

2019 Maryland Senior Olympics - 8/10/2019 to 8/11/2019**MSO 2019****Howard Community College****Results****W50 50 Meter Dash**

Name	Age	Team	Finals	Wind	H#
Finals					
1 Gabourel, Paulette	W54	Gambrills, MD	8.05	+0.0	3
2 Ogrodnik, Jennifer	W54	Hillsborough, NJ	9.09	+0.0	3

W55 50 Meter Dash

Finals					
1 Rath, Terri	W56	Washington, DC	7.77	+0.0	3
2 Sappington, Angela	W56	Frederick, MD	8.95	+0.0	3
3 Banes, Eloisa	W59	Hagerstown, MD	11.54	+0.0	3

W60 50 Meter Dash

Finals					
1 Poole, Diane	W60	Kensington, MD	8.57	0.3	2
2 Good, Katherine	W62	Woodbridge, VA	8.82	0.3	2

W65 50 Meter Dash

Finals					
1 Rankins, Claudia	W66	Powhatan, VA	10.37	0.3	2
2 Mason, Pamela	W67	Silver Spring, MD	10.91	0.3	2
3 Esumi, Noriko	W66	Lutherville, MD	12.25	0.3	2
4 Byron, Beverly	W66	NY	12.38	0.3	2

W70 50 Meter Dash

Finals					
1 Kamenoff, Christine	W71	Annapolis, MD	10.87	1.7	
2 Grays, Rita	W71	Oxon Hill, MD	11.63	1.7	

W80 50 Meter Dash

Finals					
1 Green, Rose	W81	Upper Marlboro, MD	9.48	1.7	
2 Hong, Gloria	W80	Sandy Spring, MD	13.14	1.7	

M50 50 Meter Dash

Finals					
1 Hanes, Norris	M52	Waldorf, MD	6.56	1.8	8
2 Harvey, Richard	M51	Jessup, MD	7.75	1.8	8
3 Hahn, Edgar	M50	Alexandria, VA	7.76	1.8	8
4 Wilcox, Timothy	M52	Ellicott City, MD	7.94	1.8	8

M55 50 Meter Dash

Finals					
1 Brague, James	M56	Montoursville, PA	6.77	0.6	7
2 owens, keith	M56	essex, MD	6.80	0.6	7
3 Burgess, Gary	M57	NY	7.00	0.6	7
4 Chilton, Steven	M56	Longs, SC	7.24	0.6	7

M60 50 Meter Dash

Finals					
1 Harris, Scott	M64	Silver Spring, MD	7.15	0.7	6
2 Brown, Frank	M64	Salisbury, MD	7.31	0.7	6
3 graham, john	M62	Potomac, MD	8.36	0.7	6

2019 Maryland Senior Olympics - 8/10/2019 to 8/11/2019**MSO 2019****Howard Community College****Results****M65 50 Meter Dash****Finals**

1	Markley, Anthony	M65 Boston, VA	7.43	0.4	5
2	Daley, Clovis	M66 Aquasco, MD	8.04	0.4	5
3	Jeter, Fred	M69 Midlothian, VA	8.13	0.4	5
4	Carrico, Joseph	M66 Easton, MD	13.00	0.4	5

M70 50 Meter Dash**Finals**

1	Peters, Ethelbert	M70 Mt Rainier, MD	7.48	-0.3	3
2	Young, Jeff	M71 McLean, VA	8.50	1.7	4
3	Strouss, Mack	M71 Annapolis, MD	8.64	-0.3	3
4	Capozzoli, Peter	M71 Bel Air, MD	8.96	1.7	4
5	Disharoon, Woody	M71 Laurel, DE	9.16	-0.3	3
6	Cameron, Byron	M74 Vienna, MD	9.55	1.7	4

M75 50 Meter Dash**Finals**

1	Ellerbe, Crawford	M79 Silver Spring, MD	8.71	0.8	2
2	Polun, Nelson	M76 Bel air, MD	8.76	0.8	2
3	Teper, Stuart	M76 West Friendship, MD	10.47	0.8	2

M80 50 Meter Dash**Finals**

1	Williamson, Bob	M82 Lawrenceville, NJ	8.66	0.4	1
2	Colbert, Larry	M82 MD	9.25	0.8	2
3	Paulen, Robert	M82 Dewey Beach, DE	10.41	0.4	1

M85 50 Meter Dash**Finals**

1	Thompson, Marshall	M86 MD	9.83	0.4	
2	Sime, Colben	M86 Redmond, OR	11.57	0.4	
3	Douglas, William	M85 Annapolis, MD	15.49	0.4	
4	kline, milton	M85 elkridge, MD	17.81	0.4	

W50 100 Meter Dash**Finals**

1	Zelaya, Pamela	W54 Towson, MD	14.16	1.2	4
2	Gabourel, Paulette	W54 Gambrills, MD	15.53	1.2	4
3	Ogrodnik, Jennifer	W54 Hillsborough, NJ	17.61	1.2	4

W55 100 Meter Dash**Finals**

1	Rath, Terri	W56 Washington, DC	14.41	1.2	4
2	Sappington, Angela	W56 Frederick, MD	16.72	1.2	4
3	Banes, Eloisa	W59 Hagerstown, MD	22.88	1.2	4

W60 100 Meter Dash**Finals**

1	Good, Katherine	W62 Woodbridge, VA	16.54	1.5	3
2	Poole, Diane	W60 Kensington, MD	16.61	1.5	3

2019 Maryland Senior Olympics - 8/10/2019 to 8/11/2019**MSO 2019****Howard Community College****Results****W65 100 Meter Dash****Finals**

1	Rankins, Claudia	W66 Powhatan, VA	20.06	1.5	3
2	Mason, Pamela	W67 Silver Spring, MD	20.42	1.5	3
3	Esumi, Noriko	W66 Lutherville, MD	23.88	1.5	3
4	Byron, Beverly	W66 NY	25.70	1.5	3
5	Hancock, Elizabeth	W67 Falls Church, VA	26.55	1.5	3

W70 100 Meter Dash**Finals**

1	Grays, Rita	W71 Oxon Hill, MD	21.70	NWI	2
2	Kamenoff, Christine	W71 Annapolis, MD	21.87	NWI	2

W75 100 Meter Dash**Finals**

1	Schulman, Carol	W75 Bethesda, MD	24.92	NWI	2
---	-----------------	------------------	-------	-----	---

W80 100 Meter Dash**Finals**

1	Green, Rose	W81 Upper Marlboro, MD	18.67	NWI	
2	Hong, Gloria	W80 Sandy Spring, MD	26.86	NWI	

W85 100 Meter Dash**Finals**

1	Aasen, Yvonne	W88 Westminster, MD	46.04	NWI	
---	---------------	---------------------	-------	-----	--

M50 100 Meter Dash**Finals**

1	Hanes, Norris	M52 Waldorf, MD	12.27	0.4	
2	Harvey, Richard	M51 Jessup, MD	14.69	0.4	
3	Wilcox, Timothy	M52 Ellicott City, MD	15.40	0.4	

M55 100 Meter Dash**Finals**

1	Brague, James	M56 Montoursville, PA	12.50	0.1	
2	owens, keith	M56 essex, MD	12.92	0.1	
3	Chilton, Steven	M56 Longs, SC	13.34	0.1	
4	Burgess, Gary	M57 NY	13.43	0.1	

M60 100 Meter Dash**Finals**

1	Harris, Scott	M64 Silver Spring, MD	13.56	0.6	
2	Brown, Frank	M64 Salisbury, MD	13.83	0.6	
3	graham, john	M62 Potomac, MD	15.44	0.6	
4	White, Bruce	M62 salisbury, MD	16.03	0.6	
5	McComick, Michael	M61 MD	19.61	0.6	

M65 100 Meter Dash**Finals**

1	Markley, Anthony	M65 Boston, VA	13.74	0.5	
2	allen, glen	M68 Baltimore, MD	14.58	0.5	
3	Daley, Clovis	M66 Aquasco, MD	15.76	0.5	
4	Carrico, Joseph	M66 Easton, MD	19.90	0.5	

2019 Maryland Senior Olympics - 8/10/2019 to 8/11/2019**MSO 2019****Howard Community College****Results****M70 100 Meter Dash****Finals**

1	Peters, Ethelbert	M70	Mt Rainier, MD	13.72	-0.4
2	Strouss, Mack	M71	Annapolis, MD	16.13	-0.4
3	Disharoon, Woody	M71	Laurel, DE	16.38	-0.4
4	Capozzoli, Peter	M71	Bel Air, MD	17.33	-0.4
5	Mallare, Mark	M71	Columbia, MD	17.94	-0.4
6	Cameron, Byron	M74	Vienna, MD	18.53	-0.4

M75 100 Meter Dash**Finals**

1	Ellerbe, Crawford	M79	Silver Spring, MD	16.79	1.3	3
2	Polun, Nelson	M76	Bel air, MD	17.58	1.3	3
3	Tutt, Louis	M77	Hyattsville, MD	18.42	1.3	3
4	Teper, Stuart	M76	West Friendship, MD	20.09	1.3	3

M80 100 Meter Dash**Finals**

1	Williamson, Bob	M82	Lawrenceville, NJ	16.25	0.5	2
2	Colbert, Larry	M82	MD	17.30	0.5	2
3	Jones, Ronald	M83	Bowie, MD	19.19	0.5	2
4	Paulen, Robert	M82	Dewey Beach, DE	20.09	0.5	2
5	Leonard, Michael	M82	Silver Spring, MD	21.19	0.5	2

M85 100 Meter Dash**Finals**

1	Thompson, Marshall	M86	MD	19.23	0.3
2	Sime, Colben	M86	Redmond, OR	21.71	0.3
3	Douglas, William	M85	Annapolis, MD	30.14	0.3
4	kline, milton	M85	elkridge, MD	37.09	0.3

W50 200 Meter Dash**Finals**

1	Zelaya, Pamela	W54	Towson, MD	30.52	-0.1	3
2	Ogrodnik, Jennifer	W54	Hillsborough, NJ	37.27	-0.1	3

W55 200 Meter Dash**Finals**

1	Banes, Eloisa	W59	Hagerstown, MD	54.79	-0.1	3
---	---------------	-----	----------------	-------	------	---

W60 200 Meter Dash**Finals**

1	Poole, Diane	W60	Kensington, MD	36.12	-0.9	2
2	Good, Katherine	W62	Woodbridge, VA	36.88	-0.9	2
3	Harris, Kimberly	W61	Hyattsville, MD	51.11	-0.9	2

W65 200 Meter Dash**Finals**

1	Simpson, Claudia	W66	Baltimore, MD	35.44	-0.9	2
2	Esumi, Noriko	W66	Lutherville, MD	48.01	-0.9	2
3	Byron, Beverly	W66	NY	55.32	-0.9	2

2019 Maryland Senior Olympics - 8/10/2019 to 8/11/2019
MSO 2019
Howard Community College
Results

W70 200 Meter Dash

Finals				
1	Berger, Nancy	W74	Hunt Valley, MD	51.79 -1.0

W75 200 Meter Dash

Finals				
1	Schulman, Carol	W75	Bethesda, MD	55.98 -1.0

W80 200 Meter Dash

Finals				
1	Green, Rose	W81	Upper Marlboro, MD	40.57 -1.0

W85 200 Meter Dash

Finals				
1	Aasen, Yvonne	W88	Westminster, MD	1:42.32 -1.0

M50 200 Meter Dash

Finals						
1	Hanes, Norris	M52	Waldorf, MD	25.11	1.3	7
2	Peters, Glenn	M53	Columbia, MD	30.02	1.3	7
3	Harvey, Richard	M51	Jessup, MD	31.49	1.3	7
4	Wilcox, Timothy	M52	Ellicott City, MD	32.20	1.3	7

M55 200 Meter Dash

Finals						
1	Brague, James	M56	Montoursville, PA	28.04	1.3	6
2	Witmer, John	M55	New Market, MD	28.87	1.3	6
3	Brooks, Doug	M58	Hampstead, MD	34.14	1.3	6
4	Murray, Alan	M57	Crofton, MD	34.86	1.3	6
5	Zaleski, David	M58	Laurel, MD	39.47	1.3	6

M60 200 Meter Dash

Finals						
1	Brown, Frank	M64	Salisbury, MD	29.26	0.3	5
2	Vanderhoof, Gary	M63	Washington, DC	29.32	0.3	5
3	Daniel, Chris	M61	Hyattsville, MD	39.85	0.3	5

M65 200 Meter Dash

Finals						
1	Markley, Anthony	M65	Boston, VA	28.30	+0.0	4
2	allen, glen	M68	Baltimore, MD	28.68	+0.0	4
3	Daley, Clovis	M66	Aquasco, MD	33.24	+0.0	4

M70 200 Meter Dash

Finals						
1	Peters, Ethelbert	M70	Mt Rainier, MD	29.09	0.9	2
2	Sharps, Jim	M74	Smithfield, VA	33.13	-0.6	3
3	Disharoon, Woody	M71	Laurel, DE	35.20	0.9	2
4	Strouss, Mack	M71	Annapolis, MD	36.05	-0.6	3
5	Myslinski, Norbert	M72	Ellicott City, MD	44.68	-0.6	3
6	Schumacher, Fred	M72	Frederick, MD	45.52	-0.6	3

2019 Maryland Senior Olympics - 8/10/2019 to 8/11/2019**MSO 2019****Howard Community College****Results****M75 200 Meter Dash****Finals**

1	Tutt, Louis	M77	Hyattsville, MD	37.26	0.9	2
2	Simmons, Edwin	M77	Baltimore, MD	39.19	0.9	2
3	Teper, Stuart	M76	West Friendship, MD	42.83	0.9	2

M80 200 Meter Dash**Finals**

1	Williamson, Bob	M82	Lawrenceville, NJ	37.55	1.0	
2	Jones, Ronald	M83	Bowie, MD	45.56	1.0	
3	Copeland, Terry	M82	Frederick, MD	1:06.08	1.0	

M85 200 Meter Dash**Finals**

1	Thompson, Marshall	M86	MD	44.56	1.0	
2	Sime, Colben	M86	Redmond, OR	47.97	1.0	
3	Blinchikoff, Herman	M85	Pikesville, MD	52.72	1.0	

W50 400 Meter Dash**Finals**

1	Roberts, Charmaine	W52	Beltsville, MD	1:05.77		2
---	--------------------	-----	----------------	---------	--	---

W55 400 Meter Dash**Finals**

1	Rath, Terri	W56	Washington, DC	1:10.36		2
---	-------------	-----	----------------	---------	--	---

W65 400 Meter Dash**Finals**

1	Phillips, Hannah	W67	Alexandria, VA	1:25.27		2
2	Esumi, Noriko	W66	Lutherville, MD	1:56.41		2

W70 400 Meter Dash**Finals**

1	hanes, debra	W72	waldorf, MD	3:35.08		
---	--------------	-----	-------------	---------	--	--

W80 400 Meter Dash**Finals**

1	Green, Rose	W81	Upper Marlboro, MD	1:54.09		
---	-------------	-----	--------------------	---------	--	--

W85 400 Meter Dash**Finals**

1	Aasen, Yvonne	W88	Westminster, MD	3:51.97		
---	---------------	-----	-----------------	---------	--	--

M55 400 Meter Dash**Finals**

1	Witmer, John	M55	New Market, MD	1:03.96		4
2	Brague, James	M56	Montoursville, PA	1:11.61		4
3	Brooks, Doug	M58	Hampstead, MD	1:20.93		4
4	Murray, Alan	M57	Crofton, MD	1:21.81		4

M60 400 Meter Dash**Finals**

1	Vanderhoof, Gary	M63	Washington, DC	1:04.93		3
2	graham, john	M62	Potomac, MD	1:23.59		3

2019 Maryland Senior Olympics - 8/10/2019 to 8/11/2019
MSO 2019
Howard Community College
Results

M65 400 Meter Dash**Finals**

1	allen, glen	M68	Baltimore, MD	1:04.89	3
2	Markley, Anthony	M65	Boston, VA	1:12.26	3
3	Kalnas, Michael	M69	Gibbstown, NJ	1:55.61	3

M70 400 Meter Dash**Finals**

1	Disharoon, Woody	M71	Laurel, DE	1:33.18	2
2	Myslinski, Norbert	M72	Ellicott City, MD	1:59.05	2
3	Schumacher, Fred	M72	Frederick, MD	2:00.45	2

M75 400 Meter Dash**Finals**

1	Tutt, Louis	M77	Hyattsville, MD	1:26.24	2
2	Simmons, Edwin	M77	Baltimore, MD	1:31.76	2

M80 400 Meter Dash**Finals**

1	Elliott, John	M81	Columbia, MD	1:56.59	
---	---------------	-----	--------------	---------	--

M85 400 Meter Dash**Finals**

1	Sime, Colben	M86	Redmond, OR	2:00.54	
2	Blinchikoff, Herman	M85	Pikesville, MD	2:11.00	

W50 800 Meter Run**Finals**

1	Roberts, Charmaine	W52	Beltsville, MD	2:54.62	
---	--------------------	-----	----------------	---------	--

W60 800 Meter Run**Finals**

1	Mayhugh, Mary Lowe	W63	Washington, DC	3:11.74	
---	--------------------	-----	----------------	---------	--

W65 800 Meter Run**Finals**

1	Phillips, Hannah	W67	Alexandria, VA	3:17.93	
2	Mason, Pamela	W67	Silver Spring, MD	4:23.60	

W70 800 Meter Run**Finals**

1	Berger, Nancy	W74	Hunt Valley, MD	4:39.24	
2	Bowens, Sylvia	W74	Frederick, MD	6:15.22	

W85 800 Meter Run**Finals**

1	Aasen, Yvonne	W88	Westminster, MD	8:10.21	
---	---------------	-----	-----------------	---------	--

M55 800 Meter Run**Finals**

1	Pinkham, David	M56	Stevensville, MD	2:22.07	2
2	Brague, James	M56	Montoursville, PA	3:04.37	2
3	Murray, Alan	M57	Crofton, MD	3:21.72	2
4	Brooks, Doug	M58	Hampstead, MD	3:29.58	2

2019 Maryland Senior Olympics - 8/10/2019 to 8/11/2019**MSO 2019****Howard Community College****Results****M60 800 Meter Run****Finals**

1	Smith, Duncan	M61	Cockeysville, MD	2:39.56	2
2	graham, john	M62	Potomac, MD	3:25.37	2

M65 800 Meter Run**Finals**

1	Platais, Imants	M67	Silver Spring, MD	2:38.10	2
2	Inzana, Thomas	M66	Huntington, NY	2:44.25	2
3	Southwood, Michael	M65	Fairfax, VA	3:07.18	2

M70 800 Meter Run**Finals**

1	Schaeffer, Steven	M70	Mt Airy, MD	4:17.04	
2	Myslinski, Norbert	M72	Ellicott City, MD	4:58.48	

M75 800 Meter Run**Finals**

1	Simmons, Edwin	M77	Baltimore, MD	4:27.98	2
---	----------------	-----	---------------	---------	---

M80 800 Meter Run**Finals**

1	Elliott, John	M81	Columbia, MD	4:17.73	
---	---------------	-----	--------------	---------	--

M85 800 Meter Run**Finals**

1	Sime, Colben	M86	Redmond, OR	4:39.52	
2	Blinchikoff, Herman	M85	Pikesville, MD	5:05.21	

W60 1500 Meter Run**Finals**

1	Mayhugh, Mary Lowe	W63	Washington, DC	6:29.83	
2	Eichberg, Carolyn	W61	Potomac, MD	7:47.14	

W65 1500 Meter Run**Finals**

1	Mason, Pamela	W67	Silver Spring, MD	8:55.04	
---	---------------	-----	-------------------	---------	--

W85 1500 Meter Run**Finals**

1	Aasen, Yvonne	W88	Westminster, MD	15:30.19	
---	---------------	-----	-----------------	----------	--

M55 1500 Meter Run**Finals**

1	Murray, Alan	M57	Crofton, MD	6:52.12	
2	Brooks, Doug	M58	Hampstead, MD	7:27.12	

M60 1500 Meter Run**Finals**

1	graham, john	M62	Potomac, MD	7:18.26	
---	--------------	-----	-------------	---------	--

M70 1500 Meter Run**Finals**

1	Cameron, Byron	M74	Vienna, MD	7:15.44	
---	----------------	-----	------------	---------	--

2019 Maryland Senior Olympics - 8/10/2019 to 8/11/2019**MSO 2019****Howard Community College****Results****Finals ... (M70 1500 Meter Run)**

2	Schaeffer, Steven	M70 Mt Airy, MD		8:39.97
3	Myslinski, Norbert	M72 Ellicott City, MD		10:15.08

M80 1500 Meter Run**Finals**

1	Elliott, John	M81 Columbia, MD		8:22.51
---	---------------	------------------	--	---------

M85 1500 Meter Run**Finals**

1	Sime, Colben	M86 Redmond, OR		9:39.72
---	--------------	-----------------	--	---------

W55 High Jump**Finals**

1	Haynes, Julia	W55 York, PA	1.25m	4-01.25
2	Sappington, Angela	W56 Frederick, MD	1.20m	3-11.25
3	Pan, Maureen	W56 Alexandria, VA	1.10m	3-07.25
4	Banes, Eloisa	W59 Hagerstown, MD	0.95m	3-01.25

W65 High Jump**Finals**

1	Mason, Pamela	W67 Silver Spring, MD	1.05m	3-05.25
---	---------------	-----------------------	-------	---------

M50 High Jump**Finals**

1	Ashley, Alan	M50 Walkersville, MD	1.50m	4-11.00
2	Hahn, Edgar	M50 Alexandria, VA	1.25m	4-01.25

M55 High Jump**Finals**

1	Witmer, John	M55 New Market, MD	1.45m	4-09.00
2	Brague, James	M56 Montoursville, PA	1.40m	4-07.00
3	Murray, Alan	M57 Crofton, MD	1.15m	3-09.25

M60 High Jump**Finals**

1	graham, john	M62 Potomac, MD	1.30m	4-03.25
---	--------------	-----------------	-------	---------

M65 High Jump**Finals**

1	Weaver, Jack	M67 Mechanicsburg, PA	1.45m	4-09.00
2	Markley, Anthony	M65 Boston, VA	1.35m	4-05.00
3	Kopp, Steven	M66 Lansing, NY	J1.35m	4-05.00
4	Deitrich, Woody	M67 Seattle, WA	1.30m	4-03.25
5	Mathis, Keith	M67 Sykesville, MD	1.25m	4-01.25

M70 High Jump**Finals**

1	Sharps, Jim	M74 Smithfield, VA	1.25m	4-01.25
2	Lin, Joseph	M71 Gaithersburg, MD	0.85m	2-09.50

M75 High Jump**Finals**

1	Klehm, Richard	M75 Fredericksburg, VA	1.15m	3-09.25
---	----------------	------------------------	-------	---------

2019 Maryland Senior Olympics - 8/10/2019 to 8/11/2019**MSO 2019****Howard Community College****Results****Finals ... (M75 High Jump)**

2	Beck, Duncan	M77	Manawa, WI	J1.15m	3-09.25
3	marovich, david	M76	Chalfont, PA	1.05m	3-05.25

M80 High Jump

Finals					
1	Paulen, Robert	M82	Dewey Beach, DE	1.00m	3-03.25

M85 High Jump

Finals					
1	Thompson, Marshall	M86	MD	0.80m	2-07.50

W65 Pole Vault

Finals					
1	Simpson, Claudia	W66	Baltimore, MD	1.50m	4-11.00

W70 Pole Vault

Finals					
1	Berger, Nancy	W74	Hunt Valley, MD	0.90m	2-11.50

M60 Pole Vault

Finals					
1	Mortensen, Ted	M61	Hershey, PA	2.75m	9-00.25

M65 Pole Vault

Finals					
1	Markley, Anthony	M65	Boston, VA	2.25m	7-04.50
2	Mathis, Keith	M67	Sykesville, MD	1.20m	3-11.25

M75 Pole Vault

Finals					
---	Klehm, Richard	M75	Fredericksburg, VA	NH	

M80 Pole Vault

Finals					
1	Paulen, Robert	M82	Dewey Beach, DE	1.05m	3-05.25

W50 Long Jump

Finals					
1	Battle, Tracey	W52	Silver Spring, MD	3.88m	12-08.75 1.2

W55 Long Jump Standing LJ

Finals					
1	Sappington, Angela	W56	Frederick, MD	2.10m	6-10.75 NWI
2	Banes, Eloisa	W59	Hagerstown, MD	1.37m	4-06.00 NWI

W55 Long Jump

Finals					
1	Sappington, Angela	W56	Frederick, MD	3.42m	11-02.75 1.9
2	Banes, Eloisa	W59	Hagerstown, MD	2.28m	7-05.75 0.7

W65 Long Jump Standing LJ

Finals					
1	Esumi, Noriko	W66	Lutherville, MD	1.81m	5-11.25 NWI

2019 Maryland Senior Olympics - 8/10/2019 to 8/11/2019**MSO 2019****Howard Community College****Results****Finals ... (W65 Long Jump Standing LJ)**

2	Mason, Pamela	W67	Silver Spring, MD	1.75m	5-09.00	NWI
---	---------------	-----	-------------------	-------	---------	-----

W65 Long Jump**Finals**

1	Phillips, Hannah	W67	Alexandria, VA	3.42m	11-02.75	1.7
2	Mason, Pamela	W67	Silver Spring, MD	2.69m	8-10.00	1.6
3	Esumi, Noriko	W66	Lutherville, MD	2.39m	7-10.25	1.4

W70 Long Jump Standing LJ**Finals**

1	Bowens, Sylvia	W74	Frederick, MD	1.22m	4-00.00	NWI
---	----------------	-----	---------------	-------	---------	-----

M50 Long Jump**Finals**

1	Hahn, Edgar	M50	Alexandria, VA	4.29m	14-01.00	1.8
2	Wilcox, Timothy	M52	Ellicott City, MD	3.99m	13-01.25	1.7

M50 Long Jump Standing LJ**Finals**

1	Hahn, Edgar	M50	Alexandria, VA	2.40m	7-10.50	NWI
2	Barr, James	M52	Arlington, VA	2.33m	7-07.75	NWI
3	Wilcox, Timothy	M52	Ellicott City, MD	2.19m	7-02.25	NWI

M55 Long Jump Standing LJ**Finals**

1	Brague, James	M56	Montoursville, PA	2.56m	8-04.75	NWI
2	Chilton, Steven	M56	Longs, SC	2.42m	7-11.25	NWI

M55 Long Jump**Finals**

1	Hanks, Micheal	M55	Newportnews, VA	5.55m	18-02.50	2.0
2	Chilton, Steven	M56	Longs, SC	5.13m	16-10.00	2.0
3	Brague, James	M56	Montoursville, PA	4.29m	14-01.00	2.3
4	Murray, Alan	M57	Crofton, MD	3.94m	12-11.25	0.8

M60 Long Jump Standing LJ**Finals**

1	Brown, Frank	M64	Salisbury, MD	2.49m	8-02.00	NWI
2	graham, john	M62	Potomac, MD	2.43m	7-11.75	NWI
3	Biagioni, Remo	M60	Demarest, NJ	2.27m	7-05.50	NWI

M60 Long Jump**Finals**

1	Harris, Scott	M64	Silver Spring, MD	4.34m	14-03.00	1.6
2	Brown, Frank	M64	Salisbury, MD	4.16m	13-07.75	1.0
3	graham, john	M62	Potomac, MD	3.57m	11-08.50	0.9

M65 Long Jump Standing LJ**Finals**

1	McGowan, James	M65	Bowie, MD	2.05m	6-08.75	NWI
---	----------------	-----	-----------	-------	---------	-----

2019 Maryland Senior Olympics - 8/10/2019 to 8/11/2019**MSO 2019****Howard Community College****Results****M65 Long Jump****Finals**

1	allen, glen	M68	Baltimore, MD	4.05m	13-03.50	3.1
2	Markley, Anthony	M65	Boston, VA	3.87m	12-08.50	1.0
3	Mathis, Keith	M67	Sykesville, MD	3.45m	11-04.00	0.4

M70 Long Jump Standing LJ**Finals**

1	Disharoon, Woody	M71	Laurel, DE	2.04m	6-08.50	NWI
2	Holton, James	M74	Elkton, MD	2.02m	6-07.50	NWI
3	Lin, Joseph	M71	Gaithersburg, MD	1.95m	6-04.75	NWI

M70 Long Jump**Finals**

1	Young, Jeff	M71	McLean, VA	3.84m	12-07.25	+0.0
2	Disharoon, Woody	M71	Laurel, DE	3.21m	10-06.50	1.0
3	Lin, Joseph	M71	Gaithersburg, MD	2.41m	7-11.00	1.4

M75 Long Jump**Finals**

1	Beck, Duncan	M77	Manawa, WI	2.95m	9-08.25	+0.0
2	marovich, david	M76	Chalfont, PA	2.66m	8-08.75	+0.0
3	Barber, Richard	M77	Montrose, CO	2.42m	7-11.25	2.6

M75 Long Jump Standing LJ**Finals**

1	Beck, Duncan	M77	Manawa, WI	2.01m	6-07.25	NWI
2	Barber, Richard	M77	Montrose, CO	1.76m	5-09.25	NWI
3	marovich, david	M76	Chalfont, PA	1.71m	5-07.50	NWI
4	Brown, David	M76	Columbia, MD	1.30m	4-03.25	NWI

M80 Long Jump**Finals**

1	Paulen, Robert	M82	Dewey Beach, DE	2.62m	8-07.25	1.6
---	----------------	-----	-----------------	-------	---------	-----

M80 Long Jump Standing LJ**Finals**

1	Paulen, Robert	M82	Dewey Beach, DE	1.57m	5-02.00	NWI
---	----------------	-----	-----------------	-------	---------	-----

M85 Long Jump Standing LJ**Finals**

1	Thompson, Marshall	M86	MD	1.62m	5-03.75	NWI
2	Blinchikoff, Herman	M85	Pikesville, MD	1.41m	4-07.50	NWI
3	kline, milton	M85	elkridge, MD	0.99m	3-03.00	NWI

M85 Long Jump**Finals**

1	Blinchikoff, Herman	M85	Pikesville, MD	2.42m	7-11.25	1.7
2	kline, milton	M85	elkridge, MD	1.43m	4-08.25	+0.0

M95 Long Jump Standing LJ**Finals**

1	Murphy, Edward	M95	Rockville, MD	1.27m	4-02.00	NWI
---	----------------	-----	---------------	-------	---------	-----

2019 Maryland Senior Olympics - 8/10/2019 to 8/11/2019**MSO 2019****Howard Community College****Results****W50 Triple Jump****Finals**

1	Battle, Tracey	W52	Silver Spring, MD	8.91m	29-02.75	1.3
---	----------------	-----	-------------------	-------	----------	-----

W55 Triple Jump**Finals**

1	Sappington, Angela	W56	Frederick, MD	6.77m	22-02.50	1.4
---	--------------------	-----	---------------	-------	----------	-----

W60 Triple Jump**Finals**

1	Poole, Diane	W60	Kensington, MD	5.30m	17-04.75	0.2
---	--------------	-----	----------------	-------	----------	-----

W65 Triple Jump**Finals**

1	Phillips, Hannah	W67	Alexandria, VA	7.30m	23-11.50	0.7
---	------------------	-----	----------------	-------	----------	-----

M55 Triple Jump**Finals**

1	Hanks, Micheal	M55	Newportnews, VA	12.19m	40-00.00	1.4
2	Witmer, John	M55	New Market, MD	9.17m	30-01.00	+0.0
3	Brague, James	M56	Montoursville, PA	8.65m	28-04.50	0.3
4	Murray, Alan	M57	Crofton, MD	7.42m	24-04.25	0.2

M60 Triple Jump**Finals**

1	Battle, Marcus	M61	Silver Spring, MD	9.80m	32-02.00	NWI
---	----------------	-----	-------------------	-------	----------	-----

M65 Triple Jump**Finals**

1	Markley, Anthony	M65	Boston, VA	8.28m	27-02.00	0.2
2	Deitrich, Woody	M67	Seattle, WA	7.26m	23-10.00	0.8
3	Mathis, Keith	M67	Sykesville, MD	6.76m	22-02.25	0.5

M70 Triple Jump**Finals**

1	Sharps, Jim	M74	Smithfield, VA	9.11m	29-10.75	1.1
2	Young, Jeff	M71	McLean, VA	7.69m	25-02.75	NWI
3	Lin, Joseph	M71	Gaithersburg, MD	5.64m	18-06.00	0.7

M75 Triple Jump**Finals**

1	marovich, david	M76	Chalfont, PA	5.98m	19-07.50	+0.0
2	Beck, Duncan	M77	Manawa, WI	5.75m	18-10.50	+0.0

M80 Triple Jump**Finals**

1	Paulen, Robert	M82	Dewey Beach, DE	5.34m	17-06.25	+0.0
---	----------------	-----	-----------------	-------	----------	------

M85 Triple Jump**Finals**

1	Thompson, Marshall	M86	MD	5.36m	17-07.00	0.4
2	kline, milton	M85	elkridge, MD	3.09m	10-01.75	0.9

2019 Maryland Senior Olympics - 8/10/2019 to 8/11/2019**MSO 2019****Howard Community College****Results****W55 Shot Put****Finals**

1	Senn-Griffiths, Caryl	W58	Massapequa Park, NY	9.99m	32-09.50
2	Haynes, Julia	W55	York, PA	9.91m	32-06.25
3	Class, Emilie	W58	Freeland, MD	8.56m	28-01.00
4	Pan, Maureen	W56	Alexandria, VA	7.89m	25-10.75
5	Ninomiya, Lisa	W58	Vienna, VA	7.70m	25-03.25
6	Pikula, Ellen	W56	Yorktown Heights, NY	7.57m	24-10.00
7	Chase, Freda	W57	Columbia, MD	5.88m	19-03.50

W60 Shot Put**Finals**

1	Barrett, Donna	W63	Upper Marlboro, MD	8.83m	28-11.75
2	Good, Katherine	W62	Woodbridge, VA	6.99m	22-11.25

W65 Shot Put**Finals**

1	Rowens, Deborah	W65	Granstville, MD	6.36m	20-10.50
---	-----------------	-----	-----------------	-------	----------

W70 Shot Put**Finals**

1	Grays, Rita	W71	Oxon Hill, MD	5.90m	19-04.25
2	Abdullah, Wahidah	W72	Capitol Heights, MD	5.56m	18-03.00
3	hanes, debra	W72	waldorf, MD	4.87m	15-11.75

W75 Shot Put**Finals**

1	Scheminant, Lois	W79	Annapolis, MD	5.75m	18-10.50
---	------------------	-----	---------------	-------	----------

W95 Shot Put**Finals**

1	Dashiell, Wally	W96	Stevensville, MD	2.87m	9-05.00
---	-----------------	-----	------------------	-------	---------

M50 Shot Put**Finals**

1	Egan, Toby	M53	Potomac, MD	14.70m	48-02.75
2	Scott, Shane	M53	Harrisburg, PA	12.34m	40-06.00
3	Barr, James	M52	Arlington, VA	12.19m	40-00.00
4	Bennett, Michael	M53	Arlington, VA	11.78m	38-07.75
5	Hahn, Edgar	M50	Alexandria, VA	9.02m	29-07.25

M55 Shot Put**Finals**

1	Alcorn, Charles	M56	Ashburn, VA	12.29m	40-04.00
2	Brague, James	M56	Montoursville, PA	11.64m	38-02.25
3	Foianini, Curt	M59	California, MD	9.38m	30-09.25
4	Cook, Howard	M56	Bowie, MD	6.52m	21-04.75
5	Butler, Mike	M56	Hagerstown, MD	6.30m	20-08.00

M60 Shot Put**Finals**

1	Palleschi, Hartley	M64	West Chester, PA	13.10m	42-11.75
2	Biagioni, Remo	M60	Demarest, NJ	12.18m	39-11.50

2019 Maryland Senior Olympics - 8/10/2019 to 8/11/2019**MSO 2019****Howard Community College****Results****Finals ... (M60 Shot Put)**

3	Rosen, Lawrence	M60	Bethesda, MD	12.11m	39-08.75
4	Urdahl, Sr, John	M62	Owings, MD	11.98m	39-03.75
5	McIntyre, Gerard	M62	Odenton, MD	10.71m	35-01.75
6	Daniel, Chris	M61	Hyattsville, MD	10.44m	34-03.00

M65 Shot Put**Finals**

1	Weaver, Jack	M67	Mechanicsburg, PA	10.01m	32-10.25
2	Kalnas, Michael	M69	Gibbstown, NJ	8.74m	28-08.25
3	Russell, Jeffrey	M67	Keedysville, MD	6.66m	21-10.25

M70 Shot Put**Finals**

1	Roll, Charles	M73	Wilmington, NC	12.46m	40-10.50	2
2	Young, Jeff	M71	McLean, VA	11.10m	36-05.00	2
3	gainey, william	M72	clements, MD	10.57m	34-08.25	2
4	Dyson, Lawrence	M71	White Plains, MD	10.08m	33-01.00	2
5	Suleymon, Gharemon	M71	McLean, VA	10.01m	32-10.25	2
6	Holton, James	M74	Elkton, MD	9.83m	32-03.00	2
7	Disharoon, Woody	M71	Laurel, DE	8.38m	27-06.00	2
8	Schumacher, Fred	M72	Frederick, MD	8.27m	27-01.75	2
9	Myslinski, Norbert	M72	Ellicott City, MD	7.62m	25-00.00	2

M75 Shot Put**Finals**

1	Hailstock, Henry	M75	Olney, MD	9.72m	31-10.75
2	Kenney, James	M78	White Plains, MD	9.30m	30-06.25
3	Barber, Richard	M77	Montrose, CO	9.28m	30-05.50
4	marovich, david	M76	Chalfont, PA	8.40m	27-06.75
5	Vasholz, David	M76	Columbia, MD	8.28m	27-02.00
6	Levendis, George	M77	Arlington, VA	7.11m	23-04.00

M80 Shot Put**Finals**

1	McCabe, Lee	M80	Ellicott City, MD	10.43m	34-02.75
2	Beaton, Robert	M83	Annapolis, MD	7.67m	25-02.00

M85 Shot Put**Finals**

1	kent, geoffrey	M86	washington, DC	8.62m	28-03.50
2	Hemler, Joseph	M85	Bel Air, MD	7.54m	24-09.00

M90 Shot Put**Finals**

1	Dempster, Darrell	M90	Annapolis, MD	4.85m	15-11.00
2	Hill, Jack	M93	Rockville, MD	4.38m	14-04.50

M95 Shot Put**Finals**

1	Murphy, Edward	M95	Rockville, MD	5.70m	18-08.50
---	----------------	-----	---------------	-------	----------

2019 Maryland Senior Olympics - 8/10/2019 to 8/11/2019**MSO 2019****Howard Community College****Results****W55 Discus Throw****Finals**

1	Class, Emilie	W58	Freeland, MD	25.53m	83-09
2	Senn-Griffiths, Caryl	W58	Massapequa Park, NY	23.65m	77-07
3	Ninomiya, Lisa	W58	Vienna, VA	23.05m	75-07
4	Haynes, Julia	W55	York, PA	22.73m	74-07
5	Pan, Maureen	W56	Alexandria, VA	22.46m	73-08
6	Pikula, Ellen	W56	Yorktown Heights, NY	19.86m	65-02
7	Chase, Freda	W57	Columbia, MD	16.22m	53-02

W60 Discus Throw**Finals**

1	Barrett, Donna	W63	Upper Marlboro, MD	19.55m	64-02
2	Good, Katherine	W62	Woodbridge, VA	13.94m	45-09

W65 Discus Throw**Finals**

1	Rowens, Deborah	W65	Granstville, MD	16.14m	52-11
---	-----------------	-----	-----------------	--------	-------

W70 Discus Throw**Finals**

1	hanes, debra	W72	waldorf, MD	14.87m	48-09
2	Abdullah, Wahidah	W72	Capitol Heights, MD	13.62m	44-08

W75 Discus Throw**Finals**

1	Scheminant, Lois	W79	Annapolis, MD	11.83m	38-10
---	------------------	-----	---------------	--------	-------

W80 Discus Throw**Finals**

1	Green, Rose	W81	Upper Marlboro, MD	13.17m	43-02
2	Hong, Gloria	W80	Sandy Spring, MD	11.78m	38-08

W95 Discus Throw**Finals**

1	Dashiell, Wally	W96	Stevensville, MD	6.72m	22-00
---	-----------------	-----	------------------	-------	-------

M50 Discus Throw**Finals**

1	Bennett, Michael	M53	Arlington, VA	40.38m	132-06
2	Egan, Toby	M53	Potomac, MD	40.19m	131-10
3	Barr, James	M52	Arlington, VA	35.88m	117-08
4	Scott, Shane	M53	Harrisburg, PA	32.70m	107-03
5	Hahn, Edgar	M50	Alexandria, VA	26.14m	85-09

M55 Discus Throw**Finals**

1	Foianini, Curt	M59	California, MD	38.20m	125-04
2	Alcorn, Charles	M56	Ashburn, VA	35.43m	116-03
3	Brague, James	M56	Montoursville, PA	30.50m	100-01
4	Noyes, Terry	M58	Elverson, PA	29.64m	97-03
5	Butler, Mike	M56	Hagerstown, MD	20.27m	66-06
6	Cook, Howard	M56	Bowie, MD	19.65m	64-06

2019 Maryland Senior Olympics - 8/10/2019 to 8/11/2019**MSO 2019****Howard Community College****Results****M60 Discus Throw****Finals**

1	Rosen, Lawrence	M60	Bethesda, MD	42.83m	140-06
2	kalnas, john	M64	Gibbstown, NJ	41.84m	137-03
3	Biagioni, Remo	M60	Demarest, NJ	40.24m	132-00
4	Urdahl, Sr, John	M62	Owings, MD	35.13m	115-03
5	Palleschi, Hartley	M64	West Chester, PA	34.73m	113-11
6	Daniel, Chris	M61	Hyattsville, MD	26.39m	86-07

M65 Discus Throw**Finals**

1	Weaver, Jack	M67	Mechanicsburg, PA	38.05m	124-10
2	allen, glen	M68	Baltimore, MD	29.48m	96-09
3	Russell, Jeffrey	M67	Keedysville, MD	26.15m	85-09
4	Deitrich, Woody	M67	Seattle, WA	25.68m	84-03
5	Kalnas, Michael	M69	Gibbstown, NJ	22.36m	73-04

M70 Discus Throw**Finals**

1	Dyson, Lawrence	M71	White Plains, MD	33.64m	110-04
2	gainey, william	M72	clements, MD	30.87m	101-03
3	Suleymon, Gharemon	M71	McLean, VA	28.02m	91-11
4	Holton, James	M74	Elkton, MD	26.76m	87-09
5	Disharoon, Woody	M71	Laurel, DE	26.31m	86-04
6	Myslinski, Norbert	M72	Ellicott City, MD	22.64m	74-03
7	Austin, Cortez	M72	Upper Marlboro, MD	21.47m	70-05

M75 Discus Throw**Finals**

1	Merkowitz, David	M77	Clarksville, MD	35.54m	116-07
2	Barber, Richard	M77	Montrose, CO	30.76m	100-11
3	Levendis, George	M77	Arlington, VA	28.35m	93-00
4	marovich, david	M76	Chalfont, PA	28.10m	92-02
5	Kenney, James	M78	White Plains, MD	23.99m	78-08

M80 Discus Throw**Finals**

1	McCabe, Lee	M80	Ellicott City, MD	25.96m	85-02
2	Beaton, Robert	M83	Annapolis, MD	19.26m	63-02

M85 Discus Throw**Finals**

1	Hemler, Joseph	M85	Bel Air, MD	20.14m	66-01
2	kent, geoffrey	M86	washington, DC	19.58m	64-03
3	Blinchikoff, Herman	M85	Pikesville, MD	17.47m	57-04

M90 Discus Throw**Finals**

1	Dempster, Darrell	M90	Annapolis, MD	11.90m	39-00
---	-------------------	-----	---------------	--------	-------

M95 Discus Throw**Finals**

1	Murphy, Edward	M95	Rockville, MD	13.35m	43-09
---	----------------	-----	---------------	--------	-------

2019 Maryland Senior Olympics - 8/10/2019 to 8/11/2019**MSO 2019****Howard Community College****Results****W55 Hammer Throw****Finals**

1	Lewis, Oneithea	W59	Oakland Gardens, NY	45.47m	149-02
2	Senn-Griffiths, Caryl	W58	Massapequa Park, NY	29.41m	96-06
3	Haynes, Julia	W55	York, PA	28.55m	93-08
4	Pikula, Ellen	W56	Yorktown Heights, NY	22.35m	73-04
5	Class, Emilie	W58	Freeland, MD	20.42m	67-00
6	Chase, Freda	W57	Columbia, MD	14.16m	46-05

W60 Hammer Throw**Finals**

1	Barrett, Donna	W63	Upper Marlboro, MD	26.23m	86-01
2	Good, Katherine	W62	Woodbridge, VA	18.64m	61-02

W70 Hammer Throw**Finals**

1	Abdullah, Wahidah	W72	Capitol Heights, MD	16.65m	54-07
2	hanes, debra	W72	waldorf, MD	14.51m	47-07

W75 Hammer Throw**Finals**

1	Scheminant, Lois	W79	Annapolis, MD	19.21m	63-00
2	Katz, Roslyn	W77	Flushing, NY	17.68m	58-00

W95 Hammer Throw**Finals**

1	Dashiell, Wally	W96	Stevensville, MD	6.56m	21-06
---	-----------------	-----	------------------	-------	-------

M50 Hammer Throw**Finals**

1	Barr, James	M52	Arlington, VA	35.68m	117-01
2	Scott, Shane	M53	Harrisburg, PA	29.67m	97-04

M55 Hammer Throw**Finals**

1	Noyes, Terry	M58	Elverson, PA	48.09m	157-09
2	Brague, James	M56	Montoursville, PA	23.19m	76-01
3	McLaughlin, Dennis	M55	Columbus, NJ	22.34m	73-03
4	Butler, Mike	M56	Hagerstown, MD	11.15m	36-07

M60 Hammer Throw**Finals**

1	Palleschi, Hartley	M64	West Chester, PA	37.93m	124-05
---	--------------------	-----	------------------	--------	--------

M70 Hammer Throw**Finals**

1	Moss, Ken	M72	Leesburg, VA	46.54m	152-08
2	gainey, william	M72	clements, MD	29.69m	97-05
3	Pearce, James	M74	Columbia, MD	28.77m	94-05
4	Suleymon, Gharemon	M71	McLean, VA	17.76m	58-03

M75 Hammer Throw**Finals**

1	marovich, david	M76	Chalfont, PA	27.56m	90-05
---	-----------------	-----	--------------	--------	-------

2019 Maryland Senior Olympics - 8/10/2019 to 8/11/2019**MSO 2019****Howard Community College****Results****Finals ... (M75 Hammer Throw)**

2	Barber, Richard	M77	Montrose, CO	23.71m	77-09
---	-----------------	-----	--------------	--------	-------

M80 Hammer Throw**Finals**

1	Beaton, Robert	M83	Annapolis, MD	19.03m	62-05
---	----------------	-----	---------------	--------	-------

M90 Hammer Throw**Finals**

1	Dempster, Darrell	M90	Annapolis, MD	13.79m	45-03
---	-------------------	-----	---------------	--------	-------

W50 Javelin Throw**Finals**

1	Zelaya, Pamela	W54	Towson, MD	28.50m	93-06
---	----------------	-----	------------	--------	-------

W55 Javelin Throw**Finals**

1	Ninomiya, Lisa	W58	Vienna, VA	26.30m	86-03
2	Haynes, Julia	W55	York, PA	24.62m	80-09
3	Pikula, Ellen	W56	Yorktown Heights, NY	19.88m	65-03
4	Pan, Maureen	W56	Alexandria, VA	19.80m	64-11
5	Class, Emilie	W58	Freeland, MD	14.50m	47-07

W60 Javelin Throw**Finals**

1	Barrett, Donna	W63	Upper Marlboro, MD	10.41m	34-02
---	----------------	-----	--------------------	--------	-------

W70 Javelin Throw**Finals**

1	hanes, debra	W72	waldorf, MD	12.26m	40-03
2	Grays, Rita	W71	Oxon Hill, MD	9.31m	30-06
3	Abdullah, Wahidah	W72	Capitol Heights, MD	7.48m	24-06

W75 Javelin Throw**Finals**

1	Scheminant, Lois	W79	Annapolis, MD	9.01m	29-07
---	------------------	-----	---------------	-------	-------

W80 Javelin Throw**Finals**

1	Hong, Gloria	W80	Sandy Spring, MD	12.84m	42-01
---	--------------	-----	------------------	--------	-------

W95 Javelin Throw**Finals**

1	Dashiell, Wally	W96	Stevensville, MD	5.57m	18-03
---	-----------------	-----	------------------	-------	-------

M50 Javelin Throw**Finals**

1	Barr, James	M52	Arlington, VA	39.94m	131-00
2	Hahn, Edgar	M50	Alexandria, VA	30.03m	98-06
3	Scott, Shane	M53	Harrisburg, PA	28.40m	93-02
4	Lubliner, James	M52	Owings Mills, MD	24.75m	81-02

2019 Maryland Senior Olympics - 8/10/2019 to 8/11/2019**MSO 2019****Howard Community College****Results****M55 Javelin Throw****Finals**

1	Brague, James	M56	Montoursville, PA	42.74m	140-03
2	Hanks, Micheal	M55	Newportnews, VA	40.61m	133-03
3	Butler, Mike	M56	Hagerstown, MD	20.29m	66-07

M60 Javelin Throw**Finals**

1	Palleschi, Hartley	M64	West Chester, PA	37.95m	124-06
2	Biagioni, Remo	M60	Demarest, NJ	36.85m	120-11
3	Daniel, Chris	M61	Hyattsville, MD	35.21m	115-06

M65 Javelin Throw**Finals**

1	allen, glen	M68	Baltimore, MD	30.25m	99-03
2	Mathis, Keith	M67	Sykesville, MD	29.51m	96-10
3	Markley, Anthony	M65	Boston, VA	19.09m	62-07

M70 Javelin Throw**Finals**

1	Stoddard, Sanford	M72	Candler, NC	45.73m	150-00
2	Holton, James	M74	Elkton, MD	28.98m	95-01
3	Disharoon, Woody	M71	Laurel, DE	21.33m	70-00
4	Dyson, Lawrence	M71	White Plains, MD	21.09m	69-02
5	Suleymon, Gharemon	M71	McLean, VA	18.10m	59-04
6	Schumacher, Fred	M72	Frederick, MD	17.65m	57-11
7	Myslinski, Norbert	M72	Ellicott City, MD	17.52m	57-06
8	Lin, Joseph	M71	Gaithersburg, MD	11.35m	37-03

M75 Javelin Throw**Finals**

1	Kenney, James	M78	White Plains, MD	31.98m	104-11
2	Merkowitz, David	M77	Clarksville, MD	29.47m	96-08
3	Barber, Richard	M77	Montrose, CO	24.41m	80-01
4	marovich, david	M76	Chalfont, PA	22.28m	73-01
5	Blank, Stuart	M77	Baltimore, MD	13.10m	43-00

M80 Javelin Throw**Finals**

1	Beaton, Robert	M83	Annapolis, MD	20.70m	67-11
2	Paulen, Robert	M82	Dewey Beach, DE	11.87m	38-11

M85 Javelin Throw**Finals**

1	kent, geoffrey	M86	washington, DC	20.79m	68-02
2	Blinchikoff, Herman	M85	Pikesville, MD	19.12m	62-09

M90 Javelin Throw**Finals**

1	Dempster, Darrell	M90	Annapolis, MD	10.89m	35-09
2	Hill, Jack	M93	Rockville, MD	10.56m	34-08

2019 Maryland Senior Olympics - 8/10/2019 to 8/11/2019**MSO 2019****Howard Community College****Results****M95 Javelin Throw****Finals**

1	Murphy, Edward	M95	Rockville, MD	15.57m	51-01
---	----------------	-----	---------------	--------	-------

W55 Weight Throw**Finals**

1	Lewis, Oneithea	W59	Oakland Gardens, NY	14.99m	49-02.25
2	Haynes, Julia	W55	York, PA	10.05m	32-11.75
3	Pikula, Ellen	W56	Yorktown Heights, NY	7.58m	24-10.50
4	Class, Emilie	W58	Freeland, MD	6.87m	22-06.50
5	Chase, Freda	W57	Columbia, MD	6.30m	20-08.00

W60 Weight Throw**Finals**

1	Barrett, Donna	W63	Upper Marlboro, MD	12.67m	41-07.00
---	----------------	-----	--------------------	--------	----------

W70 Weight Throw**Finals**

1	Abdullah, Wahidah	W72	Capitol Heights, MD	6.94m	22-09.25
2	hanes, debra	W72	waldorf, MD	6.67m	21-10.75

W75 Weight Throw**Finals**

1	Katz, Roslyn	W77	Flushing, NY	7.85m	25-09.25
2	Scheminant, Lois	W79	Annapolis, MD	6.53m	21-05.25

W95 Weight Throw**Finals**

1	Dashiell, Wally	W96	Stevensville, MD	3.65m	11-11.75
---	-----------------	-----	------------------	-------	----------

M50 Weight Throw**Finals**

1	Barr, James	M52	Arlington, VA	14.02m	46-00.00
---	-------------	-----	---------------	--------	----------

M55 Weight Throw**Finals**

1	Noyes, Terry	M58	Elverson, PA	14.86m	48-09.00
2	Brague, James	M56	Montoursville, PA	10.47m	34-04.25
3	McLaughlin, Dennis	M55	Columbus, NJ	9.49m	31-01.75
4	Butler, Mike	M56	Hagerstown, MD	4.34m	14-03.00

M60 Weight Throw**Finals**

1	Palleschi, Hartley	M64	West Chester, PA	15.17m	49-09.25
---	--------------------	-----	------------------	--------	----------

M70 Weight Throw**Finals**

1	Moss, Ken	M72	Leesburg, VA	18.87m	61-11.00
2	gainey, william	M72	clements, MD	11.65m	38-02.75
3	Pearce, James	M74	Columbia, MD	10.97m	36-00.00

M75 Weight Throw**Finals**

1	Barber, Richard	M77	Montrose, CO	11.25m	36-11.00
---	-----------------	-----	--------------	--------	----------

2019 Maryland Senior Olympics - 8/10/2019 to 8/11/2019**MSO 2019****Howard Community College****Results****Finals ... (M75 Weight Throw)**

2	marovich, david	M76	Chalfont, PA	11.12m	36-05.75
---	-----------------	-----	--------------	--------	----------

M80 Weight Throw**Finals**

1	Beaton, Robert	M83	Annapolis, MD	9.17m	30-01.00
---	----------------	-----	---------------	-------	----------

M90 Weight Throw**Finals**

1	Dempster, Darrell	M90	Annapolis, MD	6.56m	21-06.25
---	-------------------	-----	---------------	-------	----------

M50 Other Frisbee Thro**Finals**

1	Hanes, Norris	M52	Waldorf, MD	103-09.00	31.62m
2	Wilcox, Timothy	M52	Ellicott City, MD	79-08.00	24.28m
3	Ashley, Alan	M50	Walkersville, MD	49-03.00	15.01m

M50 Other Softball Thr**Finals**

1	Ashley, Alan	M50	Walkersville, MD	169-01.00	51.53m
2	Peters, Glenn	M53	Columbia, MD	160-04.00	48.86m
3	Harvey, Richard	M51	Jessup, MD	151-00.00	46.02m
4	Wilcox, Timothy	M52	Ellicott City, MD	148-01.00	45.13m
5	Hanes, Norris	M52	Waldorf, MD	145-06.00	44.34m
6	Hahn, Edgar	M50	Alexandria, VA	113-05.00	34.56m

M50 Other Football Thr**Finals**

1	Peters, Glenn	M53	Columbia, MD	128-05.00	39.14m
2	Ashley, Alan	M50	Walkersville, MD	121-00.00	36.88m
3	Wilcox, Timothy	M52	Ellicott City, MD	120-08.00	36.77m
4	Hahn, Edgar	M50	Alexandria, VA	99-00.00	30.17m
5	Hanes, Norris	M52	Waldorf, MD	95-03.00	29.03m
6	Harvey, Richard	M51	Jessup, MD	92-03.00	28.11m

W55 Other Frisbee Thro**Finals**

1	Chase, Freda	W57	Columbia, MD	28-01.00	8.55m
---	--------------	-----	--------------	----------	-------

M55 Other Frisbee Thro**Finals**

1	Butler, Mike	M56	Hagerstown, MD	59-03.00	18.05m
---	--------------	-----	----------------	----------	--------

W55 Other Football Thr**Finals**

1	Ninomiya, Lisa	W58	Vienna, VA	86-02.00	26.26m
2	Haynes, Julia	W55	York, PA	66-04.00	20.21m
3	Chase, Freda	W57	Columbia, MD	61-01.00	18.61m

M55 Other Football Thr**Finals**

1	Brooks, Doug	M58	Hampstead, MD	76-08.00	23.36m
2	Butler, Mike	M56	Hagerstown, MD	60-01.00	18.31m

2019 Maryland Senior Olympics - 8/10/2019 to 8/11/2019**MSO 2019****Howard Community College****Results****W55 Other Softball Thr****Finals**

1	Haynes, Julia	W55 York, PA	105-00.00	32.00m
2	Chase, Freda	W57 Columbia, MD	76-07.00	23.34m
3	Banes, Eloisa	W59 Hagerstown, MD	60-06.00	18.44m

M55 Other Softball Thr**Finals**

1	Brooks, Doug	M58 Hampstead, MD	120-02.00	36.62m
---	--------------	-------------------	-----------	--------

M60 Other Softball Thr**Finals**

1	Daniel, Chris	M61 Hyattsville, MD	80-03.00	24.46m
---	---------------	---------------------	----------	--------

M60 Other Football Thr**Finals**

1	Daniel, Chris	M61 Hyattsville, MD	79-09.00	24.30m
2	graham, john	M62 Potomac, MD	76-09.00	23.39m

M60 Other Frisbee Thro**Finals**

1	graham, john	M62 Potomac, MD	112-09.00	34.36m
---	--------------	-----------------	-----------	--------

M65 Other Frisbee Thro**Finals**

1	McGowan, James	M65 Bowie, MD	73-02.00	22.30m
2	Russell, Jeffrey	M67 Keedysville, MD	69-09.00	21.25m

M65 Other Football Thr**Finals**

1	Russell, Jeffrey	M67 Keedysville, MD	80-05.00	24.51m
2	Carrico, Joseph	M66 Easton, MD	72-05.00	22.07m

M65 Other Softball Thr**Finals**

1	Craig, Ronald	M67 Temple Hills, MD	94-09.00	28.87m
2	Russell, Jeffrey	M67 Keedysville, MD	90-06.00	27.58m
3	McGowan, James	M65 Bowie, MD	70-09.00	21.56m

M70 Other Football Thr**Finals**

1	Disharoon, Woody	M71 Laurel, DE	91-02.00	27.78m
2	Schumacher, Fred	M72 Frederick, MD	68-08.00	20.92m
3	Myslinski, Norbert	M72 Ellicott City, MD	53-01.00	16.17m

W70 Other Football Thr**Finals**

1	Talley, Shiann	W71 Frederick, MD	32-03.00	9.82m
---	----------------	-------------------	----------	-------

W70 Other Softball Thr**Finals**

1	Kamenoff, Christine	W71 Annapolis, MD	78-08.00	23.97m
2	Bowens, Sylvia	W74 Frederick, MD	51-07.00	15.72m
3	hanes, debra	W72 waldorf, MD	48-00.00	14.63m

2019 Maryland Senior Olympics - 8/10/2019 to 8/11/2019**MSO 2019****Howard Community College****Results****Finals ... (W70 Other Softball Thr)**

4	Talley, Shiann	W71	Frederick, MD	43-04.00	13.20m
---	----------------	-----	---------------	----------	--------

M70 Other Softball Thr**Finals**

1	Disharoon, Woody	M71	Laurel, DE	137-00.00	41.75m
2	Young, Jeff	M71	McLean, VA	128-06.00	39.16m
3	Schumacher, Fred	M72	Frederick, MD	97-04.00	29.66m
4	Myslinski, Norbert	M72	Ellicott City, MD	75-04.00	22.96m
5	Suleymon, Gharemon	M71	McLean, VA	64-09.00	19.73m

M70 Other Frisbee Thro**Finals**

1	Suleymon, Gharemon	M71	McLean, VA	85-03.00	25.98m
2	Myslinski, Norbert	M72	Ellicott City, MD	74-01.00	22.58m

W70 Other Frisbee Thro**Finals**

1	Talley, Shiann	W71	Frederick, MD	29-00.00	8.83m
---	----------------	-----	---------------	----------	-------

M75 Other Softball Thr**Finals**

1	Kenney, James	M78	White Plains, MD	138-08.00	42.26m
2	Tubman, Larry	M75	Rockville, MD	136-06.00	41.60m
3	Barber, Richard	M77	Montrose, CO	126-00.00	38.40m

M75 Other Football Thr**Finals**

1	Kenney, James	M78	White Plains, MD	111-09.00	34.06m
2	Tubman, Larry	M75	Rockville, MD	107-04.00	32.71m
3	Barber, Richard	M77	Montrose, CO	99-08.00	30.37m

W80 Other Softball Thr**Finals**

1	Hong, Gloria	W80	Sandy Spring, MD	48-06.00	14.78m
---	--------------	-----	------------------	----------	--------

W80 Other Frisbee Thro**Finals**

1	Hong, Gloria	W80	Sandy Spring, MD	37-04.00	11.37m
---	--------------	-----	------------------	----------	--------

M80 Other Football Thr**Finals**

1	Beaton, Robert	M83	Annapolis, MD	88-02.00	26.87m
---	----------------	-----	---------------	----------	--------

W80 Other Football Thr**Finals**

1	Hong, Gloria	W80	Sandy Spring, MD	36-05.00	11.09m
---	--------------	-----	------------------	----------	--------

M80 Other Softball Thr**Finals**

1	Beaton, Robert	M83	Annapolis, MD	99-08.00	30.37m
---	----------------	-----	---------------	----------	--------

2019 Maryland Senior Olympics - 8/10/2019 to 8/11/2019**MSO 2019****Howard Community College****Results****M85 Other Softball Thr****Finals**

1	Blinchikoff, Herman	M85 Pikesville, MD	64-06.00	19.65m
---	---------------------	--------------------	----------	--------

M85 Other Football Thr**Finals**

1	Blinchikoff, Herman	M85 Pikesville, MD	57-02.00	17.42m
---	---------------------	--------------------	----------	--------

M90 Other Frisbee Thro**Finals**

1	Dempster, Darrell	M90 Annapolis, MD	56-07.00	17.24m
---	-------------------	-------------------	----------	--------

M90 Other Softball Thr**Finals**

1	Hill, Jack	M93 Rockville, MD	45-03.00	13.79m
2	Dempster, Darrell	M90 Annapolis, MD	35-00.00	10.66m

M90 Other Football Thr**Finals**

1	Hill, Jack	M93 Rockville, MD	38-00.00	11.58m
2	Dempster, Darrell	M90 Annapolis, MD	31-00.00	9.44m

M95 Other Softball Thr**Finals**

1	Murphy, Edward	M95 Rockville, MD	77-06.00	23.62m
---	----------------	-------------------	----------	--------

M95 Other Football Thr**Finals**

1	Murphy, Edward	M95 Rockville, MD	50-03.00	15.31m
---	----------------	-------------------	----------	--------

W55 1500 Meter Race Walk**Finals**

1	Gardner, Mary	W59 Rosedale, MD	11:15.01
---	---------------	------------------	----------

W60 1500 Meter Race Walk**Finals**

1	Good, Katherine	W62 Woodbridge, VA	10:10.94
2	Ropiski, Deborah	W61 Bel Air, MD	10:12.28
3	allen, Ina	W63 Baltimore, MD	12:05.02
4	Hall, Teresa	W63 Bel Air, MD	12:05.07
5	Wetzler, Catherine	W60 Conowingo, MD	12:41.27

W65 1500 Meter Race Walk**Finals**

1	Hancock, Elizabeth	W67 Falls Church, VA	12:34.23
---	--------------------	----------------------	----------

W80 1500 Meter Race Walk**Finals**

1	Dicker, Lois	W80 Silver Spring, MD	11:16.99
---	--------------	-----------------------	----------

M55 1500 Meter Race Walk**Finals**

1	Murray, Alan	M57 Crofton, MD	12:58.24
---	--------------	-----------------	----------

2019 Maryland Senior Olympics - 8/10/2019 to 8/11/2019**MSO 2019****Howard Community College****Results****M60 1500 Meter Race Walk****Finals**

---	graham, john	M62 Potomac, MD	DQ
-----	--------------	-----------------	----

M70 1500 Meter Race Walk**Finals**

1	Morrison, John	M71 Essex, MD	10:42.70
2	Klebanow, Kenneth	M70 Columbia, MD	11:08.22
3	Cochran, John	M74 Annapolis, MD	12:25.48

M75 1500 Meter Race Walk**Finals**

1	Eisner, Manny	M79 Pikesville, MD	12:19.78
---	Ord, John	M77 Potomac, MD	DQ

M80 1500 Meter Race Walk**Finals**

1	Contract, Sheldon	M80 North Bethesda, MD	11:56.94
2	Copeland, Terry	M82 Frederick, MD	14:05.04

W55 1500 Meter Race Walk Power Walk**Finals**

1	Gardner, Mary	W59 Rosedale, MD	11:01.17
2	Rosser, Constance	W56 Abingdon, MD	12:21.17
3	Murray, Diana	W58 Crofton, MD	14:35.03

M55 1500 Meter Race Walk Power Walk**Finals**

1	Walker, Gerry	M57 Baltimore, MD	10:07.99
2	Austin, Marc	M55 Woodbine, MD	11:02.32
3	Bowman, Ben	M55 Burke, VA	11:04.97
4	Murray, Alan	M57 Crofton, MD	11:17.44

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

1	Harris, Kimberly	W61 Hyattsville, MD	11:57.78
---	------------------	---------------------	----------

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

1	Davis, James	M62 University Park, MD	9:42.42
2	Nibali, Jeffrey	M62 Ellicott City, MD	12:15.61

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

1	Deitrich, Woody	M67 Seattle, WA	10:30.72
2	Vash, James	M68 Mechanicsburg, PA	11:04.98
3	Warren, Gary	M69 Dundalk, MD	13:01.88

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

1	Simpson, Claudia	W66 Baltimore, MD	11:22.16
2	Mason, Pamela	W67 Silver Spring, MD	11:29.51
3	Hancock, Elizabeth	W67 Falls Church, VA	11:59.57

2019 Maryland Senior Olympics - 8/10/2019 to 8/11/2019
MSO 2019
Howard Community College
Results

W70 1500 Meter Race Walk Power Walk

Finals			
1	Bowens, Sylvia	W74 Frederick, MD	13:25.29

M70 1500 Meter Race Walk Power Walk

Finals			
1	Cochran, John	M74 Annapolis, MD	12:23.39

W75 1500 Meter Race Walk Power Walk

Finals			
1	Schulman, Carol	W75 Bethesda, MD	13:11.59

M75 1500 Meter Race Walk Power Walk

Finals			
1	Ord, John	M77 Potomac, MD	10:35.56
2	Teper, Stuart	M76 West Friendship, MD	10:54.25
3	Young, Bernard	M75 Baltimore, MD	11:54.44

M80 1500 Meter Race Walk Power Walk

Finals			
1	Paulen, Robert	M82 Dewey Beach, DE	11:51.54

W80 1500 Meter Race Walk Power Walk

Finals			
1	Lee, Youngja	W83 Annapolis, MD	12:06.70

M85 1500 Meter Race Walk Power Walk

Finals			
1	Grant, Dale	M86 Bowie, MD	13:36.45

M55 1600 Meter Race Walk Precision Wa

Finals			
1	Murray, Alan	M57 Crofton, MD	14:44.52

M60 1600 Meter Race Walk Precision Wa

Finals			
1	Nibali, Jeffrey	M62 Ellicott City, MD	15:33.00

M85 1600 Meter Race Walk Precision Wa

Finals			
1	Grant, Dale	M86 Bowie, MD	19:12.27