

PRIDE MEET 2019 - 6/22/2019

College of Marin

Results

**W30 100 Meter Dash
Finals**

1 Formby, Heather W34 Joy's Jackra 14.64

**W35 100 Meter Dash
Finals**

1 Gibb-Gabriel, Adjua W39 Unattached 13.54
2 Harris, Vicki W37 San Francisc 14.25

**W45 100 Meter Dash
Finals**

1 Lain, Stephanie W49 Santa Cruz T 15.39
2 Tonnu, Quynh W46 Unattached 17.54

**W55 100 Meter Dash
Finals**

1 Philpott, Janie W55 Unattached 15.24
2 Glaeser, Yolanda W57 Unattached 15.73

**W60 100 Meter Dash
Finals**

1 Scotti, Amanda W61 Sierra Gold 15.31

**W70 100 Meter Dash
Finals**

1 Ring, Jenny W70 Unattached 25.19

**W85 100 Meter Dash
Finals**

1 Obera, Irene W85 Unattached 23.43

**W35 200 Meter Dash
Finals**

1 Harris, Vicki W37 San Francisc 30.53

**W65 200 Meter Dash
Finals**

1 Gilbert, Sharlet W68 Lmjs 43.23

**W85 200 Meter Dash
Finals**

1 Obera, Irene W85 Unattached 54.47

**W50 400 Meter Dash
Finals**

1 Hall, Darlene W53 San Francisc 1:21.60

**W65 400 Meter Dash
Finals**

1 Gilbert, Sharlet W68 Lmjs 1:37.13

**W80 400 Meter Dash
Finals**

1 Hurrell, Lynne W84 Sierra Gold 2:01.67

**W50 800 Meter Run
Finals**

1 Nichols, Liisa W53 Santa Cruz T 2:44.56

**W55 800 Meter Run
Finals**

1 Mims, Inka W58 Sierra Gold 3:05.49

**W65 800 Meter Run
Finals**

1 Gilbert, Sharlet W68 Lmjs 3:42.39

**W80 800 Meter Run
Finals**

1 Hurrell, Lynne W84 Sierra Gold 4:35.46

**W55 1 Mile Run
Finals**

1 Mims, Inka W58 Sierra Gold 6:54.41

**W65 1 Mile Run
Finals**

1 Gilbert, Sharlet W68 Lmjs 7:53.02

**W45 5000 Meter Run
Finals**

1 Burdock, Maureen W49 Unattached 23:22.82

**W65 5000 Meter Run
Finals**

1 Gilbert, Sharlet W68 Lmjs 26:06.61

**W55 80 Short Hurdles
Finals**

1 Paradise, Angela W56 Joy's Jackra 17.50

**W55 300 Long Hurdles
Finals**

1 Upshaw, Joy W58 Joy's Jackra 53.00
2 Johnson, Gabrielle W56 Joy's Jackra 1:03.50
3 Paradise, Angela W56 Joy's Jackra 1:08.51

**W40 4x100 Meter Relay
Finals**

1 Team All Stars A 55.62

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Results

W30 High Jump

Finals

1 Formby, Heather W34 Joy's Jackra 1.41m

W55 High Jump

Finals

1 Upshaw, Joy W58 Joy's Jackra 1.31m

W85 High Jump

Finals

1 Obera, Irene W85 Unattached 0.86m

W30 Long Jump

Finals

--- Formby, Heather W34 Joy's Jackra FOUL

W35 Long Jump

Finals

1 Gibb-Gabriel, Adjua W39 Unattached 4.57m

W55 Long Jump

Finals

1 Upshaw, Joy W58 Joy's Jackra 4.56m

W85 Long Jump

Finals

1 Obera, Irene W85 Unattached 2.13m

W45 Shot Put

Finals

1 Guirand, Gisele W48 So Cal Strid 6.63m

W50 Shot Put

Finals

1 Glazier, KimAlix W53 San Francisc 7.81m

W65 Shot Put

Finals

1 Duley, Cathy W67 Unattached 4.88m

W45 Discus Throw

Finals

1 Guirand, Gisele W48 So Cal Strid 21.75m

W55 Discus Throw

Finals

1 Mims, Inka W58 Sierra Gold 21.29m

W65 Discus Throw

Finals

1 Duley, Cathy W67 Unattached 12.32m

W45 Javelin Throw

Finals

1 Guirand, Gisele W48 So Cal Strid 13.90m

W50 Javelin Throw

Finals

1 Schimek, Durelle W51 Sierra Gold 38.14m

W65 Javelin Throw

Finals

1 Duley, Cathy W67 Unattached 9.09m

W80 Javelin Throw

Finals

1 Hurrell, Lynne W84 Sierra Gold 6.83m

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Results

M29&U 100 Meter Dash

Finals

1	Chen, Jeffrey	M24 Unattached	11.40
2	Soboliev, Dmytro	M26 Unattached	11.70
3	Oon, Alex	M23 unattached	12.05
4	Blake, Brandon	M29 Unattached	12.43

M30 100 Meter Dash

Finals

1	Jackson, Chase	M34 Unattached	13.48
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M35 100 Meter Dash

Finals

1	Brockman, Cameron	M35 Unattached	12.19
2	Sugiura, Akihiko	M37 Unattached	12.97

M40 100 Meter Dash

Finals

1	Tran, Kien	M42 San Francisc	13.78
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M45 100 Meter Dash

Finals

1	Jones, Kevin	M48 Unattached	12.43
2	Spiller, Matthew	M48 Unattached	13.61
3	Au, Sean	M47 San Francisc	14.14

M50 100 Meter Dash

Finals

1	Jett, Rod	M52 unattached	12.67
2	Finn, Michael	M50 Challenged A	13.90
3	Oates, Thomas	M51 Sierra Gold	14.90

M55 100 Meter Dash

Finals

1	Holland, Doug	M55 Unattached	13.00
2	Marcisz, Zdzislaw	M59 San Francisc	13.73
3	Ols, Joseph	M55 Unattached	15.52

M60 100 Meter Dash

Finals

1	McDaniels, Robert	M62 MacCanDo Ten	18.24
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M65 100 Meter Dash

Finals

1	Mcnamee, John	M66 Sierra Gold	14.37
2	Larsen, Bob	M65 Unattached	15.40

M70 100 Meter Dash

Finals

1	Squires, Jack	M74 Unattached	16.43
2	Harmon, Richard	M70 Unattached	16.48

M75 100 Meter Dash

Finals

1	Rowan, Terry	M78 Unattached	16.91
2	Callori, Bob	M76 San Francisc	22.21

M29&U 200 Meter Dash

Finals

1	Soboliev, Dmytro	M26 Unattached	23.78
2	Nourani, Mohammad	M24 Unattached	26.33

M30 200 Meter Dash

Finals

1	Jackson, Chase	M34 Unattached	26.85
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M35 200 Meter Dash

Finals

1	Brockman, Cameron	M35 Unattached	23.90
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M45 200 Meter Dash

Finals

1	Jones, Kevin	M48 Unattached	24.87
2	Au, Sean	M47 San Francisc	28.97

M50 200 Meter Dash

Finals

1	Finn, Michael	M50 Challenged A	29.52
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M55 200 Meter Dash

Finals

1	Holland, Doug	M55 Unattached	27.05
2	Ols, Joseph	M55 Unattached	32.90

M60 200 Meter Dash

Finals

1	Valera, Mark	M61 San Francisc	29.85
2	Berg, Robert	M62 Unattached	29.95

M65 200 Meter Dash

Finals

1	Larsen, Bob	M65 Unattached	32.24
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M75 200 Meter Dash

Finals

1	Callori, Bob	M76 San Francisc	49.02
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Results

M29&U 400 Meter Dash

Finals

1 Blake, Brandon M29 Unattached 54.76

M40 400 Meter Dash

Finals

1 Tran, Kien M42 San Francisc 1:02.18

M45 400 Meter Dash

Finals

1 Taylor, Markelle M46 Tamalpa Runn 57.43
 2 Jones, Kevin M48 Unattached 57.71
 3 Au, Sean M47 San Francisc 1:03.63
 4 Spiller, Matthew M48 Unattached 1:05.48

M60 400 Meter Dash

Finals

1 Berg, Robert M62 Unattached 1:07.11

M65 400 Meter Dash

Finals

1 Goodwin, Christopher M67 San Francisc 1:06.40

M75 400 Meter Dash

Finals

1 Callori, Bob M76 San Francisc 1:58.67

M29&U 800 Meter Run

Finals

1 Higgins, Ryan M26 San Francisc 2:03.09
 2 Nourani, Mohammad M24 Unattached 2:11.94
 3 Desai, Anchit M29 Strawberry C 2:25.52
 4 Ruark, Lucas M10 Dipsea Kidz 2:35.36

M35 800 Meter Run

Finals

1 Setser, Thomas M39 San Francisc 2:15.12

M45 800 Meter Run

Finals

1 Taylor, Markelle M46 Tamalpa Runn 2:13.34

M50 800 Meter Run

Finals

1 LeGan, Tom M52 Strawberry C 2:05.77

M55 800 Meter Run

Finals

1 Mayberry, Bryan M55 Sierra Gold 2:16.79
 2 Maloney, Jim M58 San Francisc 2:40.98

M70 800 Meter Run

Finals

1 Mathies, Drue M72 Sierra Gold 3:23.79

M75 800 Meter Run

Finals

1 Lewitz, Joel M75 San Francisc 3:46.89
 2 Callori, Bob M76 San Francisc 4:40.12

M29&U 1 Mile Run

Finals

1 Kovaleski, Nicholas M29 A Runner's M 5:00.61
 2 Jones, Austin M27 San Francisc 5:10.71
 3 Ruark, Lucas M10 Dipsea Kidz 5:35.31

M35 1 Mile Run

Finals

1 Robbins, Todd M35 Excelsior Ru 5:22.45
 2 Setser, Thomas M39 San Francisc 5:34.49

M45 1 Mile Run

Finals

1 Higareda, Sergio M45 Tamalpa Runn 5:30.04

M55 1 Mile Run

Finals

1 Maloney, Jim M58 San Francisc 6:03.98

M60 1 Mile Run

Finals

1 Bullwinkel, Clay M62 West Valley 5:40.39

M65 1 Mile Run

Finals

1 Beckert, Arthur M68 Tamalpa Runn 6:00.91
 2 Buzbee, Patrick M67 Unattached 7:14.88

M70 1 Mile Run

Finals

1 Mathies, Drue M72 Sierra Gold 7:12.26

M29&U 5000 Meter Run

Finals

1 Inouye, Eric M20 Unattached 17:48.81
 2 Sturmer, Andrew M29 San Francisc 18:20.00

M35 5000 Meter Run

Finals

1 Robbins, Todd M35 Excelsior Ru 17:15.84

M45 5000 Meter Run

Finals

1 Higareda, Sergio M45 Tamalpa Runn 18:43.14

M65 5000 Meter Run

Finals

1 Buzbee, Patrick M67 Unattached 23:33.50

M70 5000 Meter Run

Finals

1 Mathies, Drue M72 Sierra Gold 24:08.19

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Results

M50 100 Short Hurdles

Finals

1 Jett, Rod M52 unattached 14.94

M55 100 Short Hurdles

Finals

1 Ols, Joseph M55 Unattached 21.55

M60 100 Short Hurdles

Finals

1 McDaniels, Robert M62 MacCanDo Ten 18.24

M45 110 Short Hurdles

Finals

1 Spiller, Matthew M48 Unattached 20.82

M60 300 Long Hurdles

Finals

1 Marthinsen, Art` M60 San Francisc 1:05.00

M65 300 Long Hurdles

Finals

1 Mcnamee, John M66 Sierra Gold 53.31
2 Larsen, Bob M65 Unattached 1:01.63

M29&U 400 Long Hurdles

Finals

1 Xenakis, Loucas M16 Unattached 1:02.91

M55 400 Long Hurdles

Finals

1 Ols, Joseph M55 Unattached 1:28.64

M40 4x100 Meter Relay

Finals

1 Joy's Jackra A 49.67
2 San Francisc A 55.09

M40 4x400 Meter Relay

Finals

1 4x4 Team 1 A 3:41.97
2 4x4 Team 2 A 3:56.06

M35 High Jump

Finals

1 Bundy, Andrew M39 San Francisc 1.52m

M55 High Jump

Finals

1 Ols, Joseph M55 Unattached 1.31m
2 Holland, Doug M55 Unattached 1.26m

M60 High Jump

Finals

1 Marthinsen, Art` M60 San Francisc 1.06m

M65 High Jump

Finals

1 Larsen, Bob M65 Unattached 1.16m
2 Lloyd, Daniel M65 unattached 1.06m

M70 High Jump

Finals

1 Squires, Jack M74 Unattached 1.26m

M75 High Jump

Finals

1 Burns, John M78 Unattached 1.16m

M29&U Pole Vault

Finals

1 Soboliev, Dmytro M26 Unattached 4.25m
2 Soboliev, Ievgen M26 Unattached 3.45m
--- Jonah, James M17 Unattached NH

M45 Pole Vault

Finals

--- Au, Sean M47 San Francisc NH

M50 Pole Vault

Finals

1 Oates, Thomas M51 Sierra Gold 2.45m

M55 Pole Vault

Finals

6 Ols, Joseph M55 Unattached J2.13m

M70 Pole Vault

Finals

5 Harmon, Richard M70 Unattached J2.13m
--- Wuest, Gary M73 Unattached NH

M75 Pole Vault

Finals

1 Werne, Roger M75 unattached 2.30m

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Results

M29&U Long Jump

Finals

1	Soboliev, Dmytro	M26 Unattached	6.42m
2	Nourani, Mohammad	M24 Unattached	5.56m
3	Xenakis, Loucas	M16 Unattached	5.19m

M50 Long Jump

Finals

1	Warren, Mark	M51 Unattached	5.06m
2	Finn, Michael	M50 Challenged A	4.82m
3	Oates, Thomas	M51 Sierra Gold	4.15m

M55 Long Jump

Finals

1	Holland, Doug	M55 Unattached	5.22m
2	Marcisz, Zdzislaw	M59 San Francisc	4.27m
3	Ols, Joseph	M55 Unattached	3.73m

M70 Long Jump

Finals

1	Harmon, Richard	M70 Unattached	3.79m
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M75 Long Jump

Finals

1	Rowan, Terry	M78 Unattached	3.33m
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M55 Triple Jump

Finals

1	Holland, Doug	M55 Unattached	10.10m
2	Ols, Joseph	M55 Unattached	7.61m

M45 Shot Put

Finals

1	Callister, Alex	M47 Unattached	11.31m
2	Au, Sean	M47 San Francisc	7.42m

M55 Shot Put

Finals

1	Rosati, Paul	M55 Unattached	13.56m
2	Marcisz, Zdzislaw	M59 San Francisc	13.27m
3	Munski, Larry	M59 Unattached	11.02m
4	Bibby, Douglas	M59 Bibby Llc	9.50m
5	Ols, Joseph	M55 Unattached	9.08m

M60 Shot Put

Finals

1	Rutledge, Brad	M61 Unattached	12.70m
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M65 Shot Put

Finals

1	Lloyd, Daniel	M65 unattached	10.82m
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M70 Shot Put

Finals

1	Wuest, Gary	M73 Unattached	10.50m
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M75 Shot Put

Finals

1	Burns, John	M78 Unattached	8.69m
2	Callori, Bob	M76 San Francisc	5.13m

M80 Shot Put

Finals

1	Patterson Sr., George	M81 Sierra Gold	8.15m
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Results

M35 Discus Throw

Finals

1 Gerbo, Sean M36 San Francisc 19.40m

M45 Discus Throw

Finals

1 Callister, Alex M47 Unattached 36.11m

2 Au, Sean M47 San Francisc 13.28m

M55 Discus Throw

Finals

1 Rosati, Paul M55 Unattached 45.00m

2 Munski, Larry M59 Unattached 33.74m

3 Bibby, Douglas M59 Bibby Llc 32.72m

4 Marcisz, Zdzislaw M59 San Francisc 31.58m

5 Ols, Joseph M55 Unattached 29.49m

6 Boyd, James Warren M55 San Francisc 24.38m

M60 Discus Throw

Finals

1 Rutledge, Brad M61 Unattached 39.03m

M65 Discus Throw

Finals

1 Gledhill, Jon M67 San Francisc 40.89m

2 Lloyd, Daniel M65 unattached 30.61m

M70 Discus Throw

Finals

1 Wuest, Gary M73 Unattached 32.19m

2 Harmon, Richard M70 Unattached 23.96m

M75 Discus Throw

Finals

1 Burns, John M78 Unattached 24.16m

M80 Discus Throw

Finals

1 Patterson Sr., George M81 Sierra Gold 21.14m

M29&U Javelin Throw

Finals

1 Xenakis, Loucas M16 Unattached 40.65m

M35 Javelin Throw

Finals

1 Gerbo, Sean M36 San Francisc 24.90m

M45 Javelin Throw

Finals

1 Au, Sean M47 San Francisc 17.57m

M50 Javelin Throw

Finals

1 Aguilar, Phillip M51 San Francisc 15.40m

M55 Javelin Throw

Finals

1 Rosati, Paul M55 Unattached 36.20m

2 Marcisz, Zdzislaw M59 San Francisc 29.06m

3 Boyd, James Warren M55 San Francisc 27.36m

4 Ols, Joseph M55 Unattached 26.55m

5 Bibby, Douglas M59 Bibby Llc 26.53m

6 Munski, Larry M59 Unattached 20.11m

M60 Javelin Throw

Finals

1 Rutledge, Brad M61 Unattached 27.92m

M65 Javelin Throw

Finals

1 Lloyd, Daniel M65 unattached 20.87m

M70 Javelin Throw

Finals

1 Wuest, Gary M73 Unattached 31.01m

--- Harmon, Richard M70 Unattached FOUL

M75 Javelin Throw

Finals

1 Burns, John M78 Unattached 23.67m

M80 Javelin Throw

Finals

1 Patterson Sr., George M81 Sierra Gold 14.79m