

Power Walk

Todd Sholey, 52

400m. 3:14.20 - Gold

800m. 6:35.00 - Gold

1500m. 12:23.91 - Gold

Helen Kim-Sholey, 54

400m. 3:14.00 - Gold

800m. 6:35.50 - Gold

1500m. 12:26.68 - Gold

Race Walk

Todd Sholey, 52,

400m. 2:34.83 - Gold

Helen Kim-Sholey, 54

400m. 3:15.00 - Gold

800m. 6:28.73 - Gold

1500m. 12:26.44 - Gold

1500m Run

Lon Waters, 58, 5:36.53 - Gold

50m Dash

Helen Kim-Sholey, 54, 9.96 - Gold

Bill Baker, 72, 9.11 - Gold

100m Dash

Lon Waters, 58, 14.97 - Gold

Helen Kim-Sholey, 54, 18.97 - Gold

Bill Baker, 72, 18.24 - Gold

200m Dash

Lon Waters, 58, 31.70 - Gold

Bill Baker, 72, 48.49 - Gold

400m Run

Lon Waters, 58, 1:27.03 - Gold

800m Run

Lon Waters, 58, 2:57.38 - Gold