

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W25-29 60 m**

Name	Age Team	Finals
Finals		
1 Hankerson, Jordan	W29 DC International	7.93
2 *Montavon, Kiara	W27 Italy	X7.97
3 Pralle, Taylor	W26 Unattached	8.24
4 Allen-Granderson, Chanec	W26 ISAA (Intern	8.67

**W30 60 m**

Name	Age Team	Finals
1 Thomas, Keyona	W30 Unattached	8.06
2 Butler, Rasheta	W34 ISAA (Intern	8.16
3 Borders, Christy	W34 Southwest Sp	8.79
4 Johnson, Amber	W30 Bella N Motion	8.99
5 Green, Zafirah	W33 ISAA (Intern	17.47

**W35 60 m**

Name	Age Team	Finals
1 Grant, Easter	W39 Southwest Sp	7.76
2 Hardiway, Korey	W36 Alpha and Om	8.18
3 Liang, Grace	W36 Unattached	8.23
4 *Blanco, Patricia	W35 Venezuela	X8.34
5 Cole, Latasha	W39 Unattached	10.64

**W40 60 m**

Name	Age Team	Prelims	H#
Preliminaries			
1 McIntyre, Inga	W42 Atlanta Track Club	8.03Q	1
2 Halvatzis, Sandra	W43 Alpha and Om	8.34Q	2
3 Brown, Arlaina	W44 Unattached	8.53Q	1 8.525
4 Short, Latesha	W42 Success Perf	8.53Q	2 8.529
5 Taylor, Kendra	W44 Unattached	8.58q	2
6 Benson, Jennifer	W43 Atlanta Track Club	8.65q	2
7 Hill-Patterson, Jo-Anne	W44 Unattached	9.48q	1
8 Hammer, Lindsey	W41 Unattached	9.69q	1
9 Dietrich, Alex	W43 So Cal Track Club	10.32	1

**W40 60 m**

Name	Age Team	Finals
Finals		
1 McIntyre, Inga	W42 Atlanta Track Club	8.00
2 Halvatzis, Sandra	W43 Alpha and Om	8.14
3 Short, Latesha	W42 Success Perf	8.49
4 Taylor, Kendra	W44 Unattached	8.59
5 Benson, Jennifer	W43 Atlanta Track Club	8.70
6 Brown, Arlaina	W44 Unattached	9.23
7 Hill-Patterson, Jo-Anne	W44 Unattached	9.50

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****....W40 60 m**

8 Hammer, Lindsey W41 Unattached 9.52

**W45 60 m**

Name	Age	Team	Finals
1 Yarmul, Christina	W49	Centennial S	8.38
2 Luedke, Lace	W47	Unattached	8.64
3 Mathews, Jameen	W45	TNT Internat	8.67
4 Aziz-Gomez, Aseel	W48	BLUEgrass Runners	8.97
5 Goff, Deia	W46	Greater Phil	9.08
6 McFarland, Casi	W48	Potomac Vall	9.50
7 Harris, Cassandra	W45	Atlanta Track Club	10.12

**W50 60 m**

Name	Age	Team	Prelims	H#
Preliminaries				
1 Mcgowan, Emmanuelle	W54	Maximum Quot	8.28Q	1
2 Watkins, Darmesha	W50	Unattached	8.61Q	2
3 White, Teniko	W50	Unattached	8.74Q	2
4 Profit, Sonja B	W54	Unattached	8.81Q	1
5 Benson, Krista	W51	Unattached	9.00q	2
6 West, Nedenia	W54	Southwest Sp	9.06q	2
7 Daley, Lisa	W53	Central Park	9.20q	2
8 Dierauer, Isabelle	W50	Southwest Ohio TC	9.22q	1
9 Lain, Stephanie	W53	Joy's Jackra	9.69	1
10 Chiu-Pinheiro, Cynthia	W53	Unattached	10.05	2 10.041
11 Pearson, Kelly	W53	Unattached	10.05	1 10.048

**W50 60 m**

Name	Age	Team	Finals
Finals			
1 Mcgowan, Emmanuelle	W54	Maximum Quot	8.18
2 Watkins, Darmesha	W50	Unattached	8.64
3 Profit, Sonja B	W54	Unattached	8.80
4 Benson, Krista	W51	Unattached	8.87
5 Dierauer, Isabelle	W50	Southwest Ohio TC	9.10
6 West, Nedenia	W54	Southwest Sp	9.11
7 Daley, Lisa	W53	Central Park	9.14
8 White, Teniko	W50	Unattached	9.28

**W55 60 m**

Name	Age	Team	Prelims	H#
Preliminaries				
1 Brockner, Roxanne	W57	elitefeats	8.62Q	1
2 Barney, Colleen	W56	Joy's Jackra	9.10Q	2
3 Haddad, Amy	W56	Joy's Jackra	8.85Q	1
4 Gray, Juaquita	W58	SC Striders	9.36Q	2
5 Rath, Terri	W59	Greater Phil	9.38q	1

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****....W55 60 m**

6 Gibson, Dr. Koura	W58 Potomac Vall	9.61q	2
7 Roux, Maryline	W56 Unattached	9.64q	2
8 Svenstrup, April	W57 Southwest Sp	9.86q	1
9 Taylor, Judy	W56 Unattached	10.47	1
10 Browning, Kisha	W57 Unattached	12.25	1

**W55 60 m**

Name	Age Team	Finals	
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## Finals

1 Brockner, Roxanne	W57 elitefeats	8.52	
2 Haddad, Amy	W56 Joy's Jackra	8.74	
3 Gray, Juaquita	W58 SC Striders	9.15	
4 Rath, Terri	W59 Greater Phil	9.40	
5 Svenstrup, April	W57 Southwest Sp	9.64	
6 Roux, Maryline	W56 Unattached	9.66	
7 Gibson, Dr. Koura	W58 Potomac Vall	9.67	

**W60 60 m**

Name	Age Team	Prelims	H#
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## Preliminaries

1 Reid, Johnnie	W60 Unattached	8.49Q	1
2 Lawson, Sarah	W60 Greater Bost	9.76Q	2
3 Bridgette, India	W61 Unattached	8.93Q	1
4 Maxwell, Karen	W64 Unattached	10.12Q	2
5 *Gallagher, Tina	W60 Ireland	X9.51q	2
6 Towns, Angie	W64 Unattached	9.79q	1
7 Burda, Deborah	W64 Unattached	10.23q	1
8 Jones, Jennifer	W62 SC Striders	10.28q	2
9 Banks, Toni	W64 Unattached	10.29	1
10 Pasquill, Elena	W62 Unattached	10.44	1
11 Hammond, Debbie	W63 Unattached	10.57	2
12 Nealy, Dr. Angela J.	W62 Unattached	11.71	1
13 Popovitch, Catherine	W61 Greater Phil	12.30	2

**W60 60 m**

Name	Age Team	Finals	
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## Finals

1 Reid, Johnnie	W60 Unattached	8.53	
2 Bridgette, India	W61 Unattached	8.74	
3 *Gallagher, Tina	W60 Ireland	X9.27	
4 Towns, Angie	W64 Unattached	9.64	
5 Lawson, Sarah	W60 Greater Bost	9.76	
6 Maxwell, Karen	W64 Unattached	10.03	
7 Burda, Deborah	W64 Unattached	10.04	
8 Jones, Jennifer	W62 SC Striders	10.26	

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W65 60 m**

Name	Age Team	Finals
1 Woodward-Turner, Loretta	W68 Unattached	9.20
2 Simpson, Claudia	W69 Greater Phil	9.91
3 Loyd, Susan	W65 Mass Velocit	10.03
4 Funk, Leandra	W67 Unattached	10.16
5 Hanscom, Rita	W68 SC Striders	10.17
6 Seki, Tomomi	W66 Central Park	10.25
7 Russell, Julie	W67 Unattached	11.72
8 Heierman, Vickie	W67 Unattached	12.38

**W70 60 m**

Name	Age Team	Finals
1 Glynn, Kay	W70 Unattached	10.22
2 Daniels, Diana	W70 Pony Express	10.62
3 Kelly, Pat	W72 SC Striders	11.19
4 Bishop, Catherine	W73 Unattached	15.81

**W75 60 m**

Name	Age Team	Finals
1 Flynn, Joy	W76 SC Striders	11.45
2 Trotto, Mary	W75 TNT Internat	13.85
3 Hensley, Barbara	W79 Southwest Ohio TC	13.92
4 Warren, Barbara	W76 Capital City	18.00
-- Davis, Christine	W75 Unattached	DQ

**W80 60 m**

Name	Age Team	Finals
1 Bergen, Kathy	W83 SC Striders	10.50
2 Kightlinger, Georgia	W82 Unattached	12.07
3 Robinson, Mary	W80 Unattached	12.33
4 Guardino, Louise	W82 Unattached	16.87

**W85 60 m**

Name	Age Team	Finals
1 Meiler, Florence	W88 Sprinticity	14.62
2 Donley, Christel	W88 Unattached	14.92

**W90 60 m**

Name	Age Team	Finals
1 Krug, Gloria	W91 Philadelphia	30.50

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M25-29 60 m**

Name	Age Team	Finals
2 Brass, Dainen	M25 Pony Express	7.27
3 Burnett II, Brian	M28 Dayton Track Club	7.32
4 Bell, Curtis	M26 CHT Elite	7.77
5 Sugihara, Ryan	M28 So Cal Track Club	7.87
1 xHill, Tyreek	M29 Unattached	X6.70

**M30 60 m**

Name	Age Team	Prelims	H#
Preliminaries			
1 Otuonye, Chukwumereiye	M32 ISAA (Intern	7.07Q	1 7.062
2 Pierce, Maurice	M31 Houston Elite	7.07Q	2 7.069
3 Sult, Tyler	M32 Unattached	7.12Q	1
4 Blakey, Nick	M31 Unattached	7.40Q	2
5 Wakefield, Teran	M31 Unattached	7.38q	1
6 Johnson, Nathan	M32 Unattached	7.39q	1
7 Powell, Tyler	M31 Unattached	7.43q	2
8 Hicks, Justin	M31 Unattached	7.46q	1
9 Lloyd, Troy	M32 Unattached	7.47	2
10 Moore, Lamar	M34 Moore Elite	7.80	1
11 Carey, Douglas	M30 Unattached	7.87	2
12 *Botana, Rene	M31 Spain	X7.92	2
13 Seki, Eugene	M30 Unattached	8.08	1
14 Smith, Jesse	M31 Unattached	8.31	1
15 Ozminkowski, Chris	M31 CHT Elite	9.39	2

**M30 60 m**

Name	Age Team	Finals
Finals		
1 Otuonye, Chukwumereiye	M32 ISAA (Intern	6.95
2 Pierce, Maurice	M31 Houston Elite	6.98
3 Wakefield, Teran	M31 Unattached	7.21
4 Johnson, Nathan	M32 Unattached	7.39
5 Powell, Tyler	M31 Unattached	7.46
6 Hicks, Justin	M31 Unattached	7.47
7 Blakey, Nick	M31 Unattached	7.48
8 Sult, Tyler	M32 Unattached	9.19

**M35 60 m**

Name	Age Team	Prelims	H#
Preliminaries			
1 Parker, Rondrick	M39 Atlanta Track Club	7.04Q	2
2 Brunsmann, Kyle	M36 Unattached	7.16Q	1
3 Tarver III, Willie	M35 Unattached	7.31Q	1
4 Frisby, Anthony	M37 Unattached	7.40Q	2
5 Jones, Mackenzie	M36 Unattached	7.36q	1
6 Nious, Kevin	M36 U.S. Air Force	7.65q	1
7 Wade, James	M36 Atlanta Track Club	7.70q	2

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8 Maxwell, Terence	M35 Contra Costa	7.76q	2
9 Macrini, Joseph	M36 Unattached	7.81	1

**M35 60 m**

Name	Age Team	Finals
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## Finals

1 Parker, Rondrick	M39 Atlanta Track Club	7.04
2 Brunsmann, Kyle	M36 Unattached	7.12
3 Frisby, Anthony	M37 Unattached	7.32
4 Jones, Mackenzie	M36 Unattached	7.33
5 Tarver III, Willie	M35 Unattached	7.38
6 Nious, Kevin	M36 U.S. Air Force	7.57
7 Wade, James	M36 Atlanta Track Club	7.69
8 Maxwell, Terence	M35 Contra Costa	7.73

**M40 60 m**

Name	Age Team	Prelims	H#
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## Preliminaries

1 Echols, Antoine	M40 Centennial S	6.99Q	1
2 Blunt, Michael	M44 Centennial S	7.15Q	2
3 Robinson, Jonathan	M42 United South	7.20Q	2
4 Holloway, Marcus	M44 Unattached	7.34Q	1
5 Dixon, Jeremiah	M42 Unattached	7.31q	2
6 *Montalvo, Gustavo	M40 Venezuela	X7.37q	1 7.362
7 Barnes, Marcus	M40 Atlanta Track Club	7.37q	1 7.364
8 Cunningham, Charles	M41 Unattached	7.42q	2
9 Nicholls II, Ron	M40 Unattached	7.47	2
10 Stepp, Jared	M41 Unattached	7.53	1
11 Glenn, Jamar	M42 Unattached	7.63	2
12 Patton, Michael	M42 Unattached	7.93	1
13 *Gallardo Ortega, Rafael	M40 Venezuela	X7.95	1
14 Campbell, Jeffrey	M40 Unattached	8.05	1
15 Pack Jr., Rick	M42 Atlanta Track Club	8.14	2

**M40 60 m**

Name	Age Team	Finals
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## Finals

1 Echols, Antoine	M40 Centennial S	6.95
2 Blunt, Michael	M44 Centennial S	7.13
3 Dixon, Jeremiah	M42 Unattached	7.18
4 Robinson, Jonathan	M42 United South	7.28
5 Cunningham, Charles	M41 Unattached	7.39
6 Holloway, Marcus	M44 Unattached	7.44
7 Barnes, Marcus	M40 Atlanta Track Club	7.49

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M45 60 m**

Name	Age Team	Prelims	H#
Preliminaries			
1 Torres, Jassiel	M45 Southwest Sp	7.38Q	1
2 Kortequee, Tamba	M45 Unattached	7.63Q	2
3 *Gutierrez, Alberto	M45 Venezuela	X7.56Q	1
4 Mathews, Carlos	M49 TNT Internat	7.77Q	2
5 Gerima, Negasi	M45 Unattached	7.78q	2
6 Arnold, Rob	M47 Unattached	7.98q	1
7 Kafuuma, Roland	M48 Alpha and Om	8.06q	2 8.055
8 Franklin, Jonathan	M48 Unattached	8.06q	2 8.057
9 Manning, Adam	M48 Unattached	8.23	2
10 Watson, Andrew	M47 Unattached	8.34	2
11 Pan, Mark	M49 Unattached	8.38	1
12 *Clarke Sr., Ronald	M49 Canada	X8.59	1
13 Cantrell, Andy	M45 Unattached	8.72	1
14 Mabry, Jeff	M49 Atlanta Track Club	8.82	1
15 Zito, Joseph	M48 Checkers AC	9.05	1

**M45 60 m**

Name	Age Team	Finals
Finals		
1 Torres, Jassiel	M45 Southwest Sp	7.36
2 *Gutierrez, Alberto	M45 Venezuela	X7.54
3 Mathews, Carlos	M49 TNT Internat	7.81
4 Gerima, Negasi	M45 Unattached	7.87
5 Kafuuma, Roland	M48 Alpha and Om	7.98
6 Arnold, Rob	M47 Unattached	8.09
7 Franklin, Jonathan	M48 Unattached	8.16

**M50 60 m**

Name	Age Team	Prelims	H#
Preliminaries			
1 Robinson, Garth	M52 Unattached	7.28Q	1 7.272
2 Mack, Jeffery	M50 Unattached	7.28Q	3 7.279
3 Cook, Greg	M53 Dearborn Track Club	7.50Q	2
4 Drummond, Don	M53 Southwest Sp	7.54Q	1
5 Epebinuade, Adeniran	M51 Unattached	7.59Q	3
6 Henry Jr., David	M53 Atlanta Track Club	7.75Q	2
7 Dietz, Shaun	M50 Unattached	7.83q	1
8 Joachim, George	M52 Unattached	7.95q	1
9 Primm, Richard	M51 Unattached	7.97	2
10 *Shimmi, Akio	M51 Japan	X7.98	3
11 Gartin, Kent	M52 Southwest Sp	7.99	1
12 Ridley, Robbie	M54 Unattached	8.04	2
13 Betancourt, Hector	M51 Southwest Sp	8.05	2
14 Risley, Mike	M53 So Cal Track Club	8.19	3
15 Rock, Phong	M52 Unattached	8.31	2
16 Hall Jr., Robert	M54 Unattached	8.35	2
17 Bah, Chernor	M53 Unattached	8.46	1
18 Burnett, Brian	M54 Unattached	8.60	3

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19 Clark, Azikiwe	M51 Unattached	8.74	3
20 *Grozdev, Svetoslav	M50 Bulgaria	X8.89	1
21 Eksi, Hakan	M53 Unattached	8.92	3
22 Williams, Stephen	M52 Unattached	9.17	1
23 Pounds, Thomas	M52 Unattached	9.36	2

**M50 60 m**

Name	Age Team	Finals	
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## Finals

1 Robinson, Garth	M52 Unattached	7.16	
2 Mack, Jeffery	M50 Unattached	7.23	
3 Epebinuade, Adeniran	M51 Unattached	7.54	
4 Cook, Greg	M53 Dearborn Track Club	7.66	
5 Henry Jr., David	M53 Atlanta Track Club	7.70	
6 Dietz, Shaun	M50 Unattached	7.71	
7 Joachim, George	M52 Unattached	7.91	

**M55 60 m**

Name	Age Team	Prelims	H#
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## Preliminaries

1 Pye, Derek	M55 Southwest Sp	7.37Q	2
2 Hanes III, Norris	M55 Potomac Vall	7.48Q	1
3 Gibbon, David	M57 Southwest Sp	7.58Q	1
4 Richie, Danny	M56 Southwest Sp	7.72Q	2
5 Senes, Alessandro	M56 Unattached	7.77q	1
6 Jones, David	M58 Southwest Sp	7.82q	1
7 *Campbell, John	M59 New Zealand	X7.88q	2
8 Curtis, John	M57 Greater Phil	7.92q	2
9 Rothchild, Erik	M56 Unattached	7.95	2
10 Walker, Rob	M55 Unattached	8.39	2
11 Malone, Roger	M56 Unattached	8.80	1
12 Olmsted, Dale	M59 Unattached	9.15	1
13 Nair, Ram	M55 Unattached	9.66	1

**M55 60 m**

Name	Age Team	Finals	
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## Finals

1 Hanes III, Norris	M55 Potomac Vall	7.36	
2 Gibbon, David	M57 Southwest Sp	7.53	
3 *Campbell, John	M59 New Zealand	X7.68	
4 Richie, Danny	M56 Southwest Sp	7.70	
5 Senes, Alessandro	M56 Unattached	7.74	
6 Jones, David	M58 Southwest Sp	7.82	
7 Curtis, John	M57 Greater Phil	7.93	



**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M60 60 m**

Name	Age Team	Prelims	H#
Preliminaries			
1 Tissenbaum, Allan	M62 Southwest Sp	7.67Q	2
2 McGee, Don	M62 Potomac Vall	8.10Q	1
3 Foster, Robert	M61 So Cal Track Club	8.20Q	3
4 Humphrey, Ronald	M64 Unattached	8.19Q	2
5 Beasley, Anthony	M61 Joy's Jackra	8.23Q	1
6 Heldman, Alan	M60 Mass Velocit	8.36Q	3 8.351
7 Biggers, Kevin	M60 Unattached	8.36q	2 8.351
8 Campbell, Bob	M62 Unattached	8.41q	1
9 Spruill, Willie	M64 Unattached	8.45	3
10 Jacobs, Tom	M61 Unattached	8.47	2
11 Jones, David	M62 Miami Northw	8.48	1
12 Rash, Bruce	M61 Greater Phil	8.54	3
13 Applegate, Jerome	M61 Unattached	8.58	1
14 Murphy, Kyle	M60 Unattached	8.75	3
15 Thurman, Lindsey	M62 Unattached	8.97	1
16 Friend Sr., Byron	M64 TNT Internat	9.02	1
17 McWilliams, Troy	M62 Unattached	9.10	3
18 Millerbis Jr., Alvin	M64 Unattached	9.38	2
19 Wilson, Rodney	M64 Over The Hill TC	9.77	2
20 Trendafilov, Simeon	M60 Unattached	9.79	2
21 Henderson, J.D., Darryl	M62 Unattached	9.88	3
22 Finley, Lawrence	M64 Over The Hill TC	10.55	1

**M60 60 m**

Name	Age Team	Finals
Finals		
1 Tissenbaum, Allan	M62 Southwest Sp	7.60
2 McGee, Don	M62 Potomac Vall	7.91
3 Humphrey, Ronald	M64 Unattached	8.04
4 Biggers, Kevin	M60 Unattached	8.15
5 Foster, Robert	M61 So Cal Track Club	8.21
6 Beasley, Anthony	M61 Joy's Jackra	8.26
7 Heldman, Alan	M60 Mass Velocit	8.42
8 Campbell, Bob	M62 Unattached	8.53

**M65 60 m**

Name	Age Team	Prelims	H#
Preliminaries			
1 Barnwell, Val	M65 So Cal Track Club	8.02Q	1
2 Evans, Hubert	M69 So Cal Track Club	8.37Q	2 8.363
3 Markley, Anthony	M68 Potomac Vall	8.80Q	3
4 Stevens, Ron	M69 Pacific Coas	8.28Q	1
5 Kopolow, Gary	M65 Unattached	8.37Q	2 8.367
6 Larese, Jim	M67 Unattached	8.88Q	3
7 Llavanos, Rudy	M66 Unattached	8.62q	2
8 Kimbrough, Karl	M65 Unattached	8.78q	1
9 Farrell, Brian	M66 Unattached	8.92	1
10 Ahearn Jr., Leo	M66 Unattached	9.01	2

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...M65 60 m**

11 Allen, Jackie	M66 So Cal Track Club	9.02	2
12 Moeller, Craig	M67 Unattached	9.03	3
13 Stevens, Randall	M69 Portland Mas	9.07	3
14 Moll, Mike	M66 Unattached	9.10	1
15 Wilson, David	M65 Unattached	9.21	1
16 Crowl, Chip	M67 Mass Velocit	9.29	2
17 Brock, Paul	M67 Greater Phil	9.52	2
18 Foreman, Keith	M65 Unattached	9.69	3
19 McLawhorn, David	M68 So Cal Track Club	9.78	3
20 McGee, Jeffrey	M65 Unattached	10.60	1

**M65 60 m**

Name	Age Team	Finals
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## Finals

1 Barnwell, Val	M65 So Cal Track Club	7.89
2 Evans, Hubert	M69 So Cal Track Club	8.13
3 Kopolow, Gary	M65 Unattached	8.22
4 Stevens, Ron	M69 Pacific Coas	8.23
5 Llavanos, Rudy	M66 Unattached	8.47
6 Kimbrough, Karl	M65 Unattached	8.75
7 Larese, Jim	M67 Unattached	9.03
8 Markley, Anthony	M68 Potomac Vall	11.21

**M70 60 m**

Name	Age Team	Prelims	H#
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## Preliminaries

1 Leake, Damien	M70 SC Striders	8.18Q	1
2 Peyton, Oscar	M70 Potomac Vall	8.37Q	2
3 Bryant Jr, NZ	M73 Unattached	8.51Q	1
4 Craig, David	M71 So Cal Track Club	8.86Q	2
5 Somerville, Edward	M71 Unattached	8.76q	1
6 Jenkins, Tim	M71 Unattached	9.06q	2
7 Deitrich, Woody	M70 Club Northwest	9.30q	1
8 Betts III, Herbert	M72 Unattached	9.47q	2
9 McKinney, John	M70 ISSA Flash	9.67	1
10 Ford III, Joseph	M72 Unattached	10.11	2
11 Mease, Edward	M73 Unattached	10.17	1 10.163
12 Frontino, James	M73 TNT Internat	10.17	2 10.168
13 Terrell, Bobby	M72 Unattached	10.46	2
14 Tinsman, Thomas	M70 TNT Internat	10.84	1
15 Poth, Gregory	M72 Unattached	12.23	1

**M70 60 m**

Name	Age Team	Finals
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## Finals

1 Leake, Damien	M70 SC Striders	7.89
2 Peyton, Oscar	M70 Potomac Vall	8.15
3 Bryant Jr, NZ	M73 Unattached	8.43
4 Somerville, Edward	M71 Unattached	8.76

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...M70 60 m**

5	Craig, David	M71 So Cal Track Club	8.82
6	Jenkins, Tim	M71 Unattached	9.09
7	Betts III, Herbert	M72 Unattached	9.36
8	Deitrich, Woody	M70 Club Northwest	9.52

**M75 60 m**

Name	Age Team	Finals
1	Brown, Kenton	M78 Unattached 8.81
2	Spencer, Douglas	M76 Houston Elite 8.82
3	Koontz, Robert	M79 Potomac Vall 9.23
4	Booth, Howard	M79 Ann Arbor Tr 11.00
5	Tilgner, Ronald	M76 Unattached 11.67

**M80 60 m**

Name	Age Team	Finals
1	Schurr, Avital	M81 Unattached 10.27
2	Keesling, William	M82 Greenville T 12.51
3	Rhoad, William	M81 Philadelphia 13.15

**M85 60 m**

Name	Age Team	Finals
1	Whilden Jr., Robert	M87 Houston Elite 9.75
2	Williamson Jr., Robert	M85 Potomac Vall 10.50
3	Vergin, Roger	M85 Unattached 11.01
4	Rizzo, Rich	M86 Houston Elite 11.93
5	Jackson Sr., Norman	M85 TNT Internat 12.25
6	Parrish, Spencer	M86 Connecticut 13.13
7	Sime, Colben	M89 So Cal Track Club 13.67

**M90 60 m**

Name	Age Team	Finals
1	Genzlinger, Vance	M93 Philadelphia 23.86
2	Feick, Ray	M91 Philadelphia 35.81

**M95 60 m**

Name	Age Team	Finals
1	Soller, Richard	M96 Unattached 21.14

**W25-29 200 m**

Name	Age Team	Finals
1	DeHaven, Alexia	W25 Unattached 24.99
2	*Montavon, Kiara	W27 Italy X26.09
3	Pralle, Taylor	W26 Unattached 26.88

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...W25-29 200 m**

4 Allen-Granderson, Chanec W26 ISAA (Intern 29.33

**W30 200 m**

Name	Age	Team	Finals
1 Dodson, Latasha	W32	Team Dodson Elite	25.16
2 Thomas, Keyona	W30	Unattached	26.94
3 Butler, Rasheta	W34	ISAA (Intern	27.15
4 Sanner, Breanna	W33	Unattached	28.25
5 Johnson, Amber	W30	Bella N Motion	30.11

**W35 200 m**

Name	Age	Team	Prelims	H#
Preliminaries				
1 Grant, Easter	W39	Southwest Sp	25.57Q	2
2 Hardiway, Korey	W36	Alpha and Om	28.17Q	1
3 Downey, Sophia	W35	Unattached	28.88Q	1
4 Liang, Grace	W36	Unattached	28.95Q	2
5 Tukes-Karnick, Ashley	W37	Bella N Motion	30.63q	2
6 Buchanan, Kindell	W36	Atlanta Track Club	40.08q	1
-- Smallwood, Adrian	W35	DC International	DQ	1

**W35 200 m**

Name	Age	Team	Finals
Finals			
1 Grant, Easter	W39	Southwest Sp	25.19
2 Hardiway, Korey	W36	Alpha and Om	27.12
3 Downey, Sophia	W35	Unattached	27.67
4 Liang, Grace	W36	Unattached	28.01
5 Buchanan, Kindell	W36	Atlanta Track Club	39.00

**W40 200 m**

Name	Age	Team	Finals
1 Halvatzis, Sandra	W43	Alpha and Om	26.73
2 McIntyre, Inga	W42	Atlanta Track Club	27.01
3 Medina, Santa	W43	Central Park	27.43
4 Benson, Jennifer	W43	Atlanta Track Club	29.82

**W45 200 m**

Name	Age	Team	Finals
1 White, Yvette	W45	DC International	27.39
2 Yarmul, Christina	W49	Centennial S	27.86
3 Luedke, Lace	W47	Unattached	28.67
4 Aziz-Gomez, Aseel	W48	BLUEgrass Runners	30.63
5 Ferguson, Heather	W49	Unattached	38.22

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W50 200 m**

Name	Age Team	Prelims	H#
Preliminaries			
1 Mcgowan, Emmanuelle	W54 Maximum Quot	28.57Q	2
2 Daley, Lisa	W53 Central Park	31.26Q	1
3 Watkins, Darmesha	W50 Unattached	28.92Q	2
4 Young, Debbie	W52 Unattached	32.95Q	1
5 Benson, Krista	W51 Unattached	31.02q	2 L
6 Grant, Tanja	W51 Unattached	32.31q	2
7 Lain, Stephanie	W53 Joy's Jackra	33.19	1
-- DeOliveira, Dianne	W52 Bella N Motion	DQ	2

**W50 200 m**

Name	Age Team	Finals
Finals		
1 Mcgowan, Emmanuelle	W54 Maximum Quot	26.29
2 Watkins, Darmesha	W50 Unattached	27.54
3 Daley, Lisa	W53 Central Park	30.07
4 Benson, Krista	W51 Unattached	30.52
5 Grant, Tanja	W51 Unattached	32.42
6 Young, Debbie	W52 Unattached	32.74

**W55 200 m**

Name	Age Team	Finals
Finals		
1 Brockner, Roxanne	W57 elitefeats	28.32
2 LeShore, Veronica	W56 Central Park	29.90
3 Roux, Maryline	W56 Unattached	32.52
4 Svenstrup, April	W57 Southwest Sp	34.69
5 Meko, Jennifer	W57 Mass Velocit	35.01

**W60 200 m**

Name	Age Team	Prelims	H#
Preliminaries			
1 Bridgette, India	W61 Unattached	31.94Q	1
2 Williams, Shemayne	W60 Southwest Sp	32.10Q	2
3 DeWitt, Lavonda	W63 Unattached	33.71Q	2
4 Lawson, Sarah	W60 Greater Bost	34.01Q	1
5 Maxwell, Karen	W64 Unattached	35.21q	1
6 Burda, Deborah	W64 Unattached	36.16q	2
7 Hammond, Debbie	W63 Unattached	36.17	2
8 *Jolicoeur, Jovette	W63 Canada	X37.63	1
9 Popovitch, Catherine	W61 Greater Phil	41.03	2

**W60 200 m**

Name	Age Team	Finals
Finals		
1 Bridgette, India	W61 Unattached	29.63

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****....W60 200 m**

2	Williams, Shemayne	W60 Southwest Sp	31.11
3	Lawson, Sarah	W60 Greater Bost	33.05
4	DeWitt, Lavonda	W63 Unattached	33.45
5	Maxwell, Karen	W64 Unattached	35.55
6	Burda, Deborah	W64 Unattached	36.73

**W65 200 m**

Name	Age Team	Prelims	H#
Preliminaries			
1	Loyd, Susan	W65 Mass Velocit	34.25Q 2
2	Funk, Leandra	W67 Unattached	34.68Q 1
3	Seki, Tomomi	W66 Central Park	34.58Q 2
4	Simpson, Claudia	W69 Greater Phil	36.34Q 1
5	Bowman, Tina	W69 SC Striders	39.91q 2
6	Lee, Debbie	W66 So Cal Track Club	40.06q 1
7	Heierman, Vickie	W67 Unattached	43.67 2

**W65 200 m**

Name	Age Team	Finals
Finals		
1	Funk, Leandra	W67 Unattached 33.62
2	Loyd, Susan	W65 Mass Velocit 34.11
3	Seki, Tomomi	W66 Central Park 34.43
4	Simpson, Claudia	W69 Greater Phil 35.85
5	Bowman, Tina	W69 SC Striders 36.56
6	Lee, Debbie	W66 So Cal Track Club 41.54

**W70 200 m**

Name	Age Team	Finals
1	Glynn, Kay	W70 Unattached 36.71
2	Phillips, Hannah	W70 Potomac Vall 38.24
3	Kelly, Pat	W72 SC Striders 39.84
4	Harmon, Sherrel	W72 Central Park 40.03
5	Bishop, Catherine	W73 Unattached 55.83

**W75 200 m**

Name	Age Team	Finals
1	Davis, Christine	W75 Unattached 48.30
2	Hill, Cora	W79 TNT Internat 52.69
3	Hensley, Barbara	W79 Southwest Ohio TC 54.05
4	Trotto, Mary	W75 TNT Internat 56.68

**W80 200 m**

Name	Age Team	Finals
1	Smith, Mary	W82 Centennial S 39.02

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...W80 200 m**

2	Bergen, Kathy	W83 SC Striders	41.54
3	Robinson, Mary	W80 Unattached	45.73
4	Kightlinger, Georgia	W82 Unattached	47.16
5	Guardino, Louise	W82 Unattached	1:00.46

**M25-29 200 m**

Name	Age Team	Finals
1 Gritzer, Rob	M25 Unattached	22.86
2 Bell, Curtis	M26 CHT Elite	25.67
-- Brass, Dainen	M25 Pony Express	DQ steps on line

**M30 200 m**

Name	Age Team	Prelims	H#
Preliminaries			
1 Powell, Tyler	M31 Unattached	23.30Q	2
2 Johnson, Nathan	M32 Unattached	23.62Q	3
3 Otuonye, Chukwumereije	M32 ISAA (Intern	24.19Q	1
4 Blakey, Nick	M31 Unattached	24.06q	3
5 Knight, Jelani	M31 ISAA (Intern	24.09q	2
6 Moore, Lamar	M34 Moore Elite	24.96q	1
7 Carey, Douglas	M30 Unattached	25.51	1
8 Seki, Eugene	M30 Unattached	26.47	2
9 Ozminkowski, Chris	M31 CHT Elite	32.71	3
10 Miller, Max	M31 CHT Elite	32.74	3 L

**M30 200 m**

Name	Age Team	Finals
Finals		
1 Johnson, Nathan	M32 Unattached	23.37
2 Blakey, Nick	M31 Unattached	23.43
3 Knight, Jelani	M31 ISAA (Intern	23.69
4 Powell, Tyler	M31 Unattached	24.44
5 Moore, Lamar	M34 Moore Elite	24.99
-- Otuonye, Chukwumereije	M32 ISAA (Intern	DQ steps on line

**M35 200 m**

Name	Age Team	Finals
1 Parker, Rondrick	M39 Atlanta Track Club	22.52
2 Brunsmann, Kyle	M36 Unattached	23.41
3 Jones, Mackenzie	M36 Unattached	23.67
4 Nious, Kevin	M36 U.S. Air Force	24.36
5 Wade, James	M36 Atlanta Track Club	25.30
6 Maxwell, Terence	M35 Contra Costa	25.34

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M40 200 m**

Name	Age Team	Prelims	H#
Preliminaries			
1 Echols, Antoine	M40 Centennial S	22.59Q	2
2 Burnett, Sean	M41 Southwest Sp	23.02Q	3 L
3 Robinson, Jonathan	M42 United South	23.58Q	1
4 Blunt, Michael	M44 Centennial S	23.47q	3
5 Glenn, Jamar	M42 Unattached	23.95q	1
6 *Kedney, Ruaidhri	M40 Ireland	X24.01q	2
7 Cunningham, Charles	M41 Unattached	24.18	1
8 Barnes, Marcus	M40 Atlanta Track Club	24.32	2
9 Nicholls II, Ron	M40 Unattached	24.88	2
10 McIver II, Christopher	M44 Elite Xpress	25.25	3
11 Thompson, Wesley	M42 Unattached	28.78	3
-- Wilks, Quinton	M42 Kansas City Smoke	DQ	1
-- Holloway, Marcus	M44 Unattached	DQ	3

**M40 200 m**

Name	Age Team	Finals
Finals		
1 Echols, Antoine	M40 Centennial S	21.97
2 Burnett, Sean	M41 Southwest Sp	22.84
3 Robinson, Jonathan	M42 United South	23.44
4 Blunt, Michael	M44 Centennial S	23.45
5 Glenn, Jamar	M42 Unattached	24.10
6 *Kedney, Ruaidhri	M40 Ireland	X24.59

**M45 200 m**

Name	Age Team	Prelims	H#
Preliminaries			
1 Haack, Peter	M48 Mass Velocit	24.18Q	1
2 Torres, Jassiel	M45 Southwest Sp	24.68Q	3
3 *Boyce, Brian	M45 Ireland	X24.70Q	2
4 Kafuuma, Roland	M48 Alpha and Om	26.25q	3
5 Manning, Adam	M48 Unattached	27.36q	1
6 *Clarke Sr., Ronald	M49 Canada	X27.45q	2
-- Pan, Mark	M49 Unattached	DQ	3
-- Mabry, Jeff	M49 Atlanta Track Club	DQ	2

**M45 200 m**

Name	Age Team	Finals	
Finals			
1 Torres, Jassiel	M45 Southwest Sp	23.77	
2 Haack, Peter	M48 Mass Velocit	24.01	
3 *Boyce, Brian	M45 Ireland	X24.50	
4 Kafuuma, Roland	M48 Alpha and Om	26.35	
5 Manning, Adam	M48 Unattached	27.39	27.384
6 *Clarke Sr., Ronald	M49 Canada	X27.39	27.388



**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M50 200 m**

Name	Age Team	Prelims	H#
Preliminaries			
1 Mack, Jeffery	M50 Unattached	23.63Q	3
2 Robinson, Garth	M52 Unattached	23.68Q	2
3 Henry Jr., David	M53 Atlanta Track Club	25.10Q	1
4 Chambers, Winston	M54 Unattached	25.30Q	4
5 Cook, Greg	M53 Dearborn Track Club	25.17q	2
6 Gartin, Kent	M52 Southwest Sp	25.82q	1
7 Betancourt, Hector	M51 Southwest Sp	25.91	3
8 Mehl, Jonathan	M53 Dearborn Track Club	26.26	4
9 Roland, Timothy	M54 Dearborn Track Club	26.47	4
10 Joachim, George	M52 Unattached	26.83	3
11 *Shimmi, Akio	M51 Japan	X27.07	1
12 Hall Jr., Robert	M54 Unattached	27.64	1
13 Littrell Jr., Denis	M52 Unattached	27.77	1
14 Bah, Chernor	M53 Unattached	29.05	4
15 Williams, Stephen	M52 Unattached	29.29	2
-- Epebinuade, Adeniran	M51 Unattached	DQ	2

**M50 200 m**

Name	Age Team	Finals
Finals		
1 Robinson, Garth	M52 Unattached	23.34
2 Mack, Jeffery	M50 Unattached	23.45
3 Cook, Greg	M53 Dearborn Track Club	24.88
4 Chambers, Winston	M54 Unattached	24.95
5 Henry Jr., David	M53 Atlanta Track Club	25.04
6 Gartin, Kent	M52 Southwest Sp	26.35

**M55 200 m**

Name	Age Team	Prelims	H#
Preliminaries			
1 Bridges, Lee	M55 Unattached	24.52Q	2
2 Jones, David	M58 Southwest Sp	25.47Q	1 L
3 Gibbon, David	M57 Southwest Sp	24.94Q	2
4 Hanes III, Norris	M55 Potomac Vall	25.50Q	1
5 Senes, Alessandro	M56 Unattached	25.55q	2
6 *Campbell, John	M59 New Zealand	X25.64q	1
7 Walker, Rob	M55 Unattached	29.04	1 29.033
7 Pritchard, Craig	M59 Unattached	29.04	2 29.033

**M55 200 m**

Name	Age Team	Finals
Finals		
1 Bridges, Lee	M55 Unattached	24.01
2 Hanes III, Norris	M55 Potomac Vall	24.19
3 Gibbon, David	M57 Southwest Sp	24.88
4 Senes, Alessandro	M56 Unattached	24.92

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...M55 200 m**

5 \*Campbell, John M59 New Zealand X25.19

**M60 200 m**

Name	Age Team	Prelims	H#
Preliminaries			
1 Humphrey, Ronald	M64 Unattached	26.72Q	1
2 Foster, Robert	M61 So Cal Track Club	26.93Q	3
3 Campbell, Bob	M62 Unattached	27.61Q	2
4 Garner, Reggie	M62 So Cal Track Club	27.08q	3
5 Heldman, Alan	M60 Mass Velocit	27.49q	1 L
6 Rash, Bruce	M61 Greater Phil	28.29q	1
7 Wallack, Matthew	M60 Shore Athletic Club	28.46	2
8 Applegate, Jerome	M61 Unattached	28.50	3
9 Spruill, Willie	M64 Unattached	28.53	2
10 Hickey, Christopher	M60 Potomac Vall	28.56	1
11 Murphy, Kyle	M60 Unattached	29.50	3
12 Broyd, Graham	M64 Westchester	29.76	3
13 McWilliams, Troy	M62 Unattached	30.10	1
-- Jones, David	M62 Miami Northw	DQ	2

**M60 200 m**

Name	Age Team	Finals
Finals		
1 Humphrey, Ronald	M64 Unattached	26.29
2 Foster, Robert	M61 So Cal Track Club	26.68
3 Garner, Reggie	M62 So Cal Track Club	26.99
4 Heldman, Alan	M60 Mass Velocit	27.61
5 Campbell, Bob	M62 Unattached	27.86
6 Rash, Bruce	M61 Greater Phil	28.06

**M65 200 m**

Name	Age Team	Prelims	H#
Preliminaries			
1 Barnwell, Val	M65 So Cal Track Club	27.21Q	2
2 James, Ben	M66 Genesee Vall	28.02Q	1
3 Stevens, Ron	M69 Pacific Coas	28.04Q	3
4 Evans, Hubert	M69 So Cal Track Club	28.10q	3
5 Llavanes, Rudy	M66 Unattached	28.84q	3
6 Farrell, Brian	M66 Unattached	29.79q	3
7 Allen, Jackie	M66 So Cal Track Club	30.01	1
8 Ahearn Jr., Leo	M66 Unattached	30.78	2
9 Stevens, Randall	M69 Portland Mas	31.10	3
10 Midder, Robert	M65 Unattached	31.42	1
11 Wilson, David	M65 Unattached	31.58	2
12 Bunner, Thomas	M67 Unattached	31.94	1
13 Baker, Anthony	M69 Houston Elite	32.07	2
14 Ballinger, Steven	M67 Unattached	33.26	1
15 Cheadle, Bill	M69 So Cal Track Club	34.20	2

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M65 200 m**

Name	Age Team	Finals
Finals		
1 Barnwell, Val	M65 So Cal Track Club	26.02
2 James, Ben	M66 Genesee Vall	26.52
3 Evans, Hubert	M69 So Cal Track Club	27.57
4 Stevens, Ron	M69 Pacific Coas	28.28
-- Farrell, Brian	M66 Unattached	DNF

**M70 200 m**

Name	Age Team	Prelims	H#
Preliminaries			
1 Blake, Carroll	M72 Houston Elite	28.42Q	1
2 Peyton, Oscar	M70 Potomac Vall	29.32Q	2
3 Craig, David	M71 So Cal Track Club	28.93Q	1
4 Jacquet-Acea, Russell	M70 Unattached	29.85Q	2
5 Wilson Sr., Thaddeus	M72 Pacific Coas	30.00q	2
6 Betts III, Herbert	M72 Unattached	32.32q	1
7 Frontino, James	M73 TNT Internat	35.07	1
8 St Cyr, Kenneth	M70 So Cal Track Club	36.04	2
9 Mease, Edward	M73 Unattached	36.59	2
10 Tinsman, Thomas	M70 TNT Internat	42.21	1

**M70 200 m**

Name	Age Team	Finals
Finals		
1 Peyton, Oscar	M70 Potomac Vall	27.73
2 Blake, Carroll	M72 Houston Elite	28.02
3 Craig, David	M71 So Cal Track Club	28.49
4 Wilson Sr., Thaddeus	M72 Pacific Coas	29.01
5 Jacquet-Acea, Russell	M70 Unattached	29.21
6 Betts III, Herbert	M72 Unattached	32.41

**M75 200 m**

Name	Age Team	Prelims	H#
Preliminaries			
1 Brown, Kenton	M78 Unattached	30.35Q	1
2 Perlis, Noah	M75 Houston Elite	32.08Q	2
3 Cash, Grady	M75 Houston Elite	31.40Q	1
4 Koontz, Robert	M79 Potomac Vall	32.41Q	2
5 Parker III, George	M75 Unattached	31.71q	1
6 Jones, Allen	M75 Unattached	33.27q	2
7 Pate, Ron	M76 Unattached	39.16	2
8 Booth, Howard	M79 Ann Arbor Tr	40.60	1

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M75 200 m**

Name	Age Team	Finals
Finals		
1 Brown, Kenton	M78 Unattached	29.92
2 Perlis, Noah	M75 Houston Elite	31.65
3 Parker III, George	M75 Unattached	31.94
4 Jones, Allen	M75 Unattached	35.29
-- Cash, Grady	M75 Houston Elite	DQ Inside the Line
-- Koontz, Robert	M79 Potomac Vall	DQ Inside the Line

**M80 200 m**

Name	Age Team	Finals
1 Bowden, H Tom	M80 Unattached	32.58
2 Schurr, Avital	M81 Unattached	36.76
3 Keesling, William	M82 Greenville T	46.55
4 Rhoad, William	M81 Philadelphia	49.51

**M85 200 m**

Name	Age Team	Finals
1 Whilden Jr., Robert	M87 Houston Elite	34.74
2 Williamson Jr., Robert	M85 Potomac Vall	40.02
3 Stewart, Mack	M85 Houston Elite	41.50
4 Rizzo, Rich	M86 Houston Elite	43.23
5 Parrish, Spencer	M86 Connecticut	48.87
6 Sime, Colben	M89 So Cal Track Club	53.92

**M90 200 m**

Name	Age Team	Finals
1 Genzlinger, Vance	M93 Philadelphia	1:35.96

**M95 200 m**

Name	Age Team	Finals
1 Soller, Richard	M96 Unattached	1:33.70

**W25-29 400 m**

Name	Age Team	Finals
1 DeHaven, Alexia	W25 Unattached	56.93
2 Pralle, Taylor	W26 Unattached	1:03.06
3 Allen-Granderson, Chanec	W26 ISAA (Intern	1:13.11

**W30 400 m**

Name	Age Team	Finals
1 Dodson, Latasha	W32 Team Dodson Elite	58.47

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W35 400 m**

Name	Age Team	Finals
1 Downey, Sophia	W35 Unattached	1:03.15
2 Tukes-Karnick, Ashley	W37 Bella N Motion	1:08.21
3 Buchanan, Kindell	W36 Atlanta Track Club	1:32.50

**W40 400 m**

Name	Age Team	Finals
1 Medina, Santa	W43 Central Park	1:03.85
2 Hewins, Christina	W40 Unattached	1:07.82
3 Rock, Erin	W44 BLUEgrass Runners	1:09.89
4 Cobb, Caroline	W40 So Cal Track Club	1:15.37
5 Dietrich, Alex	W43 So Cal Track Club	1:18.63

**W45 400 m**

Name	Age Team	Finals
1 Jones, Nathalie	W48 Central Park	1:01.62
2 White, Yvette	W45 DC International	1:01.73
3 Luedke, Lace	W47 Unattached	1:04.95
4 Aziz-Gomez, Aseel	W48 BLUEgrass Runners	1:09.97
-- *Little, Roberta	W48 South Africa	X1:13.13

**W50 400 m**

Name	Age Team	Finals
1 DeOliveira, Dianne	W52 Bella N Motion	1:04.19
2 Friend-Uhl, Sonja	W51 Florida Trac	1:06.47
3 Young, Debbie	W52 Unattached	1:12.10
4 Grant, Tanja	W51 Unattached	1:18.36
5 Hunter, Hiroko	W52 BLUEgrass Runners	1:22.81
6 Vollweiler, Jill	W54 So Cal Track Club	1:31.42

**W55 400 m**

Name	Age Team	Finals
1 Brockner, Roxanne	W57 elitefeats	1:06.35
2 LeShore, Veronica	W56 Central Park	1:07.30
3 Saint-Louis, Dominique	W56 Central Park	1:07.74
4 Rath, Terri	W59 Greater Phil	1:11.06
5 Ballou, Terry	W55 Central Park	1:11.69

**W60 400 m**

Name	Age Team	Finals	H#
1 Jasper, Lorraine	W61 Greater Phil	1:10.21	2
2 Lewis, Adriene	W61 Unattached	1:16.00	1
3 Snyder, Susan	W61 TNT Internat	1:21.71	1
4 Hammond, Debbie	W63 Unattached	1:27.00	1

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...W60 400 m**

5 Popovitch, Catherine	W61 Greater Phil	1:34.82	2
6 McCoy, Belinda	W62 Over The Hill TC	1:38.50	2
-- Hayden, Julie	W63 Greater Phil	DQ	2

**W65 400 m**

Name	Age Team	Finals
1 Funk, Leandra	W67 Unattached	1:16.36
2 Loyd, Susan	W65 Mass Velocit	1:16.49
3 Seki, Tomomi	W66 Central Park	1:21.85
4 Bowman, Tina	W69 SC Striders	1:31.60
5 Heierman, Vickie	W67 Unattached	1:37.95
-- Lee, Debbie	W66 So Cal Track Club	DQ

**W70 400 m**

Name	Age Team	Finals
1 Phillips, Hannah	W70 Potomac Vall	1:30.65
2 Kelly, Pat	W72 SC Striders	1:31.97
3 Harmon, Sherrel	W72 Central Park	1:32.01
4 Hartzler, Mary	W73 Unattached	1:43.91

**W75 400 m**

Name	Age Team	Finals
1 Frable, Kathleen	W77 So Cal Track Club	2:05.65
2 Berger, Nancy	W78 TNT Internat	2:07.47
3 Hensley, Barbara	W79 Southwest Ohio TC	2:10.98
4 Hill, Cora	W79 TNT Internat	2:12.13
5 Trotto, Mary	W75 TNT Internat	2:33.25

**W80 400 m**

Name	Age Team	Finals
1 Smith, Mary	W82 Centennial S	1:38.97
2 Robinson, Mary	W80 Unattached	1:46.84
3 Kightlinger, Georgia	W82 Unattached	2:05.52
4 Staab, Angela	W80 TNT Internat	2:20.78
5 Guardino, Louise	W82 Unattached	2:46.74

**M25-29 400 m**

Name	Age Team	Finals
1 Allen, JB	M26 Unattached	56.18

**M30 400 m**

Name	Age Team	Finals	H#
1 Wakefield, Teran	M31 Unattached	51.59	2

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...M30 400 m**

2 Blakey, Nick	M31 Unattached	51.77	2
3 Knight, Jelani	M31 ISAA (Intern	51.83	2
4 Powell, Tyler	M31 Unattached	52.61	2
5 Bishop, Joshua	M30 CHT Elite	1:06.08	1
6 Ozminkowski, Chris	M31 CHT Elite	1:08.53	1
7 Hall, Tyler	M30 ISSA Flash	1:17.16	1
-- Darby, Anton	M32 Unattached	DQ	2
-- *Chapman, Ty	M34 Australia	X51.42	2

**M35 400 m**

Name	Age Team	Finals	H#
1 Peyton Jr., Stanley	M36 Unattached	53.72	2
2 Nious, Kevin	M36 U.S. Air Force	54.14	2
3 Maxwell, Terence	M35 Contra Costa	56.18	2
4 Daniel, Hunter	M35 Prado Racing Team	56.76	1
5 Jones, Mackenzie	M36 Unattached	56.88	1
6 Parker, Rondrick	M39 Atlanta Track Club	57.92	2

**M40 400 m**

Name	Age Team	Finals	H#
1 Dunn, Durran	M41 Atlanta Track Club	52.78	2
2 Glenn, Jamar	M42 Unattached	54.29	2
3 Martin, Jason	M41 Unattached	54.54	1
4 Pack Jr., Rick	M42 Atlanta Track Club	56.17	2
5 Tomanek, Brian	M42 CHT Elite	59.03	1
6 Byrne, Jason	M44 CHT Elite	1:04.19	1
-- Wilks, Quinton	M42 Kansas City Smoke	DNF	2
-- Schomer, Craig	M44 Unattached	DQ	1
-- *Kedney, Ruaidhri	M40 Ireland	X53.72	2

**M45 400 m**

Name	Age Team	Finals	H#
1 Shen, Francis	M45 Twin Cities	54.22	2
2 Haack, Peter	M48 Mass Velocit	54.69	2
3 Weakly, Ian	M49 Atlanta Track Club	54.80	2
4 Kafuuma, Roland	M48 Alpha and Om	59.15	1
5 Good, Mark	M49 CHT Elite	1:01.70	1
6 Miller, Eugene	M48 Over The Hill TC	1:03.73	1
7 Eison, Jordan	M47 Atlanta Track Club	1:08.15	1
-- *Saldeno, Jose	M45 Venezuela	X52.38	2
-- *Boyce, Brian	M45 Ireland	X55.33	2
-- *Clarke Sr., Ronald	M49 Canada	X1:03.24	1

**M50 400 m**

Name	Age Team	Finals	H#
1 Chambers, Winston	M54 Unattached	56.02	2
2 Henry Jr., David	M53 Atlanta Track Club	56.35	3

## 2023 National Masters Indoor Championships - 03/10/23 to 03/12/23

03/10/23 to 03/12/23

## Results

## ...M50 400 m

3 Roland, Timothy	M54 Dearborn Track Club	56.86	2
4 Joachim, George	M52 Unattached	56.99	3
5 Graham Iv, Calvin	M51 Atlanta Track Club	57.45	3
6 Mehl, Jonathan	M53 Dearborn Track Club	57.68	2
7 Bentley, Alex	M52 Unattached	1:01.45	1
8 Hall Jr., Robert	M54 Unattached	1:13.21	1
9 Pounds, Thomas	M52 Unattached	1:14.65	1
-- Prince, Eric	M53 Southwest Sp	DNF	3
-- Williams, Mark	M50 Unattached	DQ	3
-- *De Freitas, Carlos	M52 Brazil	X56.80	2

## M55 400 m

Name	Age Team	Finals	H#
1 Bridges, Lee	M55 Unattached	54.05	2
2 Curtis, John	M57 Greater Phil	57.33	2
3 Summay, Landen	M57 Unattached	1:01.30	1
4 Leonardi, Franco	M56 Dearborn Track Club	1:01.92	1
5 Hoff, Timothy	M57 Mass Velocit	1:03.00	2
6 Pritchard, Craig	M59 Unattached	1:05.58	1
-- Kashulines Jr., Peter	M59 Freedom-Garm	DQ	2
-- *Atanassov, Gueorgui	M59 Bulgaria	X1:17.10	1

## M60 400 m

Name	Age Team	Finals	H#
1 Yelverton, William	M62 Greater Phil	59.84	4
2 Rash, Bruce	M61 Greater Phil	1:01.38	3
3 Mora III, Joseph	M61 Genesee Vall	1:01.72	3
4 Bynoe Sr., David	M61 TNT Internat	1:02.74	3
5 Wallack, Matthew	M60 Shore Athletic Club	1:02.81	3
6 McCrimmon, James	M62 Unattached	1:03.04	2
7 Shute Sr., Marcus	M60 Southwest Sp	1:03.57	4
8 Lee, Rick	M62 Shore Athletic Club	1:04.40	2
9 Watry, James	M60 So Cal Track Club	1:05.40	2
10 Applegate, Jerome	M61 Unattached	1:06.08	3
11 Hernandez, Wally	M61 Greater Phil	1:06.15	2
12 McWilliams, Troy	M62 Unattached	1:08.24	1
-- Friend Sr., Byron	M64 TNT Internat	DQ	1
-- *Athayde, Greg	M61 Canada	X1:01.38	4

## M65 400 m

Name	Age Team	Finals	H#
1 James, Ben	M66 Genesee Vall	1:01.95	3
2 Farrell, Brian	M66 Unattached	1:07.88	3
3 Purdy, Mark	M66 Over The Hill TC	1:09.34	2
4 Riss, Robert	M65 Unattached	1:09.53	2
5 Vanderhoof, Gary	M66 Potomac Vall	1:10.54	3
6 Carter Jr., Richard	M66 Atlanta Track Club	1:12.67	2
7 Wilson, David	M65 Unattached	1:13.57	3
8 Baker, Anthony	M69 Houston Elite	1:14.05	2



**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...M65 400 m**

9	Cheadle, Bill	M69	So Cal Track Club	1:14.70	2
10	Repka, Steven	M66	Morgantown Running	1:23.07	1
--	LaMarche, Gilles	M68	Unattached	DQ	1

**M70 400 m**

Name	Age	Team	Finals	H#	
1	Blake, Carroll	M72	Houston Elite	1:03.08	2
2	Craig, David	M71	So Cal Track Club	1:07.04	2
3	Somerville, Edward	M71	Unattached	1:08.06	2
4	Hower, Richard	M71	Potomac Vall	1:10.03	2
5	Taft, Tucker	M70	Mass Velocit	1:13.92	2
6	Baldwin, Curtis	M71	Unattached	1:15.39	2
7	Barnes, Manuel	M70	Unattached	1:18.63	1
8	Betts III, Herbert	M72	Unattached	1:19.33	1
9	Ruozzi, Richard	M71	Unattached	1:21.19	1
10	Daniels, Michael	M73	Unattached	1:23.58	1
11	Poth, Gregory	M72	Unattached	1:43.43	1

**M75 400 m**

Name	Age	Team	Finals	H#	
1	Allie, Charles	M75	Houston Elite	1:07.23	2
2	Cash, Grady	M75	Houston Elite	1:10.65	2
3	Parker III, George	M75	Unattached	1:14.92	1
4	Wigger, Tim	M75	So Cal Track Club	1:15.63	2
5	Jones, Allen	M75	Unattached	1:23.13	1
6	Pate, Ron	M76	Unattached	1:27.85	1
--	Perlis, Noah	M75	Houston Elite	DQ	2

**M80 400 m**

Name	Age	Team	Finals	
1	Bowden, H Tom	M80	Unattached	1:14.95

**M85 400 m**

Name	Age	Team	Finals	
1	Stewart, Mack	M85	Houston Elite	1:46.54
--	Sime, Colben	M89	So Cal Track Club	DQ

**M90 400 m**

Name	Age	Team	Finals	
1	Genzlinger, Vance	M93	Philadelphia	3:19.93

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W25-29 800 m**

Name	Age Team	Finals
1 Pasko, Amanda	W26 Unattached	2:24.80
35.721 (35.721)	1:11.809 (36.088)	1:47.103 (35.294)
		2:24.793 (37.690)

**W35 800 m**

Name	Age Team	Finals
1 Elder, Christina	W35 LRC Nebraska	2:18.14
33.067 (33.067)	1:06.460 (33.394)	1:41.570 (35.110)
		2:18.136 (36.566)
2 Downey, Sophia	W35 Unattached	2:29.97
34.919 (34.919)	1:11.043 (36.124)	1:49.207 (38.164)
		2:29.969 (40.763)
3 Yazzie, Charmayne	W37 GYS TRACK CLUB	2:58.98
40.377 (40.377)	1:23.043 (42.667)	2:10.819 (47.776)
		2:58.974 (48.156)

**W40 800 m**

Name	Age Team	Finals
1 Rock, Erin	W44 BLUEgrass Runners	2:34.84
38.070 (38.070)	1:18.372 (40.302)	1:57.700 (39.329)
		2:34.832 (37.132)
2 Cobb, Caroline	W40 So Cal Track Club	2:39.42
37.792 (37.792)	1:18.101 (40.309)	1:59.168 (41.067)
		2:39.415 (40.248)
3 Crumrine, Diana	W41 Unattached	2:45.35
37.541 (37.541)	1:17.880 (40.340)	1:59.317 (41.437)
		2:45.341 (46.024)
4 Hewins, Christina	W40 Unattached	2:46.16
35.854 (35.854)	1:14.433 (38.579)	1:57.276 (42.843)
		2:46.153 (48.878)
5 Dietrich, Alex	W43 So Cal Track Club	3:15.79
39.107 (39.107)	1:25.714 (46.607)	2:19.458 (53.744)
		3:15.787 (56.330)

**W45 800 m**

Name	Age Team	Finals
1 Jones, Nathalie	W48 Central Park	2:25.78
35.122 (35.122)	1:11.764 (36.642)	1:49.138 (37.374)
		2:25.773 (36.636)
2 Mitchell, Laura	W46 Unattached	2:39.68
40.342 (40.342)	1:20.592 (40.250)	1:59.729 (39.138)
		2:39.673 (39.944)
3 Barry, Stella	W49 Bella N Motion	2:49.74
41.893 (41.893)	1:23.304 (41.411)	2:05.993 (42.690)
		2:49.740 (43.747)
4 *Little, Roberta	W48 South Africa	X2:50.98
42.692 (42.692)	1:24.416 (41.724)	2:07.469 (43.054)
		2:50.974 (43.506)
5 Ferguson, Heather	W49 Unattached	3:22.87
46.528 (46.528)	1:35.405 (48.878)	2:29.949 (54.544)
		3:22.868 (52.919)
6 Wilson, Rachel	W48 BLUEgrass Runners	3:32.86
50.385 (50.385)	1:45.464 (55.079)	2:41.628 (56.165)
		3:32.853 (51.225)

**W50 800 m**

Name	Age Team	Finals
1 Friend-Uhl, Sonja	W51 Florida Trac	2:30.56
35.256 (35.256)	1:12.439 (37.184)	1:51.098 (38.660)
		2:30.551 (39.453)

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****....W50 800 m**

2 Vollweiler, Jill	W54 So Cal Track Club	3:13.84	
45.017 (45.017)	1:34.333 (49.316)	2:25.486 (51.153)	3:13.839 (48.354)

**W55 800 m**

Name	Age Team	Finals	
1 Rohl, Michelle	W57 Greater Phil	2:28.29	
36.131 (36.131)	1:12.765 (36.634)	1:49.829 (37.064)	2:28.287 (38.458)
2 Saint-Louis, Dominique	W56 Central Park	2:32.20	
37.141 (37.141)	1:14.047 (36.906)	1:51.705 (37.658)	2:32.199 (40.495)
3 Stobbe, Judy	W57 Central Park	2:36.21	
37.395 (37.395)	1:15.949 (38.554)	1:55.602 (39.654)	2:36.209 (40.608)
4 Springer, Roxanne	W59 Pursuit of E	2:45.11	
41.375 (41.375)	1:24.105 (42.731)	2:06.301 (42.196)	2:45.101 (38.801)
5 Rath, Terri	W59 Greater Phil	2:45.63	
36.932 (36.932)	1:18.024 (41.092)	2:01.507 (43.484)	2:45.621 (44.114)
6 Ballou, Terry	W55 Central Park	2:47.61	
40.373 (40.373)	1:22.851 (42.479)	2:06.199 (43.348)	2:47.610 (41.412)
7 Satterthwaite, Wendy	W58 Unattached	2:51.87	
41.075 (41.075)	1:23.801 (42.726)	2:08.601 (44.800)	2:51.864 (43.264)
8 Anderson, Kimberly	W57 TNT Internat	3:06.44	
43.951 (43.951)	1:29.243 (45.293)	2:17.957 (48.714)	3:06.433 (48.476)
9 Corrigan, Sally	W58 Unattached	3:10.68	
45.739 (45.739)	1:32.717 (46.979)	2:21.597 (48.880)	3:10.675 (49.078)
10 Liebschner, Sheri	W56 Eastern Buck	3:35.38	
47.651 (47.651)	1:40.319 (52.668)	2:38.388 (58.070)	3:35.375 (56.988)
11 Grant, Sara	W57 BLUEgrass Runners	3:55.50	
54.044 (54.044)	1:52.399 (58.355)	2:54.710 (1:02.312)	3:55.499 (1:00.790)

**W60 800 m**

Name	Age Team	Finals	
1 Jasper, Lorraine	W61 Greater Phil	2:47.08	
42.600 (42.600)	1:24.864 (42.264)	2:06.863 (42.000)	2:47.074 (40.211)
2 Hayden, Julie	W63 Greater Phil	2:49.09	
41.740 (41.740)	1:24.450 (42.710)	2:07.202 (42.752)	2:49.085 (41.884)
3 Torneden, Deb	W61 Unattached	2:51.61	
42.415 (42.415)	1:25.486 (43.071)	2:09.492 (44.007)	2:51.608 (42.116)
4 Snyder, Susan	W61 TNT Internat	3:09.29	
48.493 (48.493)	1:38.804 (50.311)	2:23.538 (44.734)	3:09.286 (45.748)
5 Silva, Mireille	W63 Atlanta Track Club	3:13.17	
49.120 (49.120)	1:40.878 (51.758)	2:29.848 (48.971)	3:13.164 (43.316)
6 Bellaire, Cheryl	W64 Greater Phil	3:13.23	
48.338 (48.338)	1:38.634 (50.297)	2:28.473 (49.839)	3:13.230 (44.757)
7 Kyger, Liz	W63 Kansas City Smoke	3:18.25	
51.620 (51.620)	1:40.440 (48.820)	2:30.361 (49.922)	3:18.247 (47.886)
8 Tefft, Jan	W64 So Cal Track Club	3:24.28	
48.917 (48.917)	1:40.690 (51.773)	2:33.928 (53.238)	3:24.276 (50.349)
9 Shabelski, Joanne	W61 Potomac Vall	3:33.08	
52.694 (52.694)	1:45.973 (53.280)	2:41.254 (55.282)	3:33.078 (51.824)
10 Siegel, Lauren	W63 Greater Phil	3:33.45	
51.911 (51.911)	1:44.975 (53.064)	2:39.634 (54.659)	3:33.450 (53.817)

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W65 800 m**

Name	Age Team	Finals
1 Loyd, Susan	W65 Mass Velocit	3:07.03
46.458 (46.458)	1:32.479 (46.021)	2:20.059 (47.580) 3:07.024 (46.966)
2 Cossi, Alda	W67 Liberty Athl	3:12.89
46.882 (46.882)	1:34.494 (47.612)	2:26.010 (51.516) 3:12.882 (46.872)
3 Bell, Ivy	W68 Central Park	3:15.16
46.887 (46.887)	1:34.168 (47.282)	2:25.141 (50.973) 3:15.152 (50.012)
4 Lee, Debbie	W66 So Cal Track Club	3:19.71
47.551 (47.551)	1:37.668 (50.117)	2:30.409 (52.742) 3:19.706 (49.298)
5 Mayhugh, Mary Lowe	W66 Potomac Vall	3:44.82
49.587 (49.587)	1:46.398 (56.811)	2:46.028 (59.630) 3:44.820 (58.793)
6 Mullis Dubow, Trenice	W69 Atlanta Track Club	3:56.04
57.564 (57.564)	1:57.101 (59.538)	2:58.044 (1:00.944) 3:56.033 (57.989)
7 Myers, Helene	W68 Potomac Vall	5:34.08
1:16.308 (1:16.308)	2:43.156 (1:26.848)	4:11.525 (1:28.369) 5:34.074 (1:22.550)

**W70 800 m**

Name	Age Team	Finals
1 Hudnall, Norma	W73 Atlanta Track Club	3:56.44
57.054 (57.054)	1:55.906 (58.853)	2:56.270 (1:00.364) 3:56.440 (1:00.171)
2 Jacobs, Kathy	W70 High Point A	4:49.44
1:12.337 (1:12.337)	2:27.706 (1:15.370)	3:40.634 (1:12.928) 4:49.438 (1:08.804)

**W75 800 m**

Name	Age Team	Finals
1 Frable, Kathleen	W77 So Cal Track Club	4:39.99
1:01.808 (1:01.808)	2:10.341 (1:08.534)	3:25.388 (1:15.047) 4:39.986 (1:14.599)
2 Berger, Nancy	W78 TNT Internat	4:57.49
1:10.507 (1:10.507)	2:26.924 (1:16.418)	3:44.955 (1:18.031) 4:57.483 (1:12.528)
-- Foody, Terry	W75 BLUEgrass Runners	DNF
1:07.018 (1:07.018)		

**W80 800 m**

Name	Age Team	Finals
1 Kightlinger, Georgia	W82 Unattached	4:48.18
56.778 (56.778)	2:08.481 (1:11.704)	3:28.033 (1:19.552) 4:48.176 (1:20.144)
2 Staab, Angela	W80 TNT Internat	5:56.31
1:15.062 (1:15.062)	2:49.784 (1:34.722)	4:27.208 (1:37.424) 5:56.305 (1:29.097)

**M25-29 800 m**

Name	Age Team	Finals
1 Thiebaut, Trevor	M27 CHT Elite	2:01.89
28.437 (28.437)	58.214 (29.778)	1:28.770 (30.556) 2:01.884 (33.114)
2 Hackett Jr., Lynn	M28 Unattached	2:06.34
28.193 (28.193)	58.878 (30.685)	1:31.593 (32.716) 2:06.332 (34.739)

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...M25-29 800 m**

3	Brown Jr Jr., Wendall	M29 Unattached	2:09.68		
	29.724 (29.724)	1:01.988 (32.265)	1:35.550 (33.562)	2:09.676 (34.126)	
4	Snider-Hayes, Seth	M28 Fleet Feet Louis	2:18.64		
	33.294 (33.294)	1:07.206 (33.912)	1:43.252 (36.046)	2:18.636 (35.384)	
5	Grifka, Adam	M26 CHT Elite	2:25.82		
	33.500 (33.500)	1:07.504 (34.004)	1:44.043 (36.539)	2:25.814 (41.771)	

**M30 800 m**

Name	Age Team	Finals		
1 Sanders, Reginald	M34 Unattached	2:01.29		
	29.215 (29.215)	59.159 (29.944)	1:30.430 (31.272)	2:01.281 (30.851)
2 Knight, Jelani	M31 ISAA (Intern	2:05.04		
	31.397 (31.397)	1:03.677 (32.280)	1:34.569 (30.892)	2:05.033 (30.464)
3 Morris, Matt	M31 Fleet Feet Louis	2:09.72		
	32.206 (32.206)	1:04.455 (32.250)	1:38.076 (33.622)	2:09.720 (31.644)
4 Hopkins, Chris	M34 Greenville T	2:14.91		
	31.008 (31.008)	1:03.873 (32.865)	1:38.687 (34.814)	2:14.907 (36.220)
5 Bishop, Joshua	M30 CHT Elite	2:43.19		
	38.556 (38.556)	1:18.126 (39.570)	2:00.195 (42.070)	2:43.182 (42.988)
6 Ozminkowski, Chris	M31 CHT Elite	2:52.47		
	40.689 (40.689)	1:21.211 (40.522)	2:05.610 (44.399)	2:52.468 (46.858)
7 Miller, Max	M31 CHT Elite	3:09.06		
	46.275 (46.275)	1:38.909 (52.634)	2:31.716 (52.808)	3:09.058 (37.342)

**M35 800 m**

Name	Age Team	Finals		
1 Sharp, Sam	M37 Shadow Project TC	2:00.98		
	30.428 (30.428)	1:01.306 (30.878)	1:33.000 (31.694)	2:00.972 (27.972)
2 Peyton Jr., Stanley	M36 Unattached	2:05.45		
	30.070 (30.070)	1:00.920 (30.851)	1:32.716 (31.796)	2:05.450 (32.734)
3 Daniel, Hunter	M35 Prado Racing Team	2:07.87		
	31.084 (31.084)	1:02.588 (31.504)	1:35.728 (33.141)	2:07.862 (32.134)
4 Bohannon, Griffin	M35 CHT Elite	2:20.93		
	32.361 (32.361)	1:06.236 (33.876)	1:42.903 (36.667)	2:20.923 (38.020)

**M40 800 m**

Name	Age Team	Finals		
1 Stead, Philip	M41 Unattached	1:58.95		
	30.249 (30.249)	59.642 (29.393)	1:29.484 (29.843)	1:58.943 (29.459)
2 Wallace, Scott	M43 Shadow Project TC	2:03.70		
	31.780 (31.780)	1:01.768 (29.988)	1:32.444 (30.677)	2:03.694 (31.250)
3 Feddock, Jonathan	M41 BLUEgrass Runners	2:03.73		
	30.758 (30.758)	1:01.201 (30.443)	1:33.115 (31.914)	2:03.726 (30.611)
4 Herter, Jaret	M41 Genesee Vall	2:03.77		
	30.553 (30.553)	1:00.916 (30.364)	1:32.347 (31.431)	2:03.762 (31.416)
5 Coates III, James	M43 Shadow Project TC	2:05.83		
	31.224 (31.224)	1:01.168 (29.944)	1:32.848 (31.681)	2:05.829 (32.981)
6 Schomer, Craig	M44 Unattached	2:10.05		
	31.504 (31.504)	1:03.145 (31.641)	1:36.314 (33.169)	2:10.048 (33.735)

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...M40 800 m**

7	Walchinsky, Mark	M44 Shadow Project TC	2:11.21		
	30.511 (30.511)	1:00.480 (29.969)	1:32.920 (32.441)	2:11.205 (38.285)	
8	Martin, Jack	M42 CHT Elite	2:16.65		
	32.815 (32.815)	1:05.797 (32.982)	1:41.090 (35.293)	2:16.648 (35.559)	
9	Tomanek, Brian	M42 CHT Elite	2:17.51		
	32.266 (32.266)	1:05.544 (33.278)	1:41.536 (35.992)	2:17.503 (35.968)	
10	Greene, Michael	M44 So Cal Track Club	2:25.63		
	33.692 (33.692)	1:09.305 (35.613)	1:47.603 (38.298)	2:25.629 (38.026)	
11	Byrne, Jason	M44 CHT Elite	2:33.13		
	32.218 (32.218)	1:05.673 (33.455)	1:47.058 (41.386)	2:33.128 (46.070)	

**M45 800 m**

Name	Age Team	Finals		
1 *Saldeno, Jose	M45 Venezuela	X2:03.11		
	27.445 (27.445)	58.006 (30.561)	1:31.048 (33.042)	2:03.110 (32.062)
2 *Hurlen, Erik	M45 Canada	X2:03.17		
	30.695 (30.695)	1:00.772 (30.077)	1:32.374 (31.602)	2:03.163 (30.790)
3 Schneekloth Jr., Charles	M45 Garden State	2:03.44		
	30.970 (30.970)	1:00.977 (30.008)	1:32.642 (31.666)	2:03.437 (30.795)
4 Hernandez, Christopher	M46 Genesee Vall	2:09.21		
	31.500 (31.500)	1:03.004 (31.504)	1:36.006 (33.002)	2:09.208 (33.203)
5 Cahoon Jr., Rick	M45 CHT Elite	2:09.78		
	31.730 (31.730)	1:03.630 (31.900)	1:36.746 (33.116)	2:09.776 (33.031)
6 Fitzpatrick, Darnell	M46 Unattached	2:10.28		
	29.918 (29.918)	1:00.059 (30.142)	1:33.500 (33.441)	2:10.277 (36.778)
7 Ress, Ryan	M48 Reno Tahoe A	2:12.18		
	33.853 (33.853)	1:04.474 (30.622)	1:39.088 (34.614)	2:12.179 (33.091)
8 Richardson, Matthew	M47 CHT Elite	2:17.90		
	31.259 (31.259)	1:03.984 (32.726)	1:39.299 (35.315)	2:17.899 (38.600)
9 Eison, Jordan	M47 Atlanta Track Club	2:32.11		
	36.036 (36.036)	1:14.841 (38.806)	1:54.946 (40.105)	2:32.104 (37.159)

**M50 800 m**

Name	Age Team	Finals		
1 Williams, Mark	M50 Unattached	2:06.28		
	31.343 (31.343)	1:03.354 (32.012)	1:35.995 (32.641)	2:06.273 (30.278)
2 McDonald, Chris	M54 Boulder Road	2:12.24		
	31.914 (31.914)	1:04.764 (32.850)	1:39.084 (34.321)	2:12.232 (33.148)
3 Schumann, Keith	M52 Colonial Roa	2:12.47		
	32.158 (32.158)	1:04.182 (32.025)	1:37.663 (33.481)	2:12.466 (34.804)
4 Graham Iv, Calvin	M51 Atlanta Track Club	2:16.94		
	32.510 (32.510)	1:05.236 (32.726)	1:38.672 (33.437)	2:16.940 (38.268)
5 Williams, Mike	M52 Unattached	2:28.01		
	35.651 (35.651)	1:11.662 (36.011)	1:50.618 (38.956)	2:28.009 (37.392)
6 Powell, Brian	M51 CHT Elite	2:30.34		
	36.446 (36.446)	1:12.814 (36.369)	1:52.411 (39.597)	2:30.336 (37.925)
7 Walker, Darryl	M50 Unattached	2:32.13		
	35.170 (35.170)	1:11.403 (36.233)	1:50.777 (39.374)	2:32.124 (41.348)
8 Bah, Chernor	M53 Unattached	2:43.72		
	39.065 (39.065)	1:19.142 (40.077)	2:01.422 (42.281)	2:43.717 (42.295)

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M55 800 m**

Name	Age Team	Finals	H#
1 Novak, Charles	M55 Unattached	2:06.71	2
31.273 (31.273)	1:02.646 (31.373)	1:34.394 (31.749)	2:06.702 (32.308)
2 Kashulines Jr., Peter	M59 Freedom-Garm	2:12.19	2
32.098 (32.098)	1:04.092 (31.994)	1:37.703 (33.612)	2:12.186 (34.484)
3 Straka, Todd	M55 Boulder Road	2:12.35	2
31.616 (31.616)	1:03.716 (32.100)	1:37.279 (33.563)	2:12.347 (35.068)
4 Nier, Mike	M58 Genesee Vall	2:14.97	2
32.249 (32.249)	1:05.069 (32.820)	1:39.460 (34.391)	2:14.966 (35.507)
5 Heuck, Alejandro	M58 Greater Spri	2:15.59	2
32.538 (32.538)	1:05.404 (32.866)	1:39.816 (34.413)	2:15.586 (35.770)
6 Scholtz, Michael	M57 Asheville Ru	2:17.11	2
33.922 (33.922)	1:08.048 (34.126)	1:41.982 (33.934)	2:17.105 (35.124)
7 Matherne, David	M58 Atlanta Track Club	2:17.29	1
36.122 (36.122)	1:10.777 (34.656)	1:45.486 (34.710)	2:17.290 (31.804)
8 Summay, Landen	M57 Unattached	2:17.54	2
34.326 (34.326)	1:09.539 (35.213)	1:44.124 (34.585)	2:17.540 (33.416)
9 Leonardi, Franco	M56 Dearborn Track Club	2:20.71	1
35.610 (35.610)	1:10.341 (34.731)	1:45.195 (34.854)	2:20.703 (35.508)
10 Bandettini, Peter	M57 Shadow Project TC	2:22.06	2
33.070 (33.070)	1:07.050 (33.981)	1:43.063 (36.013)	2:22.059 (38.996)
11 Hoff, Timothy	M57 Mass Velocit	2:23.97	2
34.826 (34.826)	1:10.068 (35.242)	1:46.632 (36.564)	2:23.968 (37.337)
12 Guild, Matthew	M59 Green Mounta	2:24.51	1
36.440 (36.440)	1:11.381 (34.941)	1:47.472 (36.091)	2:24.506 (37.035)
13 Williams, Jeffrey	M58 Unattached	2:29.10	1
37.036 (37.036)	1:12.706 (35.670)	1:49.824 (37.118)	2:29.092 (39.268)
14 Bell, Drew	M57 Unattached	2:38.61	1
36.705 (36.705)	1:16.584 (39.880)	1:58.233 (41.649)	2:38.605 (40.372)
15 Pritchard, Craig	M59 Unattached	2:43.29	1
39.838 (39.838)	1:19.521 (39.683)	2:01.764 (42.244)	2:43.281 (41.517)
16 *Atanassov, Gueorgui	M59 Bulgaria	X3:13.36	1
38.283 (38.283)	1:21.080 (42.798)	2:11.655 (50.575)	3:13.356 (1:01.702)

**M60 800 m**

Name	Age Team	Finals	H#
1 *Pinckard, Mark	M62 Canada	X2:15.90	2
33.872 (33.872)	1:07.980 (34.108)	1:41.823 (33.844)	2:15.893 (34.070)
2 *Athayde, Greg	M61 Canada	X2:15.98	2
33.605 (33.605)	1:07.729 (34.124)	1:41.587 (33.858)	2:15.978 (34.392)
3 Mora III, Joseph	M61 Genesee Vall	2:18.76	2
34.640 (34.640)	1:09.586 (34.946)	1:44.457 (34.872)	2:18.758 (34.301)
4 Lee, Rick	M62 Shore Athletic Club	2:26.83	2
35.910 (35.910)	1:10.375 (34.465)	1:47.164 (36.789)	2:26.828 (39.664)
5 Crelli, Stephen	M63 Unattached	2:37.57	1
40.635 (40.635)	1:19.132 (38.497)	1:58.186 (39.054)	2:37.564 (39.379)
6 Huber, Mark	M62 Unattached	2:50.16	1
42.224 (42.224)	1:24.743 (42.519)	2:07.646 (42.903)	2:50.160 (42.515)
7 Yeomans, Charles	M60 Unattached	2:58.34	1
43.878 (43.878)	1:27.951 (44.073)	2:15.028 (47.077)	2:58.334 (43.307)
8 Character, William	M61 Potomac Vall	3:04.95	1
43.581 (43.581)	1:27.576 (43.996)	2:15.770 (48.194)	3:04.948 (49.179)

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M65 800 m**

Name	Age Team	Finals	H#
1 Lebold, Michael	M65 Jamul Toads	2:29.55	2
37.781 (37.781)	1:15.015 (37.234)	1:52.518 (37.503)	2:29.543 (37.026)
2 Westenberg, David	M65 Greater Lowe	2:30.46	2
37.418 (37.418)	1:14.668 (37.250)	1:52.432 (37.764)	2:30.456 (38.024)
3 Conheady, Timothy	M66 Greater Phil	2:34.86	2
38.865 (38.865)	1:18.729 (39.864)	1:57.554 (38.825)	2:34.858 (37.304)
4 Haga, Gary	M66 Greater Phil	2:41.68	2
39.176 (39.176)	1:19.458 (40.283)	2:00.504 (41.046)	2:41.672 (41.168)
5 Vanderhoof, Gary	M66 Potomac Vall	2:45.05	2
39.047 (39.047)	1:20.637 (41.590)	2:03.074 (42.438)	2:45.048 (41.974)
6 Riss, Robert	M65 Unattached	2:48.74	2
40.573 (40.573)	1:22.682 (42.110)	2:06.188 (43.506)	2:48.737 (42.549)
7 Rybinski, Mark	M67 Genesee Vall	2:50.11	2
42.468 (42.468)	1:25.070 (42.602)	2:08.485 (43.416)	2:50.105 (41.620)
8 Davis, Curtis	M65 Potomac Vall	2:51.29	1
40.655 (40.655)	1:24.886 (44.231)	2:08.375 (43.490)	2:51.285 (42.910)
9 Southwood, Michael	M68 Unattached	2:58.54	1
42.778 (42.778)	1:27.158 (44.380)	2:13.719 (46.562)	2:58.532 (44.813)
10 Carter Jr., Richard	M66 Atlanta Track Club	2:58.65	1
41.534 (41.534)	1:25.730 (44.196)	2:12.883 (47.154)	2:58.647 (45.764)
11 Black, Daniel	M69 Unattached	3:00.41	1
41.522 (41.522)	1:26.230 (44.709)	2:14.280 (48.050)	3:00.409 (46.130)
12 Swigler, Alan	M69 Gulf Winds T	3:00.72	1
40.433 (40.433)	1:25.340 (44.907)	2:13.178 (47.838)	3:00.715 (47.538)
13 Repka, Steven	M66 Morgantown Running	3:39.02	1
44.862 (44.862)	1:35.089 (50.227)	2:34.391 (59.302)	3:39.011 (1:04.620)

**M70 800 m**

Name	Age Team	Finals	H#
1 Shaheed, Nolan	M73 So Cal Track Club	2:40.34	
40.608 (40.608)	1:20.299 (39.691)	2:01.347 (41.048)	2:40.332 (38.985)
2 Hower, Richard	M71 Potomac Vall	2:43.54	
39.693 (39.693)	1:19.588 (39.895)	2:00.976 (41.389)	2:43.531 (42.555)
3 Rossiter, Spider	M71 Shore Athletic Club	2:46.08	
41.534 (41.534)	1:22.856 (41.322)	2:04.491 (41.636)	2:46.080 (41.589)
4 Williams, David	M71 Eastern Buck	2:52.40	
42.342 (42.342)	1:24.768 (42.426)	2:09.913 (45.145)	2:52.398 (42.486)
5 Barnes, Manuel	M70 Unattached	2:55.17	
41.458 (41.458)	1:24.392 (42.934)	2:09.810 (45.419)	2:55.168 (45.358)
6 McMullen, Tim	M70 Genesee Vall	2:55.48	
42.990 (42.990)	1:26.732 (43.742)	2:12.099 (45.368)	2:55.480 (43.382)
7 Myers, Eugene	M70 Potomac Vall	2:56.70	
42.130 (42.130)	1:24.244 (42.114)	2:10.689 (46.445)	2:56.691 (46.002)
8 Amadon, Bill	M70 Unattached	3:01.45	
42.660 (42.660)	1:26.490 (43.831)	2:12.632 (46.142)	3:01.445 (48.813)
9 Ruozzi, Richard	M71 Unattached	3:23.35	
43.865 (43.865)	1:33.508 (49.643)	2:30.349 (56.842)	3:23.345 (52.996)



**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M75 800 m**

Name	Age Team	Finals
1 Wigger, Tim	M75 So Cal Track Club	3:03.92
45.492 (45.492)	1:33.207 (47.715)	2:23.924 (50.718) 3:03.912 (39.988)
2 Nolan Jr., Harold	M75 Shore Athletic Club	3:12.48
45.035 (45.035)	1:32.926 (47.892)	2:24.849 (51.923) 3:12.475 (47.626)
3 Reiter, William	M76 Unattached	3:14.06
45.952 (45.952)	1:33.414 (47.463)	2:25.064 (51.650) 3:14.060 (48.996)
4 Pate, Ron	M76 Unattached	3:31.54
46.400 (46.400)	1:38.115 (51.715)	2:35.554 (57.439) 3:31.540 (55.986)
5 Kuhi, John	M78 Shore Athletic Club	4:59.84
1:13.678 (1:13.678)	2:28.392 (1:14.714)	3:45.382 (1:16.991) 4:59.835 (1:14.453)
6 Weiner, Robert	M75 Potomac Vall	6:14.60
1:15.071 (1:15.071)	2:54.616 (1:39.546)	4:40.782 (1:46.166) 6:14.597 (1:33.815)

**M80 800 m**

Name	Age Team	Finals
1 Bowden, H Tom	M80 Unattached	3:14.48
40.953 (40.953)	1:27.387 (46.434)	2:19.169 (51.782) 3:14.471 (55.302)
2 Lieberman, Hal	M80 Central Park	4:00.14
1:01.712 (1:01.712)	2:01.504 (59.792)	3:02.712 (1:01.208) 4:00.131 (57.419)

**M85 800 m**

Name	Age Team	Finals
1 Cantu, Inocencio	M89 Potomac Vall	4:18.84
1:05.365 (1:05.365)	2:09.673 (1:04.308)	3:14.913 (1:05.240) 4:18.831 (1:03.918)
2 Sime, Colben	M89 So Cal Track Club	5:29.72
1:22.039 (1:22.039)	2:45.112 (1:23.074)	4:06.281 (1:21.169) 5:29.711 (1:23.431)

**M90 800 m**

Name	Age Team	Finals
1 Genzlinger, Vance	M93 Philadelphia	7:32.23
1:43.867 (1:43.867)	3:40.735 (1:56.869)	5:38.211 (1:57.476) 7:32.225 (1:54.014)

**W30 1500 m**

Name	Age Team	Finals
1 Lemon, Maureen	W33 Dayton Track Club	4:39.58
16.707 (16.707)	55.709 (39.002)	1:32.425 (36.716) 2:07.573 (35.148)
2:47.073 (39.500)	3:23.276 (36.204)	4:03.778 (40.502) 4:39.576 (35.798)

**W35 1500 m**

Name	Age Team	Finals
1 Elder, Christina	W35 LRC Nebraska	4:58.07
17.217 (17.217)	56.937 (39.720)	1:35.731 (38.795) 2:15.548 (39.817)
2:56.175 (40.628)	3:37.278 (41.103)	4:18.175 (40.898) 4:58.068 (39.893)

## 2023 National Masters Indoor Championships - 03/10/23 to 03/12/23

03/10/23 to 03/12/23

## Results

## ...W35 1500 m

2 Yazzie, Charmayne	W37 GYS TRACK CLUB	5:55.59		
18.785 (18.785)	1:01.878 (43.093)	1:48.229 (46.352)	2:37.041 (48.812)	
3:27.029 (49.988)	4:16.677 (49.648)	5:07.946 (51.270)	5:55.581 (47.636)	

## W40 1500 m

Name	Age Team	Finals		
1 Gaff, Hidi	W42 Three Rivers Racing	5:12.97		
19.460 (19.460)	1:00.145 (40.685)	1:42.677 (42.533)	2:25.312 (42.635)	
3:08.033 (42.722)	3:50.841 (42.808)	4:33.436 (42.595)	5:12.970 (39.534)	
2 Ledford, Jennifer	W43 Unattached	5:15.74		
20.555 (20.555)	1:01.234 (40.680)	1:42.997 (41.764)	2:25.689 (42.692)	
3:08.410 (42.722)	3:51.195 (42.786)	4:34.071 (42.876)	5:15.737 (41.666)	
3 Cobb, Caroline	W40 So Cal Track Club	5:26.29		
20.365 (20.365)	1:01.286 (40.922)	1:44.449 (43.163)	2:29.137 (44.688)	
3:13.825 (44.688)	3:59.145 (45.321)	4:43.449 (44.304)	5:26.288 (42.839)	
4 Hewins, Christina	W40 Unattached	5:37.84		
20.229 (20.229)	1:01.453 (41.225)	1:45.950 (44.497)	2:32.596 (46.646)	
3:20.730 (48.134)	4:09.694 (48.964)	4:57.769 (48.075)	5:37.837 (40.069)	
5 Crumrine, Diana	W41 Unattached	5:39.67		
19.134 (19.134)	1:00.977 (41.843)	1:45.369 (44.393)	2:31.735 (46.366)	
3:19.913 (48.178)	4:08.793 (48.881)	4:57.105 (48.312)	5:39.662 (42.557)	
6 Dietrich, Alex	W43 So Cal Track Club	6:50.21		
18.707 (18.707)	1:00.195 (41.488)	1:48.754 (48.560)	2:50.485 (1:01.732)	
3:50.982 (1:00.497)	4:50.490 (59.508)	5:51.211 (1:00.722)	6:50.203 (58.992)	

## W45 1500 m

Name	Age Team	Finals		
1 Wells, Elizabeth	W45 Dayton Track Club	5:15.55		
18.305 (18.305)	1:01.619 (43.314)	1:43.578 (41.960)	2:26.266 (42.688)	
3:08.573 (42.307)	3:51.162 (42.590)	4:34.101 (42.939)	5:15.549 (41.448)	
2 Kennedy, Rebekah	W49 Central Park	5:24.92		
21.129 (21.129)	1:01.932 (40.803)	1:44.148 (42.216)	2:27.718 (43.571)	
3:11.860 (44.142)	3:57.147 (45.288)	4:42.666 (45.520)	5:24.913 (42.247)	
3 Barry, Stella	W49 Bella N Motion	5:42.39		
22.370 (22.370)	1:06.538 (44.168)	1:50.208 (43.670)	2:34.208 (44.001)	
3:19.479 (45.271)	4:06.520 (47.042)	4:54.407 (47.887)	5:42.383 (47.976)	
4 Wilson, Rachel	W48 BLUEgrass Runners	7:04.48		
23.864 (23.864)	1:14.715 (50.852)	2:10.526 (55.811)	3:07.848 (57.322)	
4:06.488 (58.640)	5:06.475 (59.988)	6:07.682 (1:01.208)	7:04.476 (56.794)	
5 Cane, Debra	W47 So Cal Track Club	7:26.14		
22.818 (22.818)	1:19.996 (57.178)	2:18.370 (58.374)	3:18.011 (59.642)	
4:18.688 (1:00.677)	5:20.518 (1:01.831)	6:23.696 (1:03.178)	7:26.136 (1:02.441)	

## W50 1500 m

Name	Age Team	Finals		
1 Friend-Uhl, Sonja	W51 Florida Trac	5:05.94		
19.893 (19.893)	1:00.893 (41.000)	1:42.812 (41.919)	2:24.434 (41.622)	
3:05.968 (41.535)	3:47.014 (41.046)	4:27.420 (40.406)	5:05.936 (38.516)	

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****....W50 1500 m**

2	Whitestone, Yuko	W51 Potomac Vall	6:08.07		
	23.554 (23.554)	1:10.621 (47.068)	2:01.440 (50.820)	2:51.210 (49.770)	
	3:41.210 (50.000)	4:31.196 (49.986)	5:21.346 (50.151)	6:08.062 (46.716)	
3	Vollweiler, Jill	W54 So Cal Track Club	6:28.08		
	22.892 (22.892)	1:10.232 (47.340)	2:01.399 (51.168)	2:53.279 (51.880)	
	3:46.309 (53.030)	4:40.160 (53.852)	5:34.502 (54.342)	6:28.080 (53.578)	

**W55 1500 m**

Name	Age Team	Finals			
1 Rohl, Michelle	W57 Greater Phil	4:55.47			
	19.716 (19.716)	1:00.402 (40.686)	1:40.192 (39.790)	2:19.849 (39.657)	
	2:59.044 (39.196)	3:38.140 (39.096)	4:17.391 (39.252)	4:55.465 (38.074)	
2 Veneziano, Lisa	W58 Pursuit of E	5:15.43			
	21.085 (21.085)	1:02.035 (40.950)	1:43.888 (41.854)	2:26.350 (42.462)	
	3:09.130 (42.780)	3:51.995 (42.865)	4:34.114 (42.120)	5:15.424 (41.310)	
3 Stobbe, Judy	W57 Central Park	5:19.45			
	21.409 (21.409)	1:02.327 (40.918)	1:44.186 (41.860)	2:26.650 (42.464)	
	3:09.420 (42.770)	3:52.298 (42.878)	4:34.634 (42.336)	5:19.445 (44.811)	
4 Springer, Roxanne	W59 Pursuit of E	5:33.89			
	20.189 (20.189)	1:03.893 (43.704)	1:46.960 (43.068)	2:31.579 (44.620)	
	3:17.213 (45.634)	4:04.399 (47.186)	4:51.623 (47.224)	5:33.890 (42.267)	
5 Chiti, Melissa	W57 Pursuit of E	5:34.43			
	22.457 (22.457)	1:03.175 (40.718)	1:45.223 (42.048)	2:28.537 (43.314)	
	3:13.297 (44.760)	3:59.982 (46.686)	4:48.019 (48.038)	5:34.424 (46.405)	
6 Satterthwaite, Wendy	W58 Unattached	5:52.70			
	23.443 (23.443)	1:09.622 (46.179)	1:57.597 (47.975)	2:46.483 (48.886)	
	3:34.781 (48.299)	4:22.417 (47.636)	5:09.536 (47.120)	5:52.691 (43.156)	
7 Swigler, Jeanette	W55 Gulf Winds T	6:15.92			
	20.298 (20.298)	1:06.745 (46.447)	1:54.063 (47.319)	2:44.958 (50.895)	
	3:37.957 (53.000)	4:32.059 (54.102)	5:26.319 (54.260)	6:15.912 (49.594)	
8 Anderson, Kimberly	W57 TNT Internat	6:22.56			
	22.151 (22.151)	1:12.436 (50.286)	2:03.067 (50.631)	2:55.427 (52.360)	
	3:48.267 (52.840)	4:41.057 (52.790)	5:33.757 (52.701)	6:22.552 (48.795)	
9 Corrigan, Sally	W58 Unattached	6:42.42			
	26.181 (26.181)	1:16.641 (50.461)	2:09.830 (53.189)	3:03.318 (53.488)	
	3:56.378 (53.060)	4:50.875 (54.497)	5:46.270 (55.396)	6:42.412 (56.142)	
10 Grant, Sara	W57 BLUEgrass Runners	8:11.55			
	31.079 (31.079)	1:35.447 (1:04.369)	2:41.971 (1:06.524)	3:49.917 (1:07.946)	
	4:57.965 (1:08.048)	6:05.344 (1:07.380)	7:11.116 (1:05.772)	8:11.546 (1:00.430)	
-- Liebschner, Sheri	W56 Eastern Buck	DNF			
	23.895 (23.895)	1:18.884 (54.989)	2:16.381 (57.497)	3:15.341 (58.961)	
	4:16.635 (1:01.294)	5:18.469 (1:01.834)			

**W60 1500 m**

Name	Age Team	Finals			
1 Torneden, Deb	W61 Unattached	5:35.48			
	22.464 (22.464)	1:08.715 (46.252)	1:55.750 (47.035)	2:42.115 (46.365)	
	3:28.164 (46.050)	4:13.027 (44.863)	4:56.253 (43.227)	5:35.479 (39.226)	
2 Rizzo, Charlotte	W60 Westchester	5:39.59			
	22.645 (22.645)	1:09.177 (46.532)	1:56.170 (46.993)	2:42.732 (46.562)	
	3:28.503 (45.771)	4:13.464 (44.962)	4:57.105 (43.642)	5:39.585 (42.480)	

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23**

**03/10/23 to 03/12/23**

**Results**

**...W60 1500 m**

3 Jasper, Lorraine	W61 Greater Phil	5:42.90		
22.863 (22.863)	1:09.485 (46.622)	1:56.278 (46.793)	2:43.030 (46.752)	
3:28.998 (45.968)	4:14.639 (45.642)	4:59.447 (44.808)	5:42.899 (43.453)	
4 Hayden, Julie	W63 Greater Phil	5:51.33		
22.406 (22.406)	1:08.866 (46.460)	1:55.912 (47.046)	2:42.483 (46.571)	
3:28.794 (46.312)	4:15.590 (46.796)	5:03.281 (47.692)	5:51.326 (48.045)	
5 Silva, Mireille	W63 Atlanta Track Club	6:18.95		
23.103 (23.103)	1:10.249 (47.146)	1:59.660 (49.411)	2:50.308 (50.648)	
3:42.082 (51.774)	4:33.792 (51.710)	5:26.675 (52.883)	6:18.946 (52.272)	
6 Bellaire, Cheryl	W64 Greater Phil	6:25.58		
22.089 (22.089)	1:13.091 (51.002)	2:03.945 (50.854)	2:56.055 (52.110)	
3:49.219 (53.165)	4:43.421 (54.202)	5:38.789 (55.368)	6:25.575 (46.786)	
7 Kyger, Liz	W63 Kansas City Smoke	6:30.96		
24.296 (24.296)	1:13.488 (49.192)	2:04.125 (50.637)	2:56.225 (52.101)	
3:49.269 (53.044)	4:44.000 (54.732)	5:39.156 (55.156)	6:30.955 (51.799)	
8 Siegel, Lauren	W63 Greater Phil	6:42.05		
23.473 (23.473)	1:18.095 (54.622)	2:11.714 (53.619)	3:05.505 (53.792)	
3:59.454 (53.949)	4:53.951 (54.498)	5:48.023 (54.072)	6:42.046 (54.024)	
9 Shabelski, Joanne	W61 Potomac Vall	7:22.61		
24.263 (24.263)	1:21.193 (56.930)	2:18.357 (57.164)	3:18.702 (1:00.346)	
4:20.597 (1:01.896)	5:23.423 (1:02.826)	6:26.231 (1:02.808)	7:22.602 (56.371)	

**W65 1500 m**

Name	Age Team	Finals		
1 Lee, Debbie	W66 So Cal Track Club	6:30.44		
22.826 (22.826)	1:11.178 (48.352)	2:03.142 (51.965)	2:57.110 (53.968)	
3:50.870 (53.760)	4:44.440 (53.570)	5:38.966 (54.527)	6:30.438 (51.472)	
2 Bell, Ivy	W68 Central Park	6:39.51		
20.959 (20.959)	1:11.740 (50.782)	2:03.490 (51.750)	2:57.696 (54.206)	
3:51.934 (54.239)	4:46.657 (54.723)	5:43.886 (57.230)	6:39.508 (55.622)	
3 Cossi, Alda	W67 Liberty Athl	6:41.09		
21.228 (21.228)	1:12.440 (51.212)	2:04.364 (51.924)	2:59.142 (54.778)	
3:54.361 (55.219)	4:50.283 (55.922)	5:46.999 (56.716)	6:41.082 (54.083)	
4 Loyd, Susan	W65 Mass Velocit	6:43.82		
24.713 (24.713)	1:12.864 (48.152)	2:05.209 (52.345)	3:01.782 (56.574)	
3:58.744 (56.962)	4:54.282 (55.538)	5:51.184 (56.902)	6:43.814 (52.631)	
5 Mayhugh, Mary Lowe	W66 Potomac Vall	7:13.57		
21.247 (21.247)	1:12.180 (50.933)	2:04.086 (51.907)	3:03.153 (59.067)	
4:03.413 (1:00.260)	5:06.758 (1:03.346)	6:11.445 (1:04.687)	7:13.564 (1:02.120)	
6 Paulus, Miriam	W69 Dayton Track Club	7:13.91		
24.664 (24.664)	1:21.804 (57.140)	2:19.507 (57.704)	3:19.880 (1:00.374)	
4:19.816 (59.936)	5:19.925 (1:00.109)	6:20.160 (1:00.236)	7:13.910 (53.750)	
7 Ozell, Terry	W69 Atlanta Track Club	7:15.56		
24.866 (24.866)	1:21.416 (56.550)	2:19.161 (57.746)	3:19.487 (1:00.326)	
4:19.456 (59.970)	5:19.634 (1:00.178)	6:19.838 (1:00.204)	7:15.559 (55.722)	
8 Mullis Dubow, Trenice	W69 Atlanta Track Club	7:54.93		
29.018 (29.018)	1:28.024 (59.006)	2:29.891 (1:01.868)	3:34.177 (1:04.286)	
4:39.346 (1:05.169)	5:45.297 (1:05.952)	6:51.864 (1:06.568)	7:54.927 (1:03.063)	
9 Myers, Helene	W68 Potomac Vall	10:16.58		
36.008 (36.008)	1:51.594 (1:15.586)	3:12.305 (1:20.711)	4:37.402 (1:25.098)	
6:03.029 (1:25.627)	7:28.098 (1:25.069)	8:54.356 (1:26.259)	10:16.576 (1:22.220)	

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W70 1500 m**

Name	Age Team	Finals
1 Martin, Kathryn	W71 Unattached	5:54.19
21.598 (21.598)	1:06.360 (44.762)	1:53.972 (47.612)
3:33.462 (49.683)	4:22.758 (49.296)	5:11.439 (48.682)
		2:43.779 (49.807)
		5:54.184 (42.745)
2 Hudnall, Norma	W73 Atlanta Track Club	7:51.61
27.808 (27.808)	1:23.118 (55.310)	2:23.705 (1:00.587)
4:33.461 (1:05.105)	5:40.307 (1:06.846)	6:47.294 (1:06.988)
		7:51.604 (1:04.310)
3 Jacobs, Kathy	W70 High Point A	9:28.51
35.349 (35.349)	1:44.288 (1:08.939)	2:55.598 (1:11.311)
5:28.009 (1:20.160)	6:53.753 (1:25.744)	8:17.794 (1:24.041)
		9:28.505 (1:10.712)

**W75 1500 m**

Name	Age Team	Finals
1 Foody, Terry	W75 BLUEgrass Runners	9:30.09
34.380 (34.380)	1:48.466 (1:14.087)	3:03.762 (1:15.296)
5:40.444 (1:21.135)	6:59.276 (1:18.832)	8:17.044 (1:17.768)
		9:30.083 (1:13.040)
2 Frable, Kathleen	W77 So Cal Track Club	9:57.05
32.486 (32.486)	1:43.660 (1:11.174)	2:59.518 (1:15.859)
5:39.598 (1:21.784)	7:01.428 (1:21.830)	8:28.871 (1:27.443)
		9:57.044 (1:28.173)
-- Berger, Nancy	W78 TNT Internat	DNF
33.506 (33.506)	1:45.852 (1:12.346)	3:01.759 (1:15.907)
5:40.014 (1:21.395)	6:53.640 (1:13.626)	8:08.816 (1:15.176)

**W80 1500 m**

Name	Age Team	Finals
1 Staab, Angela	W80 TNT Internat	11:48.72
38.254 (38.254)	1:58.488 (1:20.234)	3:39.868 (1:41.381)
6:58.753 (1:39.396)	8:38.786 (1:40.033)	10:19.392 (1:40.606)
		11:48.720 (1:29.329)

**M25-29 1500 m**

Name	Age Team	Finals
1 Thiebaut, Trevor	M27 CHT Elite	4:10.77
14.699 (14.699)	48.595 (33.897)	1:21.444 (32.849)
2:30.585 (34.610)	3:05.827 (35.242)	3:39.399 (33.572)
		4:10.761 (31.362)
2 Harris, Corbin	M25 Unattached	4:19.44
15.431 (15.431)	49.713 (34.282)	1:23.310 (33.598)
2:31.538 (34.338)	3:07.024 (35.486)	3:42.967 (35.943)
		4:19.433 (36.466)
3 Hackett Jr., Lynn	M28 Unattached	4:36.93
14.822 (14.822)	50.436 (35.614)	1:25.961 (35.526)
2:41.769 (38.606)	3:20.973 (39.204)	3:59.237 (38.264)
		4:36.925 (37.689)
4 Snider-Hayes, Seth	M28 Fleet Feet Louis	4:44.60
17.219 (17.219)	53.846 (36.627)	1:31.702 (37.856)
2:48.361 (38.708)	3:27.479 (39.119)	4:07.007 (39.528)
		4:44.594 (37.587)
5 Grifka, Adam	M26 CHT Elite	5:03.98
16.926 (16.926)	57.857 (40.932)	1:39.233 (41.376)
3:02.658 (41.663)	3:43.969 (41.312)	4:25.416 (41.447)
		5:03.979 (38.563)

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M30 1500 m**

Name	Age Team	Finals		
1 Sanders, Reginald	M34 Unattached	4:12.12		
15.963 (15.963)	48.313 (32.350)	1:21.163 (32.850)	1:56.152 (34.990)	
2:31.064 (34.912)	3:06.101 (35.038)	3:39.669 (33.568)	4:12.111 (32.442)	
2 Knight, Jelani	M31 ISAA (Intern	4:30.28		
16.419 (16.419)	49.925 (33.506)	1:26.325 (36.400)	2:03.971 (37.647)	
2:42.666 (38.695)	3:21.905 (39.239)	3:58.714 (36.810)	4:30.271 (31.557)	
3 Morris, Matt	M31 Fleet Feet Louis	4:39.46		
18.606 (18.606)	54.339 (35.733)	1:31.775 (37.436)	2:09.340 (37.566)	
2:48.059 (38.720)	3:26.707 (38.648)	4:03.973 (37.266)	4:39.453 (35.481)	
4 Guenther, Jordan	M31 Unattached	5:08.86		
20.201 (20.201)	59.390 (39.189)	1:41.437 (42.047)	2:22.675 (41.239)	
3:03.234 (40.559)	3:45.014 (41.780)	4:28.356 (43.342)	5:08.857 (40.502)	
5 Bishop, Joshua	M30 CHT Elite	5:32.46		
19.505 (19.505)	58.960 (39.456)	1:41.185 (42.226)	2:26.073 (44.888)	
3:12.554 (46.482)	3:59.517 (46.963)	4:48.469 (48.952)	5:32.460 (43.992)	
6 Ozminkowski, Chris	M31 CHT Elite	6:00.22		
23.198 (23.198)	1:08.206 (45.008)	1:53.759 (45.553)	2:41.041 (47.283)	
3:29.425 (48.384)	4:18.589 (49.164)	5:09.688 (51.100)	6:00.219 (50.532)	
7 Miller, Max	M31 CHT Elite	6:11.71		
23.347 (23.347)	1:10.967 (47.620)	2:02.307 (51.340)	2:54.637 (52.330)	
3:47.338 (52.702)	4:39.238 (51.900)	5:31.458 (52.220)	6:11.709 (40.252)	

**M35 1500 m**

Name	Age Team	Finals		
1 Sharp, Sam	M37 Shadow Project TC	4:14.57		
15.634 (15.634)	51.687 (36.054)	1:27.103 (35.416)	2:03.073 (35.970)	
2:36.434 (33.361)	3:10.270 (33.837)	3:42.742 (32.472)	4:14.565 (31.824)	
2 Peyton Jr., Stanley	M36 Unattached	4:22.83		
16.960 (16.960)	51.104 (34.144)	1:26.726 (35.622)	2:02.831 (36.106)	
2:38.618 (35.788)	3:14.298 (35.680)	3:50.086 (35.788)	4:22.823 (32.738)	
3 Daniel, Hunter	M35 Prado Racing Team	4:23.34		
17.732 (17.732)	52.761 (35.029)	1:28.250 (35.489)	2:04.399 (36.150)	
2:40.191 (35.792)	3:15.760 (35.569)	3:51.078 (35.319)	4:23.335 (32.257)	
4 Bohannon, Griffin	M35 CHT Elite	4:42.55		
15.964 (15.964)	52.915 (36.951)	1:28.036 (35.121)	2:04.131 (36.096)	
2:41.875 (37.744)	3:20.494 (38.619)	4:01.296 (40.803)	4:42.549 (41.253)	
5 Nash, Dennis	M38 Unattached	4:53.09		
19.108 (19.108)	56.976 (37.868)	1:35.282 (38.306)	2:13.911 (38.630)	
2:53.859 (39.948)	3:33.358 (39.499)	4:13.376 (40.019)	4:53.083 (39.707)	

**M40 1500 m**

Name	Age Team	Finals		
1 Wallace, Scott	M43 Shadow Project TC	4:16.67		
16.209 (16.209)	53.545 (37.336)	1:29.371 (35.826)	2:05.664 (36.294)	
2:39.849 (34.185)	3:12.921 (33.073)	3:45.625 (32.704)	4:16.667 (31.042)	
2 Burns, Thomas	M41 Indiana Elit	4:16.94		
16.432 (16.432)	53.793 (37.361)	1:29.509 (35.717)	2:05.870 (36.361)	
2:40.121 (34.252)	3:13.373 (33.252)	3:45.883 (32.511)	4:16.937 (31.054)	

## 2023 National Masters Indoor Championships - 03/10/23 to 03/12/23

03/10/23 to 03/12/23

## Results

## ...M40 1500 m

3 Herter, Jaret	M41 Genesee Vall	4:17.48		
17.373 (17.373)	53.260 (35.887)	1:29.122 (35.862)	2:05.410 (36.288)	
2:40.310 (34.900)	3:13.663 (33.354)	3:46.239 (32.576)	4:17.475 (31.237)	
4 Heely, Eric	M41 U.S. Army	4:22.37		
17.029 (17.029)	52.716 (35.687)	1:28.639 (35.923)	2:05.051 (36.412)	
2:40.090 (35.040)	3:14.284 (34.194)	3:48.389 (34.105)	4:22.367 (33.978)	
5 Ruston, Joshua	M42 Fast Track R	4:32.59		
17.781 (17.781)	54.576 (36.795)	1:31.645 (37.069)	2:08.733 (37.089)	
2:45.784 (37.051)	3:23.008 (37.224)	3:58.703 (35.696)	4:32.583 (33.880)	
6 Martin, Jack	M42 CHT Elite	4:33.93		
17.643 (17.643)	52.993 (35.350)	1:28.927 (35.934)	2:05.323 (36.396)	
2:41.577 (36.255)	3:18.368 (36.791)	3:56.587 (38.220)	4:33.930 (37.343)	
7 Tomanek, Brian	M42 CHT Elite	5:03.58		
17.463 (17.463)	56.605 (39.143)	1:35.537 (38.932)	2:14.911 (39.374)	
2:56.173 (41.263)	3:39.483 (43.310)	4:23.345 (43.863)	5:03.572 (40.227)	
8 Byrne, Jason	M44 CHT Elite	5:14.96		
18.539 (18.539)	55.647 (37.108)	1:35.803 (40.156)	2:18.255 (42.453)	
3:01.842 (43.587)	3:46.838 (44.996)	4:31.499 (44.661)	5:14.955 (43.457)	

## M45 1500 m

Name	Age Team	Finals		
1 Jackson, Mike	M47 Indiana Elit	4:16.53		
17.534 (17.534)	51.559 (34.025)	1:25.538 (33.980)	1:59.682 (34.144)	
2:33.299 (33.617)	3:06.966 (33.668)	3:41.040 (34.074)	4:16.524 (35.484)	
2 Hernandez, Christopher	M46 Genesee Vall	4:23.15		
17.742 (17.742)	52.667 (34.925)	1:27.960 (35.293)	2:03.755 (35.796)	
2:38.983 (35.228)	3:15.839 (36.856)	3:51.180 (35.341)	4:23.150 (31.970)	
3 Richardson, Matthew	M47 CHT Elite	4:25.52		
15.836 (15.836)	52.734 (36.899)	1:27.387 (34.653)	2:02.322 (34.936)	
2:38.744 (36.422)	3:16.233 (37.490)	3:51.022 (34.789)	4:25.512 (34.491)	
4 Cahoon Jr., Rick	M45 CHT Elite	4:25.95		
16.185 (16.185)	53.331 (37.146)	1:29.022 (35.691)	2:05.256 (36.234)	
2:41.900 (36.644)	3:17.936 (36.036)	3:53.625 (35.690)	4:25.948 (32.323)	
5 Bishard, Jonathan	M49 Kansas City Smoke	4:26.24		
17.944 (17.944)	52.652 (34.708)	1:27.068 (34.416)	2:01.897 (34.830)	
2:38.473 (36.576)	3:15.537 (37.064)	3:51.403 (35.866)	4:26.232 (34.830)	
6 Fitzpatrick, Darnell	M46 Unattached	4:38.66		
17.796 (17.796)	51.780 (33.984)	1:26.236 (34.457)	2:01.659 (35.423)	
2:40.047 (38.388)	3:19.802 (39.756)	4:01.762 (41.960)	4:38.654 (36.892)	
7 Van Cleave, Matt	M47 CHT Elite	4:46.84		
18.570 (18.570)	54.925 (36.356)	1:32.877 (37.952)	2:10.562 (37.685)	
2:48.862 (38.300)	3:28.003 (39.142)	4:08.017 (40.014)	4:46.838 (38.821)	
8 Mcrae, Robert	M48 So Cal Track Club	5:06.41		
16.320 (16.320)	53.278 (36.958)	1:29.729 (36.451)	2:08.202 (38.473)	
2:49.350 (41.148)	3:34.419 (45.070)	4:22.723 (48.304)	5:06.403 (43.680)	
9 Eison, Jordan	M47 Atlanta Track Club	5:12.19		
18.317 (18.317)	54.674 (36.357)	1:33.765 (39.092)	2:17.410 (43.646)	
3:02.210 (44.800)	3:46.259 (44.050)	4:30.589 (44.330)	5:12.187 (41.598)	
10 Robinson, Jerry	M47 Second City	5:29.36		
19.555 (19.555)	1:00.504 (40.949)	1:43.936 (43.432)	2:28.275 (44.340)	
3:14.186 (45.912)	3:59.710 (45.524)	4:45.374 (45.664)	5:29.360 (43.987)	

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...M45 1500 m**

11 Green, Radley	M45 Unattached	6:05.16	
16.648 (16.648)	54.157 (37.510)	1:37.118 (42.961)	2:28.557 (51.440)
3:23.726 (55.170)	4:18.232 (54.506)	5:14.352 (56.121)	6:05.156 (50.804)

**M50 1500 m**

Name	Age Team	Finals	
1 Williams, Mark	M50 Unattached	4:33.79	
16.027 (16.027)	54.055 (38.028)	1:31.860 (37.805)	2:10.565 (38.705)
2:49.921 (39.357)	3:28.038 (38.117)	4:04.311 (36.273)	4:33.781 (29.471)
2 Schumann, Keith	M52 Colonial Roa	4:37.73	
17.993 (17.993)	54.349 (36.357)	1:32.164 (37.815)	2:10.841 (38.678)
2:50.237 (39.396)	3:28.322 (38.086)	4:04.739 (36.417)	4:37.721 (32.982)
3 Souders, Timothy	M50 PR Distance	4:59.79	
19.447 (19.447)	58.402 (38.955)	1:37.269 (38.867)	2:16.632 (39.364)
2:56.483 (39.851)	3:37.279 (40.796)	4:18.491 (41.212)	4:59.786 (41.296)
4 Wempe, Ken	M54 Indiana Elit	5:03.69	
19.810 (19.810)	1:00.437 (40.627)	1:41.739 (41.303)	2:23.725 (41.986)
3:05.867 (42.142)	3:47.931 (42.064)	4:27.850 (39.919)	5:03.684 (35.834)
5 Powell, Brian	M51 CHT Elite	5:04.33	
18.679 (18.679)	1:01.597 (42.918)	1:43.595 (41.999)	2:25.441 (41.846)
3:07.757 (42.316)	3:48.584 (40.827)	4:28.567 (39.983)	5:04.328 (35.762)
6 Lanier, Kareem	M50 TNT Internat	5:11.95	
19.275 (19.275)	59.112 (39.837)	1:39.343 (40.232)	2:22.010 (42.667)
3:04.835 (42.826)	3:47.705 (42.870)	4:28.842 (41.138)	5:11.947 (43.106)
7 Williams, Mike	M52 Unattached	5:16.07	
20.021 (20.021)	1:00.926 (40.905)	1:42.489 (41.563)	2:24.917 (42.429)
3:07.461 (42.544)	3:50.363 (42.903)	4:33.579 (43.216)	5:16.069 (42.490)
8 Munderloh, Aaron	M52 CHT Elite	5:34.74	
20.051 (20.051)	1:05.081 (45.030)	1:49.166 (44.086)	2:34.138 (44.972)
3:19.651 (45.514)	4:06.007 (46.356)	4:52.509 (46.502)	5:34.731 (42.223)
9 Bah, Chernor	M53 Unattached	5:36.05	
20.059 (20.059)	1:01.305 (41.246)	1:43.281 (41.976)	2:25.895 (42.615)
3:10.515 (44.620)	3:57.037 (46.522)	4:45.961 (48.924)	5:36.041 (50.080)

**M55 1500 m**

Name	Age Team	Finals	
1 Novak, Charles	M55 Unattached	4:24.67	
16.496 (16.496)	50.822 (34.327)	1:26.372 (35.550)	2:02.484 (36.112)
2:39.215 (36.732)	3:15.518 (36.303)	3:51.243 (35.726)	4:24.661 (33.418)
2 Straka, Todd	M55 Boulder Road	4:34.84	
17.648 (17.648)	54.246 (36.598)	1:32.246 (38.000)	2:10.799 (38.553)
2:48.569 (37.770)	3:25.162 (36.594)	4:00.608 (35.446)	4:34.831 (34.224)
3 Nier, Mike	M58 Genesee Vall	4:37.04	
17.891 (17.891)	54.513 (36.622)	1:32.540 (38.028)	2:11.089 (38.549)
2:48.863 (37.774)	3:25.600 (36.737)	4:02.277 (36.678)	4:37.031 (34.754)
4 Heuck, Alejandro	M58 Greater Spri	4:44.22	
18.086 (18.086)	54.767 (36.681)	1:32.774 (38.007)	2:11.350 (38.576)
2:49.146 (37.797)	3:26.405 (37.259)	4:05.588 (39.183)	4:44.219 (38.632)
5 Ursum, Scot	M55 CHT Elite	4:56.85	
18.196 (18.196)	58.963 (40.768)	1:38.596 (39.634)	2:19.034 (40.438)
2:58.858 (39.825)	3:38.846 (39.988)	4:18.743 (39.898)	4:56.844 (38.102)



## 2023 National Masters Indoor Championships - 03/10/23 to 03/12/23

03/10/23 to 03/12/23

## Results

## ...M55 1500 m

6 Guild, Matthew	M59 Green Mounta	5:01.60		
20.066 (20.066)	58.296 (38.230)	1:37.164 (38.868)	2:17.735 (40.572)	
2:58.348 (40.613)	3:39.664 (41.316)	4:21.033 (41.370)	5:01.593 (40.560)	
7 Siriano, Scott	M56 Atlanta Track Club	5:02.74		
17.380 (17.380)	57.276 (39.896)	1:36.152 (38.877)	2:17.039 (40.887)	
2:57.065 (40.026)	3:37.476 (40.411)	4:19.704 (42.229)	5:02.738 (43.034)	
8 Bell, Drew	M57 Unattached	5:06.65		
18.659 (18.659)	57.808 (39.150)	1:38.236 (40.428)	2:19.365 (41.130)	
3:00.979 (41.614)	3:43.564 (42.586)	4:26.256 (42.692)	5:06.646 (40.391)	
9 Burdett, Francis	M58 Greater Spri	5:22.11		
20.938 (20.938)	1:01.523 (40.586)	1:43.123 (41.600)	2:26.103 (42.980)	
3:09.609 (43.506)	3:53.374 (43.766)	4:38.092 (44.718)	5:22.107 (44.016)	
10 Daer, Jeffrey	M56 Unattached	5:33.61		
19.558 (19.558)	1:03.848 (44.290)	1:49.331 (45.483)	2:34.924 (45.594)	
3:20.484 (45.560)	4:05.644 (45.160)	4:50.780 (45.136)	5:33.610 (42.830)	
-- *Hogue, Benoit	M57 Canada	XDNF		
19.863 (19.863)	57.702 (37.839)	1:36.201 (38.500)	2:15.404 (39.203)	
2:53.329 (37.926)	3:30.450 (37.122)	4:07.082 (36.632)		

## M60 1500 m

Name	Age Team	Finals		
1 *Pinckard, Mark	M62 Canada	X4:42.64		
16.410 (16.410)	54.498 (38.088)	1:31.813 (37.316)	2:10.078 (38.266)	
2:49.316 (39.238)	3:29.217 (39.901)	4:07.023 (37.806)	4:42.639 (35.616)	
2 Lee, Rick	M62 Shore Athletic Club	4:43.22		
16.908 (16.908)	54.762 (37.855)	1:32.144 (37.382)	2:10.354 (38.210)	
2:49.621 (39.268)	3:29.574 (39.954)	4:07.474 (37.900)	4:43.216 (35.743)	
3 Mora III, Joseph	M61 Genesee Vall	4:51.08		
17.510 (17.510)	57.895 (40.386)	1:37.453 (39.558)	2:17.967 (40.514)	
2:58.064 (40.098)	3:37.406 (39.342)	4:15.125 (37.720)	4:51.080 (35.956)	
4 *Athayde, Greg	M61 Canada	X4:55.10		
17.122 (17.122)	55.385 (38.264)	1:34.104 (38.719)	2:13.584 (39.481)	
2:53.403 (39.819)	3:33.882 (40.480)	4:13.962 (40.080)	4:55.094 (41.133)	
5 Bridgman, Chuck	M62 Unattached	5:05.30		
18.340 (18.340)	59.754 (41.414)	1:40.597 (40.843)	2:22.382 (41.785)	
3:03.941 (41.560)	3:45.623 (41.682)	4:25.817 (40.194)	5:05.298 (39.481)	
6 Crelli, Stephen	M63 Unattached	5:18.80		
23.010 (23.010)	1:04.935 (41.926)	1:47.381 (42.446)	2:29.665 (42.284)	
3:11.914 (42.249)	3:54.567 (42.654)	4:37.652 (43.086)	5:18.799 (41.147)	
7 Cook, Marty	M60 Unattached	5:21.82		
21.468 (21.468)	1:00.851 (39.383)	1:41.955 (41.104)	2:25.293 (43.338)	
3:09.863 (44.570)	3:54.082 (44.219)	4:38.264 (44.182)	5:21.812 (43.548)	
8 Enicks IV, William	M63 So Cal Track Club	5:23.75		
21.456 (21.456)	1:03.775 (42.319)	1:46.836 (43.061)	2:29.958 (43.122)	
3:13.424 (43.466)	3:58.632 (45.209)	4:43.465 (44.833)	5:23.747 (40.282)	
9 Watry, James	M60 So Cal Track Club	5:24.65		
21.814 (21.814)	1:04.658 (42.844)	1:47.858 (43.200)	2:31.630 (43.773)	
3:15.953 (44.323)	3:59.796 (43.843)	4:43.821 (44.026)	5:24.649 (40.828)	
10 Lancaster, John	M62 Unattached	5:28.68		
16.764 (16.764)	56.732 (39.968)	1:40.313 (43.582)	2:26.328 (46.016)	
3:12.656 (46.328)	3:59.302 (46.646)	4:45.898 (46.597)	5:28.679 (42.781)	

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...M60 1500 m**

11 Adkisson, Steve	M64 Unattached	5:30.42		
21.160 (21.160)	1:03.561 (42.402)	1:47.484 (43.923)	2:31.066 (43.583)	
3:15.768 (44.702)	4:00.958 (45.190)	4:45.789 (44.832)	5:30.414 (44.626)	
12 Huffman, Tony	M60 Unattached	5:36.57		
22.277 (22.277)	1:04.999 (42.722)	1:50.080 (45.081)	2:35.964 (45.884)	
3:21.252 (45.288)	4:06.607 (45.356)	4:52.147 (45.540)	5:36.566 (44.419)	
13 Huber, Mark	M62 Unattached	5:39.58		
22.826 (22.826)	1:05.600 (42.774)	1:50.395 (44.795)	2:36.456 (46.062)	
3:21.706 (45.250)	4:07.354 (45.648)	4:55.009 (47.656)	5:39.577 (44.568)	
14 Spalding, RJ	M60 Unattached	5:40.51		
22.586 (22.586)	1:05.390 (42.804)	1:49.961 (44.571)	2:35.210 (45.249)	
3:20.524 (45.315)	4:07.049 (46.525)	4:54.563 (47.514)	5:40.507 (45.944)	
15 McLaughlin, Terence	M62 Potomac Vall	5:43.21		
24.398 (24.398)	1:10.311 (45.913)	1:58.482 (48.172)	2:44.832 (46.350)	
3:30.160 (45.328)	4:15.232 (45.073)	4:59.602 (44.370)	5:43.210 (43.608)	
16 Yeomans, Charles	M60 Unattached	5:59.99		
23.561 (23.561)	1:09.958 (46.397)	1:58.096 (48.139)	2:47.212 (49.116)	
3:36.085 (48.873)	4:24.795 (48.710)	5:13.381 (48.586)	5:59.982 (46.602)	
17 Gallagher, Brian	M64 Greater Phil	6:12.49		
24.660 (24.660)	1:10.750 (46.090)	1:58.590 (47.841)	2:47.484 (48.894)	
3:36.770 (49.286)	4:27.064 (50.295)	5:14.752 (47.688)	6:12.490 (57.738)	
18 Poulos, Ted	M61 Potomac Vall	6:20.04		
26.828 (26.828)	1:19.705 (52.878)	2:10.667 (50.962)	3:01.135 (50.468)	
3:51.377 (50.242)	4:41.307 (49.930)	5:30.873 (49.566)	6:20.038 (49.165)	

**M65 1500 m**

Name	Age Team	Finals		
1 Westenberg, David	M65 Greater Lowe	4:59.87		
18.875 (18.875)	57.053 (38.179)	1:36.762 (39.709)	2:17.294 (40.532)	
2:57.207 (39.914)	3:37.693 (40.486)	4:18.411 (40.718)	4:59.867 (41.456)	
2 Torneden, Fred	M65 Unattached	5:06.56		
19.079 (19.079)	1:00.243 (41.165)	1:40.719 (40.476)	2:22.266 (41.548)	
3:04.427 (42.162)	3:46.604 (42.177)	4:28.563 (41.959)	5:06.551 (37.988)	
3 Conheady, Timothy	M66 Greater Phil	5:07.23		
19.691 (19.691)	59.746 (40.056)	1:40.410 (40.664)	2:21.953 (41.544)	
3:04.081 (42.128)	3:46.289 (42.208)	4:28.133 (41.845)	5:07.226 (39.093)	
4 Lebold, Michael	M65 Jamul Toads	5:13.61		
20.381 (20.381)	1:01.994 (41.613)	1:44.332 (42.338)	2:27.283 (42.952)	
3:10.105 (42.822)	3:51.967 (41.862)	4:32.779 (40.812)	5:13.609 (40.831)	
5 Henehan, George	M68 Unattached	5:24.53		
20.162 (20.162)	1:00.653 (40.492)	1:42.539 (41.886)	2:25.743 (43.204)	
3:10.357 (44.614)	3:54.061 (43.704)	4:39.491 (45.431)	5:24.527 (45.036)	
6 Haga, Gary	M66 Greater Phil	5:28.67		
19.425 (19.425)	59.543 (40.118)	1:41.517 (41.974)	2:25.609 (44.092)	
3:10.441 (44.832)	3:56.623 (46.182)	4:43.205 (46.583)	5:28.667 (45.462)	
7 Delap, Russell	M66 Unattached	5:29.53		
20.475 (20.475)	1:06.470 (45.996)	1:51.187 (44.717)	2:34.943 (43.757)	
3:18.373 (43.430)	4:02.764 (44.392)	4:46.933 (44.169)	5:29.530 (42.598)	
8 Rybinski, Mark	M67 Genesee Vall	5:42.95		
21.736 (21.736)	1:06.281 (44.545)	1:51.880 (45.600)	2:37.883 (46.004)	
3:24.819 (46.936)	4:11.776 (46.958)	4:57.919 (46.143)	5:42.946 (45.028)	

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M70 1500 m**

Name	Age Team	Finals
1 Shaheed, Nolan	M73 So Cal Track Club	5:32.62
22.544 (22.544)	1:06.914 (44.370)	1:52.630 (45.716)
3:26.784 (46.812)	4:11.524 (44.740)	4:54.356 (42.832)
		2:39.972 (47.343)
		5:32.620 (38.264)
2 Rossiter, Spider	M71 Shore Athletic Club	5:34.08
22.124 (22.124)	1:05.516 (43.392)	1:49.700 (44.185)
3:19.473 (44.613)	4:04.830 (45.358)	4:50.621 (45.791)
		2:34.860 (45.160)
		5:34.080 (43.459)
3 Myers, Eugene	M70 Potomac Vall	6:02.00
22.382 (22.382)	1:05.844 (43.462)	1:51.744 (45.901)
3:31.274 (50.648)	4:22.138 (50.864)	5:14.387 (52.250)
		2:40.626 (48.882)
		6:01.996 (47.609)
4 Williams, David	M71 Eastern Buck	6:02.31
23.884 (23.884)	1:08.739 (44.856)	1:56.148 (47.409)
3:37.365 (51.401)	4:29.836 (52.472)	5:18.158 (48.322)
		2:45.964 (49.817)
		6:02.305 (44.147)
5 Barnes, Manuel	M70 Unattached	6:09.54
20.437 (20.437)	1:08.290 (47.853)	1:55.650 (47.360)
3:36.840 (51.549)	4:29.080 (52.240)	5:22.118 (53.039)
		2:45.291 (49.642)
		6:09.534 (47.416)
6 McMullen, Tim	M70 Genesee Vall	6:09.64
23.128 (23.128)	1:08.271 (45.144)	1:55.728 (47.458)
3:37.028 (51.417)	4:29.420 (52.392)	5:21.525 (52.106)
		2:45.611 (49.883)
		6:09.640 (48.116)
7 Bishop, Charles	M73 Kentucky Eli	6:48.22
21.933 (21.933)	1:11.729 (49.796)	2:03.688 (51.959)
3:56.382 (58.025)	4:54.888 (58.507)	5:53.199 (58.311)
		2:58.357 (54.670)
		6:48.214 (55.016)
8 Mckee, Ernest	M71 Unattached	7:13.44
22.332 (22.332)	1:13.369 (51.037)	2:11.301 (57.932)
4:13.761 (1:01.195)	5:13.568 (59.808)	6:13.942 (1:00.374)
		3:12.566 (1:01.266)
		7:13.433 (59.492)
9 Amadon, Bill	M70 Unattached	7:26.69
25.110 (25.110)	1:15.511 (50.402)	2:11.734 (56.223)
4:14.241 (1:01.245)	5:13.885 (59.644)	6:09.942 (56.058)
		3:12.996 (1:01.263)
		7:26.686 (1:16.744)
-- Ruozzi, Richard	M71 Unattached	DNF
20.861 (20.861)	1:12.884 (52.024)	2:10.871 (57.987)
4:13.307 (1:01.218)	5:13.096 (59.790)	6:05.035 (51.939)
		3:12.090 (1:01.219)

**M75 1500 m**

Name	Age Team	Finals
1 Patton, Gary	M77 So Cal Track Club	5:44.41
23.388 (23.388)	1:08.174 (44.786)	1:53.922 (45.748)
3:28.274 (47.727)	4:16.094 (47.821)	5:01.983 (45.889)
		2:40.547 (46.625)
		5:44.402 (42.420)
2 Wigger, Tim	M75 So Cal Track Club	6:22.25
20.765 (20.765)	1:11.690 (50.925)	2:01.616 (49.926)
3:44.742 (52.351)	4:38.106 (53.364)	5:31.107 (53.002)
		2:52.391 (50.776)
		6:22.248 (51.141)
3 Nolan Jr., Harold	M75 Shore Athletic Club	6:56.19
21.016 (21.016)	1:12.134 (51.118)	2:03.020 (50.887)
3:55.249 (57.138)	4:55.978 (1:00.730)	5:58.418 (1:02.440)
		2:58.111 (55.091)
		6:56.186 (57.769)
-- Pate, Ron	M76 Unattached	DNF
23.900 (23.900)	1:11.519 (47.620)	2:04.653 (53.134)
		3:03.504 (58.851)

**M80 1500 m**

Name	Age Team	Finals
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**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...M80 1500 m**

1 Edelson, Stan	M81 Shore Athletic Club	7:58.91		
29.130 (29.130)	1:32.186 (1:03.056)	2:36.884 (1:04.698)	3:41.360 (1:04.477)	
4:46.982 (1:05.622)	5:52.042 (1:05.060)	6:57.047 (1:05.005)	7:58.909 (1:01.862)	

**M85 1500 m**

Name	Age Team	Finals		
1 Sime, Colben	M89 So Cal Track Club	10:32.39		
42.666 (42.666)	2:05.566 (1:22.900)	3:30.809 (1:25.244)	4:56.212 (1:25.404)	
6:25.226 (1:29.014)	7:53.058 (1:27.832)	9:16.560 (1:23.502)	10:32.390 (1:15.830)	

**M90 1500 m**

Name	Age Team	Finals		
1 Genzlinger, Vance	M93 Philadelphia	13:53.19		
47.812 (47.812)	2:32.705 (1:44.893)	4:22.853 (1:50.148)	6:15.284 (1:52.431)	
8:08.770 (1:53.487)	10:04.782 (1:56.012)	12:00.129 (1:55.348)	13:53.186 (1:53.057)	

**W30 3000 m**

Name	Age Team	Finals		
1 Lemon, Maureen	W33 Dayton Track Club	9:45.21		
37.751 (37.751)	1:16.684 (38.933)	1:55.736 (39.052)	2:35.367 (39.631)	
3:14.553 (39.187)	3:54.215 (39.662)	4:33.401 (39.186)	5:11.649 (38.248)	
5:50.511 (38.862)	6:30.051 (39.541)	7:09.252 (39.201)	7:48.475 (39.224)	
8:28.053 (39.578)	9:07.541 (39.488)	9:45.205 (37.664)		

**W35 3000 m**

Name	Age Team	Finals		
1 Yazzie, Charmayne	W37 GYS TRACK CLUB	12:37.78		
44.641 (44.641)	1:31.848 (47.207)	2:22.414 (50.566)	3:14.178 (51.764)	
4:04.776 (50.598)	4:55.814 (51.038)	5:46.675 (50.861)	6:37.993 (51.318)	
7:30.101 (52.109)	8:20.577 (50.476)	9:11.409 (50.833)	10:03.686 (52.277)	
10:55.891 (52.205)	11:48.267 (52.377)	12:37.771 (49.504)		

**W40 3000 m**

Name	Age Team	Finals		
1 Lund, April	W40 GYS TRACK CLUB	9:58.43		
38.146 (38.146)	1:17.681 (39.536)	1:57.248 (39.567)	2:36.727 (39.479)	
3:16.401 (39.674)	3:55.899 (39.498)	4:35.846 (39.948)	5:15.465 (39.620)	
5:55.787 (40.322)	6:36.355 (40.568)	7:17.141 (40.786)	7:58.540 (41.399)	
8:40.203 (41.663)	9:20.135 (39.932)	9:58.423 (38.288)		
2 Pesce, Jennifer	W43 Garden State	10:25.79		
39.619 (39.619)	1:20.941 (41.323)	2:02.945 (42.004)	2:45.386 (42.442)	
3:27.736 (42.350)	4:10.292 (42.556)	4:52.521 (42.230)	5:34.735 (42.214)	
6:16.381 (41.646)	6:58.485 (42.104)	7:40.393 (41.909)	8:21.665 (41.272)	
9:03.582 (41.917)	9:44.589 (41.007)	10:25.787 (41.199)		

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****....W40 3000 m**

3 Gaff, Hidi	W42 Three Rivers Racing	10:39.91		
40.795 (40.795)	1:23.675 (42.880)	2:07.618 (43.943)	2:51.475 (43.858)	
3:34.918 (43.443)	4:18.125 (43.207)	5:01.067 (42.942)	5:44.181 (43.115)	
6:27.086 (42.905)	7:09.639 (42.553)	7:52.633 (42.994)	8:35.837 (43.205)	
9:18.597 (42.760)	10:00.872 (42.275)	10:39.904 (39.032)		
4 Cobb, Caroline	W40 So Cal Track Club	11:30.37		
41.082 (41.082)	1:24.156 (43.074)	2:08.629 (44.474)	2:54.526 (45.897)	
3:40.553 (46.028)	4:26.737 (46.184)	5:13.444 (46.708)	6:00.329 (46.886)	
6:48.191 (47.862)	7:35.694 (47.504)	8:23.226 (47.532)	9:10.990 (47.764)	
9:58.838 (47.848)	10:45.585 (46.748)	11:30.361 (44.776)		
5 Ledford, Jennifer	W43 Unattached	11:30.92		
42.435 (42.435)	1:25.991 (43.556)	2:10.515 (44.524)	2:55.052 (44.538)	
3:41.082 (46.030)	4:27.380 (46.298)	5:14.111 (46.732)	6:00.871 (46.760)	
6:48.776 (47.906)	7:36.261 (47.486)	8:23.694 (47.433)	9:10.701 (47.007)	
9:58.131 (47.431)	10:45.963 (47.832)	11:30.913 (44.950)		

**W45 3000 m**

Name	Age Team	Finals		
1 Wells, Elizabeth	W45 Dayton Track Club	11:17.93		
41.597 (41.597)	1:25.522 (43.925)	2:10.217 (44.695)	2:54.851 (44.634)	
3:40.841 (45.990)	4:27.028 (46.188)	5:13.775 (46.747)	6:00.617 (46.842)	
6:48.476 (47.860)	7:35.989 (47.513)	8:23.448 (47.460)	9:08.689 (45.242)	
9:52.046 (43.357)	10:37.125 (45.080)	11:17.921 (40.796)		
2 Kennedy, Rebekah	W49 Central Park	11:18.65		
43.020 (43.020)	1:27.331 (44.311)	2:12.393 (45.063)	2:56.765 (44.372)	
3:41.302 (44.538)	4:27.699 (46.397)	5:14.389 (46.690)	6:01.155 (46.767)	
6:49.045 (47.890)	7:36.464 (47.420)	8:23.865 (47.402)	9:08.300 (44.435)	
9:51.739 (43.439)	10:36.794 (45.056)	11:18.643 (41.849)		
3 Cane, Debra	W47 So Cal Track Club	15:51.54		
51.934 (51.934)	1:49.119 (57.185)	2:49.829 (1:00.710)	3:52.549 (1:02.721)	
4:56.423 (1:03.874)	6:01.297 (1:04.874)	7:06.379 (1:05.083)	8:11.501 (1:05.122)	
9:18.421 (1:06.921)	10:24.447 (1:06.026)	11:31.520 (1:07.073)	12:36.917 (1:05.398)	
13:43.133 (1:06.216)	14:48.746 (1:05.613)	15:51.535 (1:02.790)		

**W50 3000 m**

Name	Age Team	Finals		
1 Shoemaker, Perry	W51 Unattached	10:07.36		
37.608 (37.608)	1:17.126 (39.518)	1:57.995 (40.869)	2:38.771 (40.776)	
3:19.243 (40.472)	3:59.988 (40.746)	4:40.924 (40.936)	5:22.125 (41.201)	
6:03.381 (41.257)	6:44.305 (40.924)	7:25.147 (40.842)	8:05.945 (40.798)	
8:46.978 (41.034)	9:28.293 (41.316)	10:07.359 (39.066)		
2 Whitestone, Yuko	W51 Potomac Vall	12:38.06		
49.512 (49.512)	1:37.867 (48.356)	2:26.129 (48.262)	3:15.215 (49.086)	
4:05.069 (49.854)	4:55.051 (49.983)	5:45.415 (50.364)	6:36.015 (50.601)	
7:27.316 (51.301)	8:19.217 (51.901)	9:11.633 (52.416)	10:04.090 (52.458)	
10:56.255 (52.165)	11:49.025 (52.770)	12:38.057 (49.032)		
3 Patla, Christie	W54 Bella N Motion	13:50.90		
51.399 (51.399)	1:44.241 (52.843)	2:38.623 (54.382)	3:33.310 (54.688)	
4:28.375 (55.066)	5:23.554 (55.179)	6:19.114 (55.560)	7:14.835 (55.721)	
8:11.152 (56.318)	9:07.389 (56.237)	10:04.141 (56.753)	11:01.497 (57.356)	
11:58.555 (57.058)	12:55.479 (56.924)	13:50.892 (55.414)		

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****....W50 3000 m**

4 Hunter, Hiroko	W52 BLUEgrass Runners	14:30.65		
42.072 (42.072)	1:28.391 (46.320)	2:22.707 (54.316)	3:20.883 (58.177)	
4:22.278 (1:01.395)	5:24.055 (1:01.778)	6:27.164 (1:03.109)	7:29.057 (1:01.894)	
8:32.027 (1:02.970)	9:34.611 (1:02.584)	10:37.533 (1:02.922)	11:38.443 (1:00.911)	
12:40.083 (1:01.640)	13:39.179 (59.097)	14:30.641 (51.462)		

**W55 3000 m**

Name	Age Team	Finals			
1 Rohl, Michelle	W57 Greater Phil	10:30.50			
40.129 (40.129)	1:21.067 (40.938)	2:03.083 (42.016)	2:43.833 (40.750)		
3:24.071 (40.239)	4:06.064 (41.993)	4:47.386 (41.322)	5:29.449 (42.063)		
6:12.659 (43.210)	6:54.056 (41.398)	7:35.816 (41.760)	8:18.669 (42.854)		
9:03.301 (44.632)	9:47.838 (44.537)	10:30.491 (42.653)			
2 Veneziano, Lisa	W58 Pursuit of E	10:42.71			
41.083 (41.083)	1:22.459 (41.376)	2:04.875 (42.417)	2:47.206 (42.331)		
3:29.954 (42.748)	4:13.099 (43.145)	4:56.390 (43.292)	5:39.846 (43.456)		
6:23.035 (43.190)	7:06.418 (43.383)	7:50.339 (43.922)	8:34.163 (43.824)		
9:17.901 (43.738)	10:00.894 (42.993)	10:42.703 (41.810)			
3 Stobbe, Judy	W57 Central Park	12:40.28			
51.781 (51.781)	1:41.903 (50.122)	2:31.981 (50.079)	3:22.833 (50.852)		
4:15.281 (52.449)	5:06.251 (50.970)	5:56.764 (50.513)	6:46.424 (49.660)		
7:36.107 (49.684)	8:25.092 (48.985)	9:12.772 (47.680)	10:02.743 (49.971)		
10:51.449 (48.706)	11:38.885 (47.436)	12:40.278 (1:01.394)			
4 Klein, Tina	W57 T.H.E. Track Team	13:12.72			
52.215 (52.215)	1:43.065 (50.850)	2:34.670 (51.605)	3:26.848 (52.178)		
4:18.551 (51.703)	5:09.329 (50.778)	6:02.187 (52.858)	6:55.451 (53.264)		
7:49.349 (53.899)	8:42.759 (53.410)	9:37.051 (54.292)	10:31.561 (54.510)		
11:25.436 (53.876)	12:20.108 (54.672)	13:12.716 (52.608)			
5 Swigler, Jeanette	W55 Gulf Winds T	13:33.94			
46.705 (46.705)	1:36.356 (49.652)	2:28.104 (51.748)	3:20.619 (52.515)		
4:14.979 (54.361)	5:09.603 (54.624)	6:04.139 (54.536)	6:58.337 (54.198)		
7:53.101 (54.765)	8:49.061 (55.960)	9:45.941 (56.880)	10:42.445 (56.505)		
11:39.425 (56.980)	12:37.463 (58.038)	13:33.933 (56.471)			
6 Anderson, Kimberly	W57 TNT Internat	13:39.57			
53.367 (53.367)	1:46.673 (53.307)	2:41.441 (54.768)	3:36.627 (55.186)		
4:32.119 (55.493)	5:27.577 (55.458)	6:23.105 (55.529)	7:18.218 (55.113)		
8:13.440 (55.222)	9:09.247 (55.808)	10:04.752 (55.505)	10:59.850 (55.098)		
11:54.086 (54.236)	12:48.053 (53.967)	13:39.567 (51.515)			
7 Grant, Sara	W57 BLUEgrass Runners	17:18.07			
1:03.425 (1:03.425)	2:12.836 (1:09.411)	3:22.978 (1:10.142)	4:32.599 (1:09.621)		
5:42.139 (1:09.540)	6:51.109 (1:08.971)	7:59.803 (1:08.694)	9:08.449 (1:08.646)		
10:18.211 (1:09.762)	11:28.722 (1:10.511)	12:39.573 (1:10.852)	13:49.798 (1:10.225)		
15:00.823 (1:11.025)	16:11.633 (1:10.810)	17:18.062 (1:06.430)			

**W60 3000 m**

Name	Age Team	Finals			
1 Silva, Mireille	W63 Atlanta Track Club	13:35.31			
49.025 (49.025)	1:41.470 (52.446)	2:35.597 (54.128)	3:30.289 (54.692)		
4:23.777 (53.488)	5:15.965 (52.189)	6:08.445 (52.480)	7:02.706 (54.261)		
7:58.440 (55.734)	8:54.385 (55.946)	9:49.749 (55.364)	10:48.164 (58.416)		
11:45.338 (57.174)	12:42.194 (56.856)	13:35.307 (53.113)			

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23**

**03/10/23 to 03/12/23**

**Results**

**....W60 3000 m**

2	Bellaire, Cheryl	W64 Greater Phil	13:56.34		
	51.601 (51.601)	1:46.382 (54.781)	2:40.495 (54.114)	3:37.095 (56.600)	
	4:32.539 (55.444)	5:28.779 (56.240)	6:25.413 (56.634)	7:22.559 (57.146)	
	8:20.508 (57.950)	9:17.812 (57.304)	10:15.239 (57.427)	11:13.918 (58.680)	
	12:11.842 (57.924)	13:07.838 (55.996)	13:56.337 (48.499)		
3	Tefft, Jan	W64 So Cal Track Club	13:57.04		
	52.145 (52.145)	1:47.471 (55.326)	2:43.511 (56.040)	3:40.853 (57.342)	
	4:37.481 (56.629)	5:34.186 (56.705)	6:31.567 (57.382)	7:28.705 (57.138)	
	8:26.163 (57.458)	9:23.791 (57.628)	10:20.483 (56.692)	11:16.815 (56.332)	
	12:13.074 (56.259)	13:05.687 (52.613)	13:57.037 (51.351)		
4	Siegel, Lauren	W63 Greater Phil	14:03.09		
	53.872 (53.872)	1:49.744 (55.872)	2:46.485 (56.741)	3:43.537 (57.052)	
	4:40.084 (56.548)	5:36.249 (56.165)	6:33.401 (57.152)	7:29.803 (56.403)	
	8:27.092 (57.289)	9:23.574 (56.482)	10:19.786 (56.212)	11:15.557 (55.772)	
	12:12.245 (56.688)	13:08.174 (55.929)	14:03.086 (54.912)		
5	Shabelski, Joanne	W61 Potomac Vall	15:33.64		
	54.310 (54.310)	1:50.914 (56.604)	2:48.262 (57.348)	3:47.923 (59.662)	
	4:47.977 (1:00.054)	5:49.824 (1:01.847)	6:54.063 (1:04.240)	7:58.828 (1:04.765)	
	9:04.666 (1:05.838)	10:11.347 (1:06.681)	11:17.505 (1:06.159)	12:24.092 (1:06.587)	
	13:28.799 (1:04.707)	14:33.410 (1:04.612)	15:33.634 (1:00.224)		

**W65 3000 m**

=====					
Name	Age	Team	Finals		
=====					
1	Lee, Debbie	W66 So Cal Track Club	13:54.97		
	49.236 (49.236)	1:41.840 (52.604)	2:35.824 (53.984)	3:30.475 (54.652)	
	4:24.070 (53.595)	5:17.091 (53.022)	6:11.621 (54.530)	7:08.275 (56.655)	
	8:06.949 (58.674)	9:06.667 (59.719)	10:05.955 (59.288)	11:05.356 (59.402)	
	12:05.857 (1:00.502)	13:05.801 (59.944)	13:54.963 (49.162)		
2	Bell, Ivy	W68 Central Park	14:30.97		
	51.002 (51.002)	1:44.455 (53.454)	2:41.163 (56.708)	3:38.009 (56.846)	
	4:35.853 (57.844)	5:33.661 (57.808)	6:32.123 (58.462)	7:30.251 (58.128)	
	8:28.984 (58.733)	9:29.105 (1:00.121)	10:29.639 (1:00.535)	11:30.801 (1:01.162)	
	12:32.296 (1:01.495)	13:32.557 (1:00.262)	14:30.963 (58.406)		
3	Mayhugh, Mary Lowe	W66 Potomac Vall	15:07.10		
	52.451 (52.451)	1:47.817 (55.366)	2:43.792 (55.975)	3:41.381 (57.589)	
	4:37.899 (56.518)	5:34.667 (56.768)	6:34.171 (59.504)	7:36.933 (1:02.762)	
	8:41.355 (1:04.423)	9:46.573 (1:05.218)	10:49.098 (1:02.525)	11:53.214 (1:04.116)	
	12:56.941 (1:03.728)	14:03.588 (1:06.647)	15:07.097 (1:03.509)		
4	Paulus, Miriam	W69 Dayton Track Club	15:16.02		
	55.698 (55.698)	1:54.107 (58.409)	2:55.533 (1:01.426)	3:58.153 (1:02.621)	
	5:01.382 (1:03.229)	6:04.406 (1:03.024)	7:05.599 (1:01.194)	8:07.601 (1:02.002)	
	9:08.699 (1:01.099)	10:09.917 (1:01.218)	11:11.416 (1:01.499)	12:12.705 (1:01.290)	
	13:14.584 (1:01.879)	14:15.935 (1:01.352)	15:16.014 (1:00.079)		
5	Ozell, Terry	W69 Atlanta Track Club	15:56.29		
	57.822 (57.822)	1:55.975 (58.153)	2:57.588 (1:01.614)	4:00.721 (1:03.133)	
	5:05.089 (1:04.368)	6:09.253 (1:04.164)	7:11.855 (1:02.602)	8:16.095 (1:04.241)	
	9:20.793 (1:04.698)	10:25.543 (1:04.750)	11:30.925 (1:05.382)	12:37.817 (1:06.892)	
	13:44.229 (1:06.412)	14:50.513 (1:06.284)	15:56.286 (1:05.774)		
6	Mullis Dubow, Trenice	W69 Atlanta Track Club	16:38.60		
	59.775 (59.775)	2:01.035 (1:01.260)	3:04.731 (1:03.696)	4:09.141 (1:04.410)	
	5:15.224 (1:06.084)	6:20.579 (1:05.355)	7:27.081 (1:06.503)	8:34.215 (1:07.134)	
	9:42.503 (1:08.288)	10:50.490 (1:07.987)	12:00.572 (1:10.082)	13:10.955 (1:10.383)	
	14:20.996 (1:10.042)	15:31.497 (1:10.501)	16:38.600 (1:07.104)		

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****....W65 3000 m**

7 Myers, Helene	W68 Potomac Vall	21:06.22		
1:11.157 (1:11.157)	2:32.350 (1:21.193)	3:54.495 (1:22.146)	5:19.581 (1:25.086)	
6:44.386 (1:24.805)	8:07.753 (1:23.368)	9:33.511 (1:25.758)	11:00.103 (1:26.592)	
12:27.569 (1:27.466)	13:54.699 (1:27.130)	15:21.966 (1:27.268)	16:51.296 (1:29.330)	
18:18.241 (1:26.946)	19:45.292 (1:27.051)	21:06.211 (1:20.919)		

**W70 3000 m**

Name	Age Team	Finals		
1 Martin, Kathryn	W71 Unattached	12:49.94		
48.433 (48.433)	1:41.032 (52.600)	2:35.235 (54.204)	3:29.933 (54.698)	
4:23.367 (53.434)	5:15.492 (52.125)	6:07.745 (52.253)	6:59.415 (51.671)	
7:50.540 (51.125)	8:41.317 (50.777)	9:32.092 (50.776)	10:23.082 (50.990)	
11:13.567 (50.485)	12:03.235 (49.669)	12:49.937 (46.702)		
2 Hudnall, Norma	W73 Atlanta Track Club	16:19.11		
54.966 (54.966)	1:53.651 (58.685)	2:57.867 (1:04.217)	4:04.072 (1:06.205)	
5:11.748 (1:07.676)	6:18.049 (1:06.302)	7:22.508 (1:04.459)	8:29.719 (1:07.212)	
9:38.483 (1:08.764)	10:46.302 (1:07.820)	11:54.405 (1:08.103)	13:02.888 (1:08.484)	
14:10.201 (1:07.314)	15:16.310 (1:06.109)	16:19.103 (1:02.793)		

**W75 3000 m**

Name	Age Team	Finals		
1 Foody, Terry	W75 BLUEgrass Runners	20:07.41		
1:12.015 (1:12.015)	2:27.665 (1:15.650)	3:44.307 (1:16.642)	5:13.207 (1:28.901)	
6:31.608 (1:18.401)	7:51.313 (1:19.705)	9:12.415 (1:21.102)	10:33.679 (1:21.264)	
11:53.895 (1:20.216)	13:17.517 (1:23.623)	14:39.734 (1:22.217)	16:04.036 (1:24.302)	
17:27.391 (1:23.355)	18:50.693 (1:23.302)	20:07.407 (1:16.715)		
2 Moyer, Sally	W78 Unattached	21:47.62		
1:17.806 (1:17.806)	2:41.135 (1:23.329)	4:05.761 (1:24.627)	5:31.763 (1:26.002)	
6:58.821 (1:27.059)	8:25.315 (1:26.494)	9:53.994 (1:28.680)	11:22.872 (1:28.878)	
12:52.539 (1:29.667)	14:20.802 (1:28.264)	15:48.793 (1:27.992)	17:17.530 (1:28.737)	
18:46.597 (1:29.068)	20:16.999 (1:30.402)	21:47.619 (1:30.620)		

**M25-29 3000 m**

Name	Age Team	Finals		
1 Harris, Corbin	M25 Unattached	9:07.51		
37.331 (37.331)	1:11.064 (33.734)	1:45.744 (34.680)	2:20.861 (35.118)	
2:56.690 (35.829)	3:32.143 (35.453)	4:08.911 (36.769)	4:45.735 (36.824)	
5:22.637 (36.903)	5:59.519 (36.882)	6:36.208 (36.689)	7:13.732 (37.524)	
7:52.064 (38.332)	8:29.519 (37.456)	9:07.502 (37.983)		
2 Thiebaut, Trevor	M27 CHT Elite	9:46.74		
37.577 (37.577)	1:11.323 (33.746)	1:46.007 (34.684)	2:21.219 (35.212)	
2:58.698 (37.480)	3:37.736 (39.038)	4:18.482 (40.746)	4:59.539 (41.058)	
5:40.355 (40.816)	6:21.649 (41.294)	7:02.647 (40.998)	7:42.634 (39.988)	
8:24.273 (41.640)	9:05.591 (41.318)	9:46.733 (41.143)		
3 Hackett Jr., Lynn	M28 Unattached	9:59.58		
38.221 (38.221)	1:14.715 (36.494)	1:52.265 (37.550)	2:30.681 (38.417)	
3:10.209 (39.528)	3:49.689 (39.480)	4:29.228 (39.540)	5:09.169 (39.942)	
5:49.432 (40.263)	6:29.811 (40.379)	7:10.723 (40.912)	7:53.179 (42.457)	
8:35.863 (42.684)	9:18.371 (42.508)	9:59.575 (41.204)		



**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****....M25-29 3000 m**

4 Grifka, Adam	M26 CHT Elite	11:07.58		
41.728 (41.728)	1:24.025 (42.297)	2:06.006 (41.982)	2:48.769 (42.764)	
3:30.889 (42.120)	4:13.487 (42.598)	4:56.805 (43.318)	5:40.537 (43.733)	
6:25.244 (44.707)	7:10.341 (45.098)	7:56.267 (45.926)	8:42.515 (46.249)	
9:30.412 (47.897)	10:19.527 (49.115)	11:07.579 (48.053)		

**M30 3000 m**

Name	Age Team	Finals			
1 Guenther, Jordan	M31 Unattached	11:00.44			
40.608 (40.608)	1:22.459 (41.852)	2:04.836 (42.377)	2:48.441 (43.605)		
3:31.333 (42.893)	4:14.562 (43.229)	4:59.104 (44.542)	5:44.050 (44.946)		
6:29.689 (45.639)	7:15.699 (46.011)	8:02.305 (46.606)	8:49.153 (46.848)		
9:34.799 (45.646)	10:20.037 (45.239)	11:00.432 (40.395)			
2 Bishop, Joshua	M30 CHT Elite	12:10.36			
43.511 (43.511)	1:28.139 (44.628)	2:14.517 (46.378)	3:01.020 (46.504)		
3:48.403 (47.383)	4:35.118 (46.716)	5:23.135 (48.017)	6:13.435 (50.301)		
7:04.475 (51.040)	7:55.623 (51.149)	8:46.505 (50.882)	9:37.302 (50.798)		
10:30.605 (53.304)	11:20.058 (49.453)	12:10.353 (50.296)			
3 Miller, Max	M31 CHT Elite	12:40.59			
47.495 (47.495)	1:35.475 (47.980)	2:26.281 (50.807)	3:19.795 (53.514)		
4:13.882 (54.087)	5:07.251 (53.369)	6:01.564 (54.314)	6:55.261 (53.697)		
7:49.659 (54.399)	8:43.016 (53.357)	9:37.915 (54.899)	10:32.623 (54.708)		
11:26.976 (54.354)	12:09.877 (42.901)	12:40.590 (30.714)			
-- Warren, Trent	M30 Unattached	DNF			
40.957 (40.957)					
-- Darby, Anton	M32 Unattached	DNF			
38.829 (38.829)	1:16.839 (38.010)	1:55.491 (38.653)	2:35.835 (40.344)		
3:18.679 (42.845)	4:01.759 (43.080)	4:44.737 (42.978)	5:28.907 (44.170)		
6:13.940 (45.033)	6:59.653 (45.714)	7:44.705 (45.052)	8:28.518 (43.814)		
9:12.786 (44.268)	9:49.043 (36.257)				

**M35 3000 m**

Name	Age Team	Finals			
1 Krebs, Paul	M35 Dayton Track Club	9:00.17			
37.761 (37.761)	1:12.258 (34.497)	1:47.867 (35.609)	2:23.621 (35.755)		
2:59.717 (36.096)	3:37.071 (37.354)	4:13.281 (36.211)	4:49.412 (36.131)		
5:25.611 (36.199)	6:02.325 (36.714)	6:39.061 (36.736)	7:15.808 (36.748)		
7:52.487 (36.680)	8:28.833 (36.346)	9:00.161 (31.329)			
2 Bohannon, Griffin	M35 CHT Elite	9:37.99			
38.151 (38.151)	1:15.489 (37.338)	1:52.933 (37.445)	2:30.282 (37.349)		
3:09.285 (39.003)	3:47.381 (38.097)	4:27.223 (39.842)	5:06.864 (39.642)		
5:46.595 (39.731)	6:26.317 (39.723)	7:05.854 (39.537)	7:45.593 (39.740)		
8:24.294 (38.701)	9:02.840 (38.546)	9:37.983 (35.143)			
3 Peyton Jr., Stanley	M36 Unattached	9:45.28			
37.494 (37.494)	1:13.882 (36.388)	1:51.534 (37.652)	2:29.892 (38.358)		
3:08.956 (39.064)	3:47.885 (38.929)	4:27.623 (39.739)	5:07.275 (39.652)		
5:46.999 (39.724)	6:26.669 (39.671)	7:06.333 (39.664)	7:45.915 (39.582)		
8:25.191 (39.276)	9:04.709 (39.519)	9:45.274 (40.565)			

## 2023 National Masters Indoor Championships - 03/10/23 to 03/12/23

03/10/23 to 03/12/23

## Results

## ....M35 3000 m

4 Nash, Dennis	M38 Unattached	10:23.87		
38.765 (38.765)	1:16.723 (37.958)	1:54.609 (37.887)	2:34.289 (39.680)	
3:15.079 (40.790)	3:55.280 (40.201)	4:36.130 (40.850)	5:17.978 (41.848)	
5:59.915 (41.938)	6:41.756 (41.841)	7:25.435 (43.680)	8:09.397 (43.962)	
8:54.199 (44.802)	9:39.147 (44.949)	10:23.863 (44.716)		
5 Duggan, Bob	M36 Checkers AC	10:28.05		
38.453 (38.453)	1:15.810 (37.358)	1:53.696 (37.886)	2:32.192 (38.496)	
3:11.681 (39.489)	3:52.105 (40.425)	4:33.027 (40.922)	5:13.963 (40.936)	
5:54.763 (40.801)	6:36.688 (41.925)	7:19.735 (43.047)	8:06.214 (46.480)	
8:54.874 (48.660)	9:42.611 (47.737)	10:28.042 (45.432)		

## M40 3000 m

Name	Age Team	Finals			
1 Burns, Thomas	M41 Indiana Elit	9:03.59			
37.386 (37.386)	1:14.529 (37.144)	1:50.699 (36.170)	2:26.855 (36.157)		
3:02.805 (35.950)	3:38.612 (35.807)	4:14.545 (35.934)	4:49.939 (35.394)		
5:25.471 (35.532)	6:01.541 (36.071)	6:37.602 (36.061)	7:13.545 (35.944)		
7:50.719 (37.174)	8:27.663 (36.945)	9:03.585 (35.922)			
2 Ruston, Jeremy	M42 Unattached	9:16.99			
37.939 (37.939)	1:15.415 (37.477)	1:51.731 (36.316)	2:27.761 (36.030)		
3:04.125 (36.364)	3:40.834 (36.710)	4:18.149 (37.315)	4:55.765 (37.616)		
5:32.191 (36.427)	6:08.953 (36.762)	6:45.986 (37.034)	7:24.823 (38.838)		
8:03.690 (38.867)	8:42.050 (38.360)	9:16.985 (34.936)			
3 Wallace, Scott	M43 Shadow Project TC	9:38.10			
37.671 (37.671)	1:15.081 (37.410)	1:51.288 (36.208)	2:27.189 (35.901)		
3:03.931 (36.742)	3:41.975 (38.044)	4:21.339 (39.365)	5:00.981 (39.642)		
5:40.127 (39.146)	6:21.135 (41.009)	7:04.163 (43.028)	7:44.352 (40.189)		
8:25.809 (41.457)	9:06.095 (40.287)	9:38.091 (31.996)			
4 Horan, Mike	M42 Unattached	9:46.86			
38.209 (38.209)	1:16.815 (38.606)	1:56.032 (39.218)	2:35.343 (39.311)		
3:14.410 (39.068)	3:53.510 (39.100)	4:33.097 (39.587)	5:12.278 (39.182)		
5:52.099 (39.822)	6:31.850 (39.751)	7:11.431 (39.581)	7:51.617 (40.187)		
8:32.057 (40.440)	9:11.899 (39.842)	9:46.851 (34.952)			
5 Martin, Jack	M42 CHT Elite	9:47.32			
38.539 (38.539)	1:17.126 (38.587)	1:56.167 (39.042)	2:35.655 (39.488)		
3:14.687 (39.032)	3:53.805 (39.118)	4:33.367 (39.562)	5:12.651 (39.284)		
5:52.346 (39.696)	6:32.000 (39.654)	7:11.637 (39.637)	7:50.368 (38.732)		
8:28.123 (37.756)	9:07.825 (39.702)	9:47.315 (39.490)			
6 Agnello, Thomas	M40 Unattached	10:22.30			
41.685 (41.685)	1:24.368 (42.684)	2:06.413 (42.045)	2:49.039 (42.627)		
3:30.575 (41.536)	4:11.885 (41.310)	4:53.351 (41.466)	5:34.597 (41.247)		
6:15.342 (40.745)	6:56.872 (41.530)	7:38.819 (41.948)	8:21.107 (42.288)		
9:03.109 (42.002)	9:43.267 (40.158)	10:22.296 (39.030)			
7 Tomanek, Brian	M42 CHT Elite	10:46.35			
40.862 (40.862)	1:22.897 (42.036)	2:06.360 (43.463)	2:50.947 (44.588)		
3:34.456 (43.509)	4:17.063 (42.608)	5:00.590 (43.527)	5:44.599 (44.009)		
6:29.323 (44.725)	7:13.611 (44.288)	7:57.477 (43.866)	8:42.192 (44.716)		
9:26.513 (44.321)	10:08.759 (42.246)	10:46.344 (37.586)			
8 Byrne, Jason	M44 CHT Elite	11:05.83			
42.421 (42.421)	1:25.198 (42.778)	2:08.467 (43.269)	2:51.751 (43.284)		
3:34.993 (43.243)	4:18.116 (43.123)	5:01.905 (43.790)	5:46.172 (44.267)		
6:30.543 (44.372)	7:14.773 (44.230)	8:00.475 (45.702)	8:46.485 (46.011)		
9:32.579 (46.094)	10:18.241 (45.662)	11:05.828 (47.588)			

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M45 3000 m**

Name	Age Team	Finals
1 Jackson, Mike	M47 Indiana Elit	9:00.41
37.415 (37.415)	1:14.773 (37.358)	1:50.966 (36.194)
3:02.542 (35.917)	3:38.353 (35.811)	4:14.280 (35.928)
5:25.751 (35.780)	6:01.784 (36.034)	6:37.375 (35.591)
7:48.587 (35.662)	8:24.656 (36.070)	9:00.403 (35.747)
2 Snider, Jerry	M48 Unattached	9:33.79
37.686 (37.686)	1:15.235 (37.550)	1:51.541 (36.306)
3:03.657 (36.122)	3:40.503 (36.846)	4:17.963 (37.461)
5:34.298 (38.284)	6:13.024 (38.726)	6:52.188 (39.164)
8:12.818 (40.376)	8:54.109 (41.291)	9:33.781 (39.673)
3 Cahoon Jr., Rick	M45 CHT Elite	9:38.44
39.375 (39.375)	1:18.515 (39.140)	1:56.878 (38.364)
3:15.807 (39.590)	3:54.627 (38.820)	4:34.243 (39.617)
5:53.171 (39.480)	6:32.791 (39.620)	7:12.629 (39.838)
8:29.867 (38.538)	9:06.768 (36.901)	9:38.439 (31.672)
4 Hernandez, Christopher	M46 Genesee Vall	9:38.71
39.151 (39.151)	1:17.401 (38.251)	1:56.414 (39.013)
3:15.078 (39.164)	3:54.068 (38.990)	4:33.624 (39.556)
5:52.572 (39.591)	6:32.151 (39.579)	7:11.861 (39.710)
8:29.633 (38.726)	9:07.115 (37.482)	9:38.709 (31.594)
5 Richardson, Matthew	M47 CHT Elite	9:41.23
39.415 (39.415)	1:18.781 (39.366)	1:57.165 (38.384)
3:16.163 (39.656)	3:54.379 (38.216)	4:33.949 (39.570)
5:52.924 (39.431)	6:32.505 (39.582)	7:12.277 (39.772)
8:30.379 (38.290)	9:07.616 (37.238)	9:41.228 (33.612)
6 Van Cleave, Matt	M47 CHT Elite	9:54.36
39.183 (39.183)	1:18.021 (38.838)	1:56.677 (38.656)
3:15.499 (39.472)	3:54.867 (39.369)	4:34.521 (39.654)
5:53.841 (39.470)	6:33.893 (40.052)	7:13.887 (39.995)
8:36.223 (41.527)	9:17.013 (40.790)	9:54.357 (37.345)
7 Santoro, Clint	M47 Unattached	10:36.71
41.416 (41.416)	1:24.656 (43.240)	2:08.145 (43.489)
3:33.776 (42.485)	4:16.183 (42.407)	4:59.287 (43.105)
6:25.085 (42.876)	7:08.510 (43.426)	7:52.531 (44.022)
9:19.607 (42.823)	9:59.451 (39.844)	10:36.704 (37.254)
8 Eison, Jordan	M47 Atlanta Track Club	11:12.03
38.806 (38.806)	1:19.066 (40.260)	2:00.415 (41.349)
3:27.352 (43.094)	4:10.901 (43.550)	4:55.588 (44.687)
6:28.861 (47.321)	7:16.023 (47.163)	8:04.390 (48.367)
9:38.203 (46.481)	10:25.466 (47.263)	11:12.030 (46.564)
9 Robinson, Jerry	M47 Second City	12:03.24
39.907 (39.907)	1:21.390 (41.484)	2:06.025 (44.635)
3:36.652 (45.974)	4:24.069 (47.417)	5:12.506 (48.438)
6:52.452 (50.936)	7:44.619 (52.167)	8:37.665 (53.047)
10:21.775 (51.970)	11:13.904 (52.129)	12:03.237 (49.333)

**M50 3000 m**

Name	Age Team	Finals
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## 2023 National Masters Indoor Championships - 03/10/23 to 03/12/23

03/10/23 to 03/12/23

## Results

## ...M50 3000 m

1 Lomogda, John	M53 Colonial Roa	9:41.30		
38.726 (38.726)	1:17.821 (39.096)	1:57.891 (40.070)	2:38.214 (40.323)	
3:17.628 (39.414)	3:57.377 (39.749)	4:36.513 (39.137)	5:15.435 (38.922)	
5:53.963 (38.528)	6:32.129 (38.166)	7:10.575 (38.447)	7:48.182 (37.607)	
8:25.653 (37.471)	9:03.132 (37.480)	9:41.298 (38.166)		
2 Schumann, Keith	M52 Colonial Roa	9:53.33		
37.789 (37.789)	1:15.822 (38.033)	1:53.867 (38.046)	2:32.803 (38.936)	
3:11.991 (39.189)	3:51.847 (39.856)	4:31.567 (39.720)	5:11.418 (39.852)	
5:51.071 (39.654)	6:31.038 (39.967)	7:10.901 (39.863)	7:51.691 (40.790)	
8:33.383 (41.693)	9:14.530 (41.147)	9:53.323 (38.794)		
3 McDonald, Chris	M54 Boulder Road	9:57.53		
39.275 (39.275)	1:18.764 (39.490)	1:58.865 (40.102)	2:38.741 (39.876)	
3:18.272 (39.532)	3:57.870 (39.598)	4:37.419 (39.549)	5:17.067 (39.649)	
5:56.867 (39.800)	6:37.071 (40.204)	7:17.535 (40.464)	7:57.825 (40.290)	
8:38.603 (40.779)	9:19.659 (41.056)	9:57.530 (37.872)		
4 Holland, Dan	M53 Pittsburgh P	10:34.40		
40.445 (40.445)	1:22.673 (42.228)	2:05.983 (43.310)	2:48.806 (42.824)	
3:31.198 (42.392)	4:13.335 (42.137)	4:55.844 (42.510)	5:38.755 (42.912)	
6:21.739 (42.984)	7:05.127 (43.388)	7:48.441 (43.314)	8:31.445 (43.004)	
9:14.191 (42.747)	9:55.783 (41.592)	10:34.392 (38.610)		
5 Souders, Timothy	M50 PR Distance	10:38.82		
40.682 (40.682)	1:22.640 (41.958)	2:05.725 (43.086)	2:48.163 (42.438)	
3:30.291 (42.128)	4:12.241 (41.951)	4:54.219 (41.978)	5:36.709 (42.490)	
6:19.084 (42.376)	7:01.841 (42.757)	7:45.716 (43.876)	8:29.605 (43.890)	
9:13.968 (44.363)	9:57.923 (43.955)	10:38.811 (40.888)		
6 Wempe, Ken	M54 Indiana Elit	10:42.81		
41.839 (41.839)	1:23.943 (42.104)	2:06.779 (42.836)	2:49.753 (42.974)	
3:32.662 (42.910)	4:15.272 (42.610)	4:58.416 (43.144)	5:41.520 (43.104)	
6:24.826 (43.306)	7:08.457 (43.631)	7:51.620 (43.164)	8:35.058 (43.438)	
9:18.889 (43.831)	10:01.627 (42.738)	10:42.809 (41.183)		
7 Powell, Brian	M51 CHT Elite	11:14.35		
43.926 (43.926)	1:27.557 (43.632)	2:11.621 (44.064)	2:55.733 (44.112)	
3:39.871 (44.139)	4:24.799 (44.928)	5:09.359 (44.560)	5:54.788 (45.429)	
6:40.069 (45.282)	7:25.229 (45.160)	8:11.327 (46.099)	8:57.843 (46.516)	
9:45.051 (47.209)	10:31.367 (46.316)	11:14.341 (42.975)		
8 Munderloh, Aaron	M52 CHT Elite	12:03.18		
45.127 (45.127)	1:32.671 (47.544)	2:22.171 (49.500)	3:11.201 (49.031)	
4:00.547 (49.346)	4:49.439 (48.892)	5:37.330 (47.892)	6:25.047 (47.718)	
7:13.203 (48.156)	8:02.614 (49.411)	8:51.326 (48.712)	9:40.325 (49.000)	
10:29.671 (49.346)	11:17.679 (48.009)	12:03.177 (45.498)		
-- *Yanes Sr., Jose Gregori	M51 Venezuela	X10:51.12		
41.254 (41.254)	1:23.664 (42.410)	2:06.408 (42.744)	2:49.469 (43.062)	
3:32.263 (42.794)	4:15.327 (43.065)	4:58.997 (43.670)	5:42.998 (44.001)	
6:28.790 (45.792)	7:13.157 (44.368)	7:58.074 (44.917)	8:41.799 (43.725)	
9:26.797 (44.998)	10:10.712 (43.916)	10:51.119 (40.408)		

## M55 3000 m

Name	Age Team	Finals		
1 Novak, Charles	M55 Unattached	9:45.88		
39.315 (39.315)	1:19.945 (40.631)	2:00.929 (40.984)	2:41.373 (40.445)	
3:21.801 (40.428)	4:01.971 (40.171)	4:41.881 (39.910)	5:21.483 (39.602)	
6:00.997 (39.514)	6:39.956 (38.959)	7:18.748 (38.792)	7:57.139 (38.391)	
8:34.833 (37.694)	9:11.337 (36.504)	9:45.872 (34.536)		

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23**

**03/10/23 to 03/12/23**

**Results**

**...M55 3000 m**

2 McManus, Mike	M57 Unattached	10:00.87		
39.751 (39.751)	1:20.213 (40.462)	2:01.198 (40.986)	2:41.646 (40.448)	
3:22.071 (40.426)	4:02.227 (40.156)	4:42.156 (39.929)	5:21.750 (39.594)	
6:01.272 (39.522)	6:40.571 (39.300)	7:20.297 (39.726)	8:00.573 (40.276)	
8:41.006 (40.433)	9:20.689 (39.683)	10:00.868 (40.180)		
3 Nier, Mike	M58 Genesee Vall	10:27.31		
41.990 (41.990)	1:23.459 (41.470)	2:04.643 (41.184)	2:45.774 (41.132)	
3:27.994 (42.220)	4:09.831 (41.837)	4:51.651 (41.821)	5:34.034 (42.383)	
6:17.395 (43.362)	7:00.921 (43.526)	7:43.361 (42.440)	8:25.102 (41.742)	
9:06.592 (41.490)	9:46.896 (40.304)	10:27.307 (40.411)		
4 Flanders, Dale	M57 Genesee Vall	10:33.58		
42.388 (42.388)	1:23.999 (41.612)	2:05.087 (41.088)	2:47.269 (42.182)	
3:29.277 (42.008)	4:11.897 (42.620)	4:54.967 (43.070)	5:38.427 (43.461)	
6:21.281 (42.854)	7:04.501 (43.220)	7:47.559 (43.059)	8:30.581 (43.022)	
9:14.300 (43.720)	9:57.043 (42.743)	10:33.578 (36.536)		
5 Ursum, Scot	M55 CHT Elite	10:45.17		
43.863 (43.863)	1:27.398 (43.535)	2:10.472 (43.074)	2:53.549 (43.078)	
3:36.511 (42.962)	4:19.863 (43.352)	5:03.002 (43.139)	5:45.802 (42.800)	
6:29.296 (43.494)	7:12.989 (43.694)	7:56.646 (43.657)	8:39.371 (42.725)	
9:22.260 (42.890)	10:04.423 (42.163)	10:45.169 (40.746)		
6 Bell, Drew	M57 Unattached	11:15.80		
39.494 (39.494)	1:22.531 (43.038)	2:06.441 (43.910)	2:51.241 (44.801)	
3:36.472 (45.231)	4:21.834 (45.362)	5:07.321 (45.487)	5:53.245 (45.924)	
6:39.900 (46.656)	7:25.809 (45.910)	8:12.113 (46.304)	8:59.353 (47.240)	
9:47.757 (48.405)	10:34.374 (46.617)	11:15.799 (41.426)		
7 Burdett, Francis	M58 Greater Spri	11:29.66		
44.205 (44.205)	1:27.283 (43.078)	2:09.773 (42.490)	2:52.763 (42.991)	
3:36.061 (43.298)	4:23.351 (47.291)	5:09.273 (45.922)	5:55.868 (46.596)	
6:43.246 (47.378)	7:32.530 (49.284)	8:19.197 (46.667)	9:06.786 (47.590)	
9:54.933 (48.148)	10:41.975 (47.042)	11:29.654 (47.679)		
8 Monistere, Daniel	M57 Unattached	12:02.90		
43.139 (43.139)	1:28.642 (45.504)	2:15.727 (47.086)	3:05.161 (49.434)	
3:54.625 (49.464)	4:44.315 (49.691)	5:34.238 (49.923)	6:23.701 (49.463)	
7:13.461 (49.761)	8:03.339 (49.878)	8:52.733 (49.394)	9:42.744 (50.012)	
10:31.749 (49.005)	11:18.423 (46.674)	12:02.898 (44.476)		

**M60 3000 m**

Name	Age Team	Finals		
1 Lee, Rick	M62 Shore Athletic Club	10:13.94		
36.305 (36.305)	1:15.032 (38.728)	1:56.838 (41.806)	2:38.949 (42.112)	
3:21.903 (42.954)	4:04.044 (42.142)	4:45.690 (41.646)	5:27.288 (41.598)	
6:08.467 (41.180)	6:49.969 (41.502)	7:31.490 (41.522)	8:13.480 (41.990)	
8:55.428 (41.949)	9:36.906 (41.478)	10:13.932 (37.026)		
2 Mora III, Joseph	M61 Genesee Vall	10:28.88		
41.186 (41.186)	1:23.554 (42.368)	2:07.269 (43.715)	2:50.945 (43.676)	
3:34.795 (43.850)	4:18.492 (43.697)	5:02.320 (43.828)	5:44.670 (42.350)	
6:26.946 (42.276)	7:10.022 (43.077)	7:51.723 (41.701)	8:33.308 (41.585)	
9:14.616 (41.308)	9:53.677 (39.062)	10:28.876 (35.199)		
3 Billig, Patrick	M60 TC Running Company	10:28.96		
38.026 (38.026)	1:18.960 (40.934)	2:01.281 (42.321)	2:43.496 (42.216)	
3:27.011 (43.515)	4:08.677 (41.666)	4:51.383 (42.706)	5:33.936 (42.554)	
6:16.716 (42.780)	6:59.434 (42.718)	7:43.122 (43.688)	8:26.060 (42.938)	
9:07.977 (41.918)	9:49.432 (41.456)	10:28.952 (39.520)		

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23**

**03/10/23 to 03/12/23**

**Results**

**...M60 3000 m**

4 Roberts, Phil	M60 Unattached	10:40.70		
37.346 (37.346)	1:18.473 (41.128)	2:00.516 (42.044)	2:43.094 (42.578)	
3:26.710 (43.616)	4:10.834 (44.125)	4:54.594 (43.760)	5:38.860 (44.266)	
6:22.128 (43.268)	7:06.300 (44.173)	7:50.700 (44.400)	8:33.692 (42.992)	
9:18.006 (44.314)	10:01.842 (43.837)	10:40.694 (38.852)		
5 Enicks IV, William	M63 So Cal Track Club	11:31.47		
42.551 (42.551)	1:26.023 (43.472)	2:11.151 (45.128)	2:57.713 (46.562)	
3:45.012 (47.300)	4:32.491 (47.479)	5:19.603 (47.112)	6:06.887 (47.284)	
6:53.974 (47.088)	7:41.476 (47.502)	8:28.314 (46.838)	9:15.998 (47.684)	
10:02.767 (46.769)	10:49.158 (46.391)	11:31.470 (42.312)		
6 Huffman, Tony	M60 Unattached	11:32.96		
47.115 (47.115)	1:32.971 (45.856)	2:19.387 (46.416)	3:05.583 (46.196)	
3:51.186 (45.604)	4:36.629 (45.443)	5:22.605 (45.976)	6:09.015 (46.410)	
6:55.530 (46.515)	7:42.456 (46.927)	8:28.996 (46.540)	9:15.766 (46.770)	
10:02.095 (46.330)	10:47.858 (45.763)	11:32.958 (45.101)		
7 Bradley, John	M60 CHT Elite	11:50.24		
45.696 (45.696)	1:31.148 (45.453)	2:17.728 (46.580)	3:04.782 (47.054)	
3:52.018 (47.236)	4:38.305 (46.288)	5:24.638 (46.334)	6:10.819 (46.181)	
6:57.237 (46.418)	7:47.384 (50.148)	8:36.286 (48.902)	9:24.755 (48.470)	
10:14.290 (49.536)	11:03.268 (48.978)	11:50.233 (46.966)		
8 Adkisson, Steve	M64 Unattached	12:06.71		
43.034 (43.034)	1:26.930 (43.896)	2:13.508 (46.579)	3:00.963 (47.455)	
3:48.614 (47.651)	4:36.643 (48.030)	5:23.467 (46.824)	6:10.152 (46.685)	
6:58.122 (47.971)	7:47.935 (49.813)	8:38.738 (50.803)	9:29.877 (51.140)	
10:22.800 (52.923)	11:16.476 (53.676)	12:06.710 (50.234)		
9 McLaughlin, Terence	M62 Potomac Vall	12:18.60		
46.477 (46.477)	1:33.924 (47.448)	2:22.506 (48.582)	3:11.270 (48.764)	
4:00.074 (48.805)	4:48.955 (48.881)	5:37.910 (48.956)	6:26.575 (48.665)	
7:15.602 (49.027)	8:04.876 (49.275)	8:55.356 (50.480)	9:46.876 (51.521)	
10:39.436 (52.560)	11:32.032 (52.597)	12:18.600 (46.568)		
10 Yeomans, Charles	M60 Unattached	12:38.79		
50.936 (50.936)	1:41.182 (50.246)	2:30.802 (49.621)	3:20.595 (49.793)	
4:10.082 (49.487)	5:00.171 (50.090)	5:49.956 (49.785)	6:39.517 (49.562)	
7:30.885 (51.368)	8:21.504 (50.619)	9:12.361 (50.858)	10:04.068 (51.707)	
10:55.910 (51.843)	11:48.073 (52.163)	12:38.784 (50.712)		
11 Poulos, Ted	M61 Potomac Vall	13:04.71		
56.043 (56.043)	1:50.986 (54.943)	2:44.841 (53.856)	3:37.992 (53.152)	
4:30.326 (52.334)	5:22.712 (52.387)	6:14.246 (51.534)	7:05.675 (51.430)	
7:57.030 (51.355)	8:48.284 (51.255)	9:40.112 (51.828)	10:30.874 (50.762)	
11:22.178 (51.305)	12:13.960 (51.782)	13:04.707 (50.747)		
12 Pillin, Phillip	M60 Eastern Buck	14:05.71		
54.642 (54.642)	1:48.924 (54.283)	2:45.238 (56.314)	3:40.595 (55.357)	
4:35.900 (55.306)	5:31.475 (55.575)	6:27.960 (56.485)	7:24.315 (56.356)	
8:21.642 (57.327)	9:19.250 (57.609)	10:16.533 (57.283)	11:14.526 (57.994)	
12:12.152 (57.626)	13:08.688 (56.536)	14:05.710 (57.022)		

**M65 3000 m**

=====				
Name	Age Team	Finals		
=====				
1 Westenberg, David	M65 Greater Lowe	10:54.80		
43.310 (43.310)	1:26.308 (42.998)	2:11.720 (45.412)	2:55.808 (44.089)	
3:38.577 (42.769)	4:22.402 (43.826)	5:06.348 (43.946)	5:49.885 (43.538)	
6:33.356 (43.471)	7:17.327 (43.972)	8:01.056 (43.729)	8:45.409 (44.354)	
9:29.614 (44.205)	10:13.238 (43.625)	10:54.794 (41.556)		

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23**

**03/10/23 to 03/12/23**

**Results**

**...M65 3000 m**

2 Conheady, Timothy	M66 Greater Phil	11:05.92		
43.909 (43.909)	1:27.107 (43.198)	2:12.289 (45.182)	2:58.366 (46.077)	
3:44.432 (46.067)	4:30.309 (45.877)	5:15.092 (44.783)	5:59.001 (43.910)	
6:43.223 (44.222)	7:27.082 (43.859)	8:10.998 (43.916)	8:55.194 (44.197)	
9:39.320 (44.126)	10:23.244 (43.925)	11:05.912 (42.668)		
3 Lebold, Michael	M65 Jamul Toads	11:24.54		
43.623 (43.623)	1:26.754 (43.131)	2:12.013 (45.260)	2:58.085 (46.072)	
3:44.164 (46.079)	4:30.538 (46.374)	5:16.292 (45.755)	6:01.325 (45.033)	
6:46.242 (44.917)	7:31.862 (45.621)	8:17.393 (45.531)	9:04.162 (46.770)	
9:51.161 (46.999)	10:38.382 (47.222)	11:24.538 (46.156)		
4 Haga, Gary	M66 Greater Phil	11:32.72		
44.210 (44.210)	1:27.482 (43.273)	2:12.632 (45.150)	2:58.717 (46.085)	
3:44.781 (46.064)	4:30.368 (45.588)	5:15.640 (45.272)	6:00.926 (45.287)	
6:46.940 (46.014)	7:35.098 (48.158)	8:23.854 (48.757)	9:12.975 (49.121)	
10:01.932 (48.958)	10:50.148 (48.216)	11:32.720 (42.572)		
5 Delap, Russell	M66 Unattached	11:33.30		
43.959 (43.959)	1:28.047 (44.088)	2:12.994 (44.948)	2:58.954 (45.960)	
3:44.920 (45.966)	4:30.765 (45.846)	5:16.040 (45.276)	6:00.983 (44.943)	
6:47.314 (46.331)	7:34.512 (47.198)	8:21.587 (47.076)	9:09.276 (47.690)	
9:57.870 (48.594)	10:46.365 (48.496)	11:33.291 (46.926)		
6 Henehan, George	M68 Unattached	11:37.61		
42.932 (42.932)	1:26.028 (43.097)	2:11.418 (45.390)	2:57.750 (46.332)	
3:43.930 (46.180)	4:30.222 (46.293)	5:16.446 (46.224)	6:01.954 (45.509)	
6:48.579 (46.625)	7:36.096 (47.517)	8:24.302 (48.206)	9:13.334 (49.033)	
10:02.426 (49.092)	10:50.500 (48.075)	11:37.602 (47.102)		
-- Swigler, Alan	M69 Gulf Winds T	DNF		
46.178 (46.178)	1:32.842 (46.664)	2:24.725 (51.883)	3:18.822 (54.097)	
4:12.496 (53.674)	5:06.229 (53.734)	5:59.682 (53.454)	6:53.191 (53.509)	
7:49.147 (55.956)	8:44.324 (55.178)	9:39.796 (55.472)	10:35.814 (56.018)	
11:31.947 (56.134)	12:27.867 (55.920)			

**M70 3000 m**

Name	Age Team	Finals		
1 Myers, Eugene	M70 Potomac Vall	12:37.63		
46.880 (46.880)	1:34.142 (47.262)	2:23.428 (49.287)	3:13.504 (50.076)	
4:04.642 (51.138)	4:53.729 (49.087)	5:44.928 (51.199)	6:36.908 (51.980)	
7:27.902 (50.995)	8:19.432 (51.530)	9:11.345 (51.913)	10:04.298 (52.954)	
10:56.466 (52.168)	11:48.013 (51.547)	12:37.627 (49.614)		
2 Shaheed, Nolan	M73 So Cal Track Club	13:42.90		
54.250 (54.250)	1:48.234 (53.984)	2:46.300 (58.066)	3:43.681 (57.382)	
4:41.611 (57.930)	5:35.166 (53.555)	6:25.025 (49.860)	7:17.974 (52.950)	
8:10.634 (52.660)	9:02.165 (51.531)	9:55.314 (53.150)	10:47.459 (52.145)	
11:38.975 (51.516)	12:31.638 (52.663)	13:42.900 (1:11.263)		

**M75 3000 m**

Name	Age Team	Finals		
1 Patton, Gary	M77 So Cal Track Club	15:36.23		
57.632 (57.632)	1:57.126 (59.494)	2:57.579 (1:00.453)	3:58.469 (1:00.890)	
5:01.183 (1:02.714)	6:05.657 (1:04.474)	7:10.479 (1:04.822)	8:14.378 (1:03.900)	
9:20.529 (1:06.151)	10:29.136 (1:08.608)	11:38.482 (1:09.346)	12:46.065 (1:07.583)	
13:50.926 (1:04.862)	14:46.113 (55.187)	15:36.230 (50.118)		

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...M75 3000 m**

2 Nolan Jr., Harold	M75 Shore Athletic Club	15:55.54			
56.610 (56.610)	1:56.226 (59.617)	2:56.640 (1:00.414)	3:57.374 (1:00.734)		
5:00.371 (1:02.997)	6:04.860 (1:04.490)	7:09.316 (1:04.456)	8:13.555 (1:04.239)		
9:19.731 (1:06.176)	10:28.279 (1:08.548)	11:37.601 (1:09.322)	12:45.258 (1:07.657)		
13:54.981 (1:09.724)	15:03.282 (1:08.301)	15:55.534 (52.252)			
3 Chadim, William	M76 Pony Express	19:18.24			
1:04.490 (1:04.490)	2:16.431 (1:11.941)	3:33.420 (1:16.990)	4:52.410 (1:18.990)		
6:11.236 (1:18.827)	7:31.097 (1:19.861)	8:51.163 (1:20.066)	10:10.757 (1:19.594)		
11:31.733 (1:20.976)	12:50.757 (1:19.024)	14:09.191 (1:18.434)	15:27.057 (1:17.866)		
16:46.206 (1:19.150)	18:05.928 (1:19.722)	19:18.236 (1:12.308)			
4 Weiner, Robert	M75 Potomac Vall	26:15.20			
1:26.308 (1:26.308)	3:09.102 (1:42.794)	4:56.131 (1:47.030)	6:42.953 (1:46.822)		
8:31.121 (1:48.168)	10:20.427 (1:49.306)	12:06.994 (1:46.568)	13:51.805 (1:44.811)		
15:39.820 (1:48.015)	17:26.421 (1:46.602)	19:13.188 (1:46.768)	21:01.635 (1:48.447)		
22:50.483 (1:48.848)	24:36.058 (1:45.575)	26:15.192 (1:39.135)			

**M80 3000 m**

Name	Age Team	Finals			
1 Edelson, Stan	M81 Shore Athletic Club	16:44.44			
1:01.638 (1:01.638)	2:07.247 (1:05.609)	3:13.028 (1:05.781)	4:19.242 (1:06.215)		
5:26.018 (1:06.776)	6:33.374 (1:07.356)	7:41.308 (1:07.935)	8:49.794 (1:08.486)		
9:58.789 (1:08.995)	11:07.470 (1:08.681)	12:18.001 (1:10.532)	13:26.995 (1:08.994)		
14:35.581 (1:08.586)	15:43.252 (1:07.671)	16:44.438 (1:01.186)			

**M85 3000 m**

Name	Age Team	Finals			
1 Sime, Colben	M89 So Cal Track Club	21:32.75			
1:25.499 (1:25.499)	2:48.814 (1:23.315)	4:13.404 (1:24.591)	5:37.929 (1:24.525)		
7:04.356 (1:26.427)	8:34.312 (1:29.957)	10:03.004 (1:28.692)	11:31.424 (1:28.420)		
12:59.684 (1:28.260)	14:25.951 (1:26.268)	15:53.527 (1:27.576)	17:22.555 (1:29.028)		
18:47.614 (1:25.060)	20:14.551 (1:26.937)	21:32.746 (1:18.196)			

**W25-29 60 m Hurdles**

Name	Age Team	Finals
1 DeHaven, Alexia	W25 Unattached	9.14
2 Pasko, Amanda	W26 Unattached	9.69
3 Dolan-Brown, Danielle	W27 Unattached	10.34

**W30 60 m Hurdles**

Name	Age Team	Finals
1 Dodson, Latasha	W32 Team Dodson Elite	8.83
2 Sanner, Breanna	W33 Unattached	9.47
3 Borders, Christy	W34 Southwest Sp	9.86



**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W35 60 m Hurdles**

Name	Age Team	Finals
1 Liang, Grace	W36 Unattached	13.21

**W40 60 m Hurdles**

Name	Age Team	Finals
1 Dietrich, Alex	W43 So Cal Track Club	13.11
2 Hamay, Marie	W44 Unattached	16.17

**W45 60 m Hurdles**

Name	Age Team	Finals
1 Baird, Marsha	W49 Unattached	9.65
2 Readinger, Danelle	W47 Southwest Sp	10.70
3 Goff, Deia	W46 Greater Phil	11.27
4 *Mijares, Lisbeth	W45 Venezuela	X11.43
5 McFarland, Casi	W48 Potomac Vall	12.60
6 Cane, Debra	W47 So Cal Track Club	14.01

**W50 60 m Hurdles**

Name	Age Team	Finals
1 Daley, Lisa	W53 Central Park	10.61
2 Benson, Krista	W51 Unattached	10.71
3 Chiu-Pinheiro, Cynthia	W53 Unattached	12.32

**W55 60 m Hurdles**

Name	Age Team	Finals
1 Haddad, Amy	W56 Joy's Jackra	10.60
2 Gibson, Dr. Koura	W58 Potomac Vall	11.25
3 Longshore, Kristine	W55 Philadelphia	32.15

**W60 60 m Hurdles**

Name	Age Team	Finals
1 Lewis, Adriene	W61 Unattached	11.32
2 Maxwell, Karen	W64 Unattached	11.34
3 *Jolicoeur, Jovette	W63 Canada	X13.82
4 Shabelski, Joanne	W61 Potomac Vall	18.87

**W65 60 m Hurdles**

Name	Age Team	Finals
1 Zukas, Donna	W67 Unattached	28.42

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W70 60 m Hurdles**

Name	Age Team	Finals
1 Glynn, Kay	W70 Unattached	12.09

**W75 60 m Hurdles**

Name	Age Team	Finals
1 Warren, Barbara	W76 Capital City	28.20
-- Berger, Nancy	W78 TNT Internat	DQ

**M30 60 m Hurdles**

Name	Age Team	Finals
1 Wakefield, Teran	M31 Unattached	8.43
2 Powell, Tyler	M31 Unattached	11.60

**M35 60 m Hurdles**

Name	Age Team	Finals
1 Wade, James	M36 Atlanta Track Club	8.81
2 Layton, Michael	M39 Unattached	11.58

**M40 60 m Hurdles**

Name	Age Team	Finals
1 *Cremin, Ger	M44 Ireland	X9.03
2 Owen, Ryan	M43 Unattached	9.33
3 James, Jason	M42 Unattached	9.39
4 Martin, Jason	M41 Unattached	9.70

**M45 60 m Hurdles**

Name	Age Team	Finals
1 Shen, Francis	M45 Twin Cities	9.33
2 Pan, Mark	M49 Unattached	10.30
3 Manning, Adam	M48 Unattached	10.60

**M50 60 m Hurdles**

Name	Age Team	Finals
1 Drummond, Don	M53 Southwest Sp	8.64
2 Brown, Eric	M51 Unattached	9.08
3 *De Freitas, Carlos	M52 Brazil	X9.65
4 Jackson, Michael	M50 TNT Internat	9.95
5 Rock, Phong	M52 Unattached	11.07
6 Hamilton, Matt	M50 Unattached	11.34
7 Eksi, Hakan	M53 Unattached	12.62

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M55 60 m Hurdles**

Name	Age Team	Finals
1 Lowery, Bo	M57 Southwest Sp	10.08
2 Strong, Jeff	M59 Unattached	10.12
3 Werber, Scott	M59 Unattached	14.90

**M60 60 m Hurdles**

Name	Age Team	Finals
1 Garner, Reggie	M62 So Cal Track Club	9.92
2 Conley, Brian	M62 Joy's Jackra	10.39
3 Stallings, Ronald	M60 Elite Xpress	11.25
4 Hickey, Christopher	M60 Potomac Vall	11.39

**M65 60 m Hurdles**

Name	Age Team	Finals
1 Atherton, Rodney	M66 Unattached	10.02
2 Anton, Eugene	M65 So Cal Track Club	10.03
3 Jakubowski, Mark	M65 Unattached	11.42
4 Griffin Jr., Cecil	M65 Unattached	12.46
5 Lacey, Kenneth	M69 Unattached	12.94
6 Stevens, Ron	M69 Pacific Coas	14.78

**M70 60 m Hurdles**

Name	Age Team	Finals
1 Wilson Sr., Thaddeus	M72 Pacific Coas	9.83
2 Jacquet-Acea, Russell	M70 Unattached	11.00
3 Snodgrass, Ernie	M70 Unattached	11.12
4 Malin, James	M71 SC Striders	13.55
5 Black, Ivan	M74 Shore Athletic Club	13.76
6 McKinney, John	M70 ISSA Flash	15.62
-- Radcliff, David	M71 Unattached	DQ

**M75 60 m Hurdles**

Name	Age Team	Finals
1 Johnston, Joe	M79 Unattached	13.40
2 Marovich, David	M79 Philadelphia	25.02

**M80 60 m Hurdles**

Name	Age Team	Finals
1 Angus, William	M80 Lake Erie Li	13.99
2 Rhoad, William	M81 Philadelphia	29.66

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M85 60 m Hurdles**

Name	Age Team	Finals
1 Vergin, Roger	M85 Unattached	13.98
2 Paulen, Robert	M86 Potomac Vall	14.31

**W25-34 4x200 m Relay Club**

Team	Finals	H#
1 Bella N Motion 'A'	2:10.41	3
1) Johnson, Amber 30	2) Tukes-Karnick, Ashley 37	
3) Barry, Stella 49	4) DeOliveira, Dianne 52	
28.322 (28.322)	1:01.238 (32.916) 1:39.998 (38.760)	2:10.410 (30.412)

**W35 4x200 m Relay Club**

Team	Finals	H#
1 Atlanta Track Club 'B'	2:13.57	3
1) McIntyre, Inga 42	2) Benson, Jennifer 43	
3) Harris, Cassandra 45	4) Buchanan, Kindell 36	
26.389 (26.389)	58.629 (32.240) 1:35.230 (36.602)	2:13.569 (38.339)

**W40 4x200 m Relay Club**

Team	Finals	H#
1 Central Park Track Club (CPTC) 'A'	2:26.95	3
1) Kennedy, Rebekah 49	2) Bell, Ivy 68	
3) Harmon, Sherrel 72	4) Medina, Santa 43	
37.632 (37.632)	1:18.871 (41.239) 1:59.034 (40.164)	2:26.944 (27.910)
2 So Cal Track Club 'A'	2:30.65	3
1) Dietrich, Alex 43	2) Cane, Debra 47	
3) Cobb, Caroline 40	4) Tefft, Jan 64	
33.266 (33.266)	1:13.224 (39.958) 1:48.760 (35.536)	2:30.642 (41.883)

**W45 4x200 m Relay Non Club**

Team	Finals
1 Non-Club 'A'	X2:08.59
1) Yarmul, Christina 49	2) Luedke, Lace 47
3) Roux, Maryline 56	4) Larsen, Lynn 55

**W45 4x200 m Relay Club**

Team	Finals	H#
1 Potomac Valley Track Club 'B'	3:37.82	2
1) McFarland, Casi 48	2) Ingles, Penelope 46	
3) Graf, Tami 86	4) Gibson, Dr. Koura 58	
34.677 (34.677)	1:30.956 (56.279) 3:00.650 (1:29.695)	3:37.812 (37.162)

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W60 4x200 m Relay Club**

Team	Finals	H#
1 Greater Philadelphia TC 'A'	2:48.09	2
1) Bellaire, Cheryl 64	2) Popovitch, Catherine 61	
3) Siegel, Lauren 63	4) Simpson, Claudia 69	
37.883 (37.883) 1:21.254 (43.371)	2:11.480 (50.227)	2:48.086 (36.606)
2 Atlanta Track Club 'A'	3:05.85	2
1) Ozell, Terry 69	2) Mullis Dubow, Trenice 69	
3) Hudnall, Norma 73	4) Silva, Mireille 63	
44.999 (44.999) 1:37.134 (52.136)	2:26.886 (49.752)	3:05.845 (38.959)
3 Potomac Valley Track Club 'A'	3:42.45	2
1) Phillips, Hannah 70	2) Mayhugh, Mary Lowe 66	
3) Myers, Helene 68	4) Shabelski, Joanne 61	
43.930 (43.930) 1:34.435 (50.506)	2:45.344 (1:10.910)	3:42.449 (57.105)

**W65 4x200 m Relay Club**

Team	Finals
1 SC Striders Track Club 'A'	2:39.58
1) Bergen, Kathy 83	2) Bowman, Tina 69
3) Kelly, Pat 72	4) Hanscom, Rita 68
40.616 (40.616) 1:19.638 (39.022)	2:02.225 (42.588)
	2:39.577 (37.352)

**W75 4x200 m Relay Club**

Team	Finals
1 TNT International Racing Club 'B'	4:01.01
1) Staab, Angela 80	2) Trotto, Mary 75
3) Berger, Nancy 78	4) Hill, Cora 79
1:04.182 (1:04.182) 2:04.080 (59.898)	3:05.538 (1:01.459)
	4:01.001 (55.463)

**M25-34 4x200 m Relay Club**

Team	Finals	H#
1 So Cal Track Club 'A'	1:46.59	4
1) Sugihara, Ryan 28	2) Risley, Mike 53	
3) Mcrae, Robert 48	4) Greene, Michael 44	
23.407 (23.407) 52.490 (29.083)	1:18.537 (26.047)	1:46.582 (28.046)
2 CHT Elite 'A'	1:48.65	4
1) Bell, Curtis 26	2) Grifka, Adam 26	
3) Bohannon, Griffin 35	4) Thiebaut, Trevor 27	
24.019 (24.019) 54.684 (30.665)	1:23.289 (28.606)	1:48.648 (25.359)
3 CHT Elite 'C'	2:02.79	4
1) Tomanek, Brian 42	2) Bishop, Joshua 30	
3) Ozminkowski, Chris 31	4) Miller, Max 31	
26.387 (26.387) 58.571 (32.184)	1:30.403 (31.832)	2:02.781 (32.378)

**M25-34 4x200 m Relay Non Club**

Team	Finals	H#
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**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...M25-34 4x200 m Relay Non Club**

1 Non-Club 'B'		X1:35.78	2	
1) Blakey, Nick 31			2) Brown III, Charles 35	
3) Powell, Tyler 31			4) Johnson, Nathan 32	
22.249 (22.249)	47.878 (25.630)	1:11.852 (23.974)		1:35.778 (23.926)

**M40 4x200 m Relay Non Club**

Team		Finals	H#	
1 Non-Club 'D'		X2:06.69	2	
1) Siriano, Scott 56			2) Monistere, Daniel 57	
3) Bell, Drew 57			4) Patton, Michael 42	
32.656 (32.656)	1:07.639 (34.984)	1:40.719 (33.080)		2:06.682 (25.964)

**M40 4x200 m Relay Club**

Team		Finals	H#	
1 Atlanta Track Club 'A'		1:40.59	4	
1) Weakly, Ian 49			2) Graham Iv, Calvin 51	
3) Henry Jr., David 53			4) Pack Jr., Rick 42	
24.053 (24.053)	51.250 (27.197)	1:16.037 (24.788)		1:40.587 (24.550)
2 Potomac Valley Track Club 'B'		1:56.17	4	
1) Hanes III, Norris 55			2) Chasse, Craig 53	
3) Smith Jr., Curtis 41			4) McGinley, Patrick 44	
24.911 (24.911)	59.976 (35.065)	1:26.390 (26.414)		1:56.167 (29.777)

**M45 4x200 m Relay Non Club**

Team		Finals	H#	
1 Non-Club 'A'		X1:50.34	2	
1) Haack, Peter 48			2) Phan, Derick 49	
3) Hamilton, Matt 50			4) Shen, Francis 45	
26.988 (26.988)	56.844 (29.856)	1:24.672 (27.829)		1:50.340 (25.668)
2 Non-Club 'C'		X2:33.36	2	
1) Miller, Eugene 48			2) Pillin, Phillip 60	
3) Finley, Lawrence 64			4) Purdy, Mark 66	
41.132 (41.132)	1:26.148 (45.016)	2:00.927 (34.780)		2:33.356 (32.429)

**M45 4x200 m Relay Club**

Team		Finals	H#	
1 CHT Elite 'D'		1:55.84	4	
1) Good, Mark 49			2) Van Cleave, Matt 47	
3) Cahoon Jr., Rick 45			4) Richardson, Matthew 47	
29.317 (29.317)	1:00.213 (30.896)	1:28.798 (28.585)		1:55.835 (27.038)

**M50 4x200 m Relay Club**

Team		Finals	H#	
1 Dearborn Track Club 'A'		1:47.37	3	
1) Cook, Greg 53			2) Roland, Timothy 54	

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...M50 4x200 m Relay Club**

3) Leonardi, Franco 56	4) Mehl, Jonathan 53				
23.646 (23.646)	52.199 (28.554)	1:21.561 (29.362)	1:47.365 (25.804)		
2 CHT Elite 'B'		2:16.59	3		
1) Ursum, Scot 55	2) Powell, Brian 51				
3) Munderloh, Aaron 52	4) Bradley, John 60				
33.183 (33.183)	1:06.257 (33.074)	1:36.009 (29.753)	2:16.582 (40.573)		

**M55 4x200 m Relay Club**

Team		Finals	H#		
1 Greater Philadelphia TC 'A'		1:54.57	3		
1) Curtis, John 57	2) Rash, Bruce 61				
3) Hernandez, Wally 61	4) Brock, Paul 67				
26.073 (26.073)	53.837 (27.764)	1:22.742 (28.906)	1:54.564 (31.822)		

**M60 4x200 m Relay Club**

Team		Finals	H#		
1 So Cal Track Club 'C'		1:54.41	2		
1) Foster, Robert 61	2) Anton, Eugene 65				
3) Garner, Reggie 62	4) Barnwell, Val 65				
26.430 (26.430)	1:00.903 (34.473)	1:28.411 (27.508)	1:54.405 (25.994)		
2 Potomac Valley Track Club 'A'		2:08.19	2		
1) Hickey, Christopher 60	2) Character, William 61				
3) McBarnette, Bruce 65	4) Vanderhoof, Gary 66				
27.411 (27.411)	1:02.641 (35.230)	1:35.353 (32.713)	2:08.186 (32.833)		
3 So Cal Track Club 'B'		2:11.96	2		
1) Evans, Hubert 69	2) Fussell, Michael 65				
3) Cleary, Mark 64	4) Enicks IV, William 63				
25.708 (25.708)	1:02.471 (36.764)	1:35.396 (32.925)	2:11.952 (36.556)		
4 TNT International Racing Club 'A'		2:39.62	2		
1) Friend Sr., Byron 64	2) Frontino, James 73				
3) Tinsman, Thomas 70	4) Jackson Sr., Norman 85				
27.909 (27.909)	1:08.275 (40.366)	1:51.604 (43.330)	2:39.613 (48.009)		

**M65 4x200 m Relay Club**

Team		Finals	H#		
1 So Cal Track Club 'D'		2:17.01	2		
1) Craig, David 71	2) St Cyr, Kenneth 70				
3) Wigger, Tim 75	4) Cheadle, Bill 69				
31.080 (31.080)	1:07.273 (36.193)	1:44.869 (37.596)	2:17.009 (32.140)		

**M65 4x200 m Relay Non Club**

Team		Finals			
1 Non-Club 'H'		X2:22.37			
1) Lacey, Kenneth 69	2) Crowl, Chip 67				
3) Barnes, Manuel 70	4) Taft, Tucker 70				
33.402 (33.402)	1:13.433 (40.031)	1:50.498 (37.066)	2:22.370 (31.872)		
2 Non-Club 'G'		X2:43.42			

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...M65 4x200 m Relay Non Club**

1) Rizzo, Rich 86	2) Black, Ivan 74			
3) Pate, Ron 76	4) Perlis, Noah 75			
44.102 (44.102)	1:22.960 (38.858)	2:02.820 (39.861)	2:43.412 (40.592)	

**M70 4x200 m Relay Club**

Team	Finals
1 Potomac Valley Track Club 'C'	3:53.81
1) Myers, Eugene 70	2) Wass, James 70
3) Morrison, John 74	4) Weiner, Robert 75
37.914 (37.914)	2:03.294 (1:25.381)
	3:01.330 (58.036)
	3:53.810 (52.480)

**M75 4x200 m Relay Club**

Team	Finals
-- Philadelphia Masters 'A'	DQ
1) Morgan, Curtis 80	2) Marovich, David 79
3) Rubin, Bruce 79	4) Rhoad, William 81
57.924 (57.924)	1:57.005 (59.081)
	3:05.748 (1:08.744)
	3:57.412 (51.664)

**M85 4x200 m Relay Non Club**

Team	Finals
1 Non-Club 'E'	X3:12.82
1) Vergin, Roger 85	2) Sime, Colben 89
3) Paulen, Robert 86	4) Stewart, Mack 85
48.007 (48.007)	1:39.446 (51.440)
	2:29.246 (49.800)
	3:12.815 (43.570)

**W25-34 4x400 m Relay Non Club**

Team	Finals
1 Non-Club 'B'	X4:38.39
1) Downey, Sophia 35	2) Rock, Erin 44
3) Aziz-Gomez, Aseel 48	4) Pasko, Amanda 26
32.115 (32.115)	1:08.374 (36.259)
	1:44.172 (35.798)
2:55.208 (34.882)	3:34.114 (38.906)
	4:03.769 (29.656)
	4:38.390 (34.622)

**W35 4x400 m Relay Club**

Team	Finals
1 Atlanta Track Club 'A'	6:42.81
1) Silva, Mireille 63	2) Mullis Dubow, Trenice 69
3) Harris, Cassandra 45	4) Buchanan, Kindell 36
40.305 (40.305)	1:25.373 (45.068)
	2:17.346 (51.973)
4:05.218 (52.760)	5:04.272 (59.054)
	5:54.004 (49.732)
	6:42.806 (48.802)

**W45 4x400 m Relay Non Club**

Team	Finals
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## 2023 National Masters Indoor Championships - 03/10/23 to 03/12/23

03/10/23 to 03/12/23

## Results

## ...W45 4x400 m Relay Non Club

1 Non-Club 'A'				X6:47.03	
1) Ferguson, Heather 49		2) Heierman, Vickie 67			
3) Wilson, Rachel 48		4) Corrigan, Sally 58			
46.803 (46.803)	1:36.964 (50.162)	2:32.687 (55.723)		3:28.417 (55.730)	
4:19.924 (51.508)	5:12.278 (52.354)	5:55.728 (43.451)		6:47.024 (51.296)	

## W45 4x400 m Relay Club

Team	Finals			
1 Potomac Valley Track Club 'A'				8:51.23
1) Shabelski, Joanne 61		2) Myers, Helene 68		
3) Ingles, Penelope 46		4) Phillips, Hannah 70		
54.246 (54.246)	1:50.008 (55.763)	3:07.593 (1:17.585)		4:33.318 (1:25.725)
5:45.081 (1:11.764)	7:06.044 (1:20.963)	7:55.437 (49.394)		8:51.222 (55.786)

## W55 4x400 m Relay Club

Team	Finals			
1 Central Park Track Club (CPTC) 'A'				4:43.54
1) LeShore, Veronica 56		2) Stobbe, Judy 57		
3) Ballou, Terry 55		4) Saint-Louis, Dominique 56		
31.886 (31.886)	1:08.182 (36.297)	1:43.666 (35.484)		2:21.707 (38.041)
2:56.510 (34.803)	3:34.968 (38.459)	4:08.258 (33.290)		4:43.538 (35.280)

## W60 4x400 m Relay Non Club

Team	Finals			
1 Non-Club 'C'				X5:05.77
1) Funk, Leandra 67		2) Jasper, Lorraine 61		
3) Lewis, Adriene 61		4) Hayden, Julie 63		
38.141 (38.141)	1:21.421 (43.280)	1:56.191 (34.770)		2:34.059 (37.868)
3:10.292 (36.234)	3:50.561 (40.269)	4:26.774 (36.213)		5:05.762 (38.989)

## W75 4x400 m Relay Club

Team	Finals			
1 TNT International Racing Club 'A'				9:55.85
1) Staab, Angela 80		2) Trotto, Mary 75		
3) Berger, Nancy 78		4) Hill, Cora 79		
1:09.632 (1:09.632)	2:38.734 (1:29.102)	3:58.662 (1:19.929)		5:19.121 (1:20.459)
6:23.570 (1:04.449)	7:34.537 (1:10.968)	8:41.735 (1:07.198)		9:55.846 (1:14.112)

## M25-34 4x400 m Relay Club

Team	Finals			H#
1 CHT Elite 'A'				4:08.45 3
1) Bell, Curtis 26		2) Thiebaut, Trevor 27		
3) Grifka, Adam 26		4) Bishop, Joshua 30		
30.830 (30.830)	1:03.344 (32.514)	1:29.004 (25.660)		1:58.857 (29.854)
2:29.660 (30.803)	3:03.430 (33.770)	3:33.616 (30.186)		4:08.446 (34.830)

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M35 4x400 m Relay Club**

Team	Finals	H#
1 CHT Elite 'B'	4:05.57	3
1) Byrne, Jason 44	2) Martin, Jack 42	
3) Tomanek, Brian 42	4) Bohannon, Griffin 35	
31.094 (31.094)	1:03.555 (32.461)	1:32.974 (29.420)
2:33.557 (28.096)	3:04.638 (31.081)	3:34.521 (29.883)
		4:05.564 (31.044)
2 Atlanta Track Club 'A'	4:45.99	3
1) Eison, Jordan 47	2) Mabry, Jeff 49	
3) Carter Jr., Richard 66	4) Wade, James 36	
35.326 (35.326)	1:10.262 (34.936)	1:43.940 (33.678)
3:02.235 (38.880)	3:42.333 (40.098)	4:14.455 (32.122)
		4:45.989 (31.535)

**M40 4x400 m Relay Club**

Team	Finals	H#
1 Atlanta Track Club 'A'	3:47.77	3
1) Weakly, Ian 49	2) Pack Jr., Rick 42	
3) Graham Iv, Calvin 51	4) Henry Jr., David 53	
26.571 (26.571)	56.763 (30.192)	1:23.586 (26.823)
2:19.970 (27.350)	2:51.335 (31.365)	3:18.796 (27.462)
		3:47.768 (28.972)
2 Potomac Valley Track Club 'A'	5:17.34	3
1) Chasse, Craig 53	2) McLaughlin, Terence 62	
3) Smith Jr., Curtis 41	4) McGinley, Patrick 44	
35.129 (35.129)	1:15.569 (40.440)	1:54.704 (39.135)
3:07.189 (31.982)	3:41.190 (34.001)	4:24.057 (42.868)
		5:17.340 (53.283)

**M45 4x400 m Relay Club**

Team	Finals	H#
1 CHT Elite 'C'	4:05.37	3
1) Good, Mark 49	2) Van Cleave, Matt 47	
3) Cahoon Jr., Rick 45	4) Richardson, Matthew 47	
30.341 (30.341)	1:01.842 (31.502)	1:33.250 (31.408)
2:35.143 (29.156)	3:05.604 (30.462)	3:34.230 (28.626)
		4:05.363 (31.134)

**M50 4x400 m Relay Non Club**

Team	Finals	H#
1 Non-Club 'A'	X4:59.62	
1) Hamilton, Matt 50	2) Brown, Eric 51	
3) Werber, Scott 59	4) Eksi, Hakan 53	
32.853 (32.853)	1:08.788 (35.935)	1:42.919 (34.132)
3:01.762 (43.897)	3:48.510 (46.749)	4:21.875 (33.365)
		4:59.613 (37.738)

**M50 4x400 m Relay Club**

Team	Finals	H#
1 Dearborn Track Club 'A'	4:02.94	2

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23**

**03/10/23 to 03/12/23**

**Results**

**...M50 4x400 m Relay Club**

1) Cook, Greg 53	2) Roland, Timothy 54				
3) Leonardi, Franco 56	4) Mehl, Jonathan 53				
29.288 (29.288)	1:03.910 (34.622)	1:31.966 (28.056)	2:02.181 (30.216)		
2:33.427 (31.246)	3:04.494 (31.068)	3:31.753 (27.259)	4:02.934 (31.181)		
2 TNT International Racing Club 'A'		4:08.84	2		
1) Jackson, Michael 50	2) Bynoe Sr., David 61				
3) Lanier, Kareem 50	4) Lanier, Kyle 50				
28.409 (28.409)	59.186 (30.777)	1:29.078 (29.892)	2:00.754 (31.677)		
2:33.096 (32.342)	3:06.217 (33.121)	3:37.038 (30.821)	4:08.832 (31.795)		
3 Greater Philadelphia TC 'B'		4:10.58	2		
1) Curtis, John 57	2) Rash, Bruce 61				
3) Kruelle, Chuck 55	4) Ness, Jayson 52				
27.504 (27.504)	58.580 (31.077)	1:28.638 (30.058)	2:00.826 (32.188)		
2:33.356 (32.531)	3:04.169 (30.813)	3:34.332 (30.164)	4:10.576 (36.244)		
4 CHT Elite 'D'		4:55.02	2		
1) Powell, Brian 51	2) Ursum, Scot 55				
3) Munderloh, Aaron 52	4) Bradley, John 60				
34.050 (34.050)	1:09.388 (35.338)	1:46.802 (37.414)	2:24.032 (37.230)		
2:57.566 (33.535)	3:32.027 (34.461)	4:14.338 (42.312)	4:55.012 (40.674)		

**M55 4x400 m Relay Non Club**

Team	Finals				
1 Non-Club 'E'	X4:28.01				
1) Siriano, Scott 56	2) Hoff, Timothy 57				
3) Guild, Matthew 59	4) Bandettini, Peter 57				
34.743 (34.743)	1:10.932 (36.190)	1:42.865 (31.933)	2:16.022 (33.157)		
2:47.822 (31.800)	3:21.046 (33.224)	3:53.718 (32.673)	4:28.001 (34.283)		

**M55 4x400 m Relay Club**

Team	Finals H#				
1 Potomac Valley Track Club 'B'	4:41.59 2				
1) Hickey, Christopher 60	2) Vanderhoof, Gary 66				
3) Hanes III, Norris 55	4) Character, William 61				
33.687 (33.687)	1:11.481 (37.794)	1:46.399 (34.918)	2:23.158 (36.760)		
2:54.077 (30.919)	3:26.812 (32.736)	4:01.405 (34.593)	4:41.585 (40.180)		

**M60 4x400 m Relay Non Club**

Team	Finals				
1 Non-Club 'C'	X4:43.00				
1) Applegate, Jerome 61	2) Spruill, Willie 64				
3) Midder, Robert 65	4) Humphrey, Ronald 64				
30.968 (30.968)	1:06.612 (35.644)	1:41.592 (34.980)	2:21.336 (39.745)		
2:57.527 (36.191)	3:37.420 (39.894)	4:10.542 (33.122)	4:42.996 (32.454)		

**M60 4x400 m Relay Club**

Team	Finals				
1 Greater Philadelphia TC 'A'	4:46.48				

## 2023 National Masters Indoor Championships - 03/10/23 to 03/12/23

03/10/23 to 03/12/23

## Results

## ...M60 4x400 m Relay Club

1) Haga, Gary 66	2) Hernandez, Wally 61				
3) Brock, Paul 67	4) Conheady, Timothy 66				
35.193 (35.193)	1:10.594 (35.401)	1:43.633 (33.040)	2:18.871 (35.238)		
2:52.924 (34.054)	3:33.359 (40.435)	4:09.778 (36.420)	4:46.478 (36.700)		
2 So Cal Track Club 'A'		5:14.48			
1) Cheadle, Bill 69	2) Enicks IV, William 63				
3) Allen, Jackie 66	4) Garner, Reggie 62				
39.657 (39.657)	1:17.088 (37.431)	1:56.765 (39.677)	2:39.441 (42.676)		
3:18.387 (38.947)	4:01.769 (43.382)	4:33.929 (32.160)	5:14.475 (40.546)		

## M70 4x400 m Relay Non Club

Team	Finals				
1 Non-Club 'F'	X5:52.56				
1) Cash, Grady 75	2) Pate, Ron 76				
3) Black, Ivan 74	4) Perlis, Noah 75				
35.663 (35.663)	1:15.010 (39.347)	1:59.477 (44.468)	2:46.978 (47.502)		
3:34.844 (47.866)	4:24.422 (49.578)	5:05.456 (41.034)	5:52.553 (47.097)		

## M70 4x400 m Relay Club

Team	Finals				
1 So Cal Track Club 'C'	6:04.77				
1) Craig, David 71	2) Wigger, Tim 75				
3) Campbell, Richard 77	4) Patton, Gary 77				
35.183 (35.183)	1:13.891 (38.708)	1:59.098 (45.208)	2:41.908 (42.810)		
3:30.465 (48.557)	4:21.603 (51.139)	5:14.377 (52.774)	6:04.766 (50.390)		
2 Potomac Valley Track Club 'C'	9:05.47				
1) Myers, Eugene 70	2) Morrison, John 74				
3) Weiner, Robert 75	4) Williamson Jr., Robert 85				
38.617 (38.617)	1:21.471 (42.855)	2:26.528 (1:05.057)	3:33.738 (1:07.210)		
4:56.149 (1:22.412)	6:26.268 (1:30.119)	7:40.911 (1:14.643)	9:05.463 (1:24.552)		

## M75 4x400 m Relay Club

Team	Finals				
1 Philadelphia Masters 'A'	12:00.46				
1) Marovich, David 79	2) Rubin, Bruce 79				
3) Genzlinger, Vance 93	4) Rhoad, William 81				
1:07.370 (1:07.370)	2:37.611 (1:30.242)	4:02.404 (1:24.793)	5:33.786 (1:31.382)		
7:30.831 (1:57.045)	9:30.896 (2:00.066)	10:42.215 (1:11.319)	12:00.459 (1:18.245)		

## M85 4x400 m Relay Non Club

Team	Finals				
1 Non-Club 'B'	X8:42.59				
1) Vergin, Roger 85	2) Sime, Colben 89				
3) Rizzo, Rich 86	4) Stewart, Mack 85				
1:06.994 (1:06.994)	2:08.840 (1:01.847)	3:14.945 (1:06.105)	4:27.721 (1:12.776)		
5:37.738 (1:10.017)	6:46.278 (1:08.541)	7:43.387 (57.109)	8:42.582 (59.196)		

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W35 4x800 m Relay Club**

Team	Finals			
1 Bella N Motion 'A'	11:56.87			
1) Tukes-Karnick, Ashley 37	2) Barry, Stella 49			
3) Patla, Christie 54	4) DeOliveira, Dianne 52			
40.122 (40.122)	1:20.788 (40.666)	2:03.330 (42.543)	2:44.758 (41.428)	
3:29.374 (44.616)	4:13.777 (44.404)	4:58.239 (44.462)	5:42.710 (44.472)	
6:33.486 (50.776)	7:25.174 (51.688)	8:18.980 (53.806)	9:10.566 (51.586)	
9:48.916 (38.351)	10:29.080 (40.164)	11:11.413 (42.334)	11:56.867 (45.454)	

**W40 4x800 m Relay Club**

Team	Finals			
1 So Cal Track Club 'A'	13:31.70			
1) Cobb, Caroline 40	2) Lee, Debbie 66			
3) Vollweiler, Jill 54	4) Dietrich, Alex 43			
38.990 (38.990)	1:18.569 (39.580)	2:00.481 (41.912)	2:43.668 (43.187)	
3:34.528 (50.860)	4:34.165 (59.638)	5:34.284 (1:00.119)	6:27.905 (53.622)	
7:14.715 (46.810)	8:05.876 (51.161)	8:57.838 (51.963)	9:49.580 (51.742)	
10:39.913 (50.334)	11:36.974 (57.062)	12:34.958 (57.984)	13:31.694 (56.736)	

**W45 4x800 m Relay Club**

Team	Finals			
1 Central Park Track Club (CPTC) 'A'	11:11.35			
1) Stobbe, Judy 57	2) Ballou, Terry 55			
3) Kennedy, Rebekah 49	4) LeShore, Veronica 56			
37.114 (37.114)	1:15.120 (38.006)	1:55.753 (40.634)	2:38.195 (42.442)	
3:16.054 (37.859)	3:56.964 (40.911)	4:40.897 (43.933)	5:26.713 (45.816)	
6:06.489 (39.776)	6:47.955 (41.466)	7:31.292 (43.338)	8:14.117 (42.825)	
8:52.338 (38.222)	9:36.355 (44.017)	10:23.513 (47.158)	11:11.347 (47.834)	

**W55 4x800 m Relay Club**

Team	Finals			
1 Greater Philadelphia TC 'A'	14:08.06			
1) Rohl, Michelle 57	2) Popovitch, Catherine 61			
3) Siegel, Lauren 63	4) Bellaire, Cheryl 64			
38.748 (38.748)	1:19.384 (40.636)	2:00.410 (41.026)	2:36.711 (36.301)	
3:25.879 (49.168)	4:24.408 (58.529)	5:28.778 (1:04.371)	6:31.909 (1:03.131)	
7:26.460 (54.552)	8:23.791 (57.331)	9:20.909 (57.118)	10:15.766 (54.857)	
11:07.708 (51.942)	12:07.804 (1:00.097)	13:08.183 (1:00.379)	14:08.057 (59.874)	

**W60 4x800 m Relay Club**

Team	Finals
1 Atlanta Track Club 'A'	15:19.37

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****....W60 4x800 m Relay Club**

1) Ozell, Terry 69	2) Mullis Dubow, Trenice 69				
3) Hudnall, Norma 73	4) Silva, Mireille 63				
52.364 (52.364)	1:49.238 (56.874)	2:49.625 (1:00.388)	3:48.678 (59.053)		
4:47.058 (58.381)	5:48.927 (1:01.869)	6:51.150 (1:02.223)	7:51.190 (1:00.041)		
8:50.108 (58.918)	9:52.990 (1:02.882)	10:58.992 (1:06.002)	12:01.876 (1:02.885)		
12:47.141 (45.265)	13:35.638 (48.498)	14:28.344 (52.706)	15:19.368 (51.024)		
2 Potomac Valley Track Club 'A'		22:10.09			
1) Mayhugh, Mary Lowe 66	2) Shabelski, Joanne 61				
3) Graf, Tami 86	4) Myers, Helene 68				
51.870 (51.870)	1:47.956 (56.086)	2:46.903 (58.947)	3:46.973 (1:00.070)		
4:46.578 (59.605)	5:49.874 (1:03.296)	6:52.104 (1:02.231)	7:51.899 (59.795)		
9:51.013 (1:59.114)	12:07.528 (2:16.515)	14:20.927 (2:13.400)	16:25.186 (2:04.260)		
17:43.508 (1:18.322)	19:14.229 (1:30.722)	20:44.278 (1:30.049)	22:10.084 (1:25.806)		

**W60 4x800 m Relay Non Club**

Team	Finals				
1 Non-Club 'A'	X11:39.79				
1) Hayden, Julie 63	2) Jasper, Lorraine 61				
3) Martin, Kathryn 71	4) Torneden, Deb 61				
42.898 (42.898)	1:30.209 (47.312)	2:21.590 (51.381)	3:09.560 (47.971)		
3:48.552 (38.992)	4:31.752 (43.200)	5:16.490 (44.739)	5:59.833 (43.343)		
6:39.488 (39.656)	7:22.772 (43.284)	8:07.120 (44.349)	8:49.706 (42.586)		
9:30.729 (41.023)	10:13.179 (42.450)	10:56.830 (43.651)	11:39.782 (42.952)		

**W75 4x800 m Relay Club**

Team	Finals				
1 TNT International Racing Club 'A'	22:43.88				
1) Staab, Angela 80	2) Trotto, Mary 75				
3) Berger, Nancy 78	4) Hill, Cora 79				
1:09.521 (1:09.521)	2:44.243 (1:34.722)	4:24.038 (1:39.795)	5:56.658 (1:32.621)		
7:14.632 (1:17.974)	8:53.714 (1:39.082)	10:29.162 (1:35.448)	11:53.166 (1:24.004)		
13:02.395 (1:09.230)	14:26.898 (1:24.504)	15:52.649 (1:25.751)	17:08.498 (1:15.849)		
18:16.882 (1:08.384)	19:40.858 (1:23.976)	21:15.815 (1:34.958)	22:43.872 (1:28.057)		

**M25-34 4x800 m Relay Club**

Team	Finals				
1 Fleet Feet Louisville 'A'	9:17.75				
1) Snider-Hayes, Seth 28	2) Morris, Matt 31				
3) Driggs, Julio 41	4) Fry, Donnie 25				
34.824 (34.824)	1:10.509 (35.686)	1:48.086 (37.578)	2:22.070 (33.984)		
2:53.996 (31.927)	3:28.012 (34.016)	4:02.354 (34.342)	4:35.651 (33.298)		
5:07.710 (32.060)	5:43.056 (35.346)	6:20.408 (37.352)	6:56.742 (36.334)		
7:29.330 (32.588)	8:04.568 (35.238)	8:40.319 (35.751)	9:17.748 (37.429)		
2 CHT Elite 'B'	10:23.47				
1) Bishop, Joshua 30	2) Bell, Curtis 26				
3) Grifka, Adam 26	4) Thiebaut, Trevor 27				
35.196 (35.196)	1:12.161 (36.965)	1:52.070 (39.909)	2:35.710 (43.640)		
3:14.494 (38.785)	3:56.281 (41.787)	4:39.657 (43.376)	5:24.400 (44.743)		
6:02.358 (37.958)	6:43.263 (40.906)	7:25.416 (42.154)	8:05.493 (40.077)		
8:38.302 (32.809)	9:11.749 (33.448)	9:46.290 (34.541)	10:23.464 (37.174)		

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...M25-34 4x800 m Relay Club**

3 So Cal Track Club 'C'				10:52.85
1) Greene, Michael 44	2) Sugihara, Ryan 28			
3) Allen, Jackie 66	4) Mcrae, Robert 48			
34.593 (34.593)	1:10.164 (35.571)	1:51.374 (41.210)	2:31.069 (39.696)	
3:05.417 (34.348)	3:44.381 (38.964)	4:28.334 (43.953)	5:11.185 (42.852)	
5:53.064 (41.879)	6:41.427 (48.364)	7:35.858 (54.432)	8:28.864 (53.006)	
9:01.208 (32.344)	9:37.276 (36.069)	10:15.400 (38.124)	10:52.848 (37.448)	

**M35 4x800 m Relay Club**

Team				Finals
1 CHT Elite 'A'				9:37.97
1) Byrne, Jason 44	2) Martin, Jack 42			
3) Tomanek, Brian 42	4) Bohannon, Griffin 35			
35.466 (35.466)	1:11.260 (35.795)	1:49.588 (38.328)	2:26.260 (36.673)	
2:57.214 (30.954)	3:31.330 (34.116)	4:08.623 (37.294)	4:46.840 (38.218)	
5:19.410 (32.570)	5:54.951 (35.542)	6:31.640 (36.690)	7:08.479 (36.839)	
7:42.931 (34.452)	8:21.316 (38.385)	9:01.903 (40.588)	9:37.964 (36.062)	

**M35 4x800 m Relay Non Club**

Team				Finals
1 Non-Club 'G'				X9:20.15
1) Peyton Jr., Stanley 36	2) Sharp, Sam 37			
3) Ruston, Joshua 42	4) Daniel, Hunter 35			
35.460 (35.460)	1:10.559 (35.099)	1:47.577 (37.019)	2:23.089 (35.512)	
2:56.953 (33.865)	3:32.159 (35.206)	4:08.828 (36.669)	4:42.979 (34.151)	
5:16.599 (33.621)	5:51.075 (34.476)	6:25.261 (34.187)	6:59.421 (34.160)	
7:32.925 (33.504)	8:08.556 (35.631)	8:45.725 (37.170)	9:20.147 (34.422)	

**M40 4x800 m Relay Club**

Team				Finals
1 Atlanta Track Club 'A'				9:56.03
1) Graham Iv, Calvin 51	2) Eison, Jordan 47			
3) Henry Jr., David 53	4) Pack Jr., Rick 42			
34.059 (34.059)	1:09.147 (35.088)	1:44.566 (35.419)	2:20.509 (35.944)	
2:54.094 (33.586)	3:33.944 (39.850)	4:16.830 (42.887)	4:58.779 (41.949)	
5:30.028 (31.250)	6:05.652 (35.624)	6:48.840 (43.188)	7:28.124 (39.284)	
8:01.320 (33.196)	8:39.655 (38.336)	9:18.632 (38.978)	9:56.022 (37.390)	
2 Potomac Valley Track Club 'A'				17:47.54
1) Smith Jr., Curtis 41	2) Chasse, Craig 53			
3) Wass, James 70	4) Arcand Jr., Albert 67			
37.578 (37.578)	1:17.252 (39.674)	1:59.382 (42.130)	2:44.202 (44.820)	
3:21.262 (37.060)	4:02.134 (40.873)	4:48.218 (46.084)	5:35.656 (47.439)	
6:59.087 (1:23.431)	8:30.882 (1:31.796)	10:03.621 (1:32.739)	11:34.146 (1:30.525)	
13:04.476 (1:30.330)	14:38.418 (1:33.943)	16:13.507 (1:35.089)	17:47.539 (1:34.032)	

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M40 4x800 m Relay Non Club**

Team	Finals			
1 Non-Club 'A'	X10:51.78			
1) Siriano, Scott 56	2) Monistere, Daniel 57			
3) Bell, Drew 57	4) Patton, Michael 42			
37.960 (37.960)	1:18.781 (40.822)	2:00.285 (41.504)	2:40.973 (40.689)	
3:18.021 (37.048)	4:00.873 (42.852)	4:45.020 (44.147)	5:27.705 (42.685)	
6:04.875 (37.170)	6:50.093 (45.219)	7:35.068 (44.975)	8:18.988 (43.920)	
8:50.472 (31.484)	9:26.365 (35.894)	10:07.982 (41.617)	10:51.772 (43.790)	

**M45 4x800 m Relay Non Club**

Team	Finals			
1 Non-Club 'D'	X11:03.24			
1) Shen, Francis 45	2) Hamilton, Matt 50			
3) Eksi, Hakan 53	4) *De Freitas, Carlos 52			
36.287 (36.287)	1:13.321 (37.034)	1:50.252 (36.931)	2:23.577 (33.326)	
3:05.859 (42.282)	3:55.293 (49.434)	4:46.175 (50.882)	5:32.699 (46.525)	
6:11.583 (38.884)	6:59.711 (48.128)	7:53.424 (53.714)	8:37.771 (44.347)	
9:09.481 (31.711)	9:46.227 (36.746)	10:25.233 (39.006)	11:03.236 (38.003)	
2 Non-Club 'C'	X12:49.76			
1) Miller, Eugene 48	2) Yeomans, Charles 60			
3) Pillin, Phillip 60	4) Purdy, Mark 66			
38.679 (38.679)	1:20.335 (41.656)	2:05.504 (45.170)	2:56.281 (50.778)	
3:43.479 (47.198)	4:33.233 (49.754)	5:23.402 (50.169)	6:12.851 (49.449)	
7:03.251 (50.401)	7:57.549 (54.298)	8:53.238 (55.689)	9:46.569 (53.331)	
10:27.773 (41.205)	11:13.955 (46.182)	12:02.663 (48.708)	12:49.751 (47.088)	

**M45 4x800 m Relay Club**

Team	Finals			
1 CHT Elite 'C'	9:13.72			
1) Good, Mark 49	2) Van Cleave, Matt 47			
3) Cahoon Jr., Rick 45	4) Richardson, Matthew 47			
32.833 (32.833)	1:07.104 (34.272)	1:43.318 (36.214)	2:21.800 (38.482)	
2:54.266 (32.467)	3:29.346 (35.080)	4:06.581 (37.236)	4:42.697 (36.116)	
5:15.852 (33.156)	5:51.196 (35.344)	6:26.183 (34.988)	6:59.412 (33.230)	
7:31.061 (31.649)	8:05.023 (33.962)	8:38.606 (33.584)	9:13.720 (35.114)	

**M50 4x800 m Relay Club**

Team	Finals			H#
1 TNT International Racing Club 'A'	10:21.66			2
1) Jackson, Michael 50	2) Bynoe Sr., David 61			
3) Lanier, Kareem 50	4) Lanier, Kyle 50			
35.110 (35.110)	1:10.250 (35.140)	1:46.957 (36.708)	2:25.205 (38.248)	
2:59.442 (34.237)	3:37.816 (38.375)	4:19.450 (41.634)	5:00.182 (40.733)	
5:39.652 (39.470)	6:23.186 (43.534)	7:07.247 (44.062)	7:47.705 (40.458)	
8:23.460 (35.756)	9:02.161 (38.701)	9:43.393 (41.232)	10:21.656 (38.263)	



**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23**

**03/10/23 to 03/12/23**

**Results**

**...M50 4x800 m Relay Club**

2 CHT Elite 'D'				11:37.30	2
1) Ursum, Scot 55		2) Powell, Brian 51			
3) Munderloh, Aaron 52		4) Bradley, John 60			
39.896 (39.896)	1:20.314 (40.419)	2:00.942 (40.628)	2:41.175 (40.234)		
3:19.672 (38.497)	4:00.246 (40.574)	4:42.435 (42.190)	5:20.691 (38.256)		
5:59.072 (38.382)	6:41.140 (42.068)	7:24.329 (43.189)	8:06.090 (41.762)		
8:58.268 (52.178)	9:51.090 (52.823)	10:44.571 (53.481)	11:37.300 (52.729)		
3 Greater Philadelphia TC 'A'				12:13.91	2
1) Ness, Jayson 52		2) Haga, Gary 66			
3) Gallagher, Brian 64		4) Conheady, Timothy 66			
40.606 (40.606)	1:22.610 (42.005)	2:07.977 (45.367)	2:52.496 (44.520)		
3:33.084 (40.588)	4:16.781 (43.698)	5:00.246 (43.466)	5:43.888 (43.642)		
6:29.802 (45.914)	7:20.080 (50.278)	8:13.128 (53.049)	9:03.593 (50.465)		
9:50.720 (47.127)	10:39.810 (49.090)	11:29.198 (49.388)	12:13.909 (44.712)		

**M60 4x800 m Relay Club**

Team					Finals	H#
1 So Cal Track Club 'B'					12:10.84	2
1) Watry, James 60		2) Fussell, Michael 65				
3) Cleary, Mark 64		4) Enicks IV, William 63				
38.860 (38.860)	1:20.022 (41.162)	2:11.866 (51.844)	3:00.416 (48.551)			
3:40.038 (39.622)	4:21.427 (41.389)	5:05.097 (43.670)	5:51.060 (45.964)			
6:34.502 (43.442)	7:24.086 (49.584)	8:15.259 (51.174)	9:03.889 (48.630)			
9:49.728 (45.839)	10:35.786 (46.059)	11:22.182 (46.396)	12:10.838 (48.656)			
2 Potomac Valley Track Club 'B'				15:07.00	2	
1) Myers, Eugene 70		2) McLaughlin, Terence 62				
3) Morrison, John 74		4) Character, William 61				
53.280 (53.280)	1:48.204 (54.924)	2:42.871 (54.668)	3:35.422 (52.551)			
4:19.926 (44.504)	5:07.297 (47.372)	5:55.811 (48.514)	6:42.804 (46.993)			
7:46.265 (1:03.462)	8:58.742 (1:12.478)	10:18.578 (1:19.836)	11:36.566 (1:17.988)			
12:22.000 (45.434)	13:14.215 (52.215)	14:11.284 (57.070)	15:06.997 (55.713)			

**M60 4x800 m Relay Non Club**

Team					Finals	
1 Non-Club 'B'					X10:07.53	
1) Mora III, Joseph 61		2) Westenberg, David 65				
3) Lebold, Michael 65		4) Yelverton, William 62				
36.097 (36.097)	1:12.925 (36.828)	1:50.024 (37.100)	2:26.113 (36.089)			
3:03.071 (36.958)	3:43.670 (40.600)	4:23.489 (39.820)	5:00.675 (37.186)			
5:38.073 (37.398)	6:17.444 (39.372)	6:57.470 (40.026)	7:36.935 (39.466)			
8:09.027 (32.092)	8:46.235 (37.208)	9:25.301 (39.067)	10:07.530 (42.229)			

**M65 4x800 m Relay Non Club**

Team					Finals	
1 Non-Club 'F'					X14:47.27	

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****....M65 4x800 m Relay Non Club**

1) Baker, Anthony 69	2) Black, Ivan 74			
3) Nolan Jr., Harold 75	4) Pate, Ron 76			
48.117 (48.117)	1:43.279 (55.162)	2:43.583 (1:00.305)	3:39.724 (56.141)	
4:35.293 (55.570)	5:36.128 (1:00.835)	6:40.415 (1:04.288)	7:41.243 (1:00.828)	
8:31.339 (50.096)	9:27.431 (56.093)	10:24.681 (57.250)	11:20.311 (55.630)	
12:07.125 (46.814)	12:58.735 (51.611)	13:55.416 (56.681)	14:47.268 (51.852)	

**M65 4x800 m Relay Club**

Team	Finals	H#
1 So Cal Track Club 'A'	15:43.70	2
1) Patton, Gary 77	2) Wigger, Tim 75	
3) Campbell, Richard 77	4) McLawhorn, David 68	
58.046 (58.046)	1:54.703 (56.658)	2:53.612 (58.909)
3:50.884 (57.273)	4:44.904 (54.020)	5:40.246 (55.342)
6:35.462 (55.217)	7:22.776 (47.314)	8:21.824 (59.049)
9:23.550 (1:01.726)	10:27.530 (1:03.980)	11:25.131 (57.601)
12:23.392 (58.262)	13:28.599 (1:05.207)	14:37.238 (1:08.640)
15:43.693 (1:06.455)		

**M75 4x800 m Relay Club**

Team	Finals	H#
1 Philadelphia Masters 'A'	28:10.47	2
1) Genzlinger, Vance 93	2) Marovich, David 79	
3) Rubin, Bruce 79	4) Rhoad, William 81	
1:49.961 (1:49.961)	3:43.372 (1:53.412)	5:38.173 (1:54.801)
7:28.079 (1:49.906)	8:49.059 (1:20.980)	10:31.811 (1:42.752)
12:37.322 (2:05.511)	14:47.388 (2:10.066)	16:31.650 (1:44.263)
18:20.063 (1:48.413)	20:06.670 (1:46.607)	21:40.606 (1:33.937)
23:03.663 (1:23.057)	24:41.248 (1:37.585)	26:28.529 (1:47.282)
28:10.462 (1:41.934)		

**M80 4x800 m Relay Non Club**

Team	Finals
1 Non-Club 'E'	X16:34.30
1) Lieberman, Hal 80	2) Muhrcke, Gary 82
3) Cantu, Inocencio 89	4) Edelson, Stan 81
56.524 (56.524)	1:54.649 (58.126)
2:55.371 (1:00.722)	3:56.710 (1:01.340)
4:54.247 (57.538)	6:03.565 (1:09.318)
7:15.847 (1:12.282)	8:19.864 (1:04.018)
9:23.967 (1:04.103)	10:28.834 (1:04.868)
11:35.272 (1:06.438)	12:41.323 (1:06.051)
13:38.213 (56.891)	14:37.616 (59.403)
15:37.283 (59.668)	16:34.296 (57.013)

**W25-29 High Jump**

Name	Age Team	Finals
1 Pasko, Amanda	W26 Unattached	1.53m

**W30 High Jump**

Name	Age Team	Finals
1 Evans, Elizabeth	W32 Unattached	1.75m

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W40 High Jump**

Name	Age Team	Finals
1 Hill-Patterson, Jo-Anne	W44 Unattached	1.20m
2 Hamay, Marie	W44 Unattached	1.15m
3 Dietrich, Alex	W43 So Cal Track Club	0.95m

**W45 High Jump**

Name	Age Team	Finals
1 Toyohiro, Satoko	W49 Unattached	1.35m
2 Cane, Debra	W47 So Cal Track Club	1.00m
3 Ingles, Penelope	W46 Potomac Vall	0.85m

**W50 High Jump**

Name	Age Team	Finals
1 McCartney, Pamela	W52 Unattached	1.55m
2 Larry, Carlos	W52 Unattached	1.10m
3 Chiu-Pinheiro, Cynthia	W53 Unattached	1.05m
4 Burda, Lori	W54 Unattached	1.00m

**W55 High Jump**

Name	Age Team	Finals
1 Haddad, Amy	W56 Joy's Jackra	1.40m
2 Longshore, Kristine	W55 Philadelphia	0.85m

**W60 High Jump**

Name	Age Team	Finals
1 Saye, Michelle	W60 Texas Express TFC	1.35m
2 Mendenhall, Martha	W64 Unattached	1.30m
3 Callahan, Pamela	W63 Unattached	1.25m
4 Pasquill, Elena	W62 Unattached	1.10m
5 Tefft, Jan	W64 So Cal Track Club	0.95m

**W65 High Jump**

Name	Age Team	Finals
1 Simpson, Claudia	W69 Greater Phil	0.95m
2 Smith, Darcy	W68 AZ Desert Throwers	0.90m

**W70 High Jump**

Name	Age Team	Finals
1 Glynn, Kay	W70 Unattached	1.20m
2 Lowery, Linda	W71 Unattached	1.00m
3 Bishop, Catherine	W73 Unattached	0.75m

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W75 High Jump**

Name	Age Team	Finals
1 Flynn, Joy	W76 SC Striders	1.04m
2 Warren, Barbara	W76 Capital City	0.95m

**W80 High Jump**

Name	Age Team	Finals
1 Bergen, Kathy	W83 SC Striders	1.07m

**W85 High Jump**

Name	Age Team	Finals
1 Donley, Christel	W88 Unattached	0.92m
2 Meiler, Florence	W88 Sprinticity	0.89m
3 Graf, Tami	W86 Potomac Vall	0.80m

**M25-29 High Jump**

Name	Age Team	Finals
1 Sugihara, Ryan	M28 So Cal Track Club	1.60m

**M30 High Jump**

Name	Age Team	Finals
1 Ozminkowski, Chris	M31 CHT Elite	1.25m
2 Hall, Tyler	M30 ISSA Flash	1.15m

**M35 High Jump**

Name	Age Team	Finals
1 Layton, Michael	M39 Unattached	1.55m

**M40 High Jump**

Name	Age Team	Finals
1 McIver II, Christopher	M44 Elite Xpress	1.75m
2 McGinley, Patrick	M44 Potomac Vall	1.50m
3 Smith Jr., Curtis	M41 Potomac Vall	1.45m
4 Tomanek, Brian	M42 CHT Elite	1.40m
5 Byrne, Jason	M44 CHT Elite	1.40m

**M45 High Jump**

Name	Age Team	Finals
1 Mishev, Robert	M45 Unattached	1.75m
2 Kortequee, Tamba	M45 Unattached	1.75m
3 Good, Mark	M49 CHT Elite	1.40m

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...M45 High Jump**

4 Shen, Francis	M45 Twin Cities	1.30m
5 Wydra, Pawel	M49 Chicagoland	1.25m

**M50 High Jump**

Name	Age Team	Finals
1 Clark, Azikiwe	M51 Unattached	1.68m
2 Ashley, Brian	M54 Unattached	1.60m
3 Roland, Timothy	M54 Dearborn Track Club	1.55m
4 Young, Terrence	M50 Unattached	1.55m
5 Hamilton, Matt	M50 Unattached	1.50m
6 Weston, Rod	M54 U.S. Navy	1.50m
7 Cook, Greg	M53 Dearborn Track Club	1.45m
8 Ness, Jayson	M52 Greater Phil	1.30m
-- Risley, Mike	M53 So Cal Track Club	NH

**M55 High Jump**

Name	Age Team	Finals
1 McKinney, Chris	M57 Unattached	1.50m
2 Oneal Jr., Ralph	M55 So Cal Track Club	1.50m
3 Clodfelter, Chet	M59 Unattached	1.45m
4 Stockard, Guy	M57 Unattached	1.45m
5 Walker, Rob	M55 Unattached	1.40m
5 Kruelle, Chuck	M55 Greater Phil	1.40m
7 Leonardi, Franco	M56 Dearborn Track Club	1.40m
8 Dudley, Andrew	M58 Unattached	1.40m
9 Werber, Scott	M59 Unattached	1.25m

**M60 High Jump**

Name	Age Team	Finals
1 Foley, Thomas	M64 Unattached	1.50m
2 Sorenson, Wade	M60 Unattached	1.50m
3 Hammrich-Romsa, Dwain	M60 Unattached	1.45m
4 McIntosh, John	M62 Unattached	1.45m
4 Stallings, Ronald	M60 Elite Xpress	1.45m
6 Campbell, Bob	M62 Unattached	1.40m
7 Finley, Lawrence	M64 Over The Hill TC	1.20m

**M65 High Jump**

Name	Age Team	Finals
1 McBarnette, Bruce	M65 Potomac Vall	1.55m
2 Drollinger, Kenneth	M67 Unattached	1.55m
3 Irion, Glenn	M67 Greater Phil	1.50m
4 Allen, Jackie	M66 So Cal Track Club	1.45m
4 Atherton, Rodney	M66 Unattached	1.45m
6 Harris, Randy	M67 Unattached	1.40m
7 McLaughlin, Kevin	M66 Unattached	1.30m
8 Markley, Anthony	M68 Potomac Vall	1.20m

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M70 High Jump**

Name	Age Team	Finals
1 Sauers, James	M74 Atlanta Track Club	1.40m
2 Vollmer, Larry	M70 Unattached	1.35m
3 Black, Ivan	M74 Shore Athletic Club	1.25m
4 Ozell, Phillip	M72 Atlanta Track Club	1.25m
5 McKinney, John	M70 ISSA Flash	1.25m

**M75 High Jump**

Name	Age Team	Finals
1 Campbell, Richard	M77 So Cal Track Club	1.25m
2 Montieith, David	M77 Unattached	1.25m
3 Kinsman, Curtis	M76 Unattached	1.20m
3 Squires, Jack	M78 Unattached	1.20m
5 DeBolt, Reuben	M75 Unattached	1.15m
6 Flynn, Daniel	M77 Unattached	1.10m
7 Frable, Norman	M77 So Cal Track Club	1.10m
8 Marovich, David	M79 Philadelphia	0.95m
9 Weiner, Robert	M75 Potomac Vall	0.85m

**M80 High Jump**

Name	Age Team	Finals
1 Isett, Don	M83 Unattached	1.10m
2 Southerlan, Robert	M84 Unattached	0.98m
3 Rhoad, William	M81 Philadelphia	0.80m

**M85 High Jump**

Name	Age Team	Finals
1 Paulen, Robert	M86 Potomac Vall	1.07m
2 Bergen, Bert	M85 SC Striders	1.01m
3 Vergin, Roger	M85 Unattached	0.95m

**W25-29 Pole Vault**

Name	Age Team	Finals
1 Tarsala, Kristen	W25 Unattached	3.10m
2 Pasko, Amanda	W26 Unattached	2.70m

**W40 Pole Vault**

Name	Age Team	Finals
1 Hamay, Marie	W44 Unattached	1.80m

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W45 Pole Vault**

Name	Age Team	Finals
1 Goff, Deia	W46 Greater Phil	2.27m

**W50 Pole Vault**

Name	Age Team	Finals
1 Croskell, Helen	W50 Unattached	2.20m

**W55 Pole Vault**

Name	Age Team	Finals
1 Larsen, Lynn	W55 Pursuit of E	2.45m
2 Behr-Ventura, Dawn	W58 Atlanta Track Club	2.20m
3 Rieger, Karen	W59 Unattached	1.80m

**W60 Pole Vault**

Name	Age Team	Finals
1 Babits, Brenda	W62 Vault High A	2.20m

**W65 Pole Vault**

Name	Age Team	Finals
1 Hanscom, Rita	W68 SC Striders	2.10m
2 Simpson, Claudia	W69 Greater Phil	1.70m

**W70 Pole Vault**

Name	Age Team	Finals
1 Glynn, Kay	W70 Unattached	2.60m
2 Rhodes, Carol	W74 Southwest Sp	1.20m
3 Hudnall, Norma	W73 Atlanta Track Club	0.90m

**W75 Pole Vault**

Name	Age Team	Finals
1 Berger, Nancy	W78 TNT Internat	1.10m
2 Warren, Barbara	W76 Capital City	1.00m
3 Trotto, Mary	W75 TNT Internat	0.70m

**W85 Pole Vault**

Name	Age Team	Finals
1 Meiler, Florence	W88 Sprinticity	1.30m

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M25-29 Pole Vault**

Name	Age Team	Finals
-- Bell, Curtis	M26 CHT Elite	NH

**M30 Pole Vault**

Name	Age Team	Finals
-- Ferrara, Zachary	M31 Unattached	NH

**M35 Pole Vault**

Name	Age Team	Finals
1 Brhel, Christopher	M37 Unattached	4.25m
2 Field, Jason	M36 Rocket Man P	4.10m

**M40 Pole Vault**

Name	Age Team	Finals
1 Daniel, Chris	M43 Unattached	4.40m
2 McGinley, Patrick	M44 Potomac Vall	2.15m

**M45 Pole Vault**

Name	Age Team	Finals
1 Johnson, Scott	M47 Unattached	4.40m
2 Marshall, Mark	M47 Unattached	2.90m
3 Cahoon Jr., Rick	M45 CHT Elite	2.45m

**M50 Pole Vault**

Name	Age Team	Finals
1 Heath, Anthony	M51 Unattached	4.19m
2 Morell, Paul	M52 Inversion Va	3.20m
3 Faulkner, Lee	M54 Unattached	3.20m
4 Ness, Jayson	M52 Greater Phil	2.60m
5 Eksi, Hakan	M53 Unattached	2.30m

**M55 Pole Vault**

Name	Age Team	Finals
1 Clodfelter, Chet	M59 Unattached	3.95m
2 Ferguson, Kevin	M59 Spottsville	3.05m
3 Kruelle, Chuck	M55 Greater Phil	2.90m
4 Schuster, Robert	M59 Unattached	2.75m



**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M60 Pole Vault**

Name	Age Team	Finals
1 McGee, Richard	M62 Unattached	3.50m
2 Babits, Paul	M62 Vault High A	3.35m
3 Negley, Eric	M62 Unattached	3.05m
4 Campbell, Bob	M62 Unattached	2.90m
5 Davis, Louis	M60 Unattached	2.75m
6 Kelley, Steve	M64 Pony Express	2.60m

**M65 Pole Vault**

Name	Age Team	Finals
1 Russ, Jim	M66 Unattached	3.30m
2 Atherton, Rodney	M66 Unattached	3.30m
3 Hunter, Gary	M67 Unattached	3.15m
4 Drollinger, Kenneth	M67 Unattached	3.15m
5 Burnett, Kevin	M69 Unattached	2.85m
6 McLawhorn, David	M68 So Cal Track Club	2.55m
7 Dawson, Mike	M68 Unattached	2.40m

**M70 Pole Vault**

Name	Age Team	Finals
1 Huff Jr., Carlton	M70 Shore Athletic Club	2.90m
2 St Cyr, Kenneth	M70 So Cal Track Club	2.80m
2 Vollmer, Larry	M70 Unattached	2.80m
4 Kochert, Dick	M74 Unattached	2.60m
5 Radcliff, David	M71 Unattached	2.30m
6 Ford III, Joseph	M72 Unattached	2.30m
7 Bishop, Charles	M73 Kentucky Eli	2.20m
8 Angel, David	M71 Unattached	2.20m
9 Simpson, Samuel	M74 Unattached	2.10m

**M75 Pole Vault**

Name	Age Team	Finals
1 Parry, Arthur	M76 Unattached	2.90m
2 Johnston, Joe	M79 Unattached	2.60m
3 Limbaugh, Daniel	M77 U.S. Army	2.50m

**M80 Pole Vault**

Name	Age Team	Finals
1 Isett, Don	M83 Unattached	2.40m
2 Holliday, Cook	M80 Atlanta Track Club	2.10m
3 Angus, William	M80 Lake Erie Li	1.90m
4 Southerlan, Robert	M84 Unattached	1.60m

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M85 Pole Vault**

Name	Age Team	Finals
1 Arledge, Robert	M89 Unattached	1.50m

**W25-29 Long Jump**

Name	Age Team	Finals
2 Pralle, Taylor	W26 Unattached	5.04m

**W30 Long Jump**

Name	Age Team	Finals
1 Sanner, Breanna	W33 Unattached	5.31m
6 Borders, Christy	W34 Southwest Sp	4.53m

**W35 Long Jump**

Name	Age Team	Finals
3 Liang, Grace	W36 Unattached	4.81m
5 Fix, Amy	W38 Unattached	4.58m
9 Fisher, Erycka	W36 Unattached	4.46m

**W40 Long Jump**

Name	Age Team	Finals
7 Short, Latesha	W42 Success Perf	4.49m
11 Hill-Patterson, Jo-Anne	W44 Unattached	3.78m
14 Dietrich, Alex	W43 So Cal Track Club	3.07m
15 Cobb, Caroline	W40 So Cal Track Club	2.71m

**W45 Long Jump**

Name	Age Team	Finals
4 Baird, Marsha	W49 Unattached	4.67m
8 Readinger, Danelle	W47 Southwest Sp	4.48m
10 McFarland, Casi	W48 Potomac Vall	3.96m
12 Harris, Cassandra	W45 Atlanta Track Club	3.43m
13 Cane, Debra	W47 So Cal Track Club	3.23m

**W50 Long Jump**

Name	Age Team	Finals
1 Benson, Krista	W51 Unattached	4.56m
2 Dierauer, Isabelle	W50 Southwest Ohio TC	3.96m
3 Reblin, Kelly	W51 Unattached	3.04m
4 Larry, Carlos	W52 Unattached	2.83m

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W55 Long Jump**

Name	Age Team	Finals
1 Battle, Tracey	W55 Potomac Vall	5.50m Under Protest
2 Haddad, Amy	W56 Joy's Jackra	4.04m
3 Gray, Juaquita	W58 SC Striders	3.79m
4 Meko, Jennifer	W57 Mass Velocit	3.46m

**W60 Long Jump**

Name	Age Team	Finals
1 Towns, Angie	W64 Unattached	3.40m
2 Callahan, Pamela	W63 Unattached	3.26m
3 Pasquill, Elena	W62 Unattached	3.00m
4 *Jolicoeur, Jovette	W63 Canada	X2.98m
5 Jones, Jennifer	W62 SC Striders	2.90m
6 Shabelski, Joanne	W61 Potomac Vall	2.38m

**W65 Long Jump**

Name	Age Team	Finals
1 Kinsman, Mary	W66 Unattached	2.18m
2 Lee, Debbie	W66 So Cal Track Club	1.88m
3 Funk, Lynne	W67 Unattached	1.33m

**W70 Long Jump**

Name	Age Team	Finals
1 Glynn, Kay	W70 Unattached	3.88m
2 Phillips, Hannah	W70 Potomac Vall	2.98m
3 Hudnall, Norma	W73 Atlanta Track Club	2.07m
4 Rhodes, Carol	W74 Southwest Sp	1.70m

**W75 Long Jump**

Name	Age Team	Finals
1 Flynn, Joy	W76 SC Striders	2.59m
2 Warren, Barbara	W76 Capital City	1.93m

**W85 Long Jump**

Name	Age Team	Finals
1 Meiler, Florence	W88 Sprinticity	1.69m
2 Graf, Tami	W86 Potomac Vall	1.11m

**W90 Long Jump**

Name	Age Team	Finals
1 Krug, Gloria	W91 Philadelphia	0.53m

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M25-29 Long Jump**

Name	Age Team	Finals
1 Davis V, Robert	M26 Unattached	6.75m
3 Thompson, Anthony	M28 Unattached	6.46m
6 Sugihara, Ryan	M28 So Cal Track Club	5.17m

**M30 Long Jump**

Name	Age Team	Finals
4 Short, Wendell	M33 Success Perf	5.62m
5 Edwards, Tyler	M33 Unattached	5.43m
8 Moore, Lamar	M34 Moore Elite	4.67m

**M35 Long Jump**

Name	Age Team	Finals
2 Brown III, Charles	M35 Unattached	6.62m
7 Maxwell, Terence	M35 Contra Costa	4.95m

**M40 Long Jump**

Name	Age Team	Finals
1 Jones, Richard	M40 Mental Wealt	5.82m
2 *Montalvo, Gustavo	M40 Venezuela	X5.78m
3 James, Jason	M42 Unattached	5.53m
4 Smith Jr., Curtis	M41 Potomac Vall	5.45m
5 Wilks, Quinton	M42 Kansas City Smoke	5.10m
6 McIver II, Christopher	M44 Elite Xpress	5.08m
7 Clark, Martez	M44 Unattached	5.01m
8 Owen, Ryan	M43 Unattached	4.95m
-- Stepp, Jared	M41 Unattached	FOUL

**M45 Long Jump**

Name	Age Team	Finals
1 *Senso Castilla, Fernand	M48 Spain	X6.21m
2 Kortequee, Tamba	M45 Unattached	6.05m
3 Arnold, Rob	M47 Unattached	5.33m
4 Mathews, Carlos	M49 TNT Internat	5.32m
5 Franklin, Jonathan	M48 Unattached	5.21m
6 Shen, Francis	M45 Twin Cities	4.71m
7 Mabry, Jeff	M49 Atlanta Track Club	3.49m

**M50 Long Jump**

Name	Age Team	Finals
1 Joachim, George	M52 Unattached	5.48m
2 Cook, Greg	M53 Dearborn Track Club	5.25m
3 Roland, Timothy	M54 Dearborn Track Club	4.96m
4 Risley, Mike	M53 So Cal Track Club	4.89m

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...M50 Long Jump**

5	*De Freitas, Carlos	M52 Brazil	X4.83m
6	Weston, Rod	M54 U.S. Navy	4.78m
7	Hamilton, Matt	M50 Unattached	4.71m
8	Young, Terrence	M50 Unattached	4.51m
9	Rock, Phong	M52 Unattached	4.41m
10	Clark, Azikiwe	M51 Unattached	4.40m
11	Eksi, Hakan	M53 Unattached	4.01m
--	Dietz, Shaun	M50 Unattached	FOUL

**M55 Long Jump**

Name	Age Team	Finals
1 Palacios, Antonio	M56 Unattached	5.78m
2 *Lindsay, Howard	M59 Antigua and Barbuda	X5.66m
3 Wise Jr., John	M56 Unattached	4.49m
4 McKenzie, John	M57 Unattached	3.80m
5 Werber, Scott	M59 Unattached	3.35m

**M60 Long Jump**

Name	Age Team	Finals
1 Stallings, Ronald	M60 Elite Xpress	5.04m
2 McCrimmon, James	M62 Unattached	4.95m
3 Long, William	M63 Joy's Jackra	4.95m
4 Hammrich-Romsa, Dwain	M60 Unattached	4.74m
5 Humphrey, Ronald	M64 Unattached	4.73m
6 Jacobs, Tom	M61 Unattached	4.62m
7 Smith, Christopher	M60 Unattached	4.56m

**M65 Long Jump**

Name	Age Team	Finals
1 Stevens, Ron	M69 Pacific Coas	4.72m
2 Irion, Glenn	M67 Greater Phil	4.59m
3 Atherton, Rodney	M66 Unattached	4.47m
4 McLawhorn, David	M68 So Cal Track Club	4.00m
5 Midder, Robert	M65 Unattached	3.94m
6 Crowl, Chip	M67 Mass Velocit	3.62m

**M70 Long Jump**

Name	Age Team	Finals
1 Vollmer, Larry	M70 Unattached	4.56m
2 Leake, Damien	M70 SC Striders	4.19m
3 Griffin, William	M72 Unattached	3.80m
4 Garrison, David	M71 Unattached	3.41m
5 Ozell, Phillip	M72 Atlanta Track Club	3.38m
6 Malin, James	M71 SC Striders	3.37m
7 Terrell, Bobby	M72 Unattached	3.11m
8 McKinney, John	M70 ISSA Flash	3.02m
9 Dailey, Wayne	M70 Unattached	2.63m

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****....M70 Long Jump**

-- Deitrich, Woody	M70 Club Northwest	FOUL
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**M75 Long Jump**

Name	Age Team	Finals
1 Parry, Arthur	M76 Unattached	3.95m
2 Flynn, Daniel	M77 Unattached	3.41m
3 Flowers II, Carl	M76 So Cal Track Club	3.32m
4 Booth, Howard	M79 Ann Arbor Tr	3.02m
5 Kinsman, Curtis	M76 Unattached	2.99m
6 DeBolt, Reuben	M75 Unattached	2.96m
7 Tilgner, Ronald	M76 Unattached	2.53m
8 Marovich, David	M79 Philadelphia	2.05m
9 Weiner, Robert	M75 Potomac Vall	1.84m

**M80 Long Jump**

Name	Age Team	Finals
1 Angus, William	M80 Lake Erie Li	3.11m
2 Isett, Don	M83 Unattached	3.08m
3 Rhoad, William	M81 Philadelphia	1.37m

**M85 Long Jump**

Name	Age Team	Finals
1 Vergin, Roger	M85 Unattached	2.75m
2 Bergen, Bert	M85 SC Striders	2.63m
3 Paulen, Robert	M86 Potomac Vall	2.31m

**M95 Long Jump**

Name	Age Team	Finals
1 Soller, Richard	M96 Unattached	1.30m

**W30 Triple Jump**

Name	Age Team	Finals
1 Sanner, Breanna	W33 Unattached	12.07m
2 Borders, Christy	W34 Southwest Sp	9.22m

**W35 Triple Jump**

Name	Age Team	Finals
1 Fix, Amy	W38 Unattached	9.65m

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W40 Triple Jump**

Name	Age Team	Finals
1 Short, Latesha	W42 Success Perf	8.77m

**W45 Triple Jump**

Name	Age Team	Finals
1 Harris, Cassandra	W45 Atlanta Track Club	7.12m
2 Cane, Debra	W47 So Cal Track Club	6.14m

**W50 Triple Jump**

Name	Age Team	Finals
1 Dierauer, Isabelle	W50 Southwest Ohio TC	8.57m
2 Reblin, Kelly	W51 Unattached	6.11m
3 Vollweiler, Jill	W54 So Cal Track Club	3.44m

**W55 Triple Jump**

Name	Age Team	Finals
1 Battle, Tracey	W55 Potomac Vall	8.67m
2 Meko, Jennifer	W57 Mass Velocit	7.91m
3 Gibson, Dr. Koura	W58 Potomac Vall	7.64m
4 Gray, Juaquita	W58 SC Striders	7.63m

**W60 Triple Jump**

Name	Age Team	Finals
3 Pasquill, Elena	W62 Unattached	6.82m
4 Jones, Jennifer	W62 SC Striders	6.10m
7 Tefft, Jan	W64 So Cal Track Club	3.87m

**W65 Triple Jump**

Name	Age Team	Finals
6 Clark, Clovis	W67 Atlanta Track Club	4.53m
-- Lee, Debbie	W66 So Cal Track Club	FOUL

**W70 Triple Jump**

Name	Age Team	Finals
1 Glynn, Kay	W70 Unattached	8.34m
2 Lowery, Linda	W71 Unattached	6.99m
5 Phillips, Hannah	W70 Potomac Vall	5.92m

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W75 Triple Jump**

Name	Age Team	Finals
1 Flynn, Joy	W76 SC Striders	6.43m
2 Trotto, Mary	W75 TNT Internat	3.74m

**W85 Triple Jump**

Name	Age Team	Finals
1 Meiler, Florence	W88 Sprinticity	4.31m
2 Donley, Christel	W88 Unattached	4.24m
3 Graf, Tami	W86 Potomac Vall	2.89m

**W90 Triple Jump**

Name	Age Team	Finals
-- Krug, Gloria	W91 Philadelphia	FOUL

**M25-29 Triple Jump**

Name	Age Team	Finals
1 Wollenweber, Shaun	M26 atk	14.05m
2 Thompson, Anthony	M28 Unattached	13.92m
3 Gritzer, Rob	M25 Unattached	11.30m
-- Sugihara, Ryan	M28 So Cal Track Club	FOUL

**M30 Triple Jump**

Name	Age Team	Finals
1 Higginbotham, Justin	M31 atk	13.79m
2 Guo, Alex	M31 Next Level A	13.29m
3 Ankle, Tevin	M32 Unattached	12.35m

**M40 Triple Jump**

Name	Age Team	Finals
1 Smith Jr., Curtis	M41 Potomac Vall	12.56m
2 Patton, Michael	M42 Unattached	11.70m
3 James, Jason	M42 Unattached	11.27m
4 Jones, Richard	M40 Mental Wealt	10.56m
5 McGinley, Patrick	M44 Potomac Vall	10.31m

**M45 Triple Jump**

Name	Age Team	Finals
1 Kortequee, Tamba	M45 Unattached	12.50m
2 Mathews, Carlos	M49 TNT Internat	10.39m
3 Franklin, Jonathan	M48 Unattached	10.29m
4 Barnes Sr., Emmanuel	M49 Unattached	9.97m



**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M50 Triple Jump**

Name	Age Team	Finals
1 Roland, Timothy	M54 Dearborn Track Club	10.32m
2 Cook, Greg	M53 Dearborn Track Club	10.05m
3 Mehl, Jonathan	M53 Dearborn Track Club	9.82m
4 Clark, Azikiwe	M51 Unattached	9.13m
5 Eksi, Hakan	M53 Unattached	8.25m

**M55 Triple Jump**

Name	Age Team	Finals
1 Palacios, Antonio	M56 Unattached	11.68m
2 Werber, Scott	M59 Unattached	7.17m

**M60 Triple Jump**

Name	Age Team	Finals
1 Stallings, Ronald	M60 Elite Xpress	10.56m
2 Humphrey, Ronald	M64 Unattached	9.95m
3 Bunker, Donald	M63 Unattached	9.89m
4 Smith, Christopher	M60 Unattached	9.89m
5 Battle, Marcus	M64 Potomac Vall	9.64m
6 Hammrich-Romsa, Dwain	M60 Unattached	9.52m

**M65 Triple Jump**

Name	Age Team	Finals
1 Irion, Glenn	M67 Greater Phil	9.79m
2 Moeller, Craig	M67 Unattached	8.71m
3 Atherton, Rodney	M66 Unattached	8.57m
4 McLawhorn, David	M68 So Cal Track Club	7.83m

**M70 Triple Jump**

Name	Age Team	Finals
1 Vollmer, Larry	M70 Unattached	8.39m
2 Griffin, William	M72 Unattached	8.11m
3 Black, Ivan	M74 Shore Athletic Club	7.89m
4 Terrell, Bobby	M72 Unattached	7.42m
5 Ruozzi, Richard	M71 Unattached	5.14m
-- Mumford, Mark	M72 Unattached	FOUL

**M75 Triple Jump**

Name	Age Team	Finals
1 Parry, Arthur	M76 Unattached	7.78m
2 Flowers II, Carl	M76 So Cal Track Club	7.03m
3 Booth, Howard	M79 Ann Arbor Tr	5.85m
4 Tilgner, Ronald	M76 Unattached	5.76m
5 Marovich, David	M79 Philadelphia	3.90m

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M80 Triple Jump**

Name	Age Team	Finals
1 Holliday, Cook	M80 Atlanta Track Club	5.87m
2 Rhoad, William	M81 Philadelphia	3.51m

**M85 Triple Jump**

Name	Age Team	Finals
1 Vergin, Roger	M85 Unattached	6.08m
2 Paulen, Robert	M86 Potomac Vall	5.66m
3 Bergen, Bert	M85 SC Striders	5.56m

**W25-29 Shot Put**

Name	Age Team	Finals
1 Pasko, Amanda	W26 Unattached	9.40m
2 Alade-Fa, Jasmine	W29 Unattached	8.54m

**W35 Shot Put**

Name	Age Team	Finals
1 Wana, Blair	W39 GYS TRACK CLUB	7.70m

**W40 Shot Put**

Name	Age Team	Finals
1 Kelly, Nicole	W42 Unattached	9.48m
2 Hamay, Marie	W44 Unattached	8.72m
3 Hill-Patterson, Jo-Anne	W44 Unattached	8.00m
4 Cobb, Caroline	W40 So Cal Track Club	5.32m
5 Dietrich, Alex	W43 So Cal Track Club	5.26m

**W45 Shot Put**

Name	Age Team	Finals
1 Goff, Deia	W46 Greater Phil	8.91m
2 Luedke, Lace	W47 Unattached	7.57m
3 Harris, Cassandra	W45 Atlanta Track Club	6.41m

**W50 Shot Put**

Name	Age Team	Finals
1 Lindner, Kimberly	W51 Hudson Valle	10.66m
2 Larry, Carlos	W52 Unattached	8.69m
3 Heston, Jennifer	W51 Unattached	8.05m
4 Chiu-Pinheiro, Cynthia	W53 Unattached	7.41m

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W55 Shot Put**

Name	Age Team	Finals
1 Noguez, Alissa	W59 Unattached	10.33m
2 Haddad, Amy	W56 Joy's Jackra	8.85m
3 Longshore, Kristine	W55 Philadelphia	3.87m

**W60 Shot Put**

Name	Age Team	Finals
1 Lewis, Oneithea	W62 Shore Athletic Club	10.15m
2 *Jolicoeur, Jovette	W63 Canada	X8.76m
3 Wilkins, Mary	W62 Potomac Vall	8.62m
4 Unruh, Jan	W61 Unattached	8.58m
5 Carl, Crystal	W60 Texas Throwers Club	8.54m
6 Burda, Deborah	W64 Unattached	7.94m
7 Kelly, Linda	W62 Unattached	7.38m
8 Alegria-Dybvig, Tamara	W64 Unattached	7.22m
9 Scanlon, Heather	W60 Philadelphia	6.50m
10 Popovitch, Catherine	W61 Greater Phil	4.94m

**W65 Shot Put**

Name	Age Team	Finals
1 Finsrud, Carol	W66 Texas Throwers Club	9.45m
2 Hallen, Susan	W66 Chicagoland	7.98m
3 Clark, Clovis	W67 Atlanta Track Club	7.05m
4 Welding, Ruth	W67 Chicagoland	6.44m
5 Smith, Darcy	W68 AZ Desert Throwers	5.51m
6 Funk, Lynne	W67 Unattached	4.47m
7 Myers, Helene	W68 Potomac Vall	3.23m

**W70 Shot Put**

Name	Age Team	Finals
1 *Hessel, Laura	W70 Canada	X8.75m
2 Mensey, Myrle	W74 Throwing and	8.25m
3 Harper, Linda	W70 Unattached	7.30m
4 Hartzler, Mary	W73 Unattached	6.86m
5 Jacobs, Kathy	W70 High Point A	5.64m

**W75 Shot Put**

Name	Age Team	Finals
1 Warren, Barbara	W76 Capital City	7.42m
2 Trotto, Mary	W75 TNT Internat	7.01m

**W80 Shot Put**

Name	Age Team	Finals
3 Robinson, Mary	W80 Unattached	6.38m

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...W80 Shot Put**

6	Staab, Angela	W80 TNT Internat	4.90m
7	Guardino, Louise	W82 Unattached	4.70m

**W85 Shot Put**

Name	Age Team	Finals
4 Meiler, Florence	W88 Sprinticity	5.53m
5 Donley, Christel	W88 Unattached	5.10m

**W90 Shot Put**

Name	Age Team	Finals
8 Krug, Gloria	W91 Philadelphia	4.51m

**M25-29 Shot Put**

Name	Age Team	Finals
1 Stanley, Jay	M25 Unattached	14.91m
2 Sugihara, Ryan	M28 So Cal Track Club	7.15m

**M30 Shot Put**

Name	Age Team	Finals
1 Carlson, Chase	M30 Unattached	10.89m
2 Hall, Tyler	M30 ISSA Flash	7.72m

**M35 Shot Put**

Name	Age Team	Finals
1 Henning, Neil	M37 Unattached	13.84m
2 Nnachi, Ikechukwu	M37 Unattached	12.63m
3 Ness, Jamie	M39 Unattached	10.28m
4 Wade, James	M36 Atlanta Track Club	10.26m

**M40 Shot Put**

Name	Age Team	Finals
1 Scarpa Jr., Michael	M40 Unattached	12.33m
2 Greene, Michael	M44 So Cal Track Club	9.28m
3 McGinley, Patrick	M44 Potomac Vall	8.76m
4 Kular, Amandeep	M42 Unattached	8.66m

**M45 Shot Put**

Name	Age Team	Finals
1 Kinsey, Collin	M47 Unattached	11.10m
2 Cantrell, Andy	M45 Unattached	9.70m
3 Wydra, Pawel	M49 Chicagoland	7.77m

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****....M45 Shot Put**

4 Shen, Francis	M45 Twin Cities	6.74m
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**M50 Shot Put**

Name	Age Team	Finals
1 Maynard, John	M50 Unattached	14.56m
2 Lawson, Kunle	M51 Unattached	11.94m
3 Saunders, Tony	M51 Elite Xpress	10.18m
4 Ness, Jayson	M52 Greater Phil	9.87m
5 Miller, David	M52 Unattached	8.23m

**M55 Shot Put**

Name	Age Team	Finals
1 Willitt, Russell	M55 Greater Phil	13.79m
2 Bellrichard, Troy	M56 Unattached	13.38m
3 MacDonald, Craig	M58 Greater Phil	13.35m
4 Pallett, Tobias	M55 Unattached	12.26m
5 Hardin, Scott	M56 Unattached	12.01m
6 Weigel, Patrick	M57 Over The Hill TC	11.72m
7 Moye, Mike	M58 Unattached	11.57m
8 Werber, Scott	M59 Unattached	11.19m
9 Sanders, Scott	M59 Unattached	11.07m
10 Faulkner, Darrell	M59 Unattached	8.53m
11 Bachana, Joseph	M58 Central Park	7.83m

**M60 Shot Put**

Name	Age Team	Finals
1 Eriksson, Scott	M61 Unattached	16.01m
2 Cahill, Lawrence	M61 Unattached	13.41m
3 Arello Jr., Robert	M64 Unattached	12.95m
4 Carl, John	M60 Texas Throwers Club	12.71m
5 Fraker Jr., Tom	M64 Atlanta Track Club	11.55m
6 Groubert, Donald	M62 Eastern Buck	8.16m

**M65 Shot Put**

Name	Age Team	Finals
1 Roegiers, Brian	M65 Unattached	12.93m
2 Nespoli, John	M68 Unattached	12.90m
3 Atherton, Rodney	M66 Unattached	11.24m
4 DeBrabant, Michael	M68 Unattached	11.15m
5 Crawl, Chip	M67 Mass Velocit	9.62m
6 McLawhorn, David	M68 So Cal Track Club	9.19m

**M70 Shot Put**

Name	Age Team	Finals
1 Myers, Joseph	M70 Unattached	13.12m

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...M70 Shot Put**

2	Malin, James	M71 SC Striders	11.80m
3	Hauser, Patrick	M71 Unattached	11.28m
4	McElhiney, Edward	M71 Eastern Buck	10.87m
5	Schroeder, Don	M72 Texas Throwers Club	10.65m
6	Watson, Richard	M70 AZ Desert Throwers	10.21m
7	Murphy, George	M73 Unattached	10.06m
8	Tinsman, Thomas	M70 TNT Internat	10.02m
9	Cyphers, Craig	M72 Philadelphia	8.99m
10	Barnes, Manuel	M70 Unattached	8.44m

**M75 Shot Put**

Name	Age	Team	Finals
1	Harvey, William	M77 Unattached	11.91m
2	Harper, John	M76 Unattached	11.30m
3	Ten Eyck Jr., Thomas	M78 Unattached	10.21m
4	Googe Jr., Roscoe	M76 Atlanta Track Club	7.81m
5	Tilgner, Ronald	M76 Unattached	6.71m
6	Marovich, David	M79 Philadelphia	6.63m
7	Pearce, James	M77 Potomac Vall	6.60m
8	Bookin-Weiner, Jerry	M76 Potomac Vall	6.50m

**M80 Shot Put**

Name	Age	Team	Finals
1	Bass Jr., Walter	M80 Unattached	9.89m
2	Small, Ronald	M84 Unattached	9.70m
3	Holliday, Cook	M80 Atlanta Track Club	9.06m
4	Keesling, William	M82 Greenville T	8.81m

**M85 Shot Put**

Name	Age	Team	Finals
1	Vergin, Roger	M85 Unattached	7.46m
2	Davis, Sid	M88 Atlanta Track Club	7.38m

**M90 Shot Put**

Name	Age	Team	Finals
1	Feick, Ray	M91 Philadelphia	4.67m

**W25-29 Weight Throw**

Name	Age	Team	Finals
1	Pasko, Amanda	W26 Unattached	8.78m

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W40 Weight Throw**

Name	Age Team	Finals
1 Kelly, Nicole	W42 Unattached	7.06m

**W45 Weight Throw**

Name	Age Team	Finals
1 Ingles, Penelope	W46 Potomac Vall	8.48m
2 Manns, DaBeth	W46 TNT Internat	4.97m

**W50 Weight Throw**

Name	Age Team	Finals
1 Lindner, Kimberly	W51 Hudson Valle	10.81m
2 Larry, Carlos	W52 Unattached	9.45m
3 Heston, Jennifer	W51 Unattached	9.10m

**W55 Weight Throw**

Name	Age Team	Finals
1 Noguez, Alissa	W59 Unattached	11.22m
2 Longshore, Kristine	W55 Philadelphia	4.09m

**W60 Weight Throw**

Name	Age Team	Finals
1 Lewis, Oneithea	W62 Shore Athletic Club	16.90m
2 Unruh, Jan	W61 Unattached	12.68m
3 Wilkins, Mary	W62 Potomac Vall	12.44m
4 Alegria-Dybvig, Tamara	W64 Unattached	11.76m
5 Carl, Crystal	W60 Texas Throwers Club	10.16m
6 Kelly, Linda	W62 Unattached	7.95m
7 Popovitch, Catherine	W61 Greater Phil	7.20m
8 Scanlon, Heather	W60 Philadelphia	7.06m

**W65 Weight Throw**

Name	Age Team	Finals
1 Finsrud, Carol	W66 Texas Throwers Club	13.82m
2 Hallen, Susan	W66 Chicagoland	11.31m
3 Welding, Ruth	W67 Chicagoland	11.24m
4 Clark, Clovis	W67 Atlanta Track Club	10.32m
5 Good, Katherine Keg	W65 Potomac Vall	8.01m
6 Smith, Darcy	W68 AZ Desert Throwers	7.27m

**W70 Weight Throw**

Name	Age Team	Finals
1 Mensey, Myrle	W74 Throwing and	14.54m

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...W70 Weight Throw**

2	*Hessel, Laura	W70 Canada	X10.85m
3	Hartzler, Mary	W73 Unattached	10.60m
4	Harper, Linda	W70 Unattached	7.43m
5	Bishop, Catherine	W73 Unattached	5.65m

**W75 Weight Throw**

Name	Age Team	Finals
1 Trotto, Mary	W75 TNT Internat	8.79m
2 Warren, Barbara	W76 Capital City	8.23m
3 Radle, Catherine	W79 Atlanta Track Club	8.02m

**W80 Weight Throw**

Name	Age Team	Finals
1 Robinson, Mary	W80 Unattached	8.03m
2 Staab, Angela	W80 TNT Internat	6.28m
3 Guardino, Louise	W82 Unattached	5.01m

**W85 Weight Throw**

Name	Age Team	Finals
1 Meiler, Florence	W88 Sprinticity	7.38m
2 Graf, Tami	W86 Potomac Vall	6.10m

**W90 Weight Throw**

Name	Age Team	Finals
1 Krug, Gloria	W91 Philadelphia	5.74m

**M30 Weight Throw**

Name	Age Team	Finals
1 Carlson, Chase	M30 Unattached	9.60m

**M35 Weight Throw**

Name	Age Team	Finals
1 Ness, Jamie	M39 Unattached	12.56m

**M40 Weight Throw**

Name	Age Team	Finals
1 Scarpa Jr., Michael	M40 Unattached	13.04m
2 McGinley, Patrick	M44 Potomac Vall	7.49m



**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M45 Weight Throw**

Name	Age Team	Finals
1 Coughlin, David	M47 Throws & Jum	8.56m
2 Cantrell, Andy	M45 Unattached	7.96m
3 Wydra, Pawel	M49 Chicagoland	6.60m
4 Lanier, Kim	M47 TNT Internat	4.71m

**M50 Weight Throw**

Name	Age Team	Finals
1 Chisari, Louis	M54 AZ Desert Throwers	18.27m
3 Lawson, Kunle	M51 Unattached	17.06m
4 Maynard, John	M50 Unattached	16.61m
11 Faulkner, Lee	M54 Unattached	9.44m

**M55 Weight Throw**

Name	Age Team	Finals
2 Bickel, David	M56 AZ Desert Throwers	17.32m
5 MacDonald, Craig	M58 Greater Phil	14.37m
6 Bellrichard, Troy	M56 Unattached	13.79m
7 Hardin, Scott	M56 Unattached	13.51m
8 Pallett, Tobias	M55 Unattached	13.46m
9 Eastham, Larry	M55 Eastern Kent	12.63m
10 Werber, Scott	M59 Unattached	10.59m
-- Faulkner, Darrell	M59 Unattached	FOUL

**M60 Weight Throw**

Name	Age Team	Finals
1 Arello Jr., Robert	M64 Unattached	18.03m
2 Noyes III, Edward	M61 Unattached	17.10m
3 Johnson Sr., Sheldon	M60 Unattached	16.31m
4 Fraker Jr., Tom	M64 Atlanta Track Club	16.13m
5 Lambdin, Thomas	M61 Twilight Throwers	14.44m
6 Tozer Jr., Bentz	M63 Unattached	13.25m
7 Carl, John	M60 Texas Throwers Club	12.78m
8 Sputo, Thomas	M62 Throws & Jum	11.83m
9 Groubert, Donald	M62 Eastern Buck	6.91m

**M65 Weight Throw**

Name	Age Team	Finals
1 Cedrone, Bob	M68 Twilight Throwers	15.16m
2 Morse, Tim	M66 Twilight Throwers	15.10m
3 Zipko, David	M66 Unattached	14.69m
4 Sorensen, Ward	M68 Potomac Vall	13.91m
5 Atherton, Rodney	M66 Unattached	12.61m
6 DeBrabant, Michael	M68 Unattached	11.78m
7 McLawhorn, David	M68 So Cal Track Club	10.35m
8 Lacey, Kenneth	M69 Unattached	10.16m

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M70 Weight Throw**

Name	Age Team	Finals
1 Hauser, Patrick	M71 Unattached	15.22m
2 McQuade, Francis	M71 Unattached	14.98m
3 Watson, Richard	M70 AZ Desert Throwers	13.79m
4 Jordan Jr., Rufus	M73 TNT Internat	13.71m
5 Cyphers, Craig	M72 Philadelphia	13.27m
6 Tinsman, Thomas	M70 TNT Internat	10.95m

**M75 Weight Throw**

Name	Age Team	Finals
1 Moss, Ken	M75 Potomac Vall	18.68m
2 Ten Eyck Jr., Thomas	M78 Unattached	13.13m
3 Sager, Bob	M75 Unattached	12.55m
4 Marovich, David	M79 Philadelphia	10.07m
5 Googe Jr., Roscoe	M76 Atlanta Track Club	8.37m
6 Pearce, James	M77 Potomac Vall	7.64m

**M80 Weight Throw**

Name	Age Team	Finals
1 Cahners, Robert	M80 Unattached	15.92m
2 Morgan, Curtis	M80 Philadelphia	10.08m
3 Southerlan, Robert	M84 Unattached	9.77m
-- *Dalton, Jeyaraj	M84 India	X5.17m

**M85 Weight Throw**

Name	Age Team	Finals
1 Vergin, Roger	M85 Unattached	8.90m
2 Davis, Sid	M88 Atlanta Track Club	8.53m

**M90 Weight Throw**

Name	Age Team	Finals
1 Feick, Ray	M91 Philadelphia	6.39m

**W25-29 Super Weight**

Name	Age Team	Finals
1 Pasko, Amanda	W26 Unattached	5.46m

**W40 Super Weight**

Name	Age Team	Finals
1 Kelly, Nicole	W42 Unattached	5.17m

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W45 Super Weight**

Name	Age Team	Finals
1 Ingles, Penelope	W46 Potomac Vall	4.96m
2 Manns, DaBeth	W46 TNT Internat	3.36m

**W50 Super Weight**

Name	Age Team	Finals
1 Lindner, Kimberly	W51 Hudson Valle	7.39m
2 Larry, Carlos	W52 Unattached	7.32m
3 Heston, Jennifer	W51 Unattached	5.95m

**W55 Super Weight**

Name	Age Team	Finals
1 Noguez, Alissa	W59 Unattached	7.60m
2 Lanier, Gina	W57 TNT Internat	4.13m
3 Longshore, Kristine	W55 Philadelphia	2.40m

**W60 Super Weight**

Name	Age Team	Finals
1 Lewis, Oneithea	W62 Shore Athletic Club	11.53m
2 Unruh, Jan	W61 Unattached	8.29m
3 Wilkins, Mary	W62 Potomac Vall	8.07m
4 Alegria-Dybvig, Tamara	W64 Unattached	7.82m
5 Kelly, Linda	W62 Unattached	6.04m
6 Carl, Crystal	W60 Texas Throwers Club	5.65m
7 Scanlon, Heather	W60 Philadelphia	4.97m

**W65 Super Weight**

Name	Age Team	Finals
1 Finsrud, Carol	W66 Texas Throwers Club	9.53m
2 Hallen, Susan	W66 Chicagoland	7.93m
3 Welding, Ruth	W67 Chicagoland	7.55m
4 Clark, Clovis	W67 Atlanta Track Club	7.20m
5 Good, Katherine Keg	W65 Potomac Vall	5.79m
6 Smith, Darcy	W68 AZ Desert Throwers	5.07m

**W70 Super Weight**

Name	Age Team	Finals
1 Mensey, Myrle	W74 Throwing and	10.10m
2 Hartzler, Mary	W73 Unattached	6.69m
3 Bishop, Catherine	W73 Unattached	3.78m

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W75 Super Weight**

Name	Age Team	Finals
1 Warren, Barbara	W76 Capital City	6.25m
2 Trotto, Mary	W75 TNT Internat	5.92m

**W80 Super Weight**

Name	Age Team	Finals
1 Robinson, Mary	W80 Unattached	5.68m
2 Staab, Angela	W80 TNT Internat	4.69m
3 Guardino, Louise	W82 Unattached	3.83m

**W85 Super Weight**

Name	Age Team	Finals
1 Meiler, Florence	W88 Sprinticity	5.02m
2 Graf, Tami	W86 Potomac Vall	4.00m

**W90 Super Weight**

Name	Age Team	Finals
1 Krug, Gloria	W91 Philadelphia	4.19m

**M30 Super Weight**

Name	Age Team	Finals
1 Carlson, Chase	M30 Unattached	6.37m

**M35 Super Weight**

Name	Age Team	Finals
1 Ness, Jamie	M39 Unattached	9.19m

**M40 Super Weight**

Name	Age Team	Finals
1 Scarpa Jr., Michael	M40 Unattached	8.01m
2 McGinley, Patrick	M44 Potomac Vall	4.58m

**M45 Super Weight**

Name	Age Team	Finals
1 Cantrell, Andy	M45 Unattached	5.37m
2 Coughlin, David	M47 Throws & Jum	5.30m
3 Wydra, Pawel	M49 Chicagoland	4.62m
4 Lanier, Kim	M47 TNT Internat	2.89m

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M50 Super Weight**

Name	Age Team	Finals
1 Chisari, Louis	M54 AZ Desert Throwers	8.70m
2 Lawson, Kunle	M51 Unattached	7.89m
3 Maynard, John	M50 Unattached	7.87m

**M55 Super Weight**

Name	Age Team	Finals
1 Bickel, David	M56 AZ Desert Throwers	8.05m
2 MacDonald, Craig	M58 Greater Phil	7.34m
3 Bellrichard, Troy	M56 Unattached	6.24m
4 Hardin, Scott	M56 Unattached	6.17m
5 Eastham, Larry	M55 Eastern Kent	5.93m
6 Werber, Scott	M59 Unattached	4.45m

**M60 Super Weight**

Name	Age Team	Finals
1 Arello Jr., Robert	M64 Unattached	10.21m
2 Johnson Sr., Sheldon	M60 Unattached	9.77m
3 Noyes III, Edward	M61 Unattached	9.11m
4 Fraker Jr., Tom	M64 Atlanta Track Club	7.68m
5 Carl, John	M60 Texas Throwers Club	7.66m
6 Tozer Jr., Bentz	M63 Unattached	7.14m
7 Lambdin, Thomas	M61 Twilight Throwers	6.84m
8 Sputo, Thomas	M62 Throws & Jum	5.29m

**M65 Super Weight**

Name	Age Team	Finals
1 Morse, Tim	M66 Twilight Throwers	8.26m
2 Cedrone, Bob	M68 Twilight Throwers	8.08m
3 Sorensen, Ward	M68 Potomac Vall	6.90m
4 DeBrabant, Michael	M68 Unattached	5.37m
5 McLawhorn, David	M68 So Cal Track Club	4.83m

**M70 Super Weight**

Name	Age Team	Finals
1 McQuade, Francis	M71 Unattached	9.39m
2 Jordan Jr., Rufus	M73 TNT Internat	8.82m
3 Hauser, Patrick	M71 Unattached	8.27m
4 Watson, Richard	M70 AZ Desert Throwers	8.07m
5 Cyphers, Craig	M72 Philadelphia	6.85m

**M75 Super Weight**

Name	Age Team	Finals
1 Moss, Ken	M75 Potomac Vall	9.92m

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...M75 Super Weight**

2 Sager, Bob	M75 Unattached	6.90m
3 Ten Eyck Jr., Thomas	M78 Unattached	6.63m
4 Marovich, David	M79 Philadelphia	5.20m
5 Pearce, James	M77 Potomac Vall	4.56m
6 Googe Jr., Roscoe	M76 Atlanta Track Club	3.93m

**M80 Super Weight**

Name	Age Team	Finals
1 Cahners, Robert	M80 Unattached	9.20m
2 Morgan, Curtis	M80 Philadelphia	7.04m
3 Southerlan, Robert	M84 Unattached	6.54m
4 Small, Ronald	M84 Unattached	6.35m

**M85 Super Weight**

Name	Age Team	Finals
1 Vergin, Roger	M85 Unattached	4.63m

**M90 Super Weight**

Name	Age Team	Finals
1 Feick, Ray	M91 Philadelphia	3.98m

**W25-29 800 m Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Tarsala, Kristen	W25 Unattached	3:11.77	264
44.013 (44.013)	1:31.036 (47.023)	2:22.643 (51.608)	3:11.762 (49.120)

**W35 800 m Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Fisher, Erycka	W36 Unattached	2:53.27	443
38.261 (38.261)	1:20.422 (42.161)	2:06.671 (46.250)	2:53.264 (46.594)

**W40 800 m Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Dietrich, Alex	W43 So Cal Track Club	3:11.63	335
48.436 (48.436)	1:36.610 (48.174)	2:24.097 (47.487)	3:11.627 (47.530)
2 Bernert, Brandi	W44 Unattached	3:39.99	135
48.479 (48.479)	1:44.842 (56.364)	2:46.732 (1:01.890)	3:39.985 (53.253)
3 Hamay, Marie	W44 Unattached	4:05.41	29
54.727 (54.727)	1:56.679 (1:01.952)	3:03.538 (1:06.859)	4:05.402 (1:01.865)

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W45 800 m Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Baird, Marsha	W49 Unattached	2:59.04	521
43.932 (43.932)	1:31.633 (47.701)	2:18.633 (47.000)	2:59.040 (40.407)
2 Readinger, Danelle	W47 Southwest Sp	3:05.97	454
44.942 (44.942)	1:31.960 (47.018)	2:20.157 (48.198)	3:05.965 (45.808)
3 Goff, Deia	W46 Greater Phil	3:13.84	382
49.174 (49.174)	1:37.020 (47.846)	2:24.958 (47.938)	3:13.838 (48.881)
4 Cane, Debra	W47 So Cal Track Club	3:44.67	158
53.854 (53.854)	1:51.501 (57.647)	2:49.125 (57.624)	3:44.663 (55.538)

**W50 800 m Indoor Pentathlon**

Name	Age Team	Finals	Points
1 McCartney, Pamela	W52 Unattached	3:26.80	344
51.682 (51.682)	1:46.244 (54.562)	2:42.748 (56.505)	3:26.797 (44.049)

**W55 800 m Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Haddad, Amy	W56 Joy's Jackra	4:03.98	163
50.260 (50.260)	1:48.022 (57.762)	2:56.120 (1:08.098)	4:03.978 (1:07.858)
-- Longshore, Kristine	W55 Philadelphia	DNF	

**W60 800 m Indoor Pentathlon**

Name	Age Team	Finals	Points
1 *Gallagher, Tina	W60 Ireland	X3:23.59	530
51.034 (51.034)	1:46.778 (55.745)	2:39.510 (52.732)	3:23.585 (44.075)
2 Tefft, Jan	W64 So Cal Track Club	3:34.37	439
50.797 (50.797)	1:46.811 (56.014)	2:43.184 (56.373)	3:34.366 (51.183)
3 *Jolicoeur, Jovette	W63 Canada	X3:50.01	320
53.670 (53.670)	1:55.912 (1:02.242)	2:59.632 (1:03.720)	3:50.003 (50.371)

**W65 800 m Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Hanscom, Rita	W68 SC Striders	3:39.84	482
49.258 (49.258)	1:47.053 (57.795)	2:46.956 (59.903)	3:39.836 (52.880)
2 Branch, Nicki	W65 So Cal Track Club	4:30.61	155
58.344 (58.344)	2:06.161 (1:07.817)	3:21.959 (1:15.798)	4:30.602 (1:08.643)
3 Simpson, Claudia	W69 Greater Phil	4:30.80	154
1:07.606 (1:07.606)	2:18.646 (1:11.040)	3:31.566 (1:12.921)	4:30.794 (59.228)
-- Zukas, Donna	W67 Unattached	DNF	

**W70 800 m Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Hudnall, Norma	W73 Atlanta Track Club	3:56.57	447
55.156 (55.156)	1:54.788 (59.633)	2:57.726 (1:02.938)	3:56.569 (58.843)

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****....W70 800 m Indoor Pentathlon**

2 Glynn, Kay	W70 Unattached	4:27.61	245
57.028 (57.028)	2:02.950 (1:05.922)	3:20.248 (1:17.299)	4:27.603 (1:07.355)

**W75 800 m Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Trotto, Mary	W75 TNT Internat	5:24.36	75
1:13.059 (1:13.059)	2:43.518 (1:30.460)	4:08.616 (1:25.098)	5:24.358 (1:15.743)
2 Warren, Barbara	W76 Capital City	7:44.54	
1:51.692 (1:51.692)	3:58.785 (2:07.093)	6:08.138 (2:09.353)	7:44.535 (1:36.398)

**W85 800 m Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Meiler, Florence	W88 Sprinticity	6:19.07	95
1:17.922 (1:17.922)	2:46.236 (1:28.314)	4:44.722 (1:58.487)	6:19.062 (1:34.340)

**W90 800 m Indoor Pentathlon**

Name	Age Team	Finals	Points
-- Krug, Gloria	W91 Philadelphia	DNF	
2:13.617 (2:13.617)			

**M25-29 1000 m Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Gritzer, Rob	M25 Unattached	2:54.97	714
31.569 (31.569)	1:06.679 (35.110)	1:44.011 (37.332)	2:22.316 (38.305)
2:54.968 (32.653)			

**M30 1000 m Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Hopkins, Chris	M34 Greenville T	3:04.73	619
34.350 (34.350)	1:11.538 (37.188)	1:50.398 (38.860)	2:29.990 (39.592)
3:04.722 (34.732)			
2 Hall, Tyler	M30 ISSA Flash	4:08.31	155
43.560 (43.560)	1:31.606 (48.046)	2:24.604 (52.998)	3:16.558 (51.954)
4:08.308 (51.750)			

**M35 1000 m Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Wade, James	M36 Atlanta Track Club	3:11.13	560
35.176 (35.176)	1:13.311 (38.135)	1:53.837 (40.526)	2:34.856 (41.019)
3:11.130 (36.274)			



**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M40 1000 m Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Greene, Michael	M44 So Cal Track Club	3:09.48	640
34.703 (34.703)	1:11.960 (37.257)	1:52.293 (40.334)	2:32.832 (40.540)
3:09.478 (36.646)			
2 Smith Jr., Curtis	M41 Potomac Vall	3:35.20	422
32.370 (32.370)	1:10.869 (38.499)	1:55.542 (44.673)	2:45.484 (49.942)
3:35.198 (49.715)			
3 Campbell, Jeffrey	M40 Unattached	3:50.78	311
40.803 (40.803)	1:23.466 (42.664)	2:09.148 (45.682)	2:58.883 (49.736)
3:50.780 (51.897)			
-- McGinley, Patrick	M44 Potomac Vall	DNF	
43.118 (43.118)	2:04.528 (1:21.410)		

**M45 1000 m Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Carter, Kurt	M45 Freedom-Garm	3:19.66	616
35.343 (35.343)	1:13.930 (38.587)	1:56.336 (42.406)	2:39.118 (42.782)
3:19.657 (40.540)			
2 Johnson, Scott	M47 Unattached	3:38.73	459
35.809 (35.809)	1:15.222 (39.413)	1:58.706 (43.484)	2:47.356 (48.651)
3:38.730 (51.374)			
-- McBride, Martin	M46 Unattached	DNF	
41.380 (41.380)	1:28.928 (47.548)		
-- Robbins, Josh	M46 Arizona Flam	DNF	

**M50 1000 m Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Aka-Bashorun, Walé	M52 Greater Phil	3:20.59	677
41.351 (41.351)	1:21.778 (40.427)	2:02.217 (40.440)	2:42.642 (40.425)
3:20.582 (37.940)			
2 Ness, Jayson	M52 Greater Phil	3:39.74	518
40.987 (40.987)	1:25.203 (44.216)	2:11.000 (45.798)	2:57.103 (46.103)
3:39.739 (42.637)			
3 Young II II, Dale	M51 Unattached	3:42.13	500
40.633 (40.633)	1:24.724 (44.091)	2:10.557 (45.833)	2:56.524 (45.968)
3:42.121 (45.598)			
4 Clark, Azikiwe	M51 Unattached	3:58.94	379
37.159 (37.159)	1:17.341 (40.182)	2:06.658 (49.318)	3:02.434 (55.776)
3:58.934 (56.500)			
5 Faulkner, Lee	M54 Unattached	3:59.37	376
45.440 (45.440)	1:32.697 (47.258)	2:22.147 (49.450)	3:13.953 (51.807)
3:59.368 (45.415)			
6 Eksi, Hakan	M53 Unattached	4:04.71	341
39.645 (39.645)	1:26.107 (46.462)	2:18.786 (52.679)	3:15.409 (56.623)
4:04.705 (49.297)			
-- *De Freitas, Carlos	M52 Brazil	X3:06.21	809
32.094 (32.094)	1:07.900 (35.806)	1:47.434 (39.534)	2:28.191 (40.758)
3:06.204 (38.013)			

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M55 1000 m Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Kruelle, Chuck	M55 Greater Phil	3:12.83	819
39.231 (39.231)	1:17.128 (37.897)	1:55.955 (38.828)	2:35.711 (39.756)
3:12.830 (37.120)			
2 McKinney, Chris	M57 Unattached	3:22.93	728
39.597 (39.597)	1:17.771 (38.174)	1:57.053 (39.282)	2:39.305 (42.252)
3:22.928 (43.623)			
3 McKenzie, John	M57 Unattached	3:53.95	480
43.392 (43.392)	1:29.304 (45.912)	2:17.739 (48.435)	3:06.781 (49.042)
3:53.948 (47.168)			
4 Bachana, Joseph	M58 Central Park	4:00.90	431
43.888 (43.888)	1:29.744 (45.856)	2:19.401 (49.657)	3:10.257 (50.857)
4:00.894 (50.637)			
5 Werber, Scott	M59 Unattached	5:13.48	70
53.977 (53.977)	1:56.174 (1:02.198)	3:02.386 (1:06.212)	4:08.641 (1:06.256)
5:13.474 (1:04.833)			

**M60 1000 m Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Humphrey, Ronald	M64 Unattached	3:29.10	749
37.709 (37.709)	1:20.487 (42.779)	2:04.293 (43.806)	2:48.914 (44.621)
3:29.097 (40.183)			
2 Hammrich-Romsa, Dwain	M60 Unattached	3:32.88	717
39.902 (39.902)	1:24.170 (44.268)	2:10.311 (46.141)	2:54.639 (44.328)
3:32.877 (38.238)			

**M65 1000 m Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Atherton, Rodney	M66 Unattached	4:09.57	513
41.867 (41.867)	1:28.692 (46.826)	2:20.101 (51.409)	3:16.287 (56.186)
4:09.566 (53.280)			
2 Markley, Anthony	M68 Potomac Vall	4:48.82	277
50.428 (50.428)	1:46.948 (56.520)	2:50.807 (1:03.860)	3:55.499 (1:04.692)
4:48.815 (53.316)			
3 Anton, Eugene	M65 So Cal Track Club	4:54.16	251
48.692 (48.692)	1:46.689 (57.998)	2:51.629 (1:04.940)	3:56.763 (1:05.135)
4:54.160 (57.397)			
4 McLawhorn, David	M68 So Cal Track Club	4:55.99	242
50.179 (50.179)	1:48.131 (57.952)	2:52.150 (1:04.019)	3:56.680 (1:04.530)
4:55.985 (59.305)			
5 Lacey, Kenneth	M69 Unattached	5:16.05	153
46.993 (46.993)	1:45.935 (58.942)	2:56.456 (1:10.522)	4:13.159 (1:16.704)
5:16.045 (1:02.886)			

**M70 1000 m Indoor Pentathlon**

Name	Age Team	Finals	Points
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**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...M70 1000 m Indoor Pentathlon**

1 Barnes, Manuel	M70 Unattached	4:02.40	640
44.360 (44.360)	1:32.378 (48.018)	2:23.393 (51.015)	3:15.376 (51.984)
4:02.398 (47.022)			
2 Bishop, Charles	M73 Kentucky Eli	4:07.29	605
49.930 (49.930)	1:40.062 (50.132)	2:32.288 (52.226)	3:23.526 (51.238)
4:07.289 (43.764)			
3 Jacquet-Acea, Russell	M70 Unattached	4:09.02	593
49.472 (49.472)	1:39.868 (50.396)	2:31.836 (51.968)	3:23.034 (51.199)
4:09.016 (45.982)			
4 Vollmer, Larry	M70 Unattached	4:31.21	447
51.149 (51.149)	1:44.516 (53.368)	2:40.402 (55.886)	3:37.906 (57.504)
4:31.208 (53.302)			
5 Deitrich, Woody	M70 Club Northwest	5:03.75	268
55.522 (55.522)	1:57.926 (1:02.404)	3:03.914 (1:05.988)	4:07.958 (1:04.044)
5:03.742 (55.785)			

**M75 1000 m Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Reed, Terry	M75 Unattached	5:13.11	291
57.145 (57.145)	1:58.834 (1:01.689)	3:05.340 (1:06.507)	4:10.823 (1:05.483)
5:13.106 (1:02.283)			
-- Marovich, David	M79 Philadelphia	DNF	

**M80 1000 m Indoor Pentathlon**

Name	Age Team	Finals	Points
-- Rhoad, William	M81 Philadelphia	DNF	
52.808 (52.808)			

**M85 1000 m Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Paulen, Robert	M86 Potomac Vall	7:05.22	91
1:15.194 (1:15.194)	2:39.081 (1:23.887)	4:09.781 (1:30.700)	5:48.101 (1:38.320)
7:05.219 (1:17.118)			
2 Vergin, Roger	M85 Unattached	7:05.82	90
1:16.172 (1:16.172)	2:39.926 (1:23.754)	4:11.245 (1:31.319)	5:49.932 (1:38.687)
7:05.819 (1:15.888)			

**W25-29 60 m Hurdles Indoor Pentathlon**

Name	Age Team	Finals	H#	Points
1 Tarsala, Kristen	W25 Unattached	11.80	3	412

**W35 60 m Hurdles Indoor Pentathlon**

Name	Age Team	Finals	H#	Points
1 Fisher, Erycka	W36 Unattached	10.59	3	606

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W40 60 m Hurdles Indoor Pentathlon**

Name	Age Team	Finals	H#	Points
1 Bernert, Brandi	W44 Unattached	11.66	2	565
2 Dietrich, Alex	W43 So Cal Track Club	13.22	2	345
3 Hamay, Marie	W44 Unattached	16.64	2	44

**W45 60 m Hurdles Indoor Pentathlon**

Name	Age Team	Finals	H#	Points
1 Baird, Marsha	W49 Unattached	9.75	2	961
2 Readinger, Danelle	W47 Southwest Sp	11.04	2	727
3 Goff, Deia	W46 Greater Phil	11.43	2	662
4 Cane, Debra	W47 So Cal Track Club	13.13	2	412

**W50 60 m Hurdles Indoor Pentathlon**

Name	Age Team	Finals	Points
1 McCartney, Pamela	W52 Unattached	10.22	897

**W55 60 m Hurdles Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Haddad, Amy	W56 Joy's Jackra	10.82	862
2 Longshore, Kristine	W55 Philadelphia	22.42	

**W60 60 m Hurdles Indoor Pentathlon**

Name	Age Team	Finals	H#	Points
1 Tefft, Jan	W64 So Cal Track Club	17.98	2	90
-- *Gallagher, Tina	W60 Ireland	X12.59	2	653
-- *Jolicoeur, Jovette	W63 Canada	X13.58	2	515

**W65 60 m Hurdles Indoor Pentathlon**

Name	Age Team	Finals	H#	Points
1 Hanscom, Rita	W68 SC Striders	12.11	2	806
2 Simpson, Claudia	W69 Greater Phil	13.47	2	609
3 Branch, Nicki	W65 So Cal Track Club	15.11	2	404
4 Zukas, Donna	W67 Unattached	24.03	2	

**W70 60 m Hurdles Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Glynn, Kay	W70 Unattached	11.88	944
2 Hudnall, Norma	W73 Atlanta Track Club	19.72	94

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W75 60 m Hurdles Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Trotto, Mary	W75 TNT Internat	24.50	
2 Warren, Barbara	W76 Capital City	25.35	

**W85 60 m Hurdles Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Meiler, Florence	W88 Sprinticity	24.67	168

**W90 60 m Hurdles Indoor Pentathlon**

Name	Age Team	Finals	Points
-- Krug, Gloria	W91 Philadelphia	DNF	

**M25-29 60 m Hurdles Indoor Pentathlon**

Name	Age Team	Finals	H#	Points
1 Gritzer, Rob	M25 Unattached	9.42	2	656

**M30 60 m Hurdles Indoor Pentathlon**

Name	Age Team	Finals	H#	Points
1 Hopkins, Chris	M34 Greenville T	11.53	2	289
-- Hall, Tyler	M30 ISSA Flash	DQ	2	

**M35 60 m Hurdles Indoor Pentathlon**

Name	Age Team	Finals	H#	Points
1 Wade, James	M36 Atlanta Track Club	8.81	2	788

**M40 60 m Hurdles Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Smith Jr., Curtis	M41 Potomac Vall	10.18	564
2 Campbell, Jeffrey	M40 Unattached	11.08	408
3 McGinley, Patrick	M44 Potomac Vall	12.32	233
4 Greene, Michael	M44 So Cal Track Club	13.18	139

**M45 60 m Hurdles Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Carter, Kurt	M45 Freedom-Garm	9.65	735
2 Johnson, Scott	M47 Unattached	10.17	631
3 Robbins, Josh	M46 Arizona Flam	10.39	591
4 McBride, Martin	M46 Unattached	12.78	229

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M50 60 m Hurdles Indoor Pentathlon**

Name	Age Team	Finals	H#	Points
1 Aka-Bashorun, Walé	M52 Greater Phil	9.36	2	848
2 Faulkner, Lee	M54 Unattached	10.38	2	644
3 Clark, Azikiwe	M51 Unattached	11.29	2	482
4 Young II II, Dale	M51 Unattached	12.42	1	315
5 Eksi, Hakan	M53 Unattached	12.63	2	288
6 Ness, Jayson	M52 Greater Phil	13.20	2	219
-- *De Freitas, Carlos	M52 Brazil	X9.33	2	853

**M55 60 m Hurdles Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Kruelle, Chuck	M55 Greater Phil	10.40	715
2 McKinney, Chris	M57 Unattached	10.62	675
3 McKenzie, John	M57 Unattached	12.19	415
4 Bachana, Joseph	M58 Central Park	12.75	337
5 Werber, Scott	M59 Unattached	15.35	78

**M60 60 m Hurdles Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Humphrey, Ronald	M64 Unattached	9.91	823
2 Hamrlich-Romsa, Dwain	M60 Unattached	10.46	715

**M65 60 m Hurdles Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Atherton, Rodney	M66 Unattached	9.85	925
2 Anton, Eugene	M65 So Cal Track Club	9.86	922
3 Markley, Anthony	M68 Potomac Vall	11.78	572
4 Lacey, Kenneth	M69 Unattached	13.04	385
5 McLawhorn, David	M68 So Cal Track Club	13.15	369

**M70 60 m Hurdles Indoor Pentathlon**

Name	Age Team	Finals	H#	Points
1 Jacquet-Acea, Russell	M70 Unattached	10.30	2	879
2 Vollmer, Larry	M70 Unattached	11.17	2	715
3 Deitrich, Woody	M70 Club Northwest	13.77	2	328
4 Bishop, Charles	M73 Kentucky Eli	14.30	2	267
5 Barnes, Manuel	M70 Unattached	15.11	2	184

**M75 60 m Hurdles Indoor Pentathlon**

Name	Age Team	Finals	H#	Points
1 Reed, Terry	M75 Unattached	19.12	2	8
2 Marovich, David	M79 Philadelphia	22.14	2	

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M80 60 m Hurdles Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Rhoad, William	M81 Philadelphia	28.66	

**M85 60 m Hurdles Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Vergin, Roger	M85 Unattached	13.78	737
2 Paulen, Robert	M86 Potomac Vall	14.27	666

**W25-29 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Tarsala, Kristen	W25 Unattached	1.27m	379

**W35 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Fisher, Erycka	W36 Unattached	1.21m	321

**W40 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Bernert, Brandi	W44 Unattached	1.27m	470
2 Dietrich, Alex	W43 So Cal Track Club	1.18m	369
3 Hamay, Marie	W44 Unattached	1.00m	197

**W45 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Readinger, Danelle	W47 Southwest Sp	1.42m	724
2 Baird, Marsha	W49 Unattached	1.36m	655
3 Goff, Deia	W46 Greater Phil	1.18m	429
4 Cane, Debra	W47 So Cal Track Club	1.12m	369

**W50 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 McCartney, Pamela	W52 Unattached	1.54m	1003

**W55 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Haddad, Amy	W56 Joy's Jackra	1.42m	534
2 Longshore, Kristine	W55 Philadelphia	0.97m	312

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W60 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Tefft, Jan	W64 So Cal Track Club	1.01m	429
-- *Gallagher, Tina	W60 Ireland	X1.22m	724
-- *Jolicoeur, Jovette	W63 Canada	X1.07m	502

**W65 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Hanscom, Rita	W68 SC Striders	1.19m	771
2 Simpson, Claudia	W69 Greater Phil	1.16m	724
3 Branch, Nicki	W65 So Cal Track Club	1.01m	491
4 Zukas, Donna	W67 Unattached	0.86m	293

**W70 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Glynn, Kay	W70 Unattached	1.19m	879
2 Hudnall, Norma	W73 Atlanta Track Club	0.86m	350

**W75 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Warren, Barbara	W76 Capital City	0.95m	555
2 Trotto, Mary	W75 TNT Internat	0.89m	460

**W85 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Meiler, Florence	W88 Sprinticity	0.89m	632

**W90 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
-- Krug, Gloria	W91 Philadelphia	NH	

**M25-29 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Gritzer, Rob	M25 Unattached	1.63m	488

**M30 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Hopkins, Chris	M34 Greenville T	1.48m	374



**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M35 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Wade, James	M36 Atlanta Track Club	1.51m	411

**M40 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Smith Jr., Curtis	M41 Potomac Vall	1.54m	488
2 Campbell, Jeffrey	M40 Unattached	1.48m	441
3 McGinley, Patrick	M44 Potomac Vall	1.42m	389
4 Greene, Michael	M44 So Cal Track Club	1.33m	324

**M45 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Carter, Kurt	M45 Freedom-Garm	1.54m	419
2 Johnson, Scott	M47 Unattached	1.45m	472
3 Robbins, Josh	M46 Arizona Flam	1.42m	449
-- McBride, Martin	M46 Unattached	NH	

**M50 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Clark, Azikiwe	M51 Unattached	1.62m	705
2 Aka-Bashorun, Walé	M52 Greater Phil	1.53m	619
3 Young II II, Dale	M51 Unattached	1.41m	504
3 Eksi, Hakan	M53 Unattached	1.41m	504
5 Faulkner, Lee	M54 Unattached	1.35m	449
6 Ness, Jayson	M52 Greater Phil	1.32m	419
-- *De Freitas, Carlos	M52 Brazil	X1.53m	619

**M55 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 McKinney, Chris	M57 Unattached	1.53m	696
2 Kruelle, Chuck	M55 Greater Phil	1.41m	569
3 Bachana, Joseph	M58 Central Park	1.35m	512
4 Werber, Scott	M59 Unattached	1.29m	457
-- McKenzie, John	M57 Unattached	NH	

**M60 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Hammrich-Romsa, Dwain	M60 Unattached	1.45m	696
2 Humphrey, Ronald	M64 Unattached	1.36m	593

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M65 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Atherton, Rodney	M66 Unattached	1.48m	822
2 Anton, Eugene	M65 So Cal Track Club	1.36m	679
3 Markley, Anthony	M68 Potomac Vall	1.24m	536
3 McLawhorn, David	M68 So Cal Track Club	1.24m	536
5 Lacey, Kenneth	M69 Unattached	1.21m	504

**M70 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Vollmer, Larry	M70 Unattached	1.38m	794
2 Jacquet-Acea, Russell	M70 Unattached	1.35m	749
3 Deitrich, Woody	M70 Club Northwest	1.29m	679
4 Bishop, Charles	M73 Kentucky Eli	1.17m	528
5 Barnes, Manuel	M70 Unattached	0.99m	331

**M75 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Reed, Terry	M75 Unattached	1.11m	536
2 Marovich, David	M79 Philadelphia	0.96m	360

**M80 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Rhoad, William	M81 Philadelphia	0.84m	283

**M85 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Paulen, Robert	M86 Potomac Vall	1.05m	627
2 Vergin, Roger	M85 Unattached	0.96m	496

**W25-29 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Tarsala, Kristen	W25 Unattached	4.55m	441

**W35 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Fisher, Erycka	W36 Unattached	4.27m	403

**W40 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Bernert, Brandi	W44 Unattached	3.47m	259

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...W40 Long Jump Indoor Pentathlon**

2	Dietrich, Alex	W43 So Cal Track Club	3.05m	165
3	Hamay, Marie	W44 Unattached	2.70m	97

**W45 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Baird, Marsha	W49 Unattached	4.76m	697
2 Readinger, Danelle	W47 Southwest Sp	4.25m	532
3 Goff, Deia	W46 Greater Phil	3.79m	396
4 Cane, Debra	W47 So Cal Track Club	3.25m	250

**W50 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 McCartney, Pamela	W52 Unattached	4.35m	645

**W55 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Haddad, Amy	W56 Joy's Jackra	3.76m	254
2 Longshore, Kristine	W55 Philadelphia	2.08m	60

**W60 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Tefft, Jan	W64 So Cal Track Club	2.55m	204
-- *Gallagher, Tina	W60 Ireland	X3.06m	359
-- *Jolicoeur, Jovette	W63 Canada	X3.01m	343

**W65 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Hanscom, Rita	W68 SC Striders	3.43m	573
2 Branch, Nicki	W65 So Cal Track Club	2.57m	259
3 Simpson, Claudia	W69 Greater Phil	2.36m	194
4 Zukas, Donna	W67 Unattached	1.78m	49

**W70 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Glynn, Kay	W70 Unattached	3.97m	927
2 Hudnall, Norma	W73 Atlanta Track Club	1.89m	102

**W75 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Warren, Barbara	W76 Capital City	1.98m	170
2 Trotto, Mary	W75 TNT Internat	1.77m	105

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W85 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Meiler, Florence	W88 Sprinticity	1.68m	196

**W90 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Krug, Gloria	W91 Philadelphia	0.56m	

**M25-29 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Gritzer, Rob	M25 Unattached	5.64m	510

**M30 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Hopkins, Chris	M34 Greenville T	4.69m	324
2 Hall, Tyler	M30 ISSA Flash	2.10m	

**M35 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Wade, James	M36 Atlanta Track Club	5.63m	552

**M40 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Smith Jr., Curtis	M41 Potomac Vall	5.62m	621
2 Campbell, Jeffrey	M40 Unattached	5.07m	494
3 McGinley, Patrick	M44 Potomac Vall	4.58m	386
4 Greene, Michael	M44 So Cal Track Club	3.79m	230

**M45 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Robbins, Josh	M46 Arizona Flam	5.58m	691
2 Carter, Kurt	M45 Freedom-Garm	4.96m	375
3 Johnson, Scott	M47 Unattached	4.89m	516
4 McBride, Martin	M46 Unattached	3.75m	264

**M50 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Aka-Bashorun, Walé	M52 Greater Phil	5.18m	668
2 Faulkner, Lee	M54 Unattached	4.62m	519
3 Clark, Azikiwe	M51 Unattached	4.47m	479
4 Ness, Jayson	M52 Greater Phil	4.10m	390

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...M50 Long Jump Indoor Pentathlon**

5 Eksi, Hakan	M53 Unattached	4.02m	371
6 Young II II, Dale	M51 Unattached	3.63m	283
-- *De Freitas, Carlos	M52 Brazil	X4.79m	563

**M55 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 McKinney, Chris	M57 Unattached	5.09m	729
2 Kruelle, Chuck	M55 Greater Phil	4.72m	621
3 Werber, Scott	M59 Unattached	3.81m	377
4 McKenzie, John	M57 Unattached	3.79m	371
5 Bachana, Joseph	M58 Central Park	3.39m	276

**M60 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Hammrich-Romsa, Dwain	M60 Unattached	4.62m	677
2 Humphrey, Ronald	M64 Unattached	4.54m	650

**M65 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Atherton, Rodney	M66 Unattached	4.49m	727
2 Markley, Anthony	M68 Potomac Vall	4.10m	600
3 Anton, Eugene	M65 So Cal Track Club	3.81m	508
4 McLawhorn, David	M68 So Cal Track Club	3.77m	496
5 Lacey, Kenneth	M69 Unattached	3.08m	299

**M70 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Vollmer, Larry	M70 Unattached	4.48m	830
2 Jacquet-Acea, Russell	M70 Unattached	4.15m	709
3 Deitrich, Woody	M70 Club Northwest	4.00m	655
4 Bishop, Charles	M73 Kentucky Eli	3.08m	356
5 Barnes, Manuel	M70 Unattached	2.89m	301

**M75 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Reed, Terry	M75 Unattached	2.86m	350
2 Marovich, David	M79 Philadelphia	1.98m	108

**M80 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Rhoad, William	M81 Philadelphia	1.47m	35

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M85 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Vergin, Roger	M85 Unattached	2.41m	378
2 Paulen, Robert	M86 Potomac Vall	2.39m	371

**W25-29 Shot Put Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Tarsala, Kristen	W25 Unattached	7.55m	370

**W35 Shot Put Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Fisher, Erycka	W36 Unattached	9.22m	500

**W40 Shot Put Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Hamay, Marie	W44 Unattached	8.72m	512
2 Bernert, Brandi	W44 Unattached	7.52m	425
3 Dietrich, Alex	W43 So Cal Track Club	6.08m	321

**W45 Shot Put Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Baird, Marsha	W49 Unattached	9.75m	645
2 Goff, Deia	W46 Greater Phil	8.30m	530
3 Readinger, Danelle	W47 Southwest Sp	6.50m	389
4 Cane, Debra	W47 So Cal Track Club	5.49m	311

**W50 Shot Put Indoor Pentathlon**

Name	Age Team	Finals	Points
1 McCartney, Pamela	W52 Unattached	10.15m	627

**W55 Shot Put Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Haddad, Amy	W56 Joy's Jackra	8.77m	583
2 Longshore, Kristine	W55 Philadelphia	5.22m	299

**W60 Shot Put Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Tefft, Jan	W64 So Cal Track Club	4.54m	280
-- *Jolicoeur, Jovette	W63 Canada	X8.42m	621
-- *Gallagher, Tina	W60 Ireland	X6.16m	421

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W65 Shot Put Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Branch, Nicki	W65 So Cal Track Club	7.15m	574
2 Hanscom, Rita	W68 SC Striders	7.11m	570
3 Simpson, Claudia	W69 Greater Phil	6.53m	513
4 Zukas, Donna	W67 Unattached	5.67m	429

**W70 Shot Put Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Glynn, Kay	W70 Unattached	7.00m	637
2 Hudnall, Norma	W73 Atlanta Track Club	5.34m	456

**W75 Shot Put Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Trotto, Mary	W75 TNT Internat	7.01m	576
2 Warren, Barbara	W76 Capital City	6.94m	569

**W85 Shot Put Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Meiler, Florence	W88 Sprinticity	5.14m	556

**W90 Shot Put Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Krug, Gloria	W91 Philadelphia	4.47m	579

**M25-29 Shot Put Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Gritzer, Rob	M25 Unattached	9.51m	456

**M30 Shot Put Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Hall, Tyler	M30 ISSA Flash	7.50m	337
2 Hopkins, Chris	M34 Greenville T	7.48m	336

**M35 Shot Put Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Wade, James	M36 Atlanta Track Club	10.22m	527

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M40 Shot Put Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Campbell, Jeffrey	M40 Unattached	8.97m	484
2 Smith Jr., Curtis	M41 Potomac Vall	8.62m	460
3 Greene, Michael	M44 So Cal Track Club	8.43m	448
3 McGinley, Patrick	M44 Potomac Vall	8.43m	448

**M45 Shot Put Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Carter, Kurt	M45 Freedom-Garm	9.84m	476
2 Johnson, Scott	M47 Unattached	9.67m	574
3 Robbins, Josh	M46 Arizona Flam	8.16m	466
4 McBride, Martin	M46 Unattached	8.01m	456

**M50 Shot Put Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Aka-Bashorun, Walé	M52 Greater Phil	11.04m	652
2 Ness, Jayson	M52 Greater Phil	10.02m	580
3 Faulkner, Lee	M54 Unattached	9.19m	522
4 Young II II, Dale	M51 Unattached	9.13m	518
5 Clark, Azikiwe	M51 Unattached	9.06m	513
6 Eksi, Hakan	M53 Unattached	8.53m	477
-- *De Freitas, Carlos	M52 Brazil	X6.86m	362

**M55 Shot Put Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Werber, Scott	M59 Unattached	11.33m	733
2 McKinney, Chris	M57 Unattached	9.85m	620
3 Kruelle, Chuck	M55 Greater Phil	9.38m	585
4 Bachana, Joseph	M58 Central Park	7.80m	466
5 McKenzie, John	M57 Unattached	7.17m	420

**M60 Shot Put Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Hammrich-Romsa, Dwain	M60 Unattached	10.16m	633
2 Humphrey, Ronald	M64 Unattached	9.14m	557

**M65 Shot Put Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Atherton, Rodney	M66 Unattached	10.73m	745
2 Anton, Eugene	M65 So Cal Track Club	10.28m	709
3 McLawhorn, David	M68 So Cal Track Club	9.16m	618
4 Lacey, Kenneth	M69 Unattached	8.30m	549
5 Markley, Anthony	M68 Potomac Vall	8.01m	525



**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M70 Shot Put Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Jacquet-Acea, Russell	M70 Unattached	9.37m	619
2 Vollmer, Larry	M70 Unattached	9.07m	595
3 Deitrich, Woody	M70 Club Northwest	8.53m	553
4 Barnes, Manuel	M70 Unattached	8.34m	538
5 Bishop, Charles	M73 Kentucky Eli	7.88m	502

**M75 Shot Put Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Reed, Terry	M75 Unattached	8.52m	622
2 Marovich, David	M79 Philadelphia	6.36m	434

**M80 Shot Put Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Rhoad, William	M81 Philadelphia	6.42m	420

**M85 Shot Put Indoor Pentathlon**

Name	Age Team	Finals	Points
1 Vergin, Roger	M85 Unattached	7.08m	551
2 Paulen, Robert	M86 Potomac Vall	6.19m	468

**W25-29 Indoor Pentathlon**

Name	Age Team	Finals	H#
1 Tarsala, Kristen	W25 Unattached	1865	

**W35 Indoor Pentathlon**

Name	Age Team	Finals	H#
1 Fisher, Erycka	W36 Unattached	2292	

**W40 Indoor Pentathlon**

Name	Age Team	Finals	H#
1 Bernert, Brandi	W44 Unattached	1854	
2 Dietrich, Alex	W43 So Cal Track Club	1535	
3 Hamay, Marie	W44 Unattached	879	

**W45 Indoor Pentathlon**

Name	Age Team	Finals	H#
1 Baird, Marsha	W49 Unattached	3479	
2 Readinger, Danelle	W47 Southwest Sp	2826	
3 Goff, Deia	W46 Greater Phil	2399	

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...W45 Indoor Pentathlon**

4 Cane, Debra	W47 So Cal Track Club	1500
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**W50 Indoor Pentathlon**

Name	Age Team	Finals	H#
1 McCartney, Pamela	W52 Unattached	3516	

**W55 Indoor Pentathlon**

Name	Age Team	Finals	H#
1 Haddad, Amy	W56 Joy's Jackra	3063	
2 Longshore, Kristine	W55 Philadelphia	671	

**W60 Indoor Pentathlon**

Name	Age Team	Finals	H#
1 *Gallagher, Tina	W60 Ireland	X2687	
2 *Jolicoeur, Jovette	W63 Canada	X2301	
3 Tefft, Jan	W64 So Cal Track Club	1442	

**W65 Indoor Pentathlon**

Name	Age Team	Finals	H#
1 Hanscom, Rita	W68 SC Striders	3202	
2 Simpson, Claudia	W69 Greater Phil	2194	
3 Branch, Nicki	W65 So Cal Track Club	1883	
4 Zukas, Donna	W67 Unattached	771	

**W70 Indoor Pentathlon**

Name	Age Team	Finals	H#
1 Glynn, Kay	W70 Unattached	3632	
2 Hudnall, Norma	W73 Atlanta Track Club	1449	

**W75 Indoor Pentathlon**

Name	Age Team	Finals	H#
1 Warren, Barbara	W76 Capital City	1294	
2 Trotto, Mary	W75 TNT Internat	1216	

**W85 Indoor Pentathlon**

Name	Age Team	Finals	H#
1 Meiler, Florence	W88 Sprinticity	1647	

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W90 Indoor Pentathlon**

Name	Age Team	Finals	H#
1 Krug, Gloria	W91 Philadelphia	579	

**M25-29 Indoor Pentathlon**

Name	Age Team	Finals	H#
1 Gritzer, Rob	M25 Unattached	2824	

**M30 Indoor Pentathlon**

Name	Age Team	Finals	H#
1 Hopkins, Chris	M34 Greenville T	1942	

**M35 Indoor Pentathlon**

Name	Age Team	Finals	H#
1 Wade, James	M36 Atlanta Track Club	2838	

**M40 Indoor Pentathlon**

Name	Age Team	Finals	H#
1 Smith Jr., Curtis	M41 Potomac Vall	2555	
2 Campbell, Jeffrey	M40 Unattached	2138	
3 Greene, Michael	M44 So Cal Track Club	1781	
4 McGinley, Patrick	M44 Potomac Vall	1456	

**M45 Indoor Pentathlon**

Name	Age Team	Finals	H#
1 Carter, Kurt	M45 Freedom-Garm	3022	
2 Johnson, Scott	M47 Unattached	2652	
3 Robbins, Josh	M46 Arizona Flam	2197	
4 McBride, Martin	M46 Unattached	949	

**M50 Indoor Pentathlon**

Name	Age Team	Finals	H#
1 Aka-Bashorun, Walé	M52 Greater Phil	3464	
2 *De Freitas, Carlos	M52 Brazil	X3206	
3 Clark, Azikiwe	M51 Unattached	2558	
4 Faulkner, Lee	M54 Unattached	2510	
5 Ness, Jayson	M52 Greater Phil	2126	
6 Young II II, Dale	M51 Unattached	2120	
7 Eksi, Hakan	M53 Unattached	1981	

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M55 Indoor Pentathlon**

Name	Age Team	Finals	H#
1 McKinney, Chris	M57 Unattached	3448	
2 Kruelle, Chuck	M55 Greater Phil	3309	
3 Bachana, Joseph	M58 Central Park	2022	
4 Werber, Scott	M59 Unattached	1715	
5 McKenzie, John	M57 Unattached	1686	

**M60 Indoor Pentathlon**

Name	Age Team	Finals	H#
1 Hammrich-Romsa, Dwain	M60 Unattached	3438	
2 Humphrey, Ronald	M64 Unattached	3372	

**M65 Indoor Pentathlon**

Name	Age Team	Finals	H#
1 Atherton, Rodney	M66 Unattached	3732	
2 Anton, Eugene	M65 So Cal Track Club	3069	
3 Markley, Anthony	M68 Potomac Vall	2510	
4 McLawhorn, David	M68 So Cal Track Club	2261	
5 Lacey, Kenneth	M69 Unattached	1890	

**M70 Indoor Pentathlon**

Name	Age Team	Finals	H#
1 Jacquet-Acea, Russell	M70 Unattached	3549	
2 Vollmer, Larry	M70 Unattached	3381	
3 Deitrich, Woody	M70 Club Northwest	2483	
4 Bishop, Charles	M73 Kentucky Eli	2258	
5 Barnes, Manuel	M70 Unattached	1994	

**M75 Indoor Pentathlon**

Name	Age Team	Finals	H#
1 Reed, Terry	M75 Unattached	1807	
2 Marovich, David	M79 Philadelphia	902	

**M80 Indoor Pentathlon**

Name	Age Team	Finals	H#
1 Rhoad, William	M81 Philadelphia	738	

**M85 Indoor Pentathlon**

Name	Age Team	Finals	H#
1 Vergin, Roger	M85 Unattached	2252	
2 Paulen, Robert	M86 Potomac Vall	2223	

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W30 1500 m Race Walk**

Name	Age Team	Finals
1 Prince, Amanda	W34 Unattached	8:20.99
31.999 (31.999)	1:38.281 (1:06.283)	2:43.336 (1:05.055)
4:53.750 (1:05.724)	6:02.644 (1:08.894)	7:13.005 (1:10.362)
		8:20.982 (1:07.977)

**W35 1500 m Race Walk**

Name	Age Team	Finals
1 Armstrong, Cher	W36 Raleigh Walkers	10:06.04
36.822 (36.822)	1:50.760 (1:13.938)	3:08.893 (1:18.134)
5:51.745 (1:22.873)	7:15.969 (1:24.224)	8:40.589 (1:24.620)
		10:06.032 (1:25.444)

**W40 1500 m Race Walk**

Name	Age Team	Finals
1 Taylor Talcott, Erin	W44 Unattached	8:02.48
31.077 (31.077)	1:37.110 (1:06.034)	2:42.510 (1:05.400)
4:51.204 (1:04.337)	5:55.598 (1:04.394)	6:59.631 (1:04.034)
		8:02.477 (1:02.846)
2 McAndrews, Carolyn	W44 Unattached	8:22.24
31.618 (31.618)	1:37.848 (1:06.230)	2:43.861 (1:06.013)
4:57.965 (1:07.016)	6:06.895 (1:08.930)	7:15.591 (1:08.697)
		8:22.240 (1:06.649)
3 Stephan, Vanessa	W42 Unattached	10:14.21
35.005 (35.005)	1:53.924 (1:18.919)	3:17.617 (1:23.693)
6:04.917 (1:24.576)	7:29.445 (1:24.529)	8:53.563 (1:24.118)
		10:14.210 (1:20.647)
4 Cobb, Caroline	W40 So Cal Track Club	12:10.43
46.253 (46.253)	2:28.811 (1:42.558)	4:15.044 (1:46.234)
7:36.517 (1:35.870)	9:09.425 (1:32.908)	10:41.931 (1:32.506)
		12:10.430 (1:28.500)

**W45 1500 m Race Walk**

Name	Age Team	Finals
1 Manns, DaBeth	W46 TNT Internat	14:24.19
50.287 (50.287)	2:41.985 (1:51.698)	4:36.028 (1:54.043)
8:29.425 (1:57.930)	10:28.255 (1:58.830)	12:28.313 (2:00.059)
		14:24.187 (1:55.874)

**W50 1500 m Race Walk**

Name	Age Team	Finals
1 Habig-Sachleben, Donna	W53 World Class	10:17.33
42.675 (42.675)	2:06.931 (1:24.256)	3:29.389 (1:22.458)
6:11.601 (1:21.164)	7:33.241 (1:21.640)	8:57.167 (1:23.926)
		10:17.329 (1:20.163)

**W55 1500 m Race Walk**

Name	Age Team	Finals
1 Chirino-Klevans, Flor	W57 Raleigh Walkers	8:52.77
34.747 (34.747)	1:43.733 (1:08.986)	2:54.795 (1:11.063)
5:16.374 (1:11.219)	6:28.250 (1:11.876)	7:41.460 (1:13.210)
		8:52.769 (1:11.309)

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****....W55 1500 m Race Walk**

2 Van Dyke, Mardi	W58 Unattached	9:26.26		
36.297 (36.297)	1:49.499 (1:13.203)	3:04.723 (1:15.224)	4:22.601 (1:17.878)	
5:40.719 (1:18.118)	6:55.287 (1:14.568)	8:10.609 (1:15.323)	9:26.257 (1:15.648)	
3 Garson, Rebecca	W58 Raleigh Walkers	10:12.17		
38.978 (38.978)	1:59.531 (1:20.553)	3:21.690 (1:22.160)	4:45.638 (1:23.948)	
6:09.373 (1:23.736)	7:33.009 (1:23.636)	8:56.507 (1:23.498)	10:12.161 (1:15.654)	

**W60 1500 m Race Walk**

Name	Age Team	Finals		
1 Groom, Lori	W60 Unattached	10:14.63		
40.559 (40.559)	2:00.938 (1:20.379)	3:22.585 (1:21.647)	4:44.285 (1:21.700)	
6:07.222 (1:22.938)	7:29.598 (1:22.376)	8:52.392 (1:22.794)	10:14.624 (1:22.232)	
2 Milner, Margaret	W64 Unattached	10:52.46		
43.757 (43.757)	2:07.993 (1:24.236)	3:33.173 (1:25.180)	5:01.311 (1:28.138)	
6:27.827 (1:26.517)	7:55.832 (1:28.005)	9:25.196 (1:29.364)	10:52.460 (1:27.264)	

**W65 1500 m Race Walk**

Name	Age Team	Finals		
1 Stoyanowski, Karen	W68 Sierra Racewalkers	9:20.13		
35.801 (35.801)	1:47.291 (1:11.490)	2:59.953 (1:12.662)	4:14.425 (1:14.473)	
5:30.385 (1:15.960)	6:47.327 (1:16.942)	8:04.887 (1:17.560)	9:20.130 (1:15.244)	
2 Good, Katherine Keg	W65 Potomac Vall	11:41.70		
43.260 (43.260)	2:11.815 (1:28.555)	3:44.917 (1:33.103)	5:19.953 (1:35.036)	
6:57.611 (1:37.659)	8:32.917 (1:35.306)	10:08.817 (1:35.901)	11:41.700 (1:32.883)	
3 Mullis Dubow, Trenice	W69 Atlanta Track Club	12:08.14		
47.425 (47.425)	2:25.491 (1:38.066)	4:03.533 (1:38.042)	5:39.861 (1:36.328)	
7:13.435 (1:33.574)	8:50.200 (1:36.765)	10:30.034 (1:39.834)	12:08.140 (1:38.106)	
-- Myers, Helene	W68 Potomac Vall	DQ		
54.903 (54.903)	2:49.899 (1:54.997)	4:45.592 (1:55.693)	6:40.473 (1:54.882)	
8:34.848 (1:54.375)				

**W70 1500 m Race Walk**

Name	Age Team	Finals		
1 Martino, Marianne	W72 High Altitud	9:34.58		
38.153 (38.153)	1:54.253 (1:16.100)	3:11.939 (1:17.687)	4:29.403 (1:17.464)	
5:46.577 (1:17.174)	7:03.277 (1:16.700)	8:19.831 (1:16.554)	9:34.571 (1:14.740)	
2 Wilkinson, Carol	W73 High Altitud	10:43.92		
41.347 (41.347)	2:03.849 (1:22.502)	3:29.315 (1:25.466)	4:55.070 (1:25.756)	
6:22.250 (1:27.180)	7:49.739 (1:27.489)	9:18.295 (1:28.557)	10:43.911 (1:25.616)	
3 Hancock, Elizabeth	W70 Philadelphia	13:06.61		
48.054 (48.054)	2:28.813 (1:40.759)	4:13.891 (1:45.078)	5:59.271 (1:45.380)	
7:45.062 (1:45.792)	9:31.505 (1:46.444)	11:19.299 (1:47.794)	13:06.608 (1:47.309)	

**W75 1500 m Race Walk**

Name	Age Team	Finals		
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**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****....W75 1500 m Race Walk**

1 Frable, Kathleen	W77 So Cal Track Club	11:03.36			
41.587 (41.587)	2:05.287 (1:23.700)	3:32.564 (1:27.277)	5:02.027 (1:29.464)		
6:32.292 (1:30.265)	8:03.559 (1:31.267)	9:35.230 (1:31.672)	11:03.359 (1:28.129)		
2 Rolfes, Carol	W75 World Class	11:33.32			
44.462 (44.462)	2:11.973 (1:27.512)	3:43.311 (1:31.338)	5:14.988 (1:31.677)		
6:48.309 (1:33.322)	8:22.233 (1:33.924)	9:57.438 (1:35.205)	11:33.318 (1:35.880)		

**M30 1500 m Race Walk**

Name	Age Team	Finals			
1 Pfahler, Joel	M32 Dayton Track Club	6:49.30			
25.881 (25.881)	1:19.576 (53.696)	2:14.357 (54.781)	3:09.452 (55.096)		
4:04.950 (55.498)	4:59.563 (54.614)	5:54.982 (55.420)	6:49.297 (54.315)		
-- Hall, Tyler	M30 ISSA Flash	DQ			
51.084 (51.084)	2:58.860 (2:07.776)	5:07.658 (2:08.798)	7:24.260 (2:16.602)		
9:50.307 (2:26.048)	12:22.384 (2:32.078)				

**M35 1500 m Race Walk**

Name	Age Team	Finals			
1 Popov, Alexey	M39 Raleigh Walkers	8:29.32			
31.748 (31.748)	1:37.096 (1:05.348)	2:45.182 (1:08.086)	3:53.419 (1:08.238)		
5:01.866 (1:08.447)	6:11.843 (1:09.978)	7:21.535 (1:09.692)	8:29.314 (1:07.779)		

**M40 1500 m Race Walk**

Name	Age Team	Finals			
1 Holtry, Matthew	M44 Raleigh Walkers	9:35.57			
33.928 (33.928)	1:45.289 (1:11.361)	3:00.186 (1:14.897)	4:17.024 (1:16.838)		
5:42.282 (1:25.259)	7:05.172 (1:22.890)	8:23.333 (1:18.162)	9:35.562 (1:12.229)		
2 McGinley, Patrick	M44 Potomac Vall	11:30.05			
44.164 (44.164)	2:13.735 (1:29.571)	3:43.708 (1:29.974)	5:15.572 (1:31.864)		
6:47.801 (1:32.229)	8:21.296 (1:33.496)	9:55.246 (1:33.950)	11:30.041 (1:34.795)		

**M50 1500 m Race Walk**

Name	Age Team	Finals			
1 SotoDuprey, Israel	M53 Unattached	7:56.04			
29.982 (29.982)	1:32.810 (1:02.829)	2:37.108 (1:04.298)	3:41.484 (1:04.376)		
4:46.168 (1:04.684)	5:51.464 (1:05.296)	6:54.376 (1:02.913)	7:56.037 (1:01.661)		
2 Chasse, Craig	M53 Potomac Vall	9:12.11			
33.439 (33.439)	1:43.582 (1:10.143)	2:54.071 (1:10.490)	4:07.534 (1:13.463)		
5:20.383 (1:12.850)	6:34.652 (1:14.269)	7:52.018 (1:17.366)	9:12.110 (1:20.093)		
-- *Da Costa, Jerry Edson	M53 Brazil	X9:37.29			
33.010 (33.010)	1:43.264 (1:10.254)	2:52.372 (1:09.108)	4:06.324 (1:13.952)		
5:24.030 (1:17.707)	6:46.613 (1:22.583)	8:10.826 (1:24.214)	9:37.281 (1:26.455)		

**M55 1500 m Race Walk**

Name	Age Team	Finals			
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**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...M55 1500 m Race Walk**

1 Swarts, David	M57 Unattached	6:52.01		
26.374 (26.374)	1:19.961 (53.588)	2:14.785 (54.824)	3:09.897 (55.112)	
4:05.958 (56.061)	5:01.958 (56.001)	5:58.879 (56.921)	6:52.005 (53.126)	
2 Logan, Bruce	M58 Unattached	9:41.76		
37.157 (37.157)	1:52.289 (1:15.132)	3:07.704 (1:15.415)	4:24.906 (1:17.202)	
5:43.989 (1:19.084)	7:03.054 (1:19.066)	8:22.846 (1:19.792)	9:41.756 (1:18.910)	
-- *Guzman, Francisco	M57 El Salvador	X7:41.58		
29.194 (29.194)	1:28.200 (59.006)	2:31.551 (1:03.352)	3:35.014 (1:03.463)	
4:37.916 (1:02.902)	5:40.897 (1:02.982)	6:43.265 (1:02.368)	7:41.579 (58.314)	

**M60 1500 m Race Walk**

Name	Age Team	Finals		
1 Talcott, Dave	M62 Unattached	8:03.78		
32.487 (32.487)	1:37.272 (1:04.785)	2:42.191 (1:04.920)	3:46.729 (1:04.538)	
4:51.885 (1:05.156)	5:57.422 (1:05.537)	7:01.978 (1:04.556)	8:03.774 (1:01.796)	
2 Johnson, Douglas	M62 Unattached	8:33.01		
31.888 (31.888)	1:37.027 (1:05.140)	2:44.521 (1:07.494)	3:52.506 (1:07.986)	
5:02.405 (1:09.900)	6:12.680 (1:10.275)	7:23.701 (1:11.022)	8:33.001 (1:09.300)	
3 Blanchard, Michael	M61 Unattached	9:34.74		
34.711 (34.711)	1:47.619 (1:12.908)	3:02.977 (1:15.359)	4:19.611 (1:16.634)	
5:37.439 (1:17.828)	6:58.326 (1:20.888)	8:18.368 (1:20.042)	9:34.739 (1:16.372)	
4 Russell, David	M64 Unattached	9:53.93		
33.993 (33.993)	1:46.989 (1:12.996)	3:05.184 (1:18.196)	4:25.978 (1:20.794)	
5:47.884 (1:21.906)	7:10.154 (1:22.270)	8:32.763 (1:22.610)	9:53.922 (1:21.159)	
5 McLaughlin, Terence	M62 Potomac Vall	12:21.86		
50.045 (50.045)	2:31.722 (1:41.678)	4:11.543 (1:39.822)	5:50.707 (1:39.164)	
7:27.197 (1:36.490)	9:04.612 (1:37.416)	10:43.499 (1:38.888)	12:21.853 (1:38.354)	

**M65 1500 m Race Walk**

Name	Age Team	Finals		
1 Scott, Jim	M65 Unattached	8:08.76		
30.955 (30.955)	1:33.409 (1:02.454)	2:38.557 (1:05.148)	3:45.395 (1:06.838)	
4:51.436 (1:06.041)	5:57.185 (1:05.749)	7:03.889 (1:06.704)	8:08.757 (1:04.868)	
2 Coutts, David	M67 Racewalkers	8:43.84		
31.039 (31.039)	1:35.216 (1:04.177)	2:44.879 (1:09.664)	3:55.213 (1:10.334)	
5:06.769 (1:11.556)	6:19.501 (1:12.733)	7:32.581 (1:13.080)	8:43.837 (1:11.257)	
3 Applegate, Kevin	M68 Unattached	9:35.99		
33.929 (33.929)	1:45.691 (1:11.762)	3:02.445 (1:16.755)	4:20.267 (1:17.822)	
5:37.828 (1:17.561)	6:58.400 (1:20.572)	8:19.035 (1:20.636)	9:35.986 (1:16.951)	
4 Chelius, Timothy	M66 Shore Athletic Club	9:45.37		
35.303 (35.303)	1:48.329 (1:13.027)	3:05.900 (1:17.571)	4:24.686 (1:18.786)	
5:44.067 (1:19.381)	7:05.506 (1:21.440)	8:25.731 (1:20.226)	9:45.361 (1:19.630)	
5 Arcand Jr., Albert	M67 Potomac Vall	11:50.50		
45.343 (45.343)	2:19.491 (1:34.148)	4:00.002 (1:40.512)	5:36.193 (1:36.191)	
7:10.039 (1:33.846)	8:45.115 (1:35.077)	10:19.206 (1:34.091)	11:50.500 (1:31.294)	
-- Gore, Brad	M68 World Class	DQ		
31.689 (31.689)	1:41.867 (1:10.178)	3:01.747 (1:19.880)	4:30.044 (1:28.298)	
6:01.956 (1:31.912)				



**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M70 1500 m Race Walk**

Name	Age Team	Finals
1 Eisenberg, David	M73 Unattached	9:14.20
35.971 (35.971)	1:50.898 (1:14.927)	3:04.511 (1:13.614)
5:33.857 (1:15.022)	6:48.333 (1:14.476)	8:01.217 (1:12.884)
9:14.195 (1:12.978)		
2 Funkhouser, Raymond	M72 Unattached	9:18.19
33.099 (33.099)	1:43.160 (1:10.062)	2:57.611 (1:14.451)
5:29.387 (1:15.796)	6:46.391 (1:17.004)	8:03.007 (1:16.617)
9:18.183 (1:15.176)		
3 Smith, Andrew	M73 Unattached	9:56.69
39.049 (39.049)	1:59.374 (1:20.326)	3:19.217 (1:19.844)
5:55.652 (1:18.022)	7:15.083 (1:19.431)	8:34.986 (1:19.904)
9:56.686 (1:21.700)		
4 Wass, James	M70 Potomac Vall	10:31.07
38.014 (38.014)	1:58.855 (1:20.842)	3:22.431 (1:23.576)
6:13.497 (1:26.350)	7:39.379 (1:25.882)	9:05.223 (1:25.844)
10:31.067 (1:25.844)		
5 Morrison, John	M74 Potomac Vall	10:47.14
39.783 (39.783)	2:00.751 (1:20.968)	3:24.842 (1:24.091)
6:18.708 (1:28.085)	7:47.735 (1:29.027)	9:17.147 (1:29.413)
10:47.131 (1:29.984)		

**M75 1500 m Race Walk**

Name	Age Team	Finals
1 Frable, Norman	M77 So Cal Track Club	9:25.87
36.023 (36.023)	1:51.609 (1:15.586)	3:08.267 (1:16.658)
5:42.688 (1:17.768)	6:59.133 (1:16.446)	8:15.194 (1:16.061)
9:25.861 (1:10.668)		
2 Campbell, Richard	M77 So Cal Track Club	9:35.24
35.486 (35.486)	1:53.948 (1:18.462)	3:14.420 (1:20.472)
5:53.335 (1:18.587)	7:11.449 (1:18.114)	8:27.409 (1:15.960)
9:35.236 (1:07.828)		

**M80 1500 m Race Walk**

Name	Age Team	Finals
1 Dubow, Joel	M80 Atlanta Track Club	10:07.28
38.573 (38.573)	1:59.825 (1:21.252)	3:21.743 (1:21.918)
6:04.775 (1:21.493)	7:26.311 (1:21.536)	8:48.733 (1:22.423)
10:07.275 (1:18.542)		
-- Thomason, David	M80 Unattached	DQ
41.569 (41.569)	2:10.247 (1:28.678)	3:46.472 (1:36.225)
5:26.374 (1:39.902)	8:39.679 (1:37.140)	
7:02.539 (1:36.165)		
-- Strasburg, Otto	M80 Unattached	DQ
44.379 (44.379)	2:18.476 (1:34.098)	3:54.339 (1:35.864)
5:27.673 (1:33.334)	8:35.419 (1:33.552)	
7:01.867 (1:34.194)		

**M85 1500 m Race Walk**

Name	Age Team	Finals
1 Poisner, Alan	M88 Unattached	10:48.16
40.445 (40.445)	2:02.005 (1:21.560)	3:26.858 (1:24.854)
6:21.549 (1:28.142)	7:49.705 (1:28.157)	9:18.418 (1:28.713)
10:48.152 (1:29.734)		
2 Veenstra, James	M85 Unattached	11:17.76
45.711 (45.711)	2:13.011 (1:27.300)	3:40.905 (1:27.895)
6:42.009 (1:30.756)	8:12.488 (1:30.479)	9:44.067 (1:31.579)
11:17.760 (1:33.694)		

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****...M85 1500 m Race Walk**

3 Parrish, Spencer	M86 Connecticut	12:23.07			
44.503 (44.503)	2:19.227 (1:34.724)	3:58.470 (1:39.243)	5:37.972 (1:39.502)		
7:17.463 (1:39.492)	8:58.714 (1:41.251)	10:41.203 (1:42.489)	12:23.065 (1:41.863)		

**W30 3000 m Race Walk**

Name	Age Team	Finals			
1 Prince, Amanda	W34 Unattached	17:32.37			
1:03.669 (1:03.669)	2:09.585 (1:05.917)	3:15.931 (1:06.346)	4:22.567 (1:06.636)		
5:32.036 (1:09.470)	6:42.809 (1:10.773)	7:55.081 (1:12.272)	9:06.885 (1:11.805)		
10:19.603 (1:12.718)	11:33.053 (1:13.450)	12:44.741 (1:11.688)	13:58.047 (1:13.307)		
15:11.523 (1:13.476)	16:24.275 (1:12.752)	17:32.361 (1:08.086)			

**W35 3000 m Race Walk**

Name	Age Team	Finals			
-- Armstrong, Cher	W36 Raleigh Walkers	DNF			
1:23.035 (1:23.035)	2:44.559 (1:21.524)	4:06.975 (1:22.417)	5:31.063 (1:24.088)		
6:56.133 (1:25.070)	8:22.460 (1:26.328)	9:47.491 (1:25.031)	11:11.441 (1:23.951)		
12:35.141 (1:23.700)	13:59.381 (1:24.241)				

**W40 3000 m Race Walk**

Name	Age Team	Finals			
1 Taylor Talcott, Erin	W44 Unattached	16:29.15			
1:03.082 (1:03.082)	2:08.959 (1:05.877)	3:15.155 (1:06.197)	4:21.110 (1:05.955)		
5:27.195 (1:06.086)	6:32.843 (1:05.648)	7:38.875 (1:06.032)	8:44.558 (1:05.683)		
9:50.461 (1:05.904)	10:57.765 (1:07.304)	12:03.841 (1:06.076)	13:10.213 (1:06.373)		
14:17.252 (1:07.039)	15:24.365 (1:07.113)	16:29.143 (1:04.778)			
2 McAndrews, Carolyn	W44 Unattached	17:37.55			
1:06.604 (1:06.604)	2:17.404 (1:10.800)	3:28.920 (1:11.516)	4:40.167 (1:11.247)		
5:50.920 (1:10.754)	7:02.814 (1:11.894)	8:12.908 (1:10.094)	9:23.301 (1:10.394)		
10:33.440 (1:10.139)	11:44.622 (1:11.182)	12:55.987 (1:11.365)	14:06.171 (1:10.184)		
15:17.309 (1:11.139)	16:28.353 (1:11.044)	17:37.547 (1:09.194)			
3 Cobb, Caroline	W40 So Cal Track Club	24:48.39			
1:41.929 (1:41.929)	3:29.506 (1:47.577)	5:12.884 (1:43.378)	6:52.320 (1:39.436)		
8:33.065 (1:40.745)	10:12.428 (1:39.364)	11:51.565 (1:39.138)	13:30.567 (1:39.002)		
15:10.064 (1:39.498)	16:46.387 (1:36.324)	18:22.059 (1:35.672)	19:59.361 (1:37.303)		
21:35.331 (1:35.970)	23:12.175 (1:36.844)	24:48.386 (1:36.212)			

**W45 3000 m Race Walk**

Name	Age Team	Finals			
1 Manns, DaBeth	W46 TNT Internat	29:12.59			
1:46.920 (1:46.920)	3:41.649 (1:54.729)	5:37.291 (1:55.642)	7:34.127 (1:56.837)		
9:32.296 (1:58.169)	11:31.006 (1:58.710)	13:29.173 (1:58.167)	15:29.202 (2:00.030)		
17:28.444 (1:59.242)	19:27.403 (1:58.960)	21:28.129 (2:00.726)	23:28.533 (2:00.404)		
25:28.073 (1:59.540)	27:23.650 (1:55.578)	29:12.589 (1:48.939)			

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****W50 3000 m Race Walk**

Name	Age Team	Finals
1 Habig-Sachleben, Donna	W53 World Class	21:20.79
1:27.128 (1:27.128)	2:51.853 (1:24.725)	4:15.589 (1:23.736)
5:39.147 (1:23.559)	8:31.004 (1:24.907)	9:55.415 (1:24.412)
7:06.097 (1:26.950)	11:20.377 (1:24.962)	12:44.821 (1:24.444)
12:44.821 (1:24.444)	14:09.485 (1:24.664)	15:34.788 (1:25.304)
17:00.847 (1:26.059)	18:26.208 (1:25.362)	19:52.605 (1:26.397)
21:20.785 (1:28.180)		

**W55 3000 m Race Walk**

Name	Age Team	Finals
1 Chirino-Klevans, Flor	W57 Raleigh Walkers	18:28.09
1:06.967 (1:06.967)	2:17.693 (1:10.727)	3:29.548 (1:11.855)
4:40.822 (1:11.274)	5:51.947 (1:11.126)	7:04.666 (1:12.719)
7:04.666 (1:12.719)	8:16.929 (1:12.264)	9:31.034 (1:14.105)
9:31.034 (1:14.105)	10:46.520 (1:15.486)	12:03.598 (1:17.078)
12:03.598 (1:17.078)	13:20.003 (1:16.405)	14:37.875 (1:17.872)
14:37.875 (1:17.872)	15:55.008 (1:17.134)	17:09.349 (1:14.341)
17:09.349 (1:14.341)	18:28.085 (1:18.737)	
18:28.085 (1:18.737)		
2 Garson, Rebecca	W58 Raleigh Walkers	20:46.22
1:20.729 (1:20.729)	2:44.038 (1:23.309)	4:08.023 (1:23.986)
4:08.023 (1:23.986)	5:32.419 (1:24.396)	6:56.425 (1:24.006)
6:56.425 (1:24.006)	8:23.089 (1:26.664)	9:48.129 (1:25.041)
9:48.129 (1:25.041)	11:12.528 (1:24.399)	12:36.452 (1:23.924)
12:36.452 (1:23.924)	14:00.387 (1:23.935)	15:23.049 (1:22.662)
15:23.049 (1:22.662)	16:47.279 (1:24.231)	18:11.379 (1:24.100)
18:11.379 (1:24.100)	19:34.262 (1:22.884)	20:46.218 (1:11.956)
20:46.218 (1:11.956)		
-- Van Dyke, Mardi	W58 Unattached	DQ
1:14.147 (1:14.147)	2:29.155 (1:15.008)	3:45.473 (1:16.319)
3:45.473 (1:16.319)	5:01.230 (1:15.757)	6:17.243 (1:16.013)
6:17.243 (1:16.013)	7:36.009 (1:18.767)	8:55.589 (1:19.580)
8:55.589 (1:19.580)	10:14.317 (1:18.728)	11:33.915 (1:19.598)
11:33.915 (1:19.598)	12:51.581 (1:17.666)	14:07.945 (1:16.364)
14:07.945 (1:16.364)	15:23.389 (1:15.444)	16:41.135 (1:17.747)
16:41.135 (1:17.747)	18:00.119 (1:18.984)	19:17.337 (1:17.219)

**W60 3000 m Race Walk**

Name	Age Team	Finals
1 Groom, Lori	W60 Unattached	20:56.38
1:14.289 (1:14.289)	2:35.379 (1:21.090)	3:58.149 (1:22.770)
3:58.149 (1:22.770)	5:21.653 (1:23.504)	6:45.583 (1:23.930)
6:45.583 (1:23.930)	8:09.939 (1:24.356)	9:34.357 (1:24.418)
9:34.357 (1:24.418)	10:59.745 (1:25.388)	12:25.582 (1:25.838)
12:25.582 (1:25.838)	13:50.995 (1:25.413)	15:15.620 (1:24.626)
15:15.620 (1:24.626)	16:40.247 (1:24.628)	18:06.116 (1:25.869)
18:06.116 (1:25.869)	19:31.861 (1:25.746)	20:56.373 (1:24.512)
20:56.373 (1:24.512)		
2 Milner, Margaret	W64 Unattached	21:57.22
1:25.951 (1:25.951)	2:54.020 (1:28.069)	4:23.961 (1:29.941)
4:23.961 (1:29.941)	5:53.337 (1:29.377)	7:19.478 (1:26.141)
7:19.478 (1:26.141)	8:47.216 (1:27.738)	10:14.907 (1:27.691)
10:14.907 (1:27.691)	11:42.705 (1:27.799)	13:11.243 (1:28.538)
13:11.243 (1:28.538)	14:40.631 (1:29.388)	16:10.197 (1:29.566)
16:10.197 (1:29.566)	17:38.099 (1:27.902)	19:06.326 (1:28.228)
19:06.326 (1:28.228)	20:33.348 (1:27.022)	21:57.213 (1:23.865)

**W65 3000 m Race Walk**

Name	Age Team	Finals
1 Stoyanowski, Karen	W68 Sierra Racewalkers	19:24.44
1:12.915 (1:12.915)	2:28.371 (1:15.456)	3:44.550 (1:16.179)
3:44.550 (1:16.179)	5:00.345 (1:15.795)	6:16.333 (1:15.988)
6:16.333 (1:15.988)	7:33.529 (1:17.196)	8:51.791 (1:18.262)
8:51.791 (1:18.262)	10:10.075 (1:18.284)	11:29.079 (1:19.005)
11:29.079 (1:19.005)	12:47.544 (1:18.465)	14:06.342 (1:18.798)
14:06.342 (1:18.798)	15:26.195 (1:19.854)	16:46.708 (1:20.513)
16:46.708 (1:20.513)	18:07.816 (1:21.108)	19:24.434 (1:16.618)

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****....W65 3000 m Race Walk**

2 Good, Katherine Keg	W65 Potomac Vall	24:32.42			
1:33.903 (1:33.903)	3:10.597 (1:36.694)	4:48.879 (1:38.282)	6:28.119 (1:39.241)		
8:05.917 (1:37.798)	9:44.295 (1:38.379)	11:22.559 (1:38.264)	13:00.946 (1:38.388)		
14:39.149 (1:38.203)	16:18.626 (1:39.478)	17:58.197 (1:39.572)	19:37.197 (1:39.000)		
21:15.544 (1:38.347)	22:54.459 (1:38.916)	24:32.417 (1:37.958)			

**W70 3000 m Race Walk**

Name	Age Team	Finals			
1 Martino, Marianne	W72 High Altitud	19:16.67			
1:16.872 (1:16.872)	2:34.486 (1:17.614)	3:52.296 (1:17.810)	5:10.125 (1:17.830)		
6:27.521 (1:17.396)	7:44.684 (1:17.163)	9:02.159 (1:17.476)	10:18.849 (1:16.690)		
11:35.171 (1:16.323)	12:51.927 (1:16.756)	14:08.451 (1:16.524)	15:24.278 (1:15.828)		
16:41.417 (1:17.140)	18:00.563 (1:19.146)	19:16.664 (1:16.102)			
2 Wilkinson, Carol	W73 High Altitud	21:55.28			
1:22.755 (1:22.755)	2:46.609 (1:23.854)	4:12.331 (1:25.723)	5:39.213 (1:26.882)		
7:07.143 (1:27.930)	8:36.097 (1:28.954)	10:06.549 (1:30.452)	11:35.845 (1:29.297)		
13:04.282 (1:28.437)	14:32.285 (1:28.003)	16:00.937 (1:28.652)	17:30.506 (1:29.570)		
18:59.673 (1:29.168)	20:28.462 (1:28.789)	21:55.277 (1:26.815)			
-- Hancock, Elizabeth	W70 Philadelphia	DQ			
1:42.610 (1:42.610)	3:31.333 (1:48.724)	5:18.570 (1:47.237)	7:05.547 (1:46.977)		
8:52.521 (1:46.975)	10:39.779 (1:47.258)	12:27.989 (1:48.210)	14:15.358 (1:47.370)		
16:04.629 (1:49.272)	17:55.041 (1:50.412)	19:43.038 (1:47.998)	21:31.543 (1:48.505)		

**W75 3000 m Race Walk**

Name	Age Team	Finals			
1 Frable, Kathleen	W77 So Cal Track Club	23:03.01			
1:23.567 (1:23.567)	2:52.705 (1:29.138)	4:23.367 (1:30.662)	5:54.320 (1:30.953)		
7:26.303 (1:31.984)	8:58.863 (1:32.560)	10:31.391 (1:32.528)	12:05.763 (1:34.373)		
13:40.039 (1:34.276)	15:14.178 (1:34.139)	16:47.511 (1:33.333)	18:21.627 (1:34.116)		
19:55.513 (1:33.887)	21:29.427 (1:33.914)	23:03.001 (1:33.574)			

**M30 3000 m Race Walk**

Name	Age Team	Finals			
1 Pfahler, Joel	M32 Dayton Track Club	14:23.70			
56.542 (56.542)	1:54.634 (58.092)	2:53.436 (58.802)	3:51.479 (58.043)		
4:49.026 (57.548)	5:47.157 (58.131)	6:45.011 (57.854)	7:42.749 (57.738)		
8:39.761 (57.013)	9:38.063 (58.302)	10:37.982 (59.920)	11:35.554 (57.572)		
12:33.931 (58.378)	13:30.513 (56.582)	14:23.692 (53.180)			

**M35 3000 m Race Walk**

Name	Age Team	Finals			
1 Popov, Alexey	M39 Raleigh Walkers	17:07.48			
1:04.574 (1:04.574)	2:11.320 (1:06.746)	3:19.424 (1:08.104)	4:27.475 (1:08.052)		
5:35.392 (1:07.917)	6:42.360 (1:06.968)	7:51.502 (1:09.142)	9:01.919 (1:10.417)		
10:11.829 (1:09.911)	11:22.030 (1:10.201)	12:32.085 (1:10.056)	13:41.579 (1:09.494)		
14:50.786 (1:09.207)	16:00.576 (1:09.790)	17:07.476 (1:06.900)			

## 2023 National Masters Indoor Championships - 03/10/23 to 03/12/23

03/10/23 to 03/12/23

## Results

## M40 3000 m Race Walk

Name	Age Team	Finals
1 Holtry, Matthew	M44 Raleigh Walkers	20:44.85
1:18.679 (1:18.679)	2:39.047 (1:20.368)	4:01.181 (1:22.135)
6:45.066 (1:21.316)	8:11.425 (1:26.359)	9:36.539 (1:25.114)
12:26.703 (1:24.308)	13:50.245 (1:23.543)	15:14.082 (1:23.837)
18:00.042 (1:22.672)	19:21.885 (1:21.843)	20:44.841 (1:22.956)

## M50 3000 m Race Walk

Name	Age Team	Finals
1 SotoDuprey, Israel	M53 Unattached	16:38.91
1:01.790 (1:01.790)	2:07.616 (1:05.826)	3:14.824 (1:07.208)
5:30.318 (1:06.849)	6:37.429 (1:07.112)	7:44.013 (1:06.584)
9:56.923 (1:07.372)	11:05.075 (1:08.153)	12:14.001 (1:08.926)
14:29.013 (1:08.153)	15:36.263 (1:07.251)	16:38.902 (1:02.639)
2 Chase, Craig	M53 Potomac Vall	19:49.37
1:08.766 (1:08.766)	2:21.823 (1:13.058)	3:44.127 (1:22.304)
6:25.109 (1:18.870)	7:42.980 (1:17.871)	9:03.032 (1:20.052)
11:43.877 (1:20.606)	13:04.740 (1:20.864)	14:25.383 (1:20.644)
17:09.895 (1:22.283)	18:31.055 (1:21.160)	19:49.362 (1:18.307)
-- *Da Costa, Jerry Edson	M53 Brazil	XDQ
1:18.146 (1:18.146)	2:35.838 (1:17.692)	3:56.149 (1:20.311)
6:44.067 (1:26.079)	8:10.848 (1:26.782)	9:39.853 (1:29.006)
12:39.767 (1:30.546)	14:09.565 (1:29.798)	16:25.166 (2:15.602)

## M55 3000 m Race Walk

Name	Age Team	Finals
1 Swarts, David	M57 Unattached	14:37.02
57.103 (57.103)	1:55.010 (57.908)	2:53.573 (58.563)
4:49.435 (57.896)	5:47.657 (58.222)	6:45.689 (58.032)
8:41.629 (58.060)	9:41.136 (59.508)	10:42.243 (1:01.107)
12:42.978 (1:00.396)	13:43.537 (1:00.560)	14:37.012 (53.475)
2 *Guzman, Francisco	M57 El Salvador	X15:40.51
59.405 (59.405)	2:02.325 (1:02.921)	3:06.156 (1:03.831)
5:12.587 (1:03.816)	6:15.974 (1:03.387)	7:18.499 (1:02.525)
9:25.057 (1:03.651)	10:27.986 (1:02.930)	11:30.801 (1:02.816)
13:35.704 (1:02.486)	14:39.375 (1:03.671)	15:40.503 (1:01.129)
3 Logan, Bruce	M58 Unattached	20:44.64
1:19.941 (1:19.941)	2:41.081 (1:21.140)	4:01.685 (1:20.604)
6:43.405 (1:19.152)	8:04.160 (1:20.756)	9:24.026 (1:19.866)
12:07.143 (1:21.471)	13:29.747 (1:22.604)	14:53.853 (1:24.106)
17:43.604 (1:24.652)	19:10.471 (1:26.868)	20:44.639 (1:34.168)

## M60 3000 m Race Walk

Name	Age Team	Finals
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## 2023 National Masters Indoor Championships - 03/10/23 to 03/12/23

03/10/23 to 03/12/23

## Results

## ...M60 3000 m Race Walk

1	Talcott, Dave	M62 Unattached	16:35.01		
	1:05.677 (1:05.677)	2:13.229 (1:07.552)	3:19.188 (1:05.960)	4:25.553 (1:06.365)	
	5:30.207 (1:04.654)	6:36.977 (1:06.771)	7:43.746 (1:06.769)	8:48.104 (1:04.358)	
	9:54.283 (1:06.179)	11:01.515 (1:07.233)	12:08.375 (1:06.860)	13:15.462 (1:07.087)	
	14:23.219 (1:07.757)	15:30.008 (1:06.790)	16:35.007 (1:05.000)		
2	Johnson, Douglas	M62 Unattached	17:52.90		
	1:04.709 (1:04.709)	2:12.746 (1:08.037)	3:21.191 (1:08.446)	4:31.120 (1:09.929)	
	5:41.556 (1:10.436)	6:52.970 (1:11.414)	8:05.208 (1:12.238)	9:19.183 (1:13.975)	
	10:31.929 (1:12.747)	11:45.098 (1:13.169)	12:58.769 (1:13.671)	14:13.702 (1:14.934)	
	15:28.369 (1:14.667)	16:41.427 (1:13.059)	17:52.893 (1:11.466)		
3	Blanchard, Michael	M61 Unattached	20:00.69		
	1:17.399 (1:17.399)	2:38.491 (1:21.093)	3:59.930 (1:21.439)	5:19.846 (1:19.916)	
	6:40.098 (1:20.252)	8:00.205 (1:20.108)	9:21.315 (1:21.110)	10:41.575 (1:20.260)	
	12:01.563 (1:19.988)	13:21.933 (1:20.370)	14:43.721 (1:21.788)	16:04.852 (1:21.132)	
	17:24.240 (1:19.388)	18:42.879 (1:18.640)	20:00.681 (1:17.802)		
4	Russell, David	M64 Unattached	20:53.03		
	1:18.033 (1:18.033)	2:40.552 (1:22.520)	4:03.201 (1:22.650)	5:26.173 (1:22.972)	
	6:49.253 (1:23.080)	8:12.184 (1:22.932)	9:36.059 (1:23.876)	11:01.769 (1:25.710)	
	12:26.089 (1:24.321)	13:49.595 (1:23.506)	15:13.539 (1:23.944)	16:38.236 (1:24.698)	
	18:03.858 (1:25.622)	19:29.256 (1:25.398)	20:53.022 (1:23.766)		
5	McLaughlin, Terence	M62 Potomac Vall	24:23.47		
	1:36.036 (1:36.036)	3:14.959 (1:38.924)	4:53.468 (1:38.509)	6:32.813 (1:39.345)	
	8:12.539 (1:39.727)	9:53.315 (1:40.776)	11:32.713 (1:39.398)	13:11.377 (1:38.664)	
	14:49.816 (1:38.439)	16:26.736 (1:36.920)	18:02.323 (1:35.588)	19:39.527 (1:37.204)	
	21:15.400 (1:35.874)	22:50.565 (1:35.165)	24:23.463 (1:32.899)		

## M65 3000 m Race Walk

Name	Age	Team	Finals		
1	Scott, Jim	M65 Unattached	17:08.66		
	1:03.519 (1:03.519)	2:09.659 (1:06.140)	3:17.387 (1:07.729)	4:26.403 (1:09.016)	
	5:34.861 (1:08.458)	6:42.983 (1:08.122)	7:52.073 (1:09.090)	9:02.321 (1:10.248)	
	10:11.909 (1:09.588)	11:22.603 (1:10.695)	12:32.602 (1:09.999)	13:42.057 (1:09.456)	
	14:51.733 (1:09.676)	16:01.965 (1:10.232)	17:08.659 (1:06.694)		
2	Couts, David	M67 Racewalkers	18:17.77		
	1:08.979 (1:08.979)	2:20.683 (1:11.704)	3:33.011 (1:12.328)	4:45.893 (1:12.882)	
	5:59.323 (1:13.431)	7:11.585 (1:12.262)	8:25.417 (1:13.832)	9:39.337 (1:13.920)	
	10:54.775 (1:15.438)	12:09.833 (1:15.058)	13:24.541 (1:14.709)	14:39.579 (1:15.038)	
	15:54.924 (1:15.345)	17:09.389 (1:14.465)	18:17.763 (1:08.375)		
3	Applegate, Kevin	M68 Unattached	19:47.68		
	1:10.531 (1:10.531)	2:27.063 (1:16.532)	3:46.267 (1:19.204)	5:06.491 (1:20.224)	
	6:25.457 (1:18.967)	7:43.324 (1:17.867)	9:03.185 (1:19.861)	10:23.437 (1:20.253)	
	11:44.159 (1:20.722)	13:04.958 (1:20.799)	14:26.035 (1:21.078)	15:47.979 (1:21.944)	
	17:10.140 (1:22.162)	18:31.157 (1:21.018)	19:47.679 (1:16.522)		
4	Chelius, Timothy	M66 Shore Athletic Club	20:04.51		
	1:16.878 (1:16.878)	2:38.039 (1:21.161)	4:00.559 (1:22.520)	5:23.061 (1:22.502)	
	6:43.703 (1:20.642)	8:04.915 (1:21.213)	9:24.529 (1:19.614)	10:46.237 (1:21.708)	
	12:06.652 (1:20.416)	13:25.636 (1:18.984)	14:47.406 (1:21.770)	16:08.629 (1:21.224)	
	17:28.607 (1:19.978)	18:49.012 (1:20.406)	20:04.504 (1:15.492)		
--	Arcand Jr., Albert	M67 Potomac Vall	DQ		
	1:29.111 (1:29.111)	3:02.809 (1:33.699)	4:39.244 (1:36.435)	6:14.557 (1:35.313)	
	7:49.909 (1:35.352)	9:27.509 (1:37.600)	11:05.265 (1:37.757)	12:42.915 (1:37.650)	

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23**

**03/10/23 to 03/12/23**

**Results**

**...M65 3000 m Race Walk**

-- Gore, Brad	M68 World Class	DQ
1:26.503 (1:26.503)	3:01.909 (1:35.407)	4:35.543 (1:33.634) 6:13.515 (1:37.972)
7:54.624 (1:41.109)	9:35.825 (1:41.201)	11:18.957 (1:43.133) 12:59.776 (1:40.819)
14:41.523 (1:41.747)	16:23.110 (1:41.588)	18:03.203 (1:40.094) 19:44.377 (1:41.174)
21:29.709 (1:45.332)		

**M70 3000 m Race Walk**

Name	Age Team	Finals
1 Funkhouser, Raymond	M72 Unattached	19:32.99
1:13.698 (1:13.698)	2:32.332 (1:18.634)	3:52.181 (1:19.850) 5:11.000 (1:18.820)
6:28.934 (1:17.934)	7:47.694 (1:18.760)	9:05.721 (1:18.027) 10:24.434 (1:18.713)
11:42.938 (1:18.504)	13:01.931 (1:18.994)	14:19.900 (1:17.970) 15:38.736 (1:18.836)
16:58.161 (1:19.426)	18:16.820 (1:18.660)	19:32.983 (1:16.163)
2 Eisenberg, David	M73 Unattached	19:42.66
1:20.191 (1:20.191)	2:42.193 (1:22.002)	4:03.246 (1:21.054) 5:23.544 (1:20.298)
6:43.387 (1:19.844)	8:03.693 (1:20.306)	9:23.340 (1:19.648) 10:42.966 (1:19.626)
12:02.414 (1:19.449)	13:21.644 (1:19.230)	14:40.140 (1:18.496) 15:57.920 (1:17.781)
17:13.995 (1:16.075)	18:29.245 (1:15.250)	19:42.653 (1:13.408)
3 Smith, Andrew	M73 Unattached	20:36.38
1:21.018 (1:21.018)	2:45.595 (1:24.577)	4:08.416 (1:22.822) 5:31.950 (1:23.534)
6:53.730 (1:21.780)	8:16.295 (1:22.566)	9:38.392 (1:22.097) 11:00.417 (1:22.026)
12:21.975 (1:21.558)	13:44.238 (1:22.264)	15:05.805 (1:21.567) 16:28.070 (1:22.265)
17:51.304 (1:23.235)	19:14.638 (1:23.334)	20:36.378 (1:21.740)
4 Cox, Bruce	M70 Capital City	20:50.29
1:14.166 (1:14.166)	2:33.110 (1:18.945)	3:53.331 (1:20.221) 5:14.269 (1:20.938)
6:36.909 (1:22.640)	8:01.452 (1:24.544)	9:26.222 (1:24.770) 10:50.657 (1:24.436)
12:16.216 (1:25.560)	13:42.502 (1:26.286)	15:07.874 (1:25.372) 16:33.699 (1:25.826)
17:59.775 (1:26.076)	19:25.029 (1:25.254)	20:50.281 (1:25.252)
5 Wass, James	M70 Potomac Vall	21:45.09
1:21.708 (1:21.708)	2:47.280 (1:25.572)	4:10.114 (1:22.834) 5:35.030 (1:24.917)
7:02.603 (1:27.573)	8:30.464 (1:27.862)	9:58.490 (1:28.026) 11:29.872 (1:31.382)
12:57.636 (1:27.765)	14:25.832 (1:28.196)	15:53.626 (1:27.794) 17:21.442 (1:27.817)
18:50.735 (1:29.293)	20:20.504 (1:29.770)	21:45.084 (1:24.580)
6 Morrison, John	M74 Potomac Vall	24:01.25
1:26.654 (1:26.654)	2:56.442 (1:29.789)	4:28.678 (1:32.236) 6:04.176 (1:35.498)
7:39.902 (1:35.726)	9:15.577 (1:35.676)	10:52.387 (1:36.810) 12:28.788 (1:36.402)
14:06.337 (1:37.549)	15:44.255 (1:37.918)	17:22.300 (1:38.045) 18:59.718 (1:37.418)
20:39.383 (1:39.666)	22:19.320 (1:39.938)	24:01.250 (1:41.930)

**M75 3000 m Race Walk**

Name	Age Team	Finals
1 Frable, Norman	M77 So Cal Track Club	19:25.59
1:18.128 (1:18.128)	2:37.590 (1:19.462)	3:55.392 (1:17.802) 5:11.644 (1:16.252)
6:28.409 (1:16.766)	7:46.974 (1:18.565)	9:05.367 (1:18.394) 10:23.758 (1:18.392)
11:41.522 (1:17.764)	12:58.949 (1:17.428)	14:15.740 (1:16.792) 15:33.410 (1:17.670)
16:51.262 (1:17.853)	18:08.188 (1:16.926)	19:25.582 (1:17.394)
-- Campbell, Richard	M77 So Cal Track Club	DQ
1:13.185 (1:13.185)	2:31.997 (1:18.812)	3:51.653 (1:19.656) 5:10.464 (1:18.812)
6:28.952 (1:18.488)	7:48.360 (1:19.408)	9:06.334 (1:17.974) 10:25.062 (1:18.728)
11:42.197 (1:17.136)	12:59.883 (1:17.686)	14:16.610 (1:16.727) 15:34.135 (1:17.526)
16:52.348 (1:18.214)	18:04.574 (1:12.226)	19:11.928 (1:07.355)

**2023 National Masters Indoor Championships - 03/10/23 to 03/12/23****03/10/23 to 03/12/23****Results****M80 3000 m Race Walk**

Name	Age Team	Finals
1 Dubow, Joel	M80 Atlanta Track Club	20:54.31
1:22.286 (1:22.286)	2:47.886 (1:25.600)	4:10.698 (1:22.813)
6:58.108 (1:22.468)	8:20.027 (1:21.919)	9:42.460 (1:22.434)
12:29.614 (1:24.173)	13:52.514 (1:22.900)	15:17.545 (1:25.032)
18:06.873 (1:25.134)	19:32.002 (1:25.130)	20:54.310 (1:22.308)
-- Strasburg, Otto	M80 Unattached	DQ
1:41.538 (1:41.538)	3:24.804 (1:43.267)	5:12.017 (1:47.213)
		6:54.633 (1:42.616)

**M85 3000 m Race Walk**

Name	Age Team	Finals
1 Poisner, Alan	M88 Unattached	22:46.64
1:26.293 (1:26.293)	2:55.112 (1:28.820)	4:27.498 (1:32.386)
7:34.555 (1:33.501)	9:07.971 (1:33.416)	10:41.716 (1:33.746)
13:42.471 (1:30.002)	15:13.818 (1:31.348)	16:44.995 (1:31.177)
19:46.051 (1:30.153)	21:16.563 (1:30.512)	22:46.634 (1:30.072)
2 Veenstra, James	M85 Unattached	23:44.45
1:22.952 (1:22.952)	2:50.820 (1:27.868)	4:26.795 (1:35.976)
7:33.866 (1:32.988)	9:07.359 (1:33.494)	10:41.064 (1:33.706)
13:57.026 (1:38.097)	15:36.468 (1:39.442)	17:13.085 (1:36.618)
20:27.975 (1:36.517)	22:06.437 (1:38.462)	23:44.445 (1:38.008)
3 Parrish, Spencer	M86 Connecticut	26:04.35
1:33.156 (1:33.156)	3:13.210 (1:40.054)	4:56.143 (1:42.934)
8:20.072 (1:42.937)	10:03.726 (1:43.654)	11:48.019 (1:44.293)
15:19.584 (1:45.759)	17:06.020 (1:46.437)	18:53.751 (1:47.731)
22:29.381 (1:48.206)	24:17.442 (1:48.061)	26:04.346 (1:46.905)