

Oct. 12, 2009

## **STRIDERS - MASTERS MEET RECORDS**

**\*\* = Does not include meet results from 1975, 1976, 1977, and 1983.**

<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u> (Metric)	<u>Mark</u> (Feet)	<u>Year</u>
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Thank you to National Masters News and US MITT for providing past meet results.

Any updates of questions can be forwarded to: the Meet Director or  
Jeff Davison, P.O. Box 8031, Laguna Hills, CA 92654 jad-calif@cox.net

### Meet Locations:

May 23, 2009	Meet of Champions, Orange Coast College, Costa Mesa, CA
May 24, 2008	Meet of Champions, Cerritos College, Norwalk, CA
May 19, 2007	Meet of Champions, Cal State Univ. Long Beach, CA
May 20, 2006	Meet of Champions, Cal State Univ. Long Beach, CA
May 08, 2005	Meet of Champions, Cal State Univ. Long Beach, CA
May 08, 2004	Meet of Champions, Cal State Univ. Long Beach, CA
May 10, 2003	Meet of Champions, Cal State Univ. Long Beach, CA
May 11, 2002	Meet of Champions, Cal State Univ. Long Beach, CA
May 12, 2001	Meet of Champions, Cal State Univ. Long Beach, CA
May 07, 2000	Meet of Champions, Cal State Univ. Long Beach, CA
May 08, 1999	Meet of Champions, Cal State Univ. Long Beach, CA
May 09, 1998	Meet of Champions, Cal State Univ. Long Beach, CA
May 10, 1997	Meet of Champions, Cal State Univ. Long Beach, CA
May 11, 1996	Meet of Champions, Cal State Univ. Long Beach, CA
May 14, 1995	Meet of Champions, Cal State Univ. Long Beach, CA
May 14, 1994	Meet of Champions, Cal State Univ. Long Beach, CA
May 15, 1993	Meet of Champions, Cal State Univ. Long Beach, CA
May 30, 1992	Meet of Champions, Los Angeles, CA
April 13, 1991	Meet of Champions, Cal State Univ. Long Beach, CA
June 03, 1990	Meet of Champions, Cal State Univ. Long Beach, CA
May 07, 1989	Meet of Champions, Cal State Univ. Long Beach, CA
June 04, 1988	Meet of Champions, U.C. Irvine, CA
May 30, 1987	Meet of Champions, Golden West College, H.B., CA
May 31, 1986	Meet of Champions, Golden West College, H.B., CA
July 27, 1985	Meet of Champions/Strider Relays, Cal State Univ. Long Beach, CA
June 30, 1984	Striders Relay, Santa Ana, CA
July 16, 1983 **	{missing results} Note: it appears that the 1983 meet was cancelled.
May 15, 1982	Striders Relay, Cal State Northridge, CA
May 16, 1981	Striders Relay, Cal State Northridge, CA
May 17, 1980	Striders Relay, Cal State Northridge, CA
May 19, 1979	Striders Relay, Cal Poly Pomona, CA
May 20, 1978	Striders Relay, Cal Poly Pomona, CA
May 21, 1977 **	{missing results} Striders Relay, Cal Poly Pomona, CA
1976 **	{missing results} Striders Relay
April 19, 1975 **	{missing results} Striders Relay, Santa Monica City College, CA

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Notable names: Willie Banks, Ben Brown, Willie Gault, Parry O'Brien,  
Dwight Stones, and Milan Tiff. And M90 participants Bert Morrow and Pete Allen.

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u> (Metric)	<u>Mark</u> (Feet)	<u>Year</u>
M30	100 Meter Dash	Warren Spikes	10.62	---	1981
M30	100 Meter Dash	R. Williams	10.4h	---	1990
M30	200 Meter Dash	Antwon Dussett	21.68	---	2007
M30	400 Meter Dash	Ben Brown	48.0h	---	1987
M30	400 Meter Dash	Antwon Dussett	48.28	---	2007
M30	800 Meter	Myron Bernard	1:56.12	---	2007
M30	1500 Meter	J. Garcia	4:06.3h	---	1987
M30	3000 Meter	Ruben Chappins	8:38.8h	---	1982
M30	5,000 Meter	S. Calderwood	16:07.00	---	1988
M30	110 M Hurdles (39")	Nate Robinson	14.1h	---	1984
M30	400 M Hurdles (36")	Perry McBride	51.08	---	2006
M30	3000 M Steeple	Kevin Denter	10:59.5h	---	1993
M30	HJ	B. Stanton	2.05	6'-9"	1995
M30	LJ	Richard Lewis	6.79	22'-3 1/2"	1981
M30	TJ	Lavell Davenport	14.48	47'-6"	1995
M30	PV	Bill Halverson	4.88	16'-0"	1996
M30	SP	Mike Ranis	16.27	53'-4 1/2"	2009
M30	DT	D. Umshler	48.96	160'-8"	1986
M30	JT	Warren Wilke	62.58	205'-4"	1981
M30	HT	Mike Deller	45.05	147'-10"	1982
M30	WT	Richard Isner	11.14	---	2008
M30	Race Walk 5000 M	L. Aviles	31:30	---	1986
M35	100 Meter Dash	Frank Strong	10.80	---	1998
M35	200 Meter Dash	Ben Brown	22.10	---	1989
M35	400 Meter Dash	Kettrell Berry	49.4h	---	2002
M35	800 Meter	Rafer Weaver	1:55.32	---	2007
M35	1500 Meter	Nolan Shaheed	4:04.8h	---	1989
M35	3000 Meter	Jim Murphy	9:13.1h	---	1979
M35	5,000 Meter	D. Hunter	15:40.00	---	1988
M35	110 M Hurdles (39")	D. Robinson	15.3h	---	1990
M35	110 M Hurdles (39")	Robert Spence	15.3h	---	2003
M35	400 M Hurdles (36")	Aaron Lacy	54.25	---	2007
M35	3000 M Steeple	Tom Stuthard	11:00.1h	---	1993
M35	HJ	Jason Meisler	2.05	6'-8 3/4"	1990
M35	LJ	R. Trujillo	6.60	21'-8"	1987
M35	TJ	Lavell Davenport	14.94	49'-0"	1997
M35	PV	Doug Sparks	4.11	13'-6"	1993
M35	SP	Frank Reilly	15.81	51'-10 1/2"	1984
M35	DT	Frank Reilly	54.65	179'-4"	1984
M35	JT	Tony Ciapelli	61.26	201'-0"	1992
M35	HT	Kyong Song	51.96	170'-6"	2000
M35	WT (35-Lb)	Doug Parsons	15.89	52'-1 1/2"	2007
M35	Race Walk 5000 M	Enrique Flores	23:15	---	1986

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u> (Metric)	<u>Mark</u> (Feet)	<u>Year</u>
M40	100 Meter Dash	Walt Butler	10.7h	---	1981
M40	100 Meter Dash	Glenn Johnson	11.06	---	1991
M40	200 Meter Dash	Ed Daniels	21.9h	---	2001
M40	400 Meter Dash	Ed Daniels	50.6h	---	2001
M40	800 Meter	Nolan Shaheed	1:56.8h	---	1994
M40	1500 Meter	Daniel Barry	4:11.03	---	1997
M40	3000 Meter	Christian Cushing-Murray	8:47.62	---	2009
M40	5,000 Meter	William (Bill) Clark	16:22.00	---	1988
M40	110 M Hurdles (39")	Walt Butler	14.60	---	1985
M40	400 M Hurdles (36")	Getulio Echeandia	55.5h	---	2006
M40	3000 M Steeple	Steve Myhro	10:19.2h	---	1989
M40	HJ	Dwight Stones	2.03	6'-8"	1994
M40	LJ	Rufus Morris	6.42	21'-1"	1985
M40	TJ	Milan Tiff	14.73	48'-4"	1990
M40	PV	Bill Halverson	4.99	16'-4 3/4"	1999
M40	SP	Mike Nash	14.54	47'-8 1/2"	1992
M40	DT	Bob Humphreys	48.02	157'-7"	1981
M40	JT	Steve Jarvis	51.71	169'-8"	1989
M40	HT	Stu Thomson	48.81	160'-2"	1982
M40	WT	J. Glinn	11.40	37'-5"	1986
M40	Race Walk 5000 M	Art Grant	25:19.40	---	1991
M45	100 Meter Dash	Willie Gault	10.80	---	2006
M45	200 Meter Dash	Willie Gault	21.91	---	2006
M45	400 Meter Dash	Michael Sullivan	52.43	---	2007
M45	800 Meter	Don Parker	2:00.70	---	1989
M45	1500 Meter	George Cohen	4:16.0h	---	1985
M45	3000 Meter	Peter Magill	8:36.92	---	2008
M45	5,000 Meter	Frank Duarte	16:08.0h	---	1987
M45	110 M Hurdles (39")	Theo Viltz	14.87	---	1988
M45	400 M Hurdles (36")	Bill Knocke	58.9h	---	1987
M45	3000 M Steeple	Herman Castille	12:03.80	---	1995
M45	HJ	Charlie Rader	1.87	6'-2"	1993
M45	LJ	Rufus Morris	6.40	21'-0"	1990
M45	TJ	Rufus Morris	11.68	38'-4"	1990
M45	PV	Charles Brown	4.65	15'-3"	2002
M45	SP	Mike Nash	14.31	46'-11 1/4"	1997
M45	DT	Lloyd Higgins	51.25	168'-2"	1990
M45	JT	Larry Stuart	67.48	221'-5"	1987
M45	HT	Ken Jansson	53.76	176'-4 1/2"	2007
M45	WT (35-Lb)	George Frenn	14.90	48'-11"	1989
M45	Race Walk 5000 M	J. Coots	25:58	---	1986

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M50	100 Meter Dash	Steve Robbins	11.6h	---	1994
M50	200 Meter Dash	Steve Robbins	23.2h	---	1993
M50	400 Meter Dash	Don Parker	52.5h	---	1994
M50	800 Meter	Bob Morris	2:13.80	---	2004
M50	1500 Meter	George Cohen	4:29.3h	---	1994
M50	3000 Meter	Richard Burns	9:11.27	---	2008
M50	5,000 Meter	Robert Culling	18:56.3h	---	1986
M50	100 M Hurdles (36")	Walt Butler	13.5h	---	1992
M50	100 M Hurdles (36")	Walt Butler	13.5h	---	1993
M50	400 M Hurdles (33")	Bill Knocke	63.24	---	1991
M50	3000 M Steeple	Dave Leaton	12:07.1h	---	1995
M50	HJ	Keith Nelson	1.80	5'-10 3/4"	2005
M50	HJ	Peter Hlavin	1.80	5'-10 3/4"	2009
M50	LJ	Alvin Henry	5.89	19'-4"	1988
M50	TJ	Willie Banks	12.74	41'-9 1/2"	2007
M50	PV	Charlie Brown	4.40	14'-5"	2009
M50	SP	George Ker	15.50	50'-10 1/2"	1978
M50	DT	Parry O'Brien	56.33	184'-10"	1985
M50	JT	Joe Greenberg	67.32	220'-10 1/2"	2001
M50	HT	Mike Deller	49.32	161'-10"	2000
M50	WT	John Donnelly	15.05	---	2008
M50	Race Walk 5000 M	R. Oliver	26:35.00	---	1988
M55	100 Meter Dash	Nick Newton	11.80	---	1991
M55	200 Meter Dash	Nick Newton	25.01	---	1991
M55	400 Meter Dash	Bill Knocke	56.73	---	1996
M55	800 Meter	Nolan Shaheed	2:07.60	---	2006
M55	1500 Meter	Nolan Shaheed	4:23.17	---	2006
M55	3000 Meter	Patrick Devine	10:11.9h	---	1984
M55	5,000 Meter	Pat Devine	18:00.00	---	1988
M55	100 M Hurdles (36")	Walt Butler	14.92	---	1998
M55	400 M Hurdles (33")	Thad Wilson	69.17	---	2007
M55	3000 M Steeple	John Cosgrove	12:59.10	---	1995
M55	HJ	Nick Newton	1.67	5'-6"	1989
M55	LJ	Roger Tsuda	5.32	17'-5 1/2"	1991
M55	TJ	Dave Jackson	11.68	38'-4"	1990
M55	PV	Murray Mead	3.95	12'-11 1/2"	2009
M55	SP	Mike Nash	13.69	44'-11"	2005
M55	DT	Parry O'Brien	47.59	156'-2"	1988
M55	JT	Larry Stuart	63.72	209'-1"	1993
M55	HT	Stew Thomson	50.23	164'-10"	1992
M55	WT (25-Lb)	Thomas Meyer	16.59	54'5"	2007
M55	Race Walk 5000 M	Bob Meador	27:33.90	---	1991

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M60	100 Meter Dash	Harold Tolson	12.14	---	1998
M60	200 Meter Dash	Harold Tolson	25.69	---	1999
M60	400 Meter Dash	Charles Kirby	60.61	---	1997
M60	800 Meter	Sid Wing	2:23.8h	---	1994
M60	1500 Meter	Ron Salupo	4:53.30	---	2004
M60	3000 Meter	George Poloynis	10:35.0h	---	1980
M60	5,000 Meter	Ray Gill	20:11.7h	---	1989
M60	100 M Hurdles (33")	Dave Jackson	15.4h	---	1993
M60	300 M Hurdles (30")	Robert Watanabe	49.00	---	1989
M60	2000 M Steeple	Ted Oviatt	9:11.0h	---	1994
M60	HJ	Phil Fehlen	1.68	5'-6"	1998
M60	LJ	Tom Patsalis	5.65	18'-6 1/2"	1982
M60	TJ	Tom Patsalis	11.13	36'-6 1/2"	1982
M60	PV	Wayne Lambert	3.65	11'-11 1/2"	2007
M60	SP	Bill Bangert	15.08	49'-6"	1984
M60	DT	Ronald Mickle	51.08	167'-7"	2001
M60	JT	Larry Stuart	65.18	213'-10"	1998
M60	HT	F. Stewart Thompson	50.54	165'-9 3/4"	1997
M60	WT	Bill Bangert	13.46	44'-2"	1987
M60	Race Walk 5000 M	Bob Meador	29:55.7h	---	1994
M65	100 Meter Dash	Steve Robbins	12.53	---	2008
M65	200 Meter Dash	Steve Robbins	25.20	---	2008
M65	400 Meter Dash	Louis Beadle	65.90	---	1995
M65	800 Meter	George Cohen	2:15.42	---	2005
M65	800 Meter	Jim Shelby	2:34.60	---	1996
M65	1500 Meter	Robert Culling	5:12.86	---	1997
M65	3000 Meter	Pat Devine	11:49.5h	---	1994
M65	100 M Hurdles (33")	Tom Patsalis	16.8h	---	1987
M65	300 M Hurdles (30")	Robert Hunt	53.80	---	1989
M65	2000 M Steeple	Robert Culling	8:09.98	---	1998
M65	HJ	Phil Fehlen	1.57	5'-1 3/4"	2001
M65	LJ	Tom Patsalis	5.14	16'-10 1/2"	1987
M65	TJ	Dave Jackson	9.94	32'-7 1/4"	1997
M65	PV	James Vernon	3.07	10'-1"	1985
M65	SP	Mike Castaneda	13.96	45'-10"	1984
M65	DT	Bob Humphreys	46.90	153'-10 1/2"	2001
M65	JT	Larry Stuart	56.26	184'-7"	2003
M65	HT	Stewart Thompson	43.73	143'-6"	2000
M65	WT (25-Lb)	Jerry Harwood	12.29	---	2008
M65	Race Walk 5000 M	John Kelly	31:07.80	---	1998
M70	100 Meter Dash	Harold Tolson	13.88	---	2008
M70	200 Meter Dash	Harold Tolson	28.72	---	2008

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M70	400 Meter Dash	Rodney Brown	66.56	---	1998
M70	800 Meter	Rodney Brown	2:48.53	---	1998
M70	1500 Meter	James Selby	5:52.0h	---	2000
M70	3000 Meter	Gunnar Linde	12:06.87	---	1999
M70	80 M Hurdles (30")	Burl Gist	14.10	---	1991
M70	80 M Hurdles (30")	Tom Patsalis	13.9h	---	1992
M70	300 M Hurdles (27")	Al Guidet	54.60	---	1989
M70	2000 M Steeple	Avery Bryant	9:13.60	---	1997
M70	HJ	Burl Gist	1.37	4'-6"	1990
M70	LJ	Tom Patsalis	4.59	15'-1"	1992
M70	TJ	Tom Patsalis	9.63	31'-7 1/2"	1992
M70	PV	Carol Johnston	2.89	9'-6"	1985
M70	SP	Arnold Gaynor	13.58	44'-6 1/2"	1998
M70	DT	Arnold Gaynor	41.94	137'-7 1/4"	1998
M70	JT	William Morales	47.85	157'-0"	1987
M70	HT	Bob Ward	50.15	164'-6 1/2"	2005
M70	WT	Bob Humphreys	14.73	---	2008
M70	Race Walk 5000 M	Don Cotner	33:25.6	---	1993
M75	100 Meter Dash	Anthony Castro	14.7h	---	1986
M75	100 Meter Dash	Thomas Pico	15.5h	---	2001
M75	200 Meter Dash	Don Cheeks	30.84	---	2006
M75	400 Meter Dash	Rodney Brown	1:12.1h	---	2003
M75	800 Meter	James Selby	2:51.20	---	2004
M75	1500 Meter	James Selby	6:13.20	---	2004
M75	3000 Meter	Gunnar Linde	13:04.30	---	2004
M75	80 M Hurdles (30")	Bert Morrow	17.6h	---	1991
M75	300 M Hurdles (27")	Bert Morrow	64.90	---	1991
M75	HJ	Claude Taggart	1.26	4'-2"	1987
M75	LJ	Paul Bambrook	3.94	12'-11"	2005
M75	TJ	Charles Mercurio	7.91	25'-11 1/4"	1996
M75	PV	Bud Held	2.97	9'-8 3/4"	2006
M75	SP	Arnie Gaynor	12.57	41'-2 3/4"	2007
M75	DT	Doug Tomlinson	38.00	124'-8"	2007
M75	JT	Donald Roser	29.10	95'-5 1/2"	1999
M75	HT	Kio Song	36.52	119'-10"	2000
M75	WT (25-Lb)	Art Vesco	5.99	19'-8"	1988
M75	Race Walk 5000 M	Chesley Unruh	33:48	---	1986
M80	100 Meter Dash	Bert Morrow	16.6h	---	1993
M80	200 Meter Dash	Clarence Killion	39.38	---	1998
M80	400 Meter Dash	Vincent Malizia	1:40.29	---	1998
M80	800 Meter	Al Escobosa	3:35.00	---	2008

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M80	1500 Meter	Vincent Malizia	7:40.40	---	1998
M80	3000 Meter	Bob Koch	14:59.89	---	2009
M80	80 M Hurdles	Bert Morrow	18.4h	---	1994
M80	300 M Hurdles	Bert Morrow	77.9h	---	1994
M80	HJ	Win McFadden	1.06	3'-6"	1988
M80	LJ	Tom Pico	2.88	9'-5 1/4"	2003
M80	TJ	Charles Mercurio	6.53	21'-5 1/4"	2000
M80	PV	Carol Johnston	2.43	8'-0"	1992
M80	SP	Arnie Gaynor	13.08	---	2008
M80	DT	Ross Carter	35.32	115'-11"	1994
M80	JT	Ed Chynoweth	30.03	98'-6 1/4"	2004
M80	HT	Arnie Gaynor	33.60	---	2008
M80	WT	Arnie Gaynor	13.70	---	2008
M85	100 Meter Dash	Anthony Castro	18.48	---	1998
M85	200 Meter Dash	Bert Morrow	39.85	---	1998
M85	80 M Hurdles (27")	Bert Morrow	19.46	---	1998
M85	LJ	Tom Patsalis	2.94	--	2008
M85	TJ	Tom Patsalis	6.75	---	2008
M85	SP	Sy Lampert	6.77	---	2009
M85	DT	Ken Carnine	26.61	87'-4"	1994
M85	JT	Ken Carnine	23.54	77'-3"	1993
M85	HT	Hugh Hackett	22.73	74'-6 3/4"	2006
M90	100 Meter Dash	Bert Morrow	21.9h	---	2003
M90	200 Meter Dash	Pete Allen	51.3h	---	2003
M90	80 M Hurdles (sizzor hurdles)	Bert Morrow	23.9h	---	2003
M90	SP	Pete Allen	4.70	15'-5"	2003
M90	DT	Pete Allen	12.79	41'-11 1/2"	2003

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W30	100 Meter Dash	J. Honore	12.3h	---	1990
W30	200 Meter Dash	Mmichele Cavetra	25.67	---	2007
W30	400 Meter Dash	J. Honore	62.8h	---	1990
W30	800 Meter	Jennifer Heaton	2:24.5h	---	1994
W30	1500 Meter	K. Cunningham	4:45.40	---	1988
W30	3000 Meter	Avelina Coleman	17:302.h	---	1982
W30	2000 M Steeple	Pam Widmann	9:41.8h	---	1993
W30	HJ	Lisa Riech	1.73	5'-8"	2001
W30	LJ	Kimiko Nakatake	4.80	15'-8 3/4"	2005
W30	TJ	Kimiko Nakatake	9.93	32'-6 3/4"	2005
W30	PV	Sue DiMarco	3.05	10'-0"	1995
W30	SP	Pat Shaw	12.38	40'-7 1/4"	2001
W30	DT	Janet Wilson	46.63	153'-0"	1986
W30	JT	L. Dunton	43.33	142'-2"	1988
W30	HT	H. White	17.85	58'-7"	1986
W35	100 Meter Dash	Dena Birade	12.43	---	2007
W35	200 Meter Dash	Dena Birade	25.92	---	2008
W35	400 Meter Dash	Yupa Euthanasia	63.34	---	2007
W35	800 Meter	Christol McDonald	2:12.85	---	2009
W35	1500 Meter	J. Hansen	4:48.4h	---	1987
W35	400 M Hurdles	Donna Nielson	71.04	---	1995
W35	HJ	Lori Albright	1.64	5'-4 1/2"	2009
W35	LJ	Elaine Iba	4.81	15'-9 1/4"	1998
W35	TJ	Allison Cowdell	10.42	---	2008
W35	PV	Sue DiMarco	3.25	10'-8"	1998
W35	SP	Janet Wilson	10.70	35'-1 1/2"	1991
W35	DT	Allison Cowdell	44.82	---	2008
W35	JT	Jennifer Stary	40.60	133'-2 1/2"	1994
W35	HT	Trinidad Nelson	13.52	---	2009
W35	WT	Trinidad Nelson	3.63	---	2009
W35	Race Walk 5000 M	C. Butler	32:04	---	1986
W40	100 Meter Dash	Phil Raschker	12.29	---	1988
W40	200 Meter Dash	Phil Raschker	26.29	---	1988
W40	400 Meter Dash	Jai Black	59.49	---	2006
W40	800 Meter	Diane Heil	2:18.6h	---	2000
W40	1500 Meter	Marie Murphy	4:56.46	---	1999
W40	3000 Meter	Debbie Jamieson	11:57.5h	---	1994
W40	5,000 Meter	M. Thayer	19:27.0h	---	1987
W40	80 M Hurdles (30")	Phil Raschker	12.04	---	1988
W40	80 M Hurdles (30")	Anna Wlodarczyk	11.8h	---	1992
W40	400 M Hurdles (30")	Tina Bowman (Stough)	72.07	---	1995
W40	HJ	A. Steekelenburg	1.52	5'-0"	1990
W40	HJ	A. Steekelenburg	1.52	5'-0"	1992



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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark (Metric)</u>	<u>Mark (Feet)</u>	<u>Year</u>
W40	LJ	Anna Wlodarczyk	5.34	17'-6 1/2"	1992
W40	TJ	Phil Raschker	10.46	34'-4"	1988
W40	SP	Pat Shaw	13.19	43'-3 1/4"	2005
W40	DT	Janet Wilson	42.64	139'-11"	1993
W40	JT	Claudette Fabian	36.86	120'-11 1/4"	2005
W40	Race Walk 5000 M	LeVise Folse	31:24.2h	---	1994
W45	100 Meter Dash	Jeanne Carter	14.25	---	1988
W45	200 Meter Dash	Jai Black	27.22	---	2009
W45	400 Meter Dash	Jai Black	58.71	---	2009
W45	800 Meter	K. Looney	2:31.4h	---	1990
W45	1500 Meter	K. Looney	4:59.8h	---	1990
W45	3000 Meter	Debbie Lee (Barraza)	11:32.8h	---	2002
W45	80 M Hurdles (30")	Caren Ware	14.16	---	2008
W45	400 M Hurdles (30")	Elizabeth Mondoy	1:28.7h	---	2003
W45	2000 M Steeple	Nancy Cochrane	11:35.7h	---	2001
W45	HJ	A. Steekelenburg	1.52	5'-0"	1995
W45	LJ	Christel Donley (Miller)	4.34	14'-3"	1982
W45	TJ	Barbara Stratton	7.34	24'-1"	1994
W45	SP	Barbara Stratton	10.22	33'-6 1/4"	2001
W45	DT	Joan Stratton	31.40	103'-0 1/4"	2001
W45	JT	Joan Stratton	34.10	111'-10 1/2"	2001
W45	Race Walk 5000 M	Donna Cunningham	28:48.2	---	1993
W50	100 Meter Dash	Anna Wlodarczyk	13.0h	---	2002
W50	200 Meter Dash	Irene Obera	28.2h	---	1987
W50	400 Meter Dash	Irene Obera	67.9h	---	1987
W50	800 Meter	Yvette LaVigne	2:37.2h	---	1992
W50	1500 Meter	Debbie Lee	5:20.23	---	2009
W50	3000 Meter	Joni Shirley	11:50.7h	---	2001
W50	80 M Hurdles (30")	Anna Wlodarczyk	12.9h	---	2002
W50	300 M Hurdles (30")	Tina Bowman (Stough)	51.9h	---	2003
W50	2000 M Steeple	B. Egger	10:17.0h	---	1993
W50	HJ	A. Steekelenburg	1.37	4'-6"	1998
W50	HJ	A. Steekelenburg	1.37	4'-6"	2002
W50	LJ	Anna Wlodarczyk	5.24	17'-2 1/4"	2002
W50	TJ	Anna Wlodarczyk	11.12	36'-5 3/4"	2002
W50	PV	Rita Hanscom	2.06	6'-9"	2006
W50	SP	Linn Dunton	11.02	---	2009
W50	DT	Linda Cohn	27.20	89'-2 3/4"	2007
W50	JT	Linda Cohn	39.06	128'-1 3/4"	2006
W50	HT	R. Van Dinther	32.28	105'-11"	1995
W50	Race Walk 5000 M	J. Latham	29:24.00	---	1988

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u> (Metric)	<u>Mark</u> (Feet)	<u>Year</u>
W55	100 Meter Dash	Kathy Bergen	13.82	---	1995
W55	200 Meter Dash	Kemisole Solwazi	29.73	---	1999
W55	400 Meter Dash	Rita Hanscom	1:06.51	---	2009
W55	800 Meter	Jeanne Hoagland	2:49.6h	---	1992
W55	1500 Meter	Yoko Eichel	6:05.90	---	2005
W55	3000 Meter	Yoko Eichel	13:21.8h	---	2002
W55	80 M Hurdles (30")	Lynn Naftel	15.5h	---	2002
W55	300 M Hurdles (30")	Lynn Naftel	55.9h	---	2002
W55	HJ	A. Steekelenburg	1.4	---	2004
W55	LJ	Brenda Matthews	4.19	13'-8 3/4"	2005
W55	TJ	A. Steekelenburg	8.6	---	2004
W55	SP	Lorraine Tucker	9.62	31'-6 1/2"	2004
W55	DT	Lorraine Tucker	26.75	87'-9"	2003
W55	JT	Linda Cohn	37.85	---	2008
W55	Race Walk 5000 M	Ena Dubboff	35:19.7h	---	1994
W60	100 Meter Dash	Kathy Bergen	14.30	---	2004
W60	100 Meter Dash	Kathy Bergen	14.1h	---	2002
W60	200 Meter Dash	Nadine O'Conner	29.33	---	2006
W60	400 Meter Dash	Kemisole Solwazi	1:10.9h	---	2000
W60	800 Meter	Yvette LaVigne	2:49.8h	---	2001
W60	1500 Meter	Yvette LaVigne	5:32.9h	---	2000
W60	HJ	Kathy Bergen	1.31	4'-3 1/2"	2002
W60	LJ	Kathy Jager	3.96	12'-11 3/4"	2006
W60	TJ	Magdalena Kuehne	7.65	25'-0"	1995
W60	PV	Nadine O'Conner	2.90	9'-6"	2006
W60	SP	LaTanya Glass	9.48	---	2008
W60	DT	A. Steekelenburg	21.70	---	2008
W60	JT	Christel Donley (Miller)	25.84	84'-9 1/4"	1995
W60	WT (25-Lb)	T. Ricciardi	3.98	13'-1"	1988
W65	100 Meter Dash	Kathy Bergen	14.71	---	2005
W65	200 Meter Dash	Nadine O'Conner	29.87	---	2007
W65	400 Meter Dash	Jeanne Daprano	1:22.18	---	2006
W65	800 Meter	Sumi Onodera-Leonard	3:31.8h	---	1994
W65	1500 Meter	Jeanne Daprano	6:36.87	---	2006
W65	80 M Hurdles	Johnnye Valien	20.0h	---	1994
W65	HJ	Kathy Bergen	1.35	4'-5"	2006
W65	LJ	Nadine O'Connor	4.26	13'-11 1/2"	2007
W65	TJ	Magdalena Kuehne	7.40	24'-3 1/4"	1996
W65	PV	Nadine O'Conner	3.13	10'-3"	2009
W65	SP	Cherrie Sherrard	9.60	31'-5 3/4"	2004
W65	DT	Kathy Bergen	19.64	64'-5 1/4"	2006

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u> (Metric)	<u>Mark</u> (Feet)	<u>Year</u>
W65	DT	Cherrie Sherrard	21.20	69'-6 1/2"	2004
W65	JT	Kathy Bergen	22.19	---	2009
W65	Race Walk 5000 M	R. Kash	36:53.00	---	1988
W70	100 Meter Dash	Magdalena Kuehne	17.7h	---	2002
W70	200 Meter Dash	Magdalena Kuehne	37.7h	---	2002
W70	400 Meter Dash	Sumi Onodera-Leonard	1:30.35	---	1999
W70	800 Meter	Jeanne Daprano	3:18.60	---	2009
W70	1500 Meter	Dorie Smith	8:12.0h	---	2001
W70	HJ	Johnnye Valien	1.02	3'-4"	1996
W70	PV	Johnnye Valien	1.43	4'-8 1/4"	1996
W70	LJ	Johnnye Valien	3.07	10'-0 3/4"	1999
W70	TJ	Magdalena Kuehne	6.50	21'-3 3/4"	2004
W70	SP	Edith Mendyka	8.48	27'-10"	1982
W70	DT	Edith Mendyka	18.36	60'-3"	1982
W70	JT	Edith Mendyka	19.88	65'-3"	1982
W75	200 Meter Dash	Magdalena Kuehne	46.32	---	2009
W75	1500 Meter	Dorothy Stotsenberg	9:36.8h	---	1989
W75	LJ	Magdalena Kuehne	2.74	8'-11 3/4"	2009
W75	TJ	Magdalena Kuehne	6.21	---	2008
W75	SP	Edith Mendyka	7.78	25'-6 1/2"	1986
W75	DT	Edith Mendyka	17.47	57'-4"	1986
W75	JT	Edith Mendyka	20.72	68'-0"	1986
W80	100 Meter Dash	Johnnye Valien	22.71	---	2006
W80	200 Meter Dash	Gerry Davidson	53.39	---	2005
W80	400 Meter Dash	Lois Edds	2:17.0h	---	2001
W80	800 Meter	Gerry Davidson	4:15.9h	---	2001
W80	1500 Meter	Gerry Davidson	8:34.0h	---	2001
W80	5,000 Meter	Mary Ames	40:05.0h	---	1987
W80	HJ	Johnnye Valien	0.90	2'-11 1/4"	2006
W80	SP	Johnnye Valien	5.90	19'-4 1/4"	2006
W80	DT	Johnnye Valien	12.77	41'-10 3/4"	2006
W80	JT	Johnnye Valien	14.20	46'-7"	2006
W85	100 Meter Dash	Gerry Davidson	31.38	---	2008
W85	200 Meter Dash	Gerry Davidson	62.32	---	2007
W85	400 Meter Dash	Gerry Davidson	2:17.79	---	2006
W85	3000 Meter	Gerry Davidson	24:00.33	---	2006
W85	SP	Mary Ames	2.51	8'-3"	1989

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<u>Relay Teams:</u>					
M30-39	Relay 4 x 100 Meter	All American T.C.	41.50	---	1985
M30-39	Relay 4 x 200 Meter	All American T.C.	1:27.55	---	1985
M30-39	Relay 4 x 400 Meter	All American T.C.	3:20.88	---	1985
M30-39	Sprint Medley	Striders (Simmins, Bogan, Jackson, Stuart)	3:43.3h	---	1982
M30-39	Relay 4 x 800 Meter	---	---	---	---
M30-39	Distance Medley	Santa Monica (Perez, Haro, Prievr, Wall)	11:00.1h	---	1982
M40-49	Relay 4 x 100 Meter	CDM (Corona Del Mar)	44.1h	---	1978
M40-49	Relay 4 x 200 Meter	CDM	1:33.1h	---	1978
M40-49	Sprint Medley	CDM (Dennis, Segal, Knox, Miller)	3:42.0h	---	1978
M40-49	Relay 4 x 400 Meter	West Valley T.C.	3:40.2h	---	1984
M40-49	Distance Medley	CDM (Lee, Cohen, Elliot, Knocke)	11:03.7h	---	1982
M50-59	Relay 4 x 100 Meter	West Valley T.C.	47.2h	---	1984
M50-59	Relay 4 x 200 Meter	West Valley T.C.	1:43.9h	---	1984
M50-59	Sprint Medl.	Striders (Wagner, Watanabe, Fitzgerald, Buchanan)	4:09.7h	---	1982
M50-59	Distance Medley	Seniors Track Club	12:13.7h	---	1979
M60-69	Relay 4 x 100 Meter	Unattached (Tolson, Smith, Knocke, ---)	48.8h	---	2000
M60-69	Relay 4 x 200 Meter	Striders	2:05.10	---	1989
M60-69	Sprint Medl.	Striders	4:47.40	---	1995
M60-69	Relay 4 x 400 Meter	CDM	5:57.6h	---	1984
M60-69	Distance Medley	Striders	14:06.8h	---	1992
M60-69		---	---	---	---
W40-49	Relay 4 x 100 Meter	Unattached (Watson, Medeiros, Newman, ---)	69.26	---	1996