



SDTC RECORD BOOK

a journal of best performances by SDTC members

October, 1976

\$1.50



October, 1976

OK now, here's what you've got for your money, a journal of the best track and field marks recorded by SDTC members, and the best marks recorded at major SDTC sponsored races. It's the result of the prodigious efforts of Bill Stock, Chuck McMahon, Laurie Olson, much assistance from the Board of Directors, and a little paper shuffling by myself.

Points of clarification. (This is euphemistic for potential bones of contention.)

1 This is for and about the SDTC. Hence, only SDTC members are included. Exception. If the course record for a SDTC sponsored run is held by a non-member, it is listed. In order to qualify, you must have been a member of the SDTC representing the SDTC at the time the mark was set. Peter Fredriksson recorded some excellent times, but was frequently representing Sweden or USIU.

2 In an effort to enter the twentieth century, distances are recorded metrically, i.e., Harry Hawke's Masters I record of 12.40 meters in the Shot Put.

3 I've tried to simplify and standardize, using only major competitive events, sticking with AAU standards....generally. This unfortunately excludes some world class performances. But, if we included all the deviations, our book would be as thick as Ma Bell's. Exception. I had to work with the information available to me. The most common occurrences were the Junior Division being 17 and under and Masters I being 40 +, so those are the standards used.

4 This is not perfect. Your response to our request for records was less than overwhelming, so I've done the best I can. If you find horrendous bungles or have additions, please write them down and send them to the Newsletter Editors, 8531 Onalaska Ave., San Diego, 92123, or myself, 1030 Jared Pl., Escondido, 92025. I'll keep a master updated. I'd like to have it complete and updated in one year, then keep it that way. When we clean up these basics, then perhaps, we can add other events.

Happy reading!

A handwritten signature in black ink, appearing to read "Bob Daniel", written over a circular scribble.

Bob Daniel

100 METERS

MEN				
Open	10.0	Steve Williams		1973
	10.1	Steve Williams	USSR	1973
	10.3	Steve Williams	Los Angeles, Calif.	1973
	10.3	Steve Williams	Germany	1973
	10.3	Isaac Curtis		1972
	10.3	Isaac Curtis		1972
	10.9	Dick Straub		1955
Master I	11.3	George Rhoden	San Diego, Calif.	1972
	11.6	Dick Glasgow	San Diego, Calif.	1976
	11.8	Don Love		1970
Master II	12.1	Bob McDonald	San Diego, Calif.	1970
	13.0	Bill Bowers	Irvine, Calif.	1975
Master III	13.5	Mike Andors	Irvine, Calif.	1974
	13.8	Vince Godfrey	Irvine, Calif.	1974
	15.7	John Hanna	San Diego, Calif.	1976
Master IV	13.4	Win McFadden	White Plains, NY	1975
	14.5	Win McFadden	?	1976
WOMEN				
Open	13.1	Donna Gookin		1970
	13.2	Donna Gookin		1970
	13.3	Lynn Miller		
Master I	16.0	Cathy Hargus		1970
Master II	16.1	Cathy Hargus	San Diego, Calif.	1976
Master III				
Master IV				

200 METERS

MEN				
Open	20.3	Steve Williams		1973
	20.7	Steve Williams	Los Angeles, Calif.	1973
	20.7	Steve Williams	USSR	1973
	21.4	Arnie Robinson		1972
	21.5	Bill Ellis		1955
	22.0	Bill Ellis		1955
Master I	22.3	George Rhoden	San Diego, Calif.	1972
	24.2	Dick Glasgow	San Diego, Calif.	1976
	24.3	Don Love		1970
Master II	24.9	Bob McDonald	San Diego, Calif.	1970
	26.13	Bill Bowers	Gresham, Ore.	1974
	26.2	Bill Bowers	Vancouver, BC	1974
	26.2	Bill Bowers	Irvine, Calif.	1975
Master III	27.9	Vince Godfrey	San Diego, Calif.	1975
	28.0	Vince Godfrey		1975
	28.5	Vince Godfrey	Irvine, Calif.	1974
Master IV	30.2	Win McFadden	Irvine, Calif.	1975
	31.0	Win McFadden	Van Nuys, Calif.	1975
	31.0	Win McFadden	White Plains, NY	1975
WOMEN				
Open	28.3	Anne Powis	San Diego, Calif.	1976
	28.7	Carolyn Mc Donald	San Diego, Calif.	1973
	29.3	Anne Powis	San Diego, Calif.	1976
	30.0	Sharon Hargus	San Diego, Calif.	1973
Master I	32.2	Nicki Hobson	San Diego, Calif.	1973
Master II	34.7	Cathy Hargus	San Diego, Calif.	1973
	35.5	Cathy Hargus	San Diego, Calif.	
Master III				
Master IV				

400 METERS

MEN				
Open	46.0	Jim Redd	Bakersfield, Calif.	1973
	46.7	Jim Redd	USSR	1973
	48.1	Milt Mitchell		1971
	48.3	Jim Redd	San Diego, Calif.	1973
	48.4	Harold Williams	San Diego, Calif.	1973
	50.0	Bill Ellis		1955
	50.0	Jerome Wills		1967
Master I	53.3	Bob Sieben	San Diego, Calif.	1972
	54.5	Dick Glasgow	San Diego, Calif.	1976
	55.2	Dave Fraitag		1971
	55.8	Art Barnard		1970
Master II	56.5	Bill Knuppel	San Diego, Calif.	1970
	56.82	Bob McDonald	Gresham, Ore.	1974
	57.5*	Bill Knuppel		1969
	58.3	Bill Bowers	Irvine, Calif.	1975
	58.4	Bill Bowers	Van Nuys, Calif.	1975
Master III	64.2*	Vince Godfrey	San Diego, Calif.	1975
	65.9	Dick Sharp	San Diego, Calif.	1973
Master IV	82.2	Dave Fowler		1970
WOMEN				
Open	62.0	Anne Powis	San Diego, Calif.	1976
	63.2	Anne Powis	San Diego, Calif.	1976
	63.4	Anne Powis	San Diego, Calif.	1976
	67.2	Carolyn McDonald	San Diego, Calif.	1972
	69.2	Laurie Olson	San Diego, Calif.	1976
Master I	76.0	Nicki Hobson	San Marcos, Calif.	1976
	77.3	Dorothy Stock	San Diego, Calif.	1974
Master II				
Master III				
Master IV				

* 440 yds.

800 METERS

MEN				
Open	1:49.5	Cary Weisiger		1966
	1:50.0*	Bob Messina		1972
	1:50.4*	Bill Porter		1967
	1:54.0*	Dave Pryseski		1973
	1:54.5	Jim Redd		1973
	1:56.8	Rick Fields	San Diego, Calif.	1973
Master I	2:06.0**	Bill Stock	San Diego, Calif.	1971
	2:06.8	Bill Gookin	San Diego, Calif.	1973
	2:07.8	Bill Stock		1972
	2:08.0	Bill Stock		1971
	2:08.4	Don Coleman		1971
Master II	2:18.02	Bob McDonald	Gresham, Ore.	1974
	2:18.8 *	Augie Escamilla	Gresham, Ore.	1973
	2:19.0	Bob McDonald	Vancouver, BC	1974
	2:19.3	Bill Knuppel		1970
	2:19.3	Augie Escamilla		1973
Master III	2:38.07	Richard Bredenbeck	White Plains, NY	1975
	2:41.1	Richard Bredenbeck		1971
	2:44.4	Richard Bredenbeck		1973
Master IV	2:59.1	Noel Johnson		1972
	3:08.6	Dave Fowler		1970
WOMEN				
Open	2:19.8	Jan Gervais		1973
	2:21.2	Nadia Garcia		1972
	2:31.0	Laurie Olson	San Diego, Calif.	1976
Master I	2:39.4	Dorothy Stock	San Diego, Calif.	1976
	2:49.7	Nicki Hobson	San Marcos, Calif.	1976
Master II				
Master III				
Master IV				

* 880 yds.

** 880 yds., indoor

1500 METERS - MILE

MEN Open	3:41.6	Cary Weisiger		1966
	3:58.0**	Cary Weisiger		1966
	4:03.1***	Tim Danielson		1968
	4:12.6**	Rich Levy	San Diego, Calif.	1973
	4:17.5**	Mike Cour	San Diego, Calif.	1975

Master I	4:19.8	Bill Gookin	White Plains, NY	1975
	4:25.6	Bill Stock	Stockholm, Sweden	1972
	4:28.8**	Bill Gookin		1973
	4:36.8***	Bill Gookin		1974

Master II	4:38.4	Augie Escamilla	San Diego, Calif.	1973
	4:42.3	Augie Escamilla	Los Angeles, Calif.	1973
	4:53.7**	John Lafferty		1968
	4:59.3**	Augie Escamilla	Irvine, Calif.	1973

Master III	5:32.6*	Richard Bredenbeck	Toronto, Ont.	1974
	5:36.0	Richard Bredenbeck	White Plains, NY	1975

Master IV	5:56.0**	Richard Bredenbeck		1973
	6:47.6	Noel Johnson		1972
	6:53.1**	Noel Johnson		1972

WOMEN Open	4:33.7	Nadia Garcia	San Diego, Calif.	1973
	4:52.6**	Nadia Garcia	San Diego, Calif.	1974
	5:03.5**	Nadia Garcia	San Diego, Calif.	1975
	5:05.3**	Nadia Garcia		1972
	5:05.4	Nadia Garcia		1973

Master I	5:19.1	Dorothy Stock	Toronto, Ont.	1975
	5:25.0	Nicki Hobson	San Diego, Calif.	1973
	5:52.3**	Dorothy Stock	Chula Vista, Calif.	1975

Master II	6:27.0	Cathy Hargus	San Diego, Calif.	1973
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Master III

Master IV

* indoor
** mile
*** mile indoor

5000 METERS

MEN Open	13:45.4	Billy Mills	San Diego, Calif.	1968
	14:18.9	Thom Hunt	Knoxville, Tenn.	1975
	14:23.2	Tim Danielson		1968
	15:25.0	Mike Cour	San Diego, Calif.	1976

Master I	15:29.8	Graham Parnell		1972
	16:26.4	Bill Gookin	San Diego, Calif.	1974
	16:30.0	Joe Livesay	Irvine, Calif.	1975

Master II	17:35.8	John Lafferty	Cologne, Germany	1972
	17:35.8	Augie Escamilla	Bakersfield, Calif.	1973
	17:36.0	Augie Escamilla	San Diego, Calif.	1973
	18:08.8	Harry Perry	San Diego, Calif.	1974

Master III	19:10.6	Urban Miller	Cologne, Germany	1972
	19:27.6	Richard Bredenbeck	Goteborg, Sweden	1974

Master IV	21:10.0	Richard Bredenbeck	Nashville, Tenn.	1975
	25:41.4	Noel Johnson	San Diego, Calif.	1973

WOMEN Open	17:14.0	Nadia Garcia		1976
	19:28.6	Betty Wake		1972
	19:51.7	Betty Wake	San Diego, Calif.	1973

Master I	18:54.6	Dorothy Stock	White Plains, NY	1975
	18:55.3	Nicki Hobson	San Diego, Calif.	1976
	19:10.0	Nicki Hobson	San Diego, Calif.	1976
	19:26.4	Dorothy Stock	Toronto, Ont.	1975

Master II	23:43.0	Cathy Hargus	San Diego, Calif.	1973
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Master III

Master IV

10,000 METERS

MEN				
Open	28:43.6	Billy Mills		1968
	29:45.0	Thom Hunt	Knoxville, Tenn.	1975
	30:16.0	Phil Camp	San Diego, Calif.	1976
	32:10.6	Jeff Rigdon	San Diego, Calif.	1974

Master I	32:09.8	Graham Parnell		1972
	33:27.0	Bill Gookin	San Diego, Calif.	1974
	33:30.2	Bill Gookin	San Diego, Calif.	1973
	33:51.0	Joe Livesay	Gresham, Ore.	1976
Master II	35:16.5	Joe Livesay	San Diego, Calif.	1976
	36:19.0	John Lafferty	Gresham, Ore.	1974
	36:41.0	John Lafferty		1972
	37:36.0	John Lafferty	White Plains, NY	1975
	38:00.2	Wayne Zook	San Diego, Calif.	1973

Master III	44:30.0	Richard Bredenbeck	Worthington, Ohio	1973
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Master IV	44:46.0	Richard Bredenbeck		1975
	52:55.8	Noel Johnson		1971
	52:57	Noel Johnson		1971

WOMEN				
Open	35:39.0	Nadia Garcia	San Diego, Calif.	1976
	36:10.6	Nadia Garcia	Eugene, Ore.	1976
	37:17.4	Nadia Garcia	San Diego, Calif.	1975
	40:25.4	Lynn Miller	San Diego, Calif.	1975

Master I	40:07.0	Dorothy Stock	Gresham, Ore.	1976
	40:58.0	Nicki Hobson	San Diego, Calif.	1975
	41:02.8	Nicki Hobson	San Diego, Calif.	1976

Master II

Master III

Master IV

110 METER HIGH HURDLES

MEN				
Open	14.0*	Don French		1970
	14.6*	Doug Jones		1969

Master I**	15.1*	Art Barnard		1970
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Master II	19.4	Ed Reiner	Toronto, Ont.	1975
	19.6	Ed Reiner	Gresham, Ore.	1974

Master III	18.9	Vince Godfrey		1976
	19.3	Vince Godfrey	San Diego, Calif.	1976
	19.7	Vince Godfrey	Irvine, Calif.	1975
Master IV	28.9	Win McFadden	Irvine, Calif.	1975

WOMEN
Open

Master I

Master II

Master III

Master IV

* 120 yds.
** 39" hurdles

400 METER INTERMEDIATE HURDLES

MEN	Time	Name	Location	Year
Open	49.3	Wes Williams		1971
	49.5	James King	Los Angeles, Calif.	1974
	49.8*	Wes Williams	Los Angeles, Calif.	1973
	50.2	Wes Williams	Bakersfield, Calif.	1974
	50.8	Wes Williams	Bakersfield, Calif.	1973
	50.8	Wes Williams	Fresno, Calif.	1974
	50.8	James King	Modesto, Calif.	1974
Master I	63.0	Bill Stock	Helsinki, Finland	1973
	69.0	Dave Peck	Irvine, Calif.	1974
Master II	67.6	Ray Spencer	Toronto, Ont.	1975
	71.6	Ray Spencer	Gresham, Ore.	1974
	74.0	Ed Reiner	Toronto, Ont.	1975
Master III	74.5	Vince Godfrey	Irvine, Calif.	1974
	78.1	Vince Godfrey	San Diego, Calif.	1976
Master IV				

WOMEN
Open

Master I

Master II

Master III

Master IV

* 440 yds.

3000 METER STEEPLECHASE

MEN	Time	Name	Location	Year
Open	9:06.2	Mike Cour	Long Beach, Calif.	1976
	9:12.4	Mike Cour	Walnut, Calif.	1976
	9:25.2	Steve Laird	San Diego, Calif.	1973
	9:26.2	Mike Cour	San Diego, Calif.	1976
	9:26.8	Cary Weisiger		1968
	9:48.0	Mike Cour	San Siego, Calif.	1974
	9:53.7	Shannon Laird	San Diego, Calif.	1973
Master I	10:05.4	Graham Parnell		1972
	10:40.0	Bill Stock	San Diego, Calif.	1974
	10:50.4	Bill Stock		1976
Master II	13:39	Wayne Zook	San Diego, Calif.	1976
Master III				
Master IV				

WOMEN
Open

Master I

Master II

Master III

Master IV

RACE WALKS

One Mile				
Men				
Master III	9:39.3	Chesley Unruh	San Luis Obispo, Calif.	1976
	9:44.0	Chesley Unruh	Van Nuys, Calif.	1976
	9:46.3	Chesley Unruh	Porterville, Calif.	1976
Master IV	10:00.0	Erkki Lahdenpera	Van Nuys, Calif.	1976
5000 Meters				
Men				
Master III	32:06.0	Erkki Lahdenpera	Irvine, Calif.	1974
	32:11.6	Chesley Unruh	Gresham, Ore.	1975
	32:12.0	Chesley Unruh	Toronto, Ont.	1975
Master IV	33:52.0	Erkki Lahdenpera	Irvine, Calif.	1976
10,000 Meters				
Men				
Master	76:21.7	Julius Axelbolt		1976
Master III	67:20.0	Mickey Blakesley	Santa Monica, Calif.	1976
	63:26.0	Mickey Blakesley	San Diego, Calif.	1976
30 km				
Men				
Master III	3:43:47.0	Mickey Blakesley	Lakeside, Calif.	1976

LONG JUMP

MEN				
Open				
	8.30m (27' 2 3/4")	Arnie Robinson	Modesto, Calif.	1974
	8.03	Arnie Robinson	Los Angeles, Calif.	1974
	8.02	Arnie Robinson		1971
	7.94	Arnie Robinson	Fresno, Calif.	1974
	7.94	Bouncy Moore	Irvine, Calif.	1974
	7.86	Arnie Robinson	Bakersfield, Calif.	1974
Master I				
	?*	Don Donnelly		1974
	5.78	Don Love		1971
	5.70	Don Donnelly	San Diego, Calif.	1973
Master II				
	5.27 (17' 3 1/2")	Ray Spencer		1975
	5.17	Ray Spencer	Walnut, Calif.	1976
	5.13	Ray Spencer	Porterville, Calif.	1976
	5.07	Ray Spencer		1973
	5.05	Ray Spencer	San Diego, Calif.	1975
Master III	5.03 (16' 6")	Mike Andors		1973
	4.99	Mike Andors		1973
Master IV				
	4.23 (13' 10 1/2")	Win McFadden		1975
	4.18	Win McFadden	Corona Del Mar, Cal.	1975
	4.15	Win McFadden	Gresham, Ore.	1976
WOMEN				
Open				
Master I				
Master II				
Master III				
Master IV				

TRIPLE JUMP

MEN	Open	15.56m (51' 1/2")	Wes Williams	1971
		15.21	Willie Banks	1973
		14.62	Bill Wood	1973
		14.22	Doyle Steele	1968
		13.95	Bill Wood	1970
			San Diego, Calif.	
Master I	11.61 (38' 1")	11.18	Don Donnelly	1972
		10.39	Don Donnelly	1973
			Ferman McFatter	1968
			San Diego, Calif.	
Master II	10.44 (34' 3")	10.19	Ray Spencer	1976
		9.92	Ray Spencer	1976
			Ray Spencer	1975
			Porterville, Calif.	
Master III	9.63 (31' 7 1/4")	9.07	Mike Andors	1972
		9.02	Mike Andors	1975
			Win McFadden	1973
Master IV	9:03 (29' 7 1/2")	8.79	Win McFadden	1975
			Win McFadden	1975
			Corona Del Mar, Cal.	
			San Diego, Calif.	
			Corona Del Mar	

HIGH JUMP

MEN	Open	2.15m (7' 1/2")	Ed Hanks	1967
		2.03	Ed Hanks	1974
			Bakersfield, Calif.	
Master I	1.52 (5')	1.47	Jack Noble	1971
			Harry Hawke	1976
			San Diego, Calif.	
Master II	1.65 (5' 5")	1.63	Burl Gist	1972
		1.63	Burl Gist	1974
			Burl Gist	1974
			Orange, Calif.	
			Walnut, Calif.	
Master III	1.30 (4' 3")	1.22	Win McFadden	1972
		1.17	Win McFadden	1974
			Win McFadden	1974
Master IV	1.24 (4' 1")	1.23	Percy Stephans	1976
		1.22	Percy Stephans	1975
			Win McFadden	1976
			Van Nuys, Calif.	
			San Diego, Calif.	

WOMEN
Open

WOMEN
Open

Master I

Master II

Master III

Master IV

Master I

Master II

Master III

Master IV

POLE VAULT

MEN				
Open	4.88m (16')	Rick Olander		1972
	4.78	Don Kalmer		1965
	4.72	Don Kalmer	San Diego, Calif.	1971
	4.57	Gabalton		1974

Master I	3.81 (12' 6")	Carlos Cota	San Diego, Calif.	1976
	3.51	Carlos Cota	San Diego, Calif.	1976
	3.35	Rudy Friberg		1972
	3.05	Bob Holmes		1971

Master II	2.01 (6' 7")	Chuck McMahon		
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Master III

Master IV

WOMEN
Open

Master I

Master II

Master III

Master IV

SHOT PUT

MEN				
Open	18.14m (59' 6")	Ray Hiscok		1970
	17.85	Dave Price		1965
	16.42	Dave Price	San Diego, Calif.	1971
	15.70	Tony Griswold	San Diego, Calif.	1975

Master I*	12.40 (40' 8 1/2")	Harry Hawke		1975
	12.34	Harry Hawke		1975
	12.19	Harry Hawke		1973
	11.90	Harry Hawke	Orange, Calif.	1975

Master II*	12.31 (40' 4 1/2")	Jerry Siefert		1973
	12.04	Jerry Siefert	San Diego, Calif.	1973
	11.90	Jerry Siefert	Santa Barbara, Calif.	1975
	11.75	Jerry Siefert	San Diego, Calif.	1975

Master III*	13.21 (43' 4")	Harry Bryce		1971
	13.00	Eddie Lamb	Santa Barbara, Calif.	1974
	12.27	Chuck McMahon	Walnut, Calif.	1976
Master IV*	9.36 (28' 6 1/4")	Gentry Mowrer	San Diego, Calif.	1976
	8.53	Win McFadden		1975

WOMEN
Open

Master I

Master II

Master III

Master IV

* I - 16#, II - 12#, III & IV - 8#

DISCUS

MEN Open	51.97m (170' 6")	Jim Wade		1959
	47.57	Dennis McClanahan	San Diego, Calif.	1971
	47.24	Tony Griswold	San Diego, Calif.	1975
	44.81	Tony Griswold	San Diego, Calif.	1975
	43.97	Tony Griswold	San Diego, Calif.	1973
Master I*	42.24 (138' 7")	Harry Hawke		1975
	42.19	Harry Hawke	San Diego, Calif.	1976
	42.16	Donn Maurer	Gresham, Ore.	1974
	41.00	Harry Hawke	San Diego, Calif.	1975
Master II*	38.13 (125' 1")	Chuck McMahon		1972
	35.92	Chuck McMahon	San Diego, Calif.	1974
Master III*	39.80 (130' 7")	Chuck McMahon	Santa Barbara, Calif.	1975
	39.70	Chuck McMahon	San Diego, Calif.	1976
	37.71	Chuck McMahon	Gresham, Ore.	1976
Master IV*	27.89 (91' 6")	Win McFadden		1976
	27.10	Win McFadden	Van Nuys, Calif.	1975

WOMEN
Open

Master I

Master II

Master III

Master IV

* I - 2 kg, II - 1.6 kg, III & IV - 1 kg.

JAVELIN

MEN Open	71.15m (233' 5")	Bud Held		1965
	68.58	Tony Griswold	San Diego, Calif.	1972
	64.11	Tony Griswold	San Diego, Calif.	1975
	63.70	Tony Griswold	San Diego, Calif.	1973
Master I*	69.88 (229' 3")	Bud Held		1970
	67.01	Bud Held		1973
	47.81	Harry Hawke	San Diego, Calif.	1976
	47.10	Dick Straub	Walnut, Calif.	1975
Master II*	45.64 (149' 9")	Jerry Siefert		1972
	44.17	Jerry Siefert	San Diego, Calif.	1975
	43.66	Jerry Siefert	San Diego, Calif.	1973
Master III*	43.21 (141' 9")	Chuck McMahon		1975
	40.31	Chuck McMahon	Porterville, Calif.	1976
Master IV*	23.55 (77' 3")	Gentry Mowrer	San Diego, Calif.	1976
	21.82	Win McFadden	Gresham, Ore.	1976
	20.35	Gentry Mowrer	San Diego, Calif.	1976

WOMEN
Open

Master I

Master II

Master III

Master IV

* I & II - 800 g, III & IV - 600 g

HAMMER THROW

MEN				
Open	49.63m (162' 10")	Dick Shelton		1972
	48.16	Dick Shelton	San Diego, Calif.	1973
	42.98	Jim Partridge	San Diego, Calif.	1974
	42.54	Jim Partridge	San Diego, Calif.	1973
Master I*	30.53m (100' 2")	Bob Kaiser		1973
	30.32	Bob Kaiser	San Diego, Calif.	1973
Master II*	43.22m (141' 9 1/2")	Gene Rochambeau	Long Beach, Calif.	1973
	39.69	Gene Rochambeau	Gresham, Ore.	1974
	37.49	Gene Rochambeau		1972
	33.25	Chuck McMahon	Corona Del Mar, Cal.	1975
	33.10	Chuck McMahon		1974
Master III*	33.10m (108' 7")	Chuck McMahon		1975
	33.07	Chuck McMahon		1975
	32.44	Chuck McMahon	San Diego, Calif.	1976
Master IV*	13.41m (44')	Win McFadden		1976
WOMEN				
Open				
Master I				
Master II				
Master III				
Master IV				

* I - 16#, II, III, & IV - 12#

MARATHON

MEN				
Open	2:15:38.0	Peter Fredriksson	Boston, Mass.	1976
	2:18:07.0	Phil Camp	San Diego, Calif.	1976
	2:19:20.0	Peter Fredriksson	Culver City, Calif.	1974
	2:20:27.0	Phil Camp	Eugene, Ore.	1976
	2:20:45.0	Mike Gregorio		1972
	2:23:48.0	Dennis Kasischke	San Diego, Calif.	1975
	2:24:04.0	Thom Hunt	Culver City, Calif.	1975
	2:25:15.0	Dennis Kasischke	Tulsa, Okla.	1975
	2:31:01.0	Bill Gookin	Santa Monica, Calif.	1974
	2:31:53.0	Bill Gookin		1973
	2:32:37.0	Bill Gookin		1973
	2:32:52.0	Bill Gookin	Santa Barbara, Calif.	1973
	Master I	2:41:09.0	Ed Almeida	San Francisco, Calif.
2:41:11.0		Ed Almeida	Weott, Calif.	1976
2:41:11.0		Ed Almeida	San Diego, Calif.	1976
2:44:19.0		Ed Almeida		1975
2:46:59.0		Ed Almeida	Eugene, Ore.	1974
Master III	3:05:45.0	Urban Miller		1972
	3:20:47.0	Urban Miller		1971
Master IV	4:48:48.0	Noel Johnson		1971
	4:55:13.0	Noel Johnson	San Diego, Calif.	1974
WOMEN				
Open	2:59:44.0	Eileen Waters	Weott, Calif.	1974
	3:01:19.0	Eileen Waters	Culver City, Calif.	1974
	3:03:00.0	Eileen Waters	Santa Barbara, Calif.	1974
	3:08:26.0	Donna Gookin	Santa Barbara, Calif.	1973
	3:08:35.0	Eillen Waters	Santa Barbara, Calif.	1973
Master I	2:57:41.0	Nicki Hobson	San Diego, Calif.	1976
	3:15:20.0	Nicki Hobson	Culver City, Calif.	1974
	3:20:52.0	Nicki Hobson	Los Angeles, Calif.	1974
	3:36:42.0	Elina Arbesu	Phoenix, Ariz.	1975
Master II				
Master III				
Master IV				

MISSION BAY MARATHON
42.19 km

MISSION BAY MARATHON 42.19 km				
MEN				
Open	2:16:33.0	Ed Mendoza	Jamul Toads	1975
	2:18:07.0	Phil Camp	SDTC	1976
	2:23:48.0	Dennis Kasischke	SDTC	1975
	2:28:38.0	Kaj Johansen	SDTC	1975
	2:29:55.0	Bill Johnson	SDTC	1976
	2:30:17.0	Kaj Johansen	SDTC	1974
	2:35:04.0	Jeff Rigdon	SDTC	1975
Junior	2:25:26.0	Kirk Pfeffer	Jamul Toads	1974
	3:24:09.0	Sean Sweeney	SDTC	1976
	3:24:44.0	Mike Marsh	SDTC	1976
Master I	3:33:07.0	Henry Morones	SDTC	1974
	2:32:32.0	Truman Clark	Beverly Hills Striders	1976
	2:39:14.0	Bob Wiermaa	SDTC	1976
	2:39:56.0	Bill Stock	SDTC	1972
Master II	2:40:19.0	Bill Stock	SDTC	1976
	2:44:19.0	Ed Almeida	SDTC	1975
	2:44:54.0	Ed Almeida	SDTC	1976
	2:50:27.0	Ed Almeida	SDTC	1974
Master III	3:44:49.0	Jim Bole	Seniors Track Club	1974
Master IV	4:55:13.0	Noel Johnson	SDTC	1974
	5:01:00.0	Noel Johnson	SDTC	1976
WOMEN				
Open	2:54:28.0	Judy Ikenberry	Rialto Road Runners	1974
	3:16:44.0	Eileen Waters	SDTC	1975
	3:25:40.0	Mary Sanders	SDTC	1975
Junior	3:21:00.0	Marie Albert	Rialto Road Runners	1974
	4:20:22.0	Laura Dodge	SDTC	1976
Master I	2:57:41.0	Nicki Hobson	SDTC	1976*
	3:05:18.0	Nicki Hobson	SDTC	1976
Master II				
Master III				
Master IV				
* Last Gasp				

SAN DIEGUITO HALF MARATHON
21.09 km

SAN DIEGUITO HALF MARATHON 21.09 km				
MEN				
Open	1:09:29.0	George Pullen	Jamul Toads	1976
	1:09:36.0	Tom Heinonen	SDTC	
	1:10:22.0	Mike Cour	SDTC	1976
	1:10:39.0	Bill Johnson	SDTC	1976
	1:11:55.0	Dennis Kasischke	SDTC	1975
Junior	1:11:13.0	Jay Woods	SDTC	1975
	1:28:11.0	Rick Satterlee	SDTC	1975
Master I	1:15:51.0	Bill Crum	un.	1976
	1:21:26.0	Bill Stock	SDTC	1974
	1:21:45.0	Bill Stock	SDTC	1976
	1:22:37.0	Brian Freeman	SDTC	1975
Master II	1:20:16.0	Ed Almeida	SDTC	1975
	1:22:41.0	Ed Almeida	SDTC	1974
Master III	1:59:36.0	John Hanna	SDTC	1976
Master IV	2:11:11.0	Noel Johnson	SDTC	1974
WOMEN				
Open	1:23:08.0	Nadia Garcia	SDTC	1976
	1:23:20.0	Nadia Garcia	SDTC	1975
	1:24:12.0	Nadia Garcia	SDTC	1974
	1:26:12.0	Eileen Waters	SDTC	1976
Junior				
Master I	1:28:22.0	Dorothy Stock	SDTC	1976
	1:32:52.0	Nicki Hobson	SDTC	1976
	1:39:09.0	Nicki Hobson	SDTC	1974
Master II	2:03:42	Cathy Hargus	SDTC	1976
Master III				
Master IV				

EL CAJON DISTANCE RUN
20.6 km

Category	Time	Name	Club	Year
MEN Open	1:08:41.0	Mike Burke	SDTC	1976
	1:09:08.0	Mike Cour	SDTC	1976
	1:09:29.0	Bill Johnson	SDTC	1976
	1:11:38.0	Dennis Kasischke	SDTC	1974
Junior	1:10:49.0	Chris Hughes	un.	1976
Master I	1:15:53.0	Graham Parnell	un.	1976
	1:17:34.0	Bill Phillips	SDTC	1976
	1:20:11.0	Jack Johnstone	SDTC	1976
	1:20:50.0	Bill Gookin	SDTC	1974
Master II	1:16:45.0	Ed Almeida	SDTC	1976
	1:23:07.0	Ed Almeida	SDTC	1974
	1:26:50.0	Wayne Zook	SDTC	1976
Master III				
Master IV				
WOMEN Open	1:20:22.0	Nadia Garcia	SDTC	1976
	1:36:54.0	Patti Hurl	SDTC	1974
	1:40:09.0	Susan Krenn	SDTC	1976
Junior				
Master I	1:29:06.0	Nicki Hobson	SDTC	1976
	1:37:49.0	Nicki Hobson	SDTC	1974
	1:45:57.0	Elina Arbesu	SDTC	1976
Master II				
Master III				
Master IV				

PSA/AAU 30 KM

Category	Time	Name	Club	Year
MEN Open	1:39:47.0	Dennis Kasischke	SDTC	1975
	1:43:58.2	Mike Burke	SDTC	1976
	1:46:10.0	Wayne Akiyama	SDTC	1975
	1:46:22.0	Kaj Johansen	SDTC	1975
	1:46:25.0	Bill Johnson	SDTC	1976
	1:48:41.0	Dennis Kasischke	SDTC	1974
	1:48:48.0	Frank Bozanich	SDTC	1976
Junior	1:51:12.0	K. Baxter	un.	1976
Master I	1:53:49.0	Dave Worthem	SDTC	1975
	1:55:42.0	Dick Fleming	SDTC	1975
	1:58:56.0	Bill Gookin	SDTC	1974
	2:07:58.0	Jack Johnstone	SDTC	1976
Master II	1:51:17.0	Ed Almeida	SDTC	1976
	2:01:56.0	John Lafferty	SDTC	1975
Master III				
Master IV				
WOMEN Open	2:11:45.0	T. Whitney	un.	1976
	2:13:10.0	Nadia Garcia	SDTC	1974
	2:28:14.0	Kathy Keller	SDTC	1976
	2:29:35.0	Susan Krenn	SDTC	1976
Junior				
Master I				
Master II				
Master III				
Master IV				

MISSION BAY 15 KM

MEN Open	47:15.0	Phil Camp	SDTC	1976
	48:54.0	Dennis Kasischke	SDTC	1974
	49:21.0	Mike Cour	SDTC	1976
	49:25.0	Dennis Kasischke	SDTC	1975
	50:00.0	Bill Johnson	SDTC	1976
	50:33.0	Bill Johnson	SDTC	1975
	50:33.0	Mike Popkins	SDTC	1976
Junior	52:15.0	Mark Saniforth	un.	1975
	54:53.0	Brian Davis	SDTC	1976
	58:54.0	Doug Moon	SDTC	1976
Master I	51:04.0	Graham Parnell	un.	1976
	51:46.0	Bill Gookin	SDTC	1974
	53:44.0	Bob Wiermaa	SDTC	1976
	54:36.0	Don Evans	SDTC	1976
Master II	53:15.0	Ed Almeida	SDTC	1976
	56:16.0	Ed Almeida	SDTC	1974
Master III	1:25:40.0	John Hanna	SDTC	1975
Master IV	1:31:35.0	Noel Johnson	SDTC	1974
WOMEN Open	56:45.0	Nadia Garcia	SDTC	1976
	1:04:04.0	Susan Krenn	SDTC	1976
	1:05:11.0	Pat Halsey	SDTC	1975
	1:06:05.0	Donna Gookin	SDTC	1976
Junior	1:01:34.0	Lynn Miller	SDTC	1975
Master I	1:03:31.0	Dorothy Stock	SDTC	1976
	1:05:20.0	Nicki Hobson	SDTC	1974
Master II				
Master III				
Master IV				

PSA/AAU 20 KM

MEN Open	1:07:01.0	Martin Nolasco	SDTC	1976
	1:07:01.0	Mike Cour	SDTC	1976
	1:07:06.0	Bill Johnson	SDTC	1975
	1:10:14.0	Frank Bozanich	SDTC	1975
	1:10:20.0	Don Shanahan	SDTC	1976
Junior	1:14:28.0	Mark Beyster	un.	1976
	1:19:55.0	Fred Muir	SDTC	1976
	1:23:34.0	Sean Sweeney	SDTC	1975
Master I	1:08:52.0	Truman Clark	Beverly Hills Striders	1976
	1:12:15.0	Bob Wiermaa	SDTC	1976
	1:14:47.0	Bill Stock	SDTC	1976
Master II	1:13:01.0	Ed Almeida	SDTC	1976
	1:32:10.0	Leo Leonard	SDTC	1976
Master III				
Master IV				
WOMEN Open	1:16:03.0	Nadia Garcia	SDTC	1975
	1:25:49.0	Patti Hurl	SDTC	1975
	1:27:33.0	Patti Hurl	SDTC	1976
	1:27:48.0	Susan Krenn	SDTC	1976
Junior	1:52:43.0	Kathy McGough	un.	1976
Master I	1:21:42.0	Nicki Hobson	SDTC	1976
	1:24:24.0	Dorothy Stock	SDTC	1976
	1:26:07.0	Dorothy Stock	SDTC	1975
Master II				
Master III				
Master IV				

ONE HOUR RUN

MEN Open	19.37 km (12 mi. 69 yd.)	Phil Camp	1976	
	19.13	Peter Fredriksson		
	18.74	Jeff Rigdon	1975	
	18.35	Wayne Akiyama	1975	
	18.18	Dennis Kasischke	1974	
	18.15	Jeff Rigdon	1974	
	18.13	Jeff Rigdon	1976	
	18.10	Wayne Akiyama	1976	
	Junior	17.82 km (11 mi. 131 yd.)	Thom Hunt	1976
		17.68	Thom Hunt	1974
16.97		Brian Davis	1975	
Master I	17.74 km (11 mi. 44 yd.)	Bill Gookin	1974	
	16.85	Bill Stock	1974	
	16.83	Bob Wiermaa	1976	
	16.48	Bill Phillips	1976	
Master II	16.22 km (10 mi. 147 yd.)	Ed Almeida	1975	
	15.62	Wayne Zook	1973	
Master III	13.08 km (8 mi. 225 yd.)	Richard Bredenbeck	1973	
	12.12	Richard Bredenbeck	1975	
Master IV	13.48 km (8 mi. 664 yd.)	Richard Bredenbeck	1975	
WOMEN Open	16.70 km (10 mi. 667 yd.)	Nadia Garcia	1975	
	15.97	Nadia Garcia	1973	
	13.88	Lolitia Bache	1975	
	13.72	Lolitia Bache	1976	
Junior	11.91 km (7 mi. 705 yd.)	Jodie Hunt	1975	
Master I	14.56 km (9 mi. 83 yd.)	Dorothy Stock	1976	
	14.40	Nicki Hobson	1976	
	14.37	Dorothy Stock	1975	
Master II				
Master III				
Master IV				

CORONADO HALF MARATHON
21.09 km

MEN Open	1:06:42.5	Phil Camp	SDTC	1976
	1:08:08.6	Phil Camp	SDTC	1974
	1:09:10.0	Wayne Akiyama	SDTC	1975
	1:09:59.0	Dennis Kasischke	SDTC	1975
	1:10:17.0	Dennis Kasischke	SDTC	1974
	1:10:36.0	Jeff Rigdon	SDTC	1976
Junior	1:08:06.6	Thom Hunt	SCL/SDTC	1975
	1:18:27.0	Mike Marsh	SDTC	1976
Master I	1:13:42.0	Graham Parnell	un.	1975
	1:15:52.0	Dave Warthem	SDTC	1976
	1:16:08.0	Bob Wiermaa	SDTC	1976
	1:18:45.0	Don Evans	SDTC	1976
Master II	1:16:53.0	Ed Almeida	SDTC	1976
	1:28:45.0	Wayne Zook	SDTC	1974
Master III				
Master IV				
WOMEN Open	1:21:50.0	Nadia Garcia	SDTC	1975
	1:30:45.0	Lolitia Bache	SDTC	1976
	1:32:44.0	Donna Gookin	SDTC	1974
	1:33:33.0	Donna Gookin	SDTC	1976
Junior				
Master I	1:28:10.0	Dorothy Stock	SDTC	1975
	1:29:00.0	Nicki Hobson	SDTC	1976
Master II				
Master III				
Master IV				

PSA/AAU 25 KM

MEN Open	1:17:30.0	Ed Mendoza	JamuI Toads	1974
	1:21:30.0	Jeff Rigdon	SDTC	1975
	1:21:31.0	Phil Camp	SDTC	1975
	1:22:47.0	Dennis Kasischke	SDTC	1974
	1:23:25.0	Dennis Wilson	SDTC	1973
	1:24:18.0	Mike Burke	SDTC	1974
	1:24:18.0	Bill Johnson	SDTC	1975
	1:24:24.0	Dennis Kasischke	SDTC	1973
	1:22:31.0	Thom Hunt	SCL/SDTC	1974
	1:36:02.0	Brian Davis	SDTC	1975
Master I	1:25:25.0	Graham Parnell	un.	1974
	1:28:10.0	Bill Gookin	SDTC	1973
	1:32:24.0	Bob Wiermaa	SDTC	1975
	1:33:07.0	Bill Stock	SDTC	1975
Master II	1:32:16.0	Ed Almeida	SDTC	1975
	1:34:38.0	Ed Almeida	SDTC	1974
	1:38:27.0	Ed Almeida	SDTC	1973
Master III	2:18:34.0	John Hanna	SDTC	1975
Master IV				
WOMEN Open	1:38:41.0	Nadia Garcia	SDTC	1974
	1:42:08.0	Nadia Garcia	SDTC	1975
	1:43:41.0	Betty Wake	SDTC	1972
	1:50:27.0	Lolitia Bache	SDTC	1975
Junior	2:34:12	Laura Dodge	SDTC	1975
Master I	1:47:27.0	Dorothy Stock	SDTC	1975
Master II				
Master III				
Master IV				