

## 2013 Granite State Senior Games - 8/18/2013

Track & Field  
8/18/2013

## Results - Age Grading: 5 Yr Indiv &amp; 5 yr Multi

**W45 50 Meter Dash****Finals**

1	171 Clark, Beth	W47 RI, RI	7.58
2	6 McNamee, Mary	W47 Alton, IL	10.42

**W50 50 Meter Dash****Finals**

1	161 Sipiora, Richelle	W51 ME, ME	9.66
2	23 Goeman, Laurie	W54 Boston, MA	15.97

**W65 50 Meter Dash****Finals**

1	53 Higgins, Jane	W65 Unattached	9.56
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**W75 50 Meter Dash****Finals**

1	82 Freniere, Janet	W75 East Greenwich, R	11.52
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**W45 100 Meter Dash****Finals**

1	171 Clark, Beth	W47 RI, RI	13.87
2	4 Pomeroy, Diane	W47 Essex, MA	14.08
3	6 McNamee, Mary	W47 Alton, IL	20.99

**W50 100 Meter Dash****Finals**

1	21 Richburg, Ginny	W54 Randolph Ctr, VT	15.44
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**W75 100 Meter Dash****Finals**

1	82 Freniere, Janet	W75 East Greenwich, R	22.89
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**W45 200 Meter Dash****Finals**

1	4 Pomeroy, Diane	W47 Essex, MA	28.70
2	6 McNamee, Mary	W47 Alton, IL	54.15

**W50 200 Meter Dash****Finals**

1	21 Richburg, Ginny	W54 Randolph Ctr, VT	32.04
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**W75 200 Meter Dash****Finals**

1	82 Freniere, Janet	W75 East Greenwich, R	1:06.06
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**W45 400 Meter Dash****Finals**

1	4 Pomeroy, Diane	W47 Essex, MA	1:03.78
2	6 McNamee, Mary	W47 Alton, IL	2:21.21

**W50 400 Meter Dash****Finals**

1	21 Richburg, Ginny	W54 Randolph Ctr, VT	1:15.08
2	161 Sipiora, Richelle	W51 ME, ME	1:28.31
3	15 Houseman, Denise	W51 Manchester, NH	1:33.68

**W50 800 Meter Run****Finals**

1	167 Diaz, Trish	W52 MA, MA	2:54.03
2	161 Sipiora, Richelle	W51 ME, ME	3:27.86

**W50 1500 Meter Run****Finals**

1	167 Diaz, Trish	W52 MA, MA	5:55.61
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**W55 1500 Meter Run****Finals**

1	40 Kneeland, Nancy	W59 Bar Mills, ME	6:58.87
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**W50 High Jump****Finals**

1	23 Goeman, Laurie	W54 Boston, MA	0.96m
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**W65 High Jump****Finals**

1	53 Higgins, Jane	W65 Unattached	0.76m
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**W70 High Jump****Finals**

1	78 Dupuis, Arlene	W74 Bedford, NH	0.76m
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**W45 Long Jump****Finals**

1	6 McNamee, Mary	W47 Alton, IL	1.52m
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**W50 Long Jump****Finals**

1	21 Richburg, Ginny	W54 Randolph Ctr, VT	3.95m
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**W65 Long Jump****Finals**

1	53 Higgins, Jane	W65 Unattached	2.37m
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**W70 Long Jump****Finals**

1	78 Dupuis, Arlene	W74 Bedford, NH	2.13m
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**W85 Long Jump****Finals**

1	99 McGowan, Ann	W89 Providence, RI	1.26m
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**W50 Triple Jump****Finals**

1	21 Richburg, Ginny	W54 Randolph Ctr, VT	7.83m
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**W70 Triple Jump****Finals**

1	78 Dupuis, Arlene	W74 Bedford, NH	4.59m
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**W45 Shot Put****Finals**

1	5 Connolly, Rebecca	W47 Wilmington, MA	8.02m
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**W50 Shot Put****Finals**

1	15 Houseman, Denise	W51	Manchester, NH	10.80m
2	162 Geurknik, Katrina	W52	NH, NH	10.64m
3	22 Gifford, Debra	W54	Billerica, MA	8.93m
4	17 Cook, Tracey	W52	Chelmsford, MA	6.94m

**W55 Shot Put****Finals**

1	31 Thompson, Valerie	W56	Lebanon, NH	6.91m
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**W65 Shot Put****Finals**

1	53 Higgins, Jane	W65	Unattached	5.90m
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**W70 Shot Put****Finals**

1	78 Dupuis, Arlene	W74	Bedford, NH	5.42m
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**W80 Shot Put****Finals**

1	98 Patch, Harriet	W82	Hampden, MA	5.49m
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**W85 Shot Put****Finals**

1	99 McGowan, Ann	W89	Providence, RI	3.69m
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**W50 Discus Throw****Finals**

1	162 Geurknik, Katrina	W52	NH, NH	31.43m
2	22 Gifford, Debra	W54	Billerica, MA	26.21m
3	15 Houseman, Denise	W51	Manchester, NH	23.94m
4	161 Sipiora, Richelle	W51	ME, ME	22.74m

**W70 Discus Throw****Finals**

1	78 Dupuis, Arlene	W74	Bedford, NH	12.42m
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**W75 Discus Throw****Finals**

1	84 Youngs, Joan	W76	Tolland, CT	17.63m
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**W80 Discus Throw****Finals**

1	98 Patch, Harriet	W82	Hampden, MA	10.03m
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**W85 Discus Throw****Finals**

1	99 McGowan, Ann	W89	Providence, RI	6.07m
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**W45 Javelin Throw****Finals**

1	5 Connolly, Rebecca	W47	Wilmington, MA	22.98m
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**W50 Javelin Throw****Finals**

1	21 Richburg, Ginny	W54	Randolph Ctr, VT	27.83m
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2	22 Gifford, Debra	W54	Billerica, MA	27.53m
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3	17 Cook, Tracey	W52	Chelmsford, MA	11.62m
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**W55 Javelin Throw****Finals**

1	31 Thompson, Valerie	W56	Lebanon, NH	16.44m
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**W60 Javelin Throw****Finals**

1	152 Faller, Suzanne	W61	PA, PA	27.42m
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**W70 Javelin Throw****Finals**

1	78 Dupuis, Arlene	W74	Bedford, NH	13.82m
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**W75 Javelin Throw****Finals**

1	84 Youngs, Joan	W76	Tolland, CT	14.97m
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**W80 Javelin Throw****Finals**

1	98 Patch, Harriet	W82	Hampden, MA	7.12m
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**W85 Javelin Throw****Finals**

1	99 McGowan, Ann	W89	Providence, RI	7.10m
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