

**National Masters Throws Championship Athletes, August 4-5, 2018, Seattle WA**  
**Compiled by Jay Jacob Wind, USA Track & Field Masters Communications Subcommittee**

- + Alan Cress, M55; Great Falls MT; Throws Pentathlon ;
- + Angela Herzner, W43; Tempe AZ; All Three Events; 2017 Indoor Champion; 2018 Indoor Champion; 2018 Outdoor Champion;
- + Asniel Triana, M35-39; Unattached; Throws Pentathlon ;
- + Bill Deeter, M71; Mehama OR; All Three Events;
- + Bob Cedrone, M60-64; Twilight Throwers; Superweight Championship Ultraweight Pentathlon;
- + Bob Sager, M70; White Sulphur Springs MT; All Three Events;
- + Cami Krise, W40-44; Yelm Tornado Track Club; All Three Events;
- + Carol Finsrud, W61; Lockhart TX; All Three Events; World Outdoor Throws Pentathlon Record 4727; Hall of Fame 2007; USA Award Winner: World Record - Discus 40.76m; World Record - Outdoor Throws Pentathlon 4727; American Record - Throws Pentathlon 5060; 2017 Outdoor Champion; 2018 Indoor Champion; 2018 Outdoor Champion;
- + Carole Jackson, W64; Oak Park IL; Throws Pentathlon Ultraweight Pentathlon;
- + Connie Ballard, W61; Lynnwood WA; Throws Pentathlon ; **Seattle Area**;
- + Craig Cyphers, M65-69; Philadelphia Masters; All Three Events;
- + Daniel Lloyd, M64; Brentwood CA; Throws Pentathlon ;
- + David Bolles, M60-64; 43-0086 Texas Throwers Club; Superweight Championship Ultraweight Pentathlon;
- + David Marovich, M75-79; Phila. Masters; All Three Events;
- + Deborah Ecklund, W58; Floral Park NY; Superweight Championship Ultraweight Pentathlon;
- + Dennis Hansen, M60-64; ; All Three Events;
- + Diane Morey, W50-54; Twilight Throwers; All Three Events;
- + Don Miller, M80-84; ; All Three Events;
- + Edward Donnelly, M75-79; Philadelphia Masters; All Three Events;
- + Edward Rowe, M70-74; Portland Masters Track Club; All Three Events;
- + Eric Cole, M48; Flower Mound TX; All Three Events; American Indoor Superweight Record 11.38 m (37'4"); USA Award Winner: American Record -Ultra Weight Pentathlon 5049; American Record - Indoor Super Weight 11.38m; #1 in World - Weight 15.90m; 2017 Outdoor Champion; 2017 Indoor Champion;
- + Erica Boivin, W59; Mukilteo WA; All Three Events; **Seattle Area**;
- + Frank Zitnik III, M60; Lynnwood WA; Throws Pentathlon ; **Seattle Area**;
- + G Michael Gold, M55-59; AZ Desert Throwers; All Three Events;
- + George Castelli, M60-64; Twilight Throwers; Superweight Championship Ultraweight Pentathlon;
- + George Mathews, M75; Edmonds WA; Superweight Championship Ultraweight Pentathlon; **Seattle Area**; American Indoor Superweight Record 10.51 m (34'5"); American Indoor Weight Record 19.93 m (65'4"); World Indoor Weight Record 19.33; 2017 Outdoor Champion;
- + Gloria Krug, W87; New Oxford PA; All Three Events; American Indoor Superweight Record 5.39 m (17'8"); American Indoor Weight Record 8.10 m (26'7"); American Outdoor Weight Record 7.98 m (26'2"); Hall of Fame 2017; USA Award Winner: Indoor WMA World Champion in Long Jump, Triple Jump, Shot Put, Disc, Hammer, Javelin, Weight; American Records - Indoor Long Jump 1.51m Triple Jump 3.15m; American Records - Indoor Shot Put 6.81m, Super Weight 5.39m, Weight 8.10m; Athlete of the year: Vanessa Hilliard(Female AOY); 2017 Outdoor Champion; 2017 Indoor Champion;
- + Gordon Wolcott, M55-59; Unattached; Superweight Championship Ultraweight Pentathlon;
- + Harvey Lewellen, M85-89; Oregon Track Club Masters; All Three Events; American Outdoor Weight Record 16.88 m (55'4");
- + Hondo Salgado, M43; Frisco TX; All Three Events; 2017 Outdoor Champion;
- + James Burgoyne Jr., M55-59; Twilight Throwers; All Three Events;
- + Janice Bradley, W80; Battle Ground WA; All Three Events;
- + Jerry Bookin-Weiner, M72; Columbia MD; Throws Pentathlon; Vice Chair, USA Masters Track & Field
- + Jerry Huhn, M77; Wilsonville OR; Throws Pentathlon ;
- + Jim Biondolillo, M55-59; AZ Desert Throwers; All Three Events;

+ Joanne Marriott, W79; Arvada CO; All Three Events; American Indoor Superweight Record 7.72 m (25'4"); American Indoor Weight Record 11.77 m (38'7"); American Outdoor Weight Record 11.80 m (38'8"); USA Award Winner: #1 in World - Super Weight Indoor 7.50 Outdoor 7.99; #1 in World - Ultraweight Pentathlon 3866; National Champion Ultraweight Pentathlon; 2017 Outdoor Champion; 2017 Indoor Champion;

+ John Thomas, M53; Corvallis OR; Throws Pentathlon ;

+ Katherine Clausen de Contreras, W55-59; ; All Three Events;

+ Kathleen Biondolillo, W55-59; AZ Desert Throwers; All Three Events;

+ Katrina Geurkink, W57; Lebanon NH; All Three Events; 2017 Indoor Champion;

+ Kelly Diane Thalman, W55-59; ; All Three Events;

+ Kyle Unland, M51; Spokane WA; Throws Pentathlon ;

+ Lance Neubauer, M59; Shoreline WA; Superweight Championship Ultraweight Pentathlon; **Seattle Area**;

+ Larry Rheams, M75-79; ; Throws Pentathlon ; 2018 Indoor Champion; 2018 Outdoor Champion;

+ Larry Wymer, M57; Seattle WA; Throws Pentathlon ; **Seattle Area**;

+ Linda Rowe, W66; Bloomfield IA; All Three Events;

+ Marilyn Coleman, W40-44; Shore AC; Superweight Championship Ultraweight Pentathlon; American Indoor Superweight Record 8.71 m (28'7");

+ Martha Green, W67; Des Moines IA; All Three Events; 2017 Indoor Champion;

+ Mary Trotto, W71; Kihei HI; All Three Events; 2017 Outdoor Champion; 2017 Indoor Champion; 2018 Indoor Champion; 2018 Outdoor Champion;

+ Mike Nykreim, M60-64; Uw; Throws Pentathlon ;

+ Oneithea Lewis, W58; Oakland Gardens NY; All Three Events; American Indoor Superweight Record 10.79 m (35'4"); American Indoor Weight Record 17.12 m (56'2"); American Outdoor Weight Record 19.09 m (62'7"); World Indoor Weight Record 17.12; World Outdoor Weight Record 19.09; World Outdoor Throws Pentathlon Record 4841; Hall of Fame 2010; USA Award Winner: American Records - Indoor Weight 15.22, Outdoor Weight 15.88, Outdoor Superweight 11.04; American Record - Ultraweight Pentathlon 5221; #1 in World - Super Weight Indoor 11.10m Outdoor 11.04m; 2017 Outdoor Champion; 2017 Indoor Champion; 2018 Indoor Champion; 2018 Outdoor Champion;

+ Paul Barrett, M51; Parkman WY; Throws Pentathlon ;

+ Paul Rosati, M50-54; ; Throws Pentathlon ;

+ Raymond Burton, M60-64; Portland Track Club; All Three Events;

+ Richard Harrison, M48; Walnut Creek CA; Throws Pentathlon ;

+ Richard Hotchkiss, M79; Grass Valley CA; All Three Events; 2017 Indoor Champion;

+ Richard Watson, M65; Yuma AZ; All Three Events;

+ Robert Willmott, M40-44; Seattle Masters AC; Superweight Championship Ultraweight Pentathlon;

+ Roger Vergin, M80; Poulsbo WA; All Three Events; **Seattle Area**; 2017 Outdoor Champion; 2017 Indoor Champion; 2018 Indoor Champion; 2018 Outdoor Champion;

+ Roland Jones, M60-64; ; Throws Pentathlon ;

+ Roslyn Katz, W76; Flushing NY; All Three Events; 2018 Indoor Champion; 2018 Outdoor Champion;

+ Ruth Welding, W62; Elk Grove Village IL; All Three Events; 2017 Indoor Champion;

+ Susan Hallen, W61; Elk Grove Village IL; All Three Events;

+ Suzy Wojcik, W76; Eugene OR; All Three Events;

+ Theodore Demetrio Jr., M60-64; ; All Three Events;

+ Tim Shannon, M55; Seattle WA; All Three Events; **Seattle Area**;

+ Todd Eastham, M50; Greenup KY; All Three Events;

+ Tom Carlson, M60; Plano TX; Throws Pentathlon ;

+ Tracy Desselle, W45-49; Wildcats of Port Allen; Throws Pentathlon ;

+ Wayne Sabin, M85-89; Oregon Track Club Masters; All Three Events; American Indoor Superweight Record 9.01 m (29'6");

+ William Platts, M90; Boise ID; Throws Pentathlon ;