

2015 Colorado Association
Mid-America Region Masters Outdoor Championships &
35th Annual Rocky Mountain Masters Games
Colorado State University, Ft. Collins, CO
August 29 & 30, 2015

50M

F 55	Liz	Palmer	7.69
F 60	Cathy	Nicoletti	8.23
M 60	Mike	Asmus	8.46
M 60	David	Black	9.36
M 65	Roger	Assink	7.22
M 65	Mac	Azuogo	8.30
M 70	Wes	Dye	8.02
M 70	Jim	Shoemaker	8.42
M 70	Dan	Girling	9.32
M 75	Ed	Arnold	10.42
M 80	Ronald	Gray	8.88
M 85	Robert	Coutts	9.70

100M

F OPEN	Mandy	White	11.35
F OPEN	Skylar	Keller	15.74
F 55	Liz	Palmer	14.03
F 60	Cathy	Nicoletti	15.36
M OPEN	Bret	Fanning	12.03
M 35	Sean	Ingram	11.70
M 50	Steven	Sashen	13.28
M 60	Michael	Kish	13.10
M 65	Roger	Assink	13.73
M 65	Mac	Azuogo	14.25
M 70	Dale	Alexander	15.16
M 70	Jim	Shoemaker	16.43
M 70	Dan	Girling	17.96
M 75	Ed	Arnold	20.07
M 80	Ronald	Gray	17.39
M 80	Ray	Franks	20.96
M 85	Robert	Coutts	19.02

200M

F OPEN	Kyra	Barnes	27.96
F 35	Thal	Woods	23.41
F 45	Jeannie	Freis	35.04
F 60	Cathy	Nicoletti	32.50
F 60	Karen	Blackmore	40.31
F 70	Mary	Smith	38.28
M OPEN	Gil	Roberts	19.86

M OPEN	Harrison	Freis	33.85
M 35	Sean	Ingram	24.44
M 50	Steven	Sashen	28.02
M 50	Dave	Anderson	29.70
M 60	Michael	Kish	26.75
M 65	Roger	Assink	27.97
M 65	Timothy	Kearley	29.28

400M

F OPEN	Kyra	Barnes	1:04.55
F 30	Ruth	Waller	1:02.82
F 35	Alya	Alghamdi	1:10.02
F 40	Eileen	Phillips	1:01.57
F 45	Jeannie	Freis	1:16.24
F 70	Mary	Smith	1:25.37
M 40	Ian	Ramsey	57.48
M 50	James	Gilbert	1:04.83
M 50	Dave	Anderson	1:05.85
M 55	Michael	Wolfe	1:00.17
M 55	Bob	Cottrell	1:02.31
M 55	Dave	Albo	1:03.71
M 65	Timothy	Kearley	1:20.53

800M

F 30	Ruth	Waller	2:21.71
F 45	Jeannie	Freis	2:49.66
M OPEN	Declan	Emmons	2:47.80
M 40	Ian	Ramsey	2:12.86
M 50	James	Gilbert	2:21.11
M 50	Steve	Monroney	2:30.62
M 55	Bob	Cottrell	2:17.93
M 55	Michael	Wolfe	2:22.97
M 60	David	Salazar	2:34.71

Mile (hand timed)

F 50	Laura	Bruess	5:57.1
F 50	Lisa	Rainsberger	6:49.0
F 50	Lori	Petrie	6:52.4
F 55	Valerie	Eipper	6:22.3
M 45	Todd	Straka	4:44.0
M 45	Troy	Wolf	5:26.2
M 50	James	Gilbert	5:09.5
M 50	Jim	Bogus	6:10.0
M 55	Rick	Bruess	5:54.0
M 70	Jerry	Brown	8:03.3

3K Racewalk (hand timed)

F	55	Connie	Reukauf	22:10.3
F	65	Marianne	Martino	18:30.6
F	70	Janet	Fairs	23:25.7
F	75	Rita	Sinkovec	22:10.4
M	67	Craig	Foreman	24:26.0
M	74	Robert	Smith	24:30.0

3000M (hand timed)

F	50	Laura	Bruess	11:32.7
F	55	Valerie	Eipper	12:44.3
M	55	Rick	Bruess	11:30.5
M	70	Jerry	Brown	15:53.1

80M High Hurdles

F	55	Liz	Palmer	13.24
F	60	Karen	Blackmore	23.18
M	70	Jim	Shoemaker	19.74

100M High Hurdles

F	OPEN	Anissa	Ferguson	19.58
M	50	Dwain	Romsa	18.71
M	60	David	Black	23.79

300M Intermediate Hurdles

M	60	Mike	McGraw	59.97
---	----	------	--------	-------

400M Intermediate Hurdles

F	OPEN	Anissa	Ferguson	1:16.40
---	------	--------	----------	---------

High Jump

F	60	Karen	Blackmore	1.10
M	45	Scott	Bensow	1.75
M	45	Jere	Page	1.60
M	50	Matt	Emmons	1.45
M	50	Randy	Hansen	1.45
M	50	Dwain	Romsa	1.40
M	60	Rob	Schenk	1.40
M	60	David	Black	1.20

Pole Vault

F	60	Kay	Glynn	2.75
M	40	Ken	Boisvert	3.80
M	40	Kevin	Carberry	3.35
M	40	Andy	Munoz	3.20
M	50	Randy	Hansen	3.35
M	55	John	Lopez	3.05
M	65	John	Jesmer	2.15

M 70	William	Johnson	2.30
M 85	Jerry	Donley	1.55

Long Jump

F OPEN	Skylar	Keller	3.71
F 60	Susan	Raikes	2.92
M 45	Jere	Page	5.04
M 45	Rick	Erbe	4.99
M 50	Dwain	Romsa	4.80
M 50	Mark	Jones	4.69
M 60	David	Black	3.78
M 60	Rob	Schenk	3.71
M 70	Wes	Dye	3.82
M 75	Ed	Arnold	2.47

Triple Jump

M 50	Dwain	Romsa	10.38
M 50	Mark	Jones	10.22
M 60	Mike	McGraw	8.17
M 60	Rob	Schenk	7.98
M 60	David	Black	7.55
M 70	Wes	Dye	7.65

Shot Put

F 50	Lori	Graff	9.10
F 55	Susan	Ruff	8.09
F 60	Martha	Green	6.36
F 60	Karen	Blackmore	6.27
F 65	Sharon	Raham	6.43
F 75	Joanne	Marriott	7.71
F 75	Joy	Kaylor	7.45
F 80	Christel	Donley	7.36
M 40	Brad	Reed	12.67
M 50	Randy	Hansen	10.55
M 50	Matt	Emmons	10.22
M 55	Kenneth	Tietz	11.89
M 55	Eric	Keyes	10.25
M 55	Russell	Schaeffer	10.06
M 60	Quenton	Torbert	15.29
M 60	Billy	Frang	9.18
M 60	Ray	Mizer	9.00
M 60	David	Tucker	8.96
M 65	Bill	Harvey	12.63
M 65	Robert	Reynolds	9.93
M 65	Bob	Maltby	8.21
M 70	Jim	Shoemaker	9.05
M 75	George	Soule	10.35

M 75	Jerrold	Springer	8.63
M 85	Jerry	Donley	7.54

Weight Throw

F 50	Lori	Graff	7.69
F 55	Susan	Ruff	10.66
F 60	Martha	Green	7.25
F 65	Sharon	Raham	9.36
F 75	Joanne	Marriott	11.39
F 75	Joy	Kaylor	10.89
M 55	Garry	Stanley	9.87
M 60	Ray	Mizer	11.66
M 65	Reed	Masters	13.13
M 65	Bob	Maltby	12.20
M 65	Darrel	Harriman	12.14
M 70	Ian	Percy	16.02
M 70	Wes	Dye	9.33
M 75	George	Soule	10.93

Hammer

F 35	Lindsey	Malone	42.23
F 50	Lori	Graff	24.91
F 55	Susan	Ruff	32.06
F 60	Martha	Green	19.89
F 65	Sharon	Raham	24.80
F 75	Joy	Kaylor	30.53
F 75	Joanne	Marriott	26.68
F 80	Christel	Donley	17.96
M 60	Ray	Mizer	28.45
M 65	Reed	Masters	38.56
M 65	Darrel	Harriman	34.17
M 65	Bob	Maltby	30.93
M 70	Ian	Percy	37.24
M 75	George	Soule	26.15
M 75	Jerrold	Springer	23.45

Javelin

F 50	Lori	Graff	16.49
F 55	Susan	Ruff	26.78
F 60	Martha	Green	12.22
F 65	Sharon	Raham	21.49
F 75	Joanne	Marriott	16.47
F 80	Christel	Donley	13.34
M 30	Jason	Novak	21.87
M 50	Mark	Jones	37.83
M 50	Kelly	Yoxall	35.69
M 50	Randy	Hansen	34.70

M 55	Russell	Schaeffer	36.11
M 55	Kenneth	Tietz	34.54
M 55	Garry	Stanley	33.75
M 60	David	Hamel	44.42
M 60	Quenton	Torbert	33.06
M 60	David	Tucker	29.21
M 60	Mike	Asmus	25.92
M 60	Billy	Frang	24.31
M 60	Ray	Mizer	21.60
M 65	Ed	Morland	38.14
M 65	Robert	Reynolds	31.81
M 65	Ed	Godoy	24.89
M 70	Wes	Dye	19.93
M 75	George	Soule	21.03

Discus

F 50	Lori	Graff	23.18
F 55	Susan	Ruff	23.67
F 60	Karen	Blackmore	15.84
F 60	Martha	Green	14.88
F 65	Sharon	Raham	17.75
F 75	Joy	Kaylor	20.68
F 75	Joanne	Marriott	18.68
M OPEN	Mason	Finley	62.64
M OPEN	Declan	Emmons	20.80
M 30	Jason	Novak	18.72
M 40	Brad	Reed	38.00
M 50	Brian	Bedard	48.43
M 50	Randy	Hansen	32.79
M 50	Mark	Jones	22.79
M 55	Jared	Finley	38.75
M 55	Kenneth	Tietz	36.26
M 55	Russell	Schaeffer	26.81
M 60	Billy	Frang	36.07
M 60	Ray	Mizer	29.55
M 60	David	Tucker	25.95
M 65	Bill	Harvey	39.30
M 65	Darrel	Harriman	30.30
M 65	Reed	Masters	29.98
M 65	Robert	Reynolds	29.87
M 70	Jim	Shoemaker	24.47
M 75	Jerrold	Springer	29.60
M 75	George	Soule	27.67
M 80	Vern	Spencer	14.54

Super Weight

F 60	Martha	Green	4.97
------	--------	-------	------

F 75	Joanne	Marriott	8.18
M 60	Ray	Mizer	4.07
M 65	Reed	Masters	6.07
M 70	Ian	Percy	9.12

Outdoor Pentathlon (hand timed)

LJ/JT/200m/DT/1500m

M 45	Scott	Bensow	DNS
4.86/45.15/27.5/DNS/DNS			
M 50	Dwain	Romsa	2248
5.20/40/06/27.0/34.28/6:16.8			
M 50	Matt	Emmons	1667
4.16/34.16/36.2/31.66/7:29.2			
M 60	David	Salazar	3083
4.47/32.22/29.2/27.62/5:30.8			

Throws Pentathlon

HT/SP/DT/JT/Wt

F 50	Debbie	Falitto	2961
30.82/8.80/26.75/23.14/10.14			
F 55	Susan	Ruff	3242
30.11/8.30/23.79/25.64/10.48			
F 55	Linda	Hughes	1828
21.05/6.54/11.78/12.24/6.74			
F 60	Martha	Green	1950
19.13/6.39/12.80/12.89/6.69			
F 65	Sharon	Raham	3274
25.31/6.69/17.80/23.34/9.83			
F 75	Joanne	Marriott	3834
27.90.6.92/18.58/16.80/11.21			
M 50	Matt	Kirch	3101
31.64/11.84/34.16/47.62/12.58			
M 55	R.V.	Biagioni	3001
28.84/11.11/32.90/35.71/11.84			
M 55	Russell	Schaeffer	2297
15.18/10.12/23.17/39.59/8.61			
M 65	Darrel	Harriman	3055
36.73/8.87/36.0/24.49/10.75			
M 65	Reed	Masters	2931
38.48/8.22/27.08/23.41/12.98			
M 65	Bob	Maltby	2537
31 30.98/8.15/25.64/17.90/12.18			
M 70	Ian	Percy	2828
42.02/11.68/34.78/23.12/0.00			
M 75	George	Soule	2861
25.18/9.60/25.62/21.27/10.10			