

## Master's T&amp;F "Welcome Back" Meet - 11/7/2021

Independence HS  
Results - Meet Day**W40 50 Meter Run****Finals**

1 #2663 Gibb-Gabriel, Adjua W42 Joy's Jackra 7.28 0.8

**W50 50 Meter Run****Finals**

1 #2664 Lain, Stephanie W52 Joy's Jackra 8.46 0.8

**W55 50 Meter Run****Finals**

1 #2749 Michon, Michele W55 Unattached 8.76 0.8

**W60 50 Meter Run****Finals**1 #2666 Upshaw, Joy W60 Joy's Jackra 7.70 0.8  
2 #2727 Maxwell, Karen W63 Unattached 8.40 0.8  
3 #2676 Shepardson, Veronica W64 Santa Cruz T 10.87 0.8**W70 50 Meter Run****Finals**

1 #2751 Roldan, Josephine W70 Unattached 10.42 0.8

**W35 100 Meter Run****Finals**

1 #1564 Formby, Heather W36 Joy's Jackra 14.51 1.4

**W40 100 Meter Run****Finals**

1 #2663 Gibb-Gabriel, Adjua W42 Joy's Jackra 13.22 1.4

**W50 100 Meter Run****Finals**

1 #2664 Lain, Stephanie W52 Joy's Jackra 15.77 1.4

**W55 100 Meter Run****Finals**

1 #2749 Michon, Michele W55 Unattached 17.07 1.4

**W60 100 Meter Run****Finals**

1 #2727 Maxwell, Karen W63 Unattached 15.75 1.4

**W40 200 Meter Run****Finals**

1 #2663 Gibb-Gabriel, Adjua W42 Joy's Jackra 27.22 2.7

**W60 200 Meter Run****Finals**

1 #2666 Upshaw, Joy W60 Joy's Jackra 31.12 2.7

**W70 200 Meter Run****Finals**

1 #2751 Roldan, Josephine W70 Unattached 47.64 2.7

**W60 400 Meter Run****Finals**

--- #2676 Shepardson, Veronica W64 Santa Cruz T DNF

**W85 400 Meter Run****Finals**

1 #2680 Hurrell, Lynne W87 Sierra Gold 2:10.78

**W55 800 Meter Run****Finals**

1 #2767 Vinkey, Rachel W55 Unattached 3:53.00

**W60 800 Meter Run****Finals**1 #2764 Cordes, Suzanne W60 Unattached 2:56.30  
2 #2706 Connor, Margery W60 Unattached 2:57.00**W85 800 Meter Run****Finals**

1 #2680 Hurrell, Lynne W87 Sierra Gold 5:18.60

**W55 1500 Meter Run****Finals**

1 #2767 Vinkey, Rachel W55 Unattached 7:38.27

**W60 1500 Meter Run****Finals**1 #2764 Cordes, Suzanne W60 Unattached 5:51.66  
2 #2706 Connor, Margery W60 Unattached 5:55.77**W60 80 Short Hurdles****Finals**1 #2666 Upshaw, Joy W60 Joy's Jackra 13.39 0.6  
2 #2727 Maxwell, Karen W63 Unattached 14.40 0.6**W60 300 Long Hurdles****Finals**

1 #2727 Maxwell, Karen W63 Unattached 58.75

**W60 High Jump****Finals**

1 #2666 Upshaw, Joy W60 Joy's Jackra 1.25m

**W29&U Pole Vault****Finals**

1 #2712 Gaudian, Sage W29 Unattached 3.50m

**W35 Long Jump****Finals**

1 #1564 Formby, Heather W36 Joy's Jackra 4.43m +0.0

**W60 Long Jump****Finals**

1 #2666 Upshaw, Joy W60 Joy's Jackra 4.03m +0.0

**W55 Shot Put****Finals**

1 #2675 Smith, Alice W56 San Francisc 6.89m

**W80 Shot Put****Finals**

1 #2754 Padia, Elsbeth W83 Unattached 7.45m

## Master's T&amp;F "Welcome Back" Meet - 11/7/2021

Independence HS  
Results - Meet Day**W55 Discus Throw****Finals**

1 #2675 Smith, Alice W56 San Francisc 17.77m

**W60 Discus Throw****Finals**

1 #2676 Shepardson, Veronica W64 Santa Cruz T 10.85m

**W80 Discus Throw****Finals**

1 #2754 Padia, Elsbeth W83 Unattached 18.13m

**W40 Other Standing LJ****Finals**

1 #2663 Gibb-Gabriel, Adjua W42 Joy's Jackra 2.34m

**W60 Other Standing LJ****Finals**

1 #2666 Upshaw, Joy W60 Joy's Jackra 2.09m

**W60 1500 Meter Race Walk****Finals**

1 #2687 Goldman, Nicolle W63 Sierra Racew 9:08.05

2 #2740 Stahl, Felice W64 Unattached 9:50.22

**W65 1500 Meter Race Walk****Finals**

1 #2688 Stoyanowski, Karen W66 Sierra Racew 9:21.87

--- #2686 Figone, Joanne W69 Sierra Racew DNF

--- #2747 Lesch-Hollis, Ann W65 Unattached DQ

**W65 1500 Meter Race Walk Powerwalk****Finals**

1 #2688 Stoyanowski, Karen W66 Sierra Racew 9:48.09

2 #2747 Lesch-Hollis, Ann W65 Unattached 14:13.50

**W75 1500 Meter Race Walk****Finals**

1 #2685 Caldwell, Patricia W76 Sierra Racew 11:11.58

**W85 1500 Meter Race Walk Powerwalk****Finals**

1 #2680 Hurrell, Lynne W87 Sierra Gold 13:14.71

**M29&U 50 Meter Run****Finals**

1 #2701 Chen, Eric M29 Unattached 6.42 1.2

**M30 50 Meter Run****Finals**

1 #2758 Maxwell, Terence M34 Unattached 6.48 1.2

**M35 50 Meter Run****Finals**

1 #2765 Yuhara, Jerry M35 Unattached 7.04 1.2

**M45 50 Meter Run****Finals**

1 #2763 Phan, Derick M45 Unattached 7.09 1.1

**M50 50 Meter Run****Finals**

1 #2711 Garcia V, Maximo M53 Unattached 6.82 1.1

2 #2753 Spiller, Matthew M50 Unattached 7.31 1.1

3 #2757 Cubillo, x M50 Unattached 7.46 1.1

**M55 50 Meter Run****Finals**

1 #2726 Luo, Jonathan M55 Unattached 6.84 1.1

2 #2723 Klippert, Jeffrey M59 Unattached 7.25 1.1

3 #2708 Dalton, Pat M57 Unattached 7.30 1.1

**M60 50 Meter Run****Finals**

1 #2713 Giles Sr., Lyle M62 Unattached 7.32 +0.0

2 #2674 Marcisz, Zdzislaw M61 San Francisc 7.60 +0.0

3 #2702 Chen, Peter M63 Unattached 7.94 +0.0

4 #2679 Holmes Jr., Harold M64 Sierra Gold 8.21 +0.0

5 #2668 McDaniels, Robert M64 MacCanDo Ten 8.27 +0.0

**M65 50 Meter Run****Finals**

1 #2742 Torie, Phillip M66 Unattached 7.29 +0.0

2 #2683 Mcnamee, John M68 Sierra Gold 7.79 +0.0

**M70 50 Meter Run****Finals**

1 #2719 Janzen, Ken M74 Unattached 7.80 -0.2

2 #2750 Michon, Peter M70 Unattached 7.91 -0.2

**M75 50 Meter Run****Finals**

1 #2739 Squires, Jack M77 Unattached 8.79 -0.2

**M80 50 Meter Run****Finals**

1 #2665 Strouse, Frank M81 Joy's Jackra 8.35 -0.2

**M29&U 100 Meter Run****Finals**

1 #2738 Simms Jr., Shawn M28 Unattached 10.94 2.3

**M30 100 Meter Run****Finals**

1 #2758 Maxwell, Terence M34 Unattached 11.81 2.3

**M35 100 Meter Run****Finals**

1 #2765 Yuhara, Jerry M35 Unattached 12.96 2.3

**M40 100 Meter Run****Finals**

1 #2734 Pu, Jia M42 Unattached 13.26 2.3

**M45 100 Meter Run****Finals**

1 #2768 Hoffer, Michael M49 Unattached 12.45 2.3

2 #2763 Phan, Derick M45 Unattached 13.46 2.3

## Master's T&amp;F "Welcome Back" Meet - 11/7/2021

Independence HS  
Results - Meet Day**Finals ... (M45 100 Meter Run)**

3	#2667 Makonnen, Joseph	M48	Lake Merritt	15.27	2.3
---	------------------------	-----	--------------	-------	-----

**M50 100 Meter Run****Finals**

1	#2711 Garcia V, Maximo	M53	Unattached	12.54	1.8
2	#2769 Eklund, Markus	M51	Unattached	12.98	2.3
3	#2757 Cubillo, x	M50	Unattached	13.86	1.8
4	#2730 Norman, LaGerald	M52	Unattached	14.18	1.8

**M55 100 Meter Run****Finals**

1	#2726 Luo, Jonathan	M55	Unattached	12.79	1.8
2	#2723 Klippert, Jeffrey	M59	Unattached	13.62	1.8

**M60 100 Meter Run****Finals**

1	#2713 Giles Sr., Lyle	M62	Unattached	13.98	1.2
2	#2674 Marcisz, Zdzislaw	M61	San Francisc	14.16	1.2
3	#2702 Chen, Peter	M63	Unattached	15.18	1.2
4	#2668 McDaniels, Robert	M64	MacCanDo Ten	15.54	1.2
5	#2679 Holmes Jr., Harold	M64	Sierra Gold	15.57	1.2

**M65 100 Meter Run****Finals**

1	#2742 Torie, Phillip	M66	Unattached	13.45	1.2
2	#2683 Mcnamee, John	M68	Sierra Gold	14.59	1.2

**M70 100 Meter Run****Finals**

1	#2750 Michon, Peter	M70	Unattached	15.01	0.6
---	#2719 Janzen, Ken	M74	Unattached	DNF	0.6

**M80 100 Meter Run****Finals**

---	#2665 Strouse, Frank	M81	Joy's Jackra	DNF	0.6
-----	----------------------	-----	--------------	-----	-----

**M29&U 200 Meter Run****Finals**

1	#2738 Simms Jr., Shawn	M28	Unattached	22.19	1.7
2	#2701 Chen, Eric	M29	Unattached	24.34	1.7

**M30 200 Meter Run****Finals**

1	#2758 Maxwell, Terence	M34	Unattached	24.00	1.7
---	------------------------	-----	------------	-------	-----

**M50 200 Meter Run****Finals**

1	#2707 Cranford, Walter	M54	Unattached	25.04	1.2
2	#2711 Garcia V, Maximo	M53	Unattached	26.39	1.2
3	#2769 Eklund, Markus	M51	Unattached	26.62	1.2
4	#2696 Ambrose, Michael	M52	Unattached	27.74	1.2
5	#2660 Bogdanowicz, Matt	M53	Joy's Jackra	28.62	1.2
6	#2730 Norman, LaGerald	M52	Unattached	31.14	1.2

**M55 200 Meter Run****Finals**

1	#2726 Luo, Jonathan	M55	Unattached	26.61	1.2
---	---------------------	-----	------------	-------	-----

**M60 200 Meter Run****Finals**

1	#2679 Holmes Jr., Harold	M64	Sierra Gold	33.51	2.1
---	--------------------------	-----	-------------	-------	-----

**M65 200 Meter Run****Finals**

1	#2742 Torie, Phillip	M66	Unattached	27.92	2.1
2	#2683 Mcnamee, John	M68	Sierra Gold	31.77	2.1

**M70 200 Meter Run****Finals**

1	#2732 Parnell, Roger	M72	Unattached	28.40	2.1
2	#2750 Michon, Peter	M70	Unattached	31.54	2.1

**M45 400 Meter Run****Finals**

1	#2667 Makonnen, Joseph	M48	Lake Merritt	1:06.78
---	------------------------	-----	--------------	---------

**M50 400 Meter Run****Finals**

1	#2660 Bogdanowicz, Matt	M53	Joy's Jackra	1:01.23
2	#2696 Ambrose, Michael	M52	Unattached	1:02.72
3	#2744 Iverson, Kirt	M51	Wolfpack Run	1:07.96

**M55 400 Meter Run****Finals**

1	#2681 Lang, Bob	M57	Sierra Gold	1:11.00
---	-----------------	-----	-------------	---------

**M60 400 Meter Run****Finals**

1	#2700 Case, Doug	M61	Unattached	1:22.63
---	------------------	-----	------------	---------

**M70 400 Meter Run****Finals**

1	#2672 Goodwin, Chris	M70	San Francisc	1:12.34
---	----------------------	-----	--------------	---------

**M75 400 Meter Run****Finals**

1	#2759 O'Havez, Daniel	M75	Unattached	2:11.80
2	#2671 Callori, Bob	M78	San Francisc	2:16.45

**M85 400 Meter Run****Finals**

1	#2695 Shropshire, Elmo	M85	Tamalpa Runn	1:41.18
---	------------------------	-----	--------------	---------

**M50 800 Meter Run****Finals**

1	#2741 Stebbings, Simon	M50	Unattached	2:14.19
---	------------------------	-----	------------	---------

**M55 800 Meter Run****Finals**

1	#2728 Mayberry, Bryan	M57	Unattached	2:32.92
2	#2752 Spencer, Dwayne	M55	Unattached	2:51.37
3	#2681 Lang, Bob	M57	Sierra Gold	2:53.02

**M60 800 Meter Run****Finals**

1	#2690 Geller, Jonathan	M63	Strawberry C	2:41.56
---	------------------------	-----	--------------	---------

## Master's T&amp;F "Welcome Back" Meet - 11/7/2021

Independence HS  
Results - Meet Day**Finals ... (M60 800 Meter Run)**

2	#2694 Oakes, Christian	M63	Tamalpa Runn	2:41.81
3	#2691 Keenan, Tim	M60	Strawberry C	2:42.80
4	#2700 Case, Doug	M61	Unattached	3:03.58
5	#2717 Holmes, Mark	M61	Unattached	3:14.20

**M75 800 Meter Run****Finals**

1	#2682 Mathies, Drue	M75	Sierra Gold	3:35.07
2	#2693 French, Gene	M75	Tamalpa Runn	3:35.95

**M45 1500 Meter Run****Finals**

1	#2722 Klarich, Lee	M47	Unattached	4:27.20
---	--------------------	-----	------------	---------

**M50 1500 Meter Run****Finals**

1	#2756 Lieben, Ivan	M50	Unattached	4:33.70
---	--------------------	-----	------------	---------

**M55 1500 Meter Run****Finals**

1	#2677 Soares, Jeff	M58	Santa Cruz T	4:58.30
---	--------------------	-----	--------------	---------

**M60 1500 Meter Run****Finals**

1	#2691 Keenan, Tim	M60	Strawberry C	5:18.80
2	#2743 Pickens, Robert	M61	West Valley	5:25.00
3	#2669 Cushenbery, Brent	M62	River City R	6:20.10
4	#2717 Holmes, Mark	M61	Unattached	6:32.40

**M65 1500 Meter Run****Finals**

1	#2699 Boyle, Dennis.	M68	Unattached	6:28.30
---	----------------------	-----	------------	---------

**M70 1500 Meter Run****Finals**

1	#2692 Beckert, Arthur	M70	Tamalpa Runn	5:39.10
---	-----------------------	-----	--------------	---------

**M75 1500 Meter Run****Finals**

1	#2693 French, Gene	M75	Tamalpa Runn	7:00.50
---	--------------------	-----	--------------	---------

**M80 1500 Meter Run****Finals**

1	#2748 Schmid, Hans	M81	Unattached	7:43.30
---	--------------------	-----	------------	---------

**M40 3000 Meter Run****Finals**

1	#2760 Lee, Emanuel	M44	Unattached	11:32.03
---	--------------------	-----	------------	----------

**M55 3000 Meter Run****Finals**

1	#2752 Spencer, Dwayne	M55	Unattached	11:15.88
---	-----------------------	-----	------------	----------

**M60 3000 Meter Run****Finals**

1	#2766 Kirk, Jeff	M60	Unattached	11:45.68
2	#2658 Hemmel, Mark	M63	Cal Coast Tr	12:50.18

**M65 3000 Meter Run****Finals**

1	#2670 Qualls, Robert	M69	River City R	12:30.89
---	----------------------	-----	--------------	----------

**M75 3000 Meter Run****Finals**

---	#2693 French, Gene	M75	Tamalpa Runn	DQ
-----	--------------------	-----	--------------	----

**M80 3000 Meter Run****Finals**

1	#2748 Schmid, Hans	M81	Unattached	16:26.02
---	--------------------	-----	------------	----------

**M85 3000 Meter Run****Finals**

1	#2695 Shropshire, Elmo	M85	Tamalpa Runn	17:51.42
---	------------------------	-----	--------------	----------

**M70 80 Short Hurdles****Finals**

1	#2732 Parnell, Roger	M72	Unattached	14.14	0.6
2	#2697 Baskauskas, Edward	M71	Unattached	18.46	0.6

**M60 100 Short Hurdles****Finals**

1	#2661 Conley, Brian	M61	Joy's Jackra	24.23	0.6
---	---------------------	-----	--------------	-------	-----

**M60 300 Long Hurdles****Finals**

1	#2661 Conley, Brian	M61	Joy's Jackra	58.61
2	#2694 Oakes, Christian	M63	Tamalpa Runn	1:00.05

**M35 High Jump****Finals**

---	#2765 Yuhara, Jerry	M35	Unattached	NH
-----	---------------------	-----	------------	----

**M45 High Jump****Finals**

1	#2768 Hoffer, Michael	M49	Unattached	1.77m
2	#2763 Phan, Derick	M45	Unattached	1.30m

**M50 High Jump****Finals**

1	#2771 Paris, Terry	M50	Unattached	1.55m
---	#2753 Spiller, Matthew	M50	Unattached	NH

**M60 High Jump****Finals**

1	#2713 Giles Sr., Lyle	M62	Unattached	1.35m
2	#2694 Oakes, Christian	M63	Tamalpa Runn	1.15m

**M75 High Jump****Finals**

1	#2739 Squires, Jack	M77	Unattached	1.25m
---	---------------------	-----	------------	-------

**M50 Pole Vault****Finals**

1	#2770 Besmer, Dan	M50	Unattached	3.65m
---	-------------------	-----	------------	-------

## Master's T&amp;F "Welcome Back" Meet - 11/7/2021

Independence HS  
Results - Meet Day**M55 Pole Vault****Finals**

1 #2718 Horvath, Steve M55 Unattached 3.80m

**M60 Pole Vault****Finals**

--- #2704 Clarke, Chris M60 Unattached NH

**M75 Pole Vault****Finals**

1 #2735 Ribbel, Arthur M79 Unattached 2.30m

**M45 Long Jump****Finals**

1 #2763 Phan, Derick M45 Unattached 4.54m +0.0

--- #2768 Hoffer, Michael M49 Unattached FOUL

**M50 Long Jump****Finals**

1 #2753 Spiller, Matthew M50 Unattached 4.33m 0.7

**M55 Long Jump****Finals**

1 #2726 Luo, Jonathan M55 Unattached 5.32m +0.0

**M60 Long Jump****Finals**

1 #2702 Chen, Peter M63 Unattached 3.98m 0.5

2 #2689 Marchbanks, Ray M61 Sonoma Valle 3.73m 0.3

3 #2713 Giles Sr., Lyle M62 Unattached 3.33m +0.0

**M45 Triple Jump****Finals**

1 #2763 Phan, Derick M45 Unattached 8.90m +0.0

**M60 Triple Jump****Finals**

1 #2689 Marchbanks, Ray M61 Sonoma Valle 7.90m +0.0

**M65 Triple Jump****Finals**

1 #2725 Lariza, Mike M65 Unattached 9.00m +0.0

**M29&U Shot Put****Finals**

1 #2673 Kukfa, Dave M26 San Francisc 11.38m

**M45 Shot Put****Finals**

1 #2755 Callister, Alex M45 Unattached 11.11m

**M50 Shot Put****Finals**

1 #2753 Spiller, Matthew M50 Unattached 8.71m

**M55 Shot Put****Finals**

1 #2736 Rosati, Paul M58 Unattached 12.52m

**M60 Shot Put****Finals**

1 #2674 Marcisz, Zdzislaw M61 San Francisc 13.59m

2 #2720 Kibort, Mark M61 Unattached 11.14m

3 #2729 Munski, Larry M62 Unattached 10.74m

**M75 Shot Put****Finals**

1 #2716 Harvey, William M76 Unattached 12.28m

2 #2759 O'Havez, Daniel M75 Unattached 4.98m

**M29&U Discus Throw****Finals**

1 #2673 Kukfa, Dave M26 San Francisc 28.02m

**M45 Discus Throw****Finals**

1 #2755 Callister, Alex M45 Unattached 36.86m

**M50 Discus Throw****Finals**

1 #2753 Spiller, Matthew M50 Unattached 31.37m

**M55 Discus Throw****Finals**

1 #2736 Rosati, Paul M58 Unattached 44.46m

**M60 Discus Throw****Finals**

1 #2705 Collins, Michael M62 Unattached 40.97m

2 #2674 Marcisz, Zdzislaw M61 San Francisc 38.84m

3 #2720 Kibort, Mark M61 Unattached 36.31m

4 #2729 Munski, Larry M62 Unattached 34.21m

**M65 Discus Throw****Finals**

1 #2761 Tsaldocchi, Dennis M65 Unattached 23.88m

**M75 Discus Throw****Finals**

1 #2759 O'Havez, Daniel M75 Unattached 15.60m

**M35 Other Standing LJ****Finals**

1 #2765 Yuhara, Jerry M35 Unattached 2.52m

**M45 Other Standing LJ****Finals**

1 #2768 Hoffer, Michael M49 Unattached 2.82m

2 #2763 Phan, Derick M45 Unattached 2.49m

**M50 Other Standing LJ****Finals**

1 #2769 Eklund, Markus M51 Unattached 2.29m

**M55 Other Standing LJ****Finals**

1 #2726 Luo, Jonathan M55 Unattached 2.68m

## Master's T&amp;F "Welcome Back" Meet - 11/7/2021

Independence HS  
Results - Meet Day**M60 Other Standing LJ****Finals**

1	#2668	McDaniels, Robert	M64	MacCanDo Ten	1.99m
---	-------	-------------------	-----	--------------	-------

**M75 Other Standing LJ****Finals**

1	#2759	O'Havez, Daniel	M75	Unattached	1.24m
---	-------	-----------------	-----	------------	-------

**M45 1500 Meter Race Walk****Finals**

1	#2709	Darcy, Joseph	M49	Unattached	9:20.44
---	-------	---------------	-----	------------	---------

**M45 1500 Meter Race Walk Powerwalk****Finals**

1	#2709	Darcy, Joseph	M49	Unattached	9:19.50
---	-------	---------------	-----	------------	---------

**M50 1500 Meter Race Walk****Finals**

1	#2684	Bunker, Keith	M52	Sierra Racew	9:09.88
---	-------	---------------	-----	--------------	---------

**M60 1500 Meter Race Walk****Finals**

---	#2721	Kirshner, Brian	M62	Unattached	DQ
-----	-------	-----------------	-----	------------	----

**M65 1500 Meter Race Walk Powerwalk****Finals**

1	#2724	Kolling, Alan	M69	Unattached	14:00.97
---	-------	---------------	-----	------------	----------

**M65 1500 Meter Race Walk****Finals**

---	#2746	Swartz, John	M67	Unattached	DQ
-----	-------	--------------	-----	------------	----

**M80 1500 Meter Race Walk Powerwalk****Finals**

1	#2678	Beckett, James	M83	Sierra Gold	9:55.78
2	#2733	Popell, Steven	M82	Unattached	10:44.10