

Results

Hawaii Senior Olympics

November 2011

100 Meters

W55-59: Debbie Lurie, 18.93.

W60-64: Halina Zaleski, 19.79.

W65-69: Helen Hemmes, 29.08.

M50-54: Phil Oyape, 13.44.

M55-59: Francis Mukai, 13.86.

M60-64: Alan Nakasone, 16.42.

M65-69: Walter Ritte, 14.82; Don Hemmes, 19.01.

M70-74: Stanford Kuroda, 15.99.

M75-79: Bill Cunningham, 18.78; Ruggles Larson, 23.48.

200 Meters

W55-59: Debbie Lurie, 41.64.

W60-64: Halina Zaleski, 42.76.

M50-54: Phil Oyape, 28.61.

M65-69: Walter Ritte, 31.42.

M70-74: Stanford Kuroda, 34.54; Jack Karbens, 35.79; Vince Bradley, 1:02.17.

M75-79: Bill Cunningham, 42.93; Ruggles Larson, 54.94.

400 Meters

W60-64: Halina Zaleski, 1:37.59.

M55-59: Francis Mukai, 1:07.43.

M65-69: Walter Ritte, 1:11.41.

M70-74: Sai Ching, 1:07.30; Stanford Kuroda, 1:24.17; Vince Bradley, 2:05.08.

M75-79: Bill Cunningham, 1:31.30; Ruggles Larson, 2:06.64.

800 Meters

W60-64: Halina Zaleski, 3:32.86.

W65-69: Helen Hemmes, 5:55.50.

W70-75: Joan Davis, 7:30.97.

M75-79: Bill Cunningham, 3:53.76; Ruggles Larson, 5:14.23.

1500 Meters

W60-64: Halina Zaleski, 6:51.17.

W65-69: Helen Hemmes, 12:03.95.

W70-74: Joan Davis, 14:27.13.

M60-64: Lionel Parker, 10:09.31.

3000 Meters

M65-69: Ron Pate, 11:32.63.

Discus

W70-74: Joan Davis, 10.27 meters.

M50-54: Eric Roth, 34.31; Kevin Kruszona, 27.64.
M55-59: Greg Stines, 43.29; Vince Costello, 29.05.
M60-64: Lionel Parker, 24.02.
M70-74: Robert Taylor, 30.10; Jack Karbens, 29.47; Robert Molyneux, 23.59.

Javelin

W70-74: Joan Davis, 6:47 meters.
M50-54: Phil Oyape, 42.65; Kevin Kruszona, 36.08; Eric Roth, 35.42.
M55-59: Vince Costello, 33.30.
M60-64: Lionel Parker, 23.80.
M70-74: Robert Taylor, 28.95; Jack Karbens, 28.27; Robert Molyneux, 21.45.

Shot Put

W70-74: Joan Davis, 4.59 meters.
M50-54: Eric Roth, 10.37; Kevin Kruszona, 10.00.
M55-59: Greg Stines, 13.79; Vince Costello, 9.24.
M60-64: Lionel Parker, 7.58.
M70-74: Robert Taylor, 9.81; Jack Karbens, 9.06; Robert Molyneux, 7.14.

Weight Toss

W70-74: Joan Davis, 6.77 meters.
M50-54: Eric Roth, 14.26
M60-64: Lionel Parker, 9.62.
M70-74: Jack Karbens, 13.20; Robert Molyneux, 8.21.

Long Jump

W60-64: Halina Zaleski, 2.73 meters.
M45-49: Grant Muroda, 4.47.
M55-59: Donald Watson, 5.63; Francis Mukai, 4.80; Vince Costello, 4.50.
M65-69: Alan Nakasone, 3.71.
M70-74: Jack Karbens, 2.79; Vince Bradley, 2.60.
M75-79: Ruggles Larson, 1.89.

Triple Jump

M45-49: Grant Muroda, 10.25.
M55-59: Donald Watson, 11.86; Francis Mukai, 8.51.
M60-64: Lionel Parker, 6.84.
M65-69: Alan Nakasone, 8.14; Don Hemmes, 5.91.
M75-79: Ruggles Larson, 4.02.

High Jump

M45-49: Grant Muroda, 4' 6".
M55-59: Vince Costello, 4' 4".
M65-69: Don Hemmes, 3' 8".
M70-74: Stanford Kuroda, 3' 4".