

39th Annual Club Northwest Summer All-Comers Track & Field Meet Series
SPONSORED BY MICHAEL ALLISON AND ARMY STONKUS

MEET 09 -- 25 JULY 2007

West Seattle Stadium, Seattle, Washington

OUTSTANDING PERFORMANCES

Male -- Zack Richards (M17) in the high school hammer throw

Female -- Emma Ruggiero (F18) in the women's hammer throw

TOTAL ENTRIES -- 223

Weather -- very nice, clear skies, slight breeze

FIELD EVENT RESULTS

Kid's High Jump

1. Brendon Meucci (un/M10) 1.04m (3-5); 2. Tay Aras (CStr/M08) 0.85m (2-9 1/2).

Men's High Jump

1. Rod Wilcox (un/M41) 1.73m (5-8); 2. Bruce McLean (CNW/M51) 1.55m (5-1); 3. Doug Underwood (un/M50) 1.30m (4-3 1/4).

Women's Pole Vault

1. Melissa Peaslee (STC/F18) 3.50m (11-5 3/4); 2. Valan Calvo (STC/F17) 3.35m (11-0); 3. Becca Gillespy (CNW/F25) 2.90m (9-6 1/4); 4. Samantha Stevens (CNW/F18) 2.75m (9-0 1/4); 5. Catherine Tomber (un/F15) 2.15m (7-0 3/4); nh. Jacque Jacobsen (STC/F19).

Men's Pole Vault

1. Ryan Vu (un/M19) 5.00m (16-4 3/4); 2. Chris Randolph (CNW/M23) 4.70m (15-5); 3. Roy McElmurry (un/M17) 4.25m (13-11 3/4); 4. Josh Winters (un/M19) 4.10m (13-5 1/2); 5.(tie) Brandon O'Toole (un/M22) and Charlie Shugart (un/M48) 3.50m (11-5 3/4); 7. Rick Roll (un/M50) 3.35m (11-0); 8. Paul Angel (un/M44) 3.35m (11-0); 9. Dave Butler (CNW/M67) 2.30m (7-6 1/2); nh. Reyes McElmurry (un/M14), Jamie Wilson (un/M24), and Sean Beighton (CNW/M18).

Kids' Long Jump

1. Sarah Blatchford (un/F14) 4.19m (13-9); 2. Boston White (un/M12) 3.86m (12-8); 3. Cheyenne Calvo (un/F07) 2.39m (7-10); 4. Cooper Jackson (un/M05) 1.90m (6-2 3/4); 5. Kayla Zabel (un/F11) 1.55m (5-1); 6. Justin Zabel (un/M07) 1.55m (5-1).

Women's Long Jump

1. Samantha Stevens (CNW/F18) 4.98m (16-4); 2. Kelsey Ewing (un/F15) 3.34m (10-11 1/2).

Men's Long Jump

1. Peter Rizzardì (un/M25) 6.60m (21-7 3/4); 2. Keith Kochendorfer (un/M18) 5.64m (18-7 1/2); 3. Jean Blatchford (un/M16) 5.46m (17-11); 4. Rod Wilcox (un/M41) 5.29m (17-4 1/4).

Women's Triple Jump

1. Rachel Meis (un/F17) 9.68m (31-9).

Men's Triple Jump

1. Bruce McLean (CNW/M51) 9.88m (32-5).

Kid's Shot Put

(6-lb) 1. Meghan Hanrahan (un/F10) 6.95m (22-9 1/2).

Women's Shot Put

(4kg) 1. Eme Mathew (un/F17) 10.63m (34-10 1/2); 2. Michelle Droktenis (un/F17) 9.08m (29-9 1/2); 3. Midori Higgs (BPS/F47) 4.78m (15-8 1/4).

Men's Shot Put

(3kg) 1. Leon Joslin (un/M95) 5.18m (17-0).

(12-lb)1. Zack Richards (un/M17) 12.92m (42-4 3/4).

(16-lb) 1. 1. Chris Salas (un/M36) 13.03m (42-9); 2. Doug Wollen (un/M47) 11.04m (36-2 3/4).

Women's Discus Throw

(1kg) 1. 1. Eme Mathew (un/F17) 29.09m (95-5); 2. Michelle Droktenis (un/F17) 28.29m (92-9); 3. Midori Higgs (BPS/F47) 9.65m (31-8).

Men's Discus Throw

(1kg) 1. Leon Joslin (un/M95) 15.12m (49-7 1/4).

(1.6kg) 1. Zack Richards (un/M17) 37.20m (122-0).

(2kg) 1. Chris Randolph (CNW/M23) 41.86m (137-4); nm. Doug Wollen (un/M47).

Women's Hammer Throw

(4kg) 1. Emma Ruggiero (un/F18) 43.23m (141-9); 2. Jennifer Conner (un/F22) 30.34m (99-6).

Men's Hammer Throw

(12-lb) 1. Zack Richards (un/M17) 62.58m (205-4).

(16-lb) 1. Chris Salas (un/M36) 29.81m (97-9); 2. Thornton Perry (CNW/M64) 13.63m (44-8 1/2).

Kid's TurboJav™ Toss (*measured in feet*)

1. Kayla Zabel (un/F11) 38-0; 2. Justin Zabel (un/M07) 24-0; 3. Cheyenne Calvo (un/F07) 17-0; 4. Cooper Jackson (un/M05) 15-0.

Women's Javelin Throw

(600g) 1. Marlee Elston (un/F16) 21.97m (72-1); 2. Midori Higgs (BPS/F47) 17.17m (56-4).

Men's Javelin Throw

(600g) 1. Zed Higgs (BPS/M13) 27.80m (91-2).

(800g) 1. Justin Allard (un/M17) 49.42m (162-1); 2. Robert Hintz (un/M16) 47.20m (154-10); 3. Mark Miller (un/M36) 45.92m (150-8); 4. Dave Cudworth (un/M38) 43.95m (144-2); 5. Geoff Appel (un/M30) 38.70m (126-11); 6. Jean Blatchford (un/M16) 32.58m (106-10).

TRACK EVENT RESULTS

Kid's 100-meter Dash

1. Boston white (un/M12) 15.3h; 2. Tay Aras (CStr/M08) 17.2h; 3. Cheyenne Calvo (un/F07) 20.4h; 4. Cooper Jackson (un/M05) 22.3h; 5. Kayla Zabel (un/F11) 23.6h; 6. Caitlin Quigley (un/F05) 26.7h.

Kid's 50-meter Dash

1. Benjamin Wolters (un/M08) 7.7h; 2. Brendan Meucci (un/M10) 8.6h; 3. Kate Vergillo (un/F07) 9.0h; 4. Joshua Wolters (un/M06) 10.4h; 5. Kayla Zabel (un/F11) 11.0h; 6. Justin Zabel (un/M07) 11.2h; 7. Cooper Jackson (un/M05) 11.3h; 8. Caitlin Quigley (un/F05) 13.2h; 9. Sophie Wolters (un/F03) 14.5h; 10. Mairead Quigley (un/F04) 22.8h; dnf. Delaney Jackson (un/F02).

Kid's 200-meter Dash

1. Boston White (un/M12) 31.0h; 2. Benjamin Wolters (un/M08) 35.0h; 3. Brendan Meucci (un/M10) 38.5h; 4. Cheyenne Calvo (un/F07) 45.1h; 5. Joshua Wolters (un/M06) 50.7h.

Kid's Mile Jog

1. Benjamin Wolters (un/M08) 8:10.6h; 2. Brendan Meucci (un/M10) 10:38.6h; 2 laps Joshua Wolters (un/M06).

Women's 3000-meter Steeplechase

1. Sarna Becker (CNW/F30) 11:02.2h (1k 3:32, 2k 7:16).

Men's 3000-meter Steeplechase

1. Lance Thompson (TeamXO/M30) 10:12.3h (1k 3:17, 2k 6:42); 2. Chris Yorges (un/M41) 11:29.1h (1k 3:21, 2k nt); 3. Jack Prestrud (un/M50) 11:54.3h (1k 3:32, 2k 7:31).

Women's 100-meter Hurdles

1. Jacquelyn Jacobsen (STC/F19) 18.4h; 2. Kelsey Ewing (un/F15) 23.5h.

Women's 100-meter Dash

1. Rachel Meis (un/F17) 12.9h; 2. Sarah Blatchford (un/F14) 14.4h; 3. Kelsey Ewing (un/F15) 15.9h; 4. Monica Shuck (un/F16) 16.1h; 5. Barbara Mahoney (un/F41) 16.h; 6. Nadja Honeywell (un/F38) 17.5h; 7. Freddie Braxton (un/F57) 20.0h.

Men's 100-meter Dash

1. Travis Glover (un/M22) 11.5h; 2. Keith Kochendorfer (un/M18) 11.6h; 3. David Webster (un/M38) 11.7h; 4. Jean Blatchford (un/M16) 11.7h; 5. Robert Poshusta (un/M19) 12.6h; 6. Eric Johnson (un/M16) 13.1h; 7. Boston White (un/M12) 13.9h; 8. Hugh Clairmonte (un/M64) 15.5h; 9. Gary Wright (un/M69) 24.9h.

Co-ed Jogger's Mile Run *(listed in order of best prediction)*

1. (tie) Ken Lilly (un/M53) 7:43-7:42 **-1**, Uli Steidl (SRC/M35) 6:16-6:17**+1**, Arny Stonkus (CNW/M52) 7:42-7:41 **-1**, and Matt Hollingsworth (CNW/M39) 7:15-7:14 **-1**; 5. (tie) Michael Allison (CNW/M55) 7:30-7:32 **+2**, David White-Espin (un/M46) 6:10-6:08 **-2**, Carl Winter (CNW/M42) 6:05-6:07 **+2**, Chuck Meis (un/M49) 6:20-6:18 **-2**, and Ian Brown (CNW/M44) 6:05-6:07 **+2**; 10. Tony Young (CNW/M45) 6:15-6:11 **-4**; 11. (tie) Sarah Smith (un/F30) 7:04-6:59 **-5**, Bill Fleming (un/M51) 6:15-6:20 **+5**, and Sarna Becker (CNW/F30) 6:20-6:15 **-5**; 14. Nick Johnson (un/M20) 6:00-6:06 **+6**; 15. Matt Goiney (CNW/M19) 6:00-6:07 **+7**; 16. Gary Wright (un/M69) 9:00-9:08 **+8**; 17. (tie) Mark Alexander (SFR/M42) 7:40-7:31 **-9**, Dean Koga (un/M56) 7:40-7:31 **-9**, and Joe Wilcox (un/M64) 8:00-7:51 **-9**; 20. (tie) Eric Johnson (un/M16) 6:30-6:40 **+10** and Kwame Turner (un/M65) 6:59-7:09 **+10**; 22. Mike Smith (un/M31) 7:00-7:12 **+12**; 23. Matt Crawford (un/M14) 8:00-7:43 **-17**; 24. John Gayman (un/M26) 6:35-6:15 **-20**; 25. John Winters (un/M52) 8:00-7:37 **-23**; 26. C.J. Michaels (un/M42) 7:00-6:35 **-25**; 27. Leif Kohler (CNW/M22) 6:00-5:29 **-31**; 28. Becky Chan (un/F50) 10:00-9:27 **-33**; 29. Monica Shuck (un/F16) 8:15-7:35 **-40**; 30. Frank Shuck (un/M50) 7:32-6:46 **-46**; 31. Isabel Len (un/F22) 10:00-9:05 **-55**.

Gift certificates provided to the top four men (not including Arny, who was the contest co-sponsor) and the top two women for Starbucks as part of the meet sponsorship.

Co-ed 400-meter Relay

1. 2Man Band (Travis Glover M22, Robby Polausta M19) 50.5h; Speed Demonz (Samantha X, Sarah Blatchford, Rod Wilcox, Jean Blatchford) 54.6h.

Women's Mile Run

1. Sarah Smith (un/F30) 6:26.8h.

Men's Mile Run

1. Joe Darda (un/M20) 4:39.6h; 2. Tony Young (CNW/M45) 4:43.2h; 3. Aaron Roeli (un/M27) 4:46.4h; 4. Ian Brown (CNW/M44) 4:57.0h; 5. Dave Miskimens (un/M41) 4:57.9h; 6. C.J. Michaels (un/M42) 5:10.6h; 7. Paul Huynh (un/M16) 5:11.7h; 8. Aaron Parson (un/M19) 5:29.7h; 9. Mike Smith (un/M31) 5:33.1h; 10. John Gayman (un/M26) 5:39.1h; 11. Joe Wilcox (un/M64) ntr; dnf. Isak Bergman (un/M18), Leif Kohler (CNW/M22), and David Cannon (CNW/M51), all acting as pacesetters.

Women's 400-meter Dash

1. Becky Chan (un/F50) 1:11.9h.

Men's 400-meter Dash

1. Tony Young (CNW/M45) 57.3h; 2. Rod Wilcox (un/M41) 58.5h; 3. Chuck Meis (un/M49) 1:09.2h; 4. Kwame Turner (un/M65) 1:14.1h; 5. Tay Aras (CStr/M08) 1:17.3h; 6. Gary Wright (un/M69) 1:33.0h.

Women's 800-meter Dash

1. Becky Chan (un/F50) 2:55.8h; 2. Monica Shuck (un/F16) 2:59.9h.

Men's 800-meter Dash

1. Bruce Jackson (CNW/M24) 1:51.8h; 2. Isak Bergman (un/M18) 1:59.7h; 3. Mark Alexander (SFR/M42) 2:07.6h; 4. Matt Goiney (un/M19) 2:08.9h; 5. Nick Johnson (un/M20) 2:12.8h; 6. Tony Young (CNW/M45) 2:14.6h; 7. Matt Hollingsworth (CNW/M39) 2:17.6h; 8. Arny Stonkus (CNW/M52) 2:19.6h; 9. Lance Albertson (un/M45) 2:21.6h; 10. Michael Allison (CNW/M55) 2:22.4h; 11. Perry Rodgers (un/M45) 2:27.4h; 12. Frank Shuck (un/M50) 2:35.4h; 13. Dean Koga (un/M56) 2:36.6h; 14. Gary Wright (un/M69) 3:43.1h.

Women's 5000-meter Run

1. Sally Bergesen (CNW/F39) 17:55.3h; 2. Liz Stahl (SRC/F39) 19:40.7h.

Men's 5000-meter Run

1. Emmet Hogan (un/M38) 15:28.2h; 2. Leif Kohler (CNW/M22) 15:36.1h; 3. Jesse Williams (Brooks/M29) 15:37.7h; 4. Joe Darda (un/M20) 15:45.1h; 5. Craig Vanderhoef (CNW/M32) 16:19.5h; 6. Erik Halvorson (un/M16) 17:09.0h; 7. David White-Espin (un/M46) 17:33.8h; 8. Dean Vergillo (un/M38) 17:43.5h; 9. Matt Kite (un/M39) 17:59.0h; 10. Matt Cantorchick (un/M29) 18:26.5h; 11. Lincoln Davis (un/M30) 18:42.4h; 12. Matt Fleckestein (un/M34) 19:50.9h; 13. Douglas Sturm (un/M57) 22:25.2h; 14. Ken Lilly (un/M53) 23:32.9h; dnf. Michael Allison (CNW/M55) and Matt Hollingsworth (CNW/M39).

Women's 10,000-meter Run

1. Trisha Steidl (SRC/F30) 37:58.1h.

Men's 10,000-meter Run

1. Uli Steidl (SRC/M35) 30:24.2h; 2. Leif Kohler (CNW/M22) 32:37.5h; 3. Colin Fishwick (CNW/M30) 32:39.6h; 4. Ben Haber (SRC/M32) 32:54.4h; 5. Sean Messiter (un/M41) 34:18.1h; 6. Eric Bone (SRC/M33) 34:46.7h; 7. Carl Winter (CNW/M40) 35:37.5h; 8. Kris Brown (un/M18) 35:42.9h; 9. John Sweeney (ESR/M35) 35:45.9h; 10. Chuck Riley (ESR/M45) 37:54.9h; 11. Brian Meenaghan (ESR/M39) 39:21.2h.

10,000-meter Run Splits (from the recorder's sheets):

	Uli	Leif	Colin	Ben	Sean	Eric	Carl	Kris	John	Chuck	Trisha	Brian
	Steidl	Kohler	Fishwick	Haber	Messiter	Bone	Winter	Brown	Sweeney	Riley	Steidl	Meenaghan
1	1:11	1:11	1:19	1:18	1:15	1:22	1:26	1:21	1:26	1:27	1:30	1:27
2	2:25	2:25	2:38	2:38	2:33	2:45	2:53	2:43	2:53	2:56	3:00	2:57
3	3:38	3:37	3:57	3:57	3:52	4:06	4:18	4:07	4:18	4:25	4:32	4:26
4	<u>4:51</u>	<u>4:50</u>	<u>5:16</u>	<u>5:16</u>	<u>5:12</u>	<u>5:30</u>	<u>5:44</u>	<u>5:33</u>	<u>5:44</u>	<u>5:57</u>	<u>6:05</u>	<u>5:58</u>
1 mi	(4:51)	(4:50)	(5:16)	(5:16)	(5:12)	(5:30)	(5:44)	(5:33)	(5:44)	(5:57)	(6:05)	(5:58)
5	6:04	6:05	6:35	6:35	6:32	6:55	7:10	6:55	7:09	7:29	7:36	7:30
6	7:17	7:18	7:54	7:55	7:53	8:18	8:35	8:19	8:36	9:02	9:07	9:03
7	8:29	8:34	9:13	9:13	9:14	9:41	10:03	9:45	10:02	10:34	10:40	10:43
8	<u>9:41</u>	<u>9:51</u>	<u>10:33</u>	<u>10:29</u>	<u>10:34</u>	<u>11:04</u>	<u>11:29</u>	<u>11:12</u>	<u>11:29</u>	<u>12:06</u>	<u>12:12</u>	<u>12:06</u>
2 mi	(4:50)	(5:01)	(5:17)	(5:13)	(5:22)	(5:34)	(5:43)	(5:39)	(5:45)	(6:09)	(6:07)	(6:08)
9	10:53	11:09	11:51	11:52	11:53	12:28	12:55	12:39	12:55	13:38	13:42	13:40
10	12:06	12:26	13:11	13:14	13:17	13:52	14:21	14:06	14:22	(dnr)	15:13	15:17
11	13:19	(dnr)	14:31	14:30	14:45	15:15	15:48	15:34	15:48	16:44	16:44	16:52
12	<u>14:33</u>	<u>15:03</u>	<u>15:49</u>	<u>15:49</u>	<u>16:09</u>	<u>16:38</u>	<u>17:14</u>	<u>17:00</u>	<u>17:14</u>	<u>18:17</u>	<u>18:16</u>	<u>18:25</u>
3 mi	(4:52)	(5:12)	(5:16)	(5:20)	(5:35)	(5:34)	(5:45)	(5:48)	(5:45)	(6:11)	(6:04)	(6:19)
13	15:46	16:20	17:08	17:10	17:34	18:03	18:39	18:28	18:58	19:47	19:47	20:04
14	16:58	17:49	18:27	18:27	18:39	19:28	20:05	19:52	20:22	21:19	21:18	21:40
15	18:12	19:13	19:47	19:47	20:06	20:53	21:32	21:21	21:47	22:51	22:49	23:18
16	<u>19:26</u>	<u>20:38</u>	<u>21:06</u>	<u>21:06</u>	<u>21:33</u>	<u>22:19</u>	<u>23:00</u>	<u>22:48</u>	<u>23:12</u>	<u>24:21</u>	<u>24:21</u>	<u>24:55</u>
4 mi	(4:53)	(5:35)	(5:17)	(5:17)	(5:24)	(5:41)	(5:46)	(5:48)	(5:58)	(6:04)	(6:05)	(6:30)
17	20:39	22:03	22:24	22:25	22:59	23:44	24:25	24:13	24:34	25:52	25:53	26:33
18	21:53	(dnr)	23:42	23:42	24:26	25:07	25:51	25:40	25:59	27:24	27:25	28:10
19	23:07	(dnr)	25:02	25:03	25:50	26:31	27:17	27:09	27:24	28:56	28:55	29:46
20	<u>24:21</u>	<u>26:12</u>	<u>26:19</u>	<u>26:22</u>	<u>27:15</u>	<u>27:53</u>	<u>28:43</u>	<u>28:37</u>	<u>28:50</u>	<u>30:30</u>	<u>30:30</u>	<u>31:22</u>
5 mi	(4:55)	(5:34)	(5:13)	(5:16)	(5:42)	(5:34)	(5:43)	(5:49)	(5:38)	(6:09)	(6:09)	(6:27)
21	25:36	27:34	27:37	27:41	28:43	29:18	30:09	30:04	30:15	32:03	32:00	33:00
22	26:50	(dnr)	28:55	29:01	30:09	30:41	31:35	31:30	31:40	33:34	33:34	34:37
23	28:04	30:10	30:12	30:20	31:34	32:08	33:00	32:57	33:00	35:05	35:06	(dnr)
24	<u>29:16</u>	<u>31:30</u>	<u>31:28</u>	<u>31:40</u>	<u>33:02</u>	<u>33:30</u>	<u>34:25</u>	<u>34:24</u>	<u>34:27</u>	<u>36:33</u>	<u>36:32</u>	<u>37:49</u>
6 mi	(4:55)	(5:18)	(5:09)	(5:18)	(5:47)	(5:37)	(5:42)	(5:47)	(5:37)	(6:03)	(6:02)	(6:27)
Fin	30:24	32:38	32:40	31:54	34:18	34:47	35:38	35:43	35:46	37:55	37:58	39:21

Events not held

Women's High Jump, Open Mile Race Walk, Men's 110-meter Hurdles, and Co-ed 1600-meter Relay