

2000 Meter Steeplechase (30")				
	Name	Age	Residence	Time
M60	Stephen Lyons	M60	Quentin Village, CA	7:43.3h
M65	Robert Culling	M67	Hacienda Heights, CA	8:58.0h
M70	Jim Selby	M72	Fallbrook, CA	9:54.4h
M75	Avery Bryant	M76	Rancho Palos Verdes	11:02.8h
W45	Nancy Cochrane	W49	La Quinta, CA	10:18.8
W50	Susan Witt	W53	Solana Beach, CA	11:40.0h
W55	Mary Trotto	W55	Kahai Maui, HI	11:01.0
W60	Gerry Martin	W63	San Diego, CA	11:17.5h
3000 Meter Steeplechase				
	Name	Age	Residence	Time
M40	Darren Cox	M41	Laguna Hills, CA	10:47.9h
M45	Paul Baumhoefner	M48	San Diego, CA	11:41.0h
M50	Greg Wilson	M50	Chula Vista, CA	11:51.8
M55	Greg Wilson	M56	Chula Vista, CA	11:36.5h

Year
2000
1999
2000
2000
2001
1999
2002
2000
Year
2011
2000
2002
2008