1 Charles Lyons 20.12m

75-79

1 Theagenis Abatsoglou 29.26m

2 James Malin 27.44m

3 Richard Markota 22.55m

4 Ben Binninger 17.51m

5 Greg Messick 15.37m

80-84

1 William Harvey	28.18m
2 Stan Whitley	26.07m
3 Jason Barry	17.94m
4 Vince Dayes	17.14m

85-89

1 Arthur Sepin	19.95m
2 Tom Katsis	19.27m

90-94

1 Alan Rosen	18.36m
2 Gerald Chase	10.78m
3 Robert Smith	9.79m

JAVELIN THROW**Women****55-59**

1 Lynn Larsen	17.12m
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60-64

1 Shannon Nembach	29.89m
2 Juaquita Gray	19.48m
3 Sarah Letts	17.46m
4 Suzette Lee	16.36m

70-74

1 Linda Cohn	24.90m
2 Tina Bowman	20.38m

Men**50-54**

1 Richard Rubio	18.76m
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55-59

1 Patrick Carter	29.00m
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60-64

1 Steve Magers	26.40m
2 Jim Kollias	22.06m

65-69

1 Victor Wilson	36.83m
2 Mahmoud Niroumand	36.38m
3 James Barry	25.84m
4 Jim Worden	19.29m
5 Don DeRosa	18.82m

75-79

1 Richard Markota	26.82m
2 Monte Gast	24.34m

3 Ron Rook	21.98m
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80-84

1 Vince Dayes	18.56m
2 Dennis Griffith	16.18m
3 Harinder Singh Cheema	13.83m

85-89

1 Tom Katsis	21.71m
2 Arthur Sepin	13.19m

90-94

1 Gerald Chase	6.64m
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SHOT PUT**Women****55-59**

1 Mindy Barratt	7.47m
2 Lynn Larsen	6.17m

60-64

1 Suzette Lee	8.17m
2 Karen Howell	8.04m

65-69

1 Veronica Amarasekara	8.61m
2 Rozanne Adanto	5.95m

70-74

1 Linda Cohn	7.95m
2 Eleanor Evans	6.60m

75-79

1 LaTanya Glass	8.67m
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Men**55-59**

1 Patrick Carter	9.51m
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60-64

1 Paul Starkey	12.41m
2 Chuck Powell	9.73m
3 Timothy Edwards	9.54m
4 Vincent Orme	8.98m
5 Jim Kollias	8.38m

65-69

1 Greg Holden	11.80m
2 Harold Holmes	8.82m
3 Jim Worden	8.27m
4 Michael Palacios	8.14m

5 Don DeRosa	6.95m
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70-74

1 Charles Lyons	8.72m
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75-79

1 James Malin	11.39m
2 Theagenis Abatsoglou	10.60m
3 Greg Messick	7.46m

80-84

1 William Harvey	12.72m
2 Stan Whitley	11.28m
3 Vince Dayes	9.08m
4 Dennis Griffith	7.19m
5 Harinder Singh Cheema	6.30m

85-89

1 Arthur Sepin	9.12m
2 Tom Katsis	8.21m

90-94

1 Robert Smith	6.64m
2 Alan Rosen	6.19m
3 Gerald Chase	5.27m