

## Striders Meet of Champions Records

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

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

<u>Year</u>	<u>Meet Location</u>
May 06, 2018	Meet of Champions, Santa Ana College, Santa Ana, CA
May 07, 2017	Meet of Champions, Santa Ana College, Santa Ana, CA
May 07, 2016	Meet of Champions, Santa Ana College, Santa Ana, CA
May 23, 2015	Meet of Champions, Orange Coast College, Costa Mesa, CA
May 03, 2014	Meet of Champions, Santa Ana College, Santa Ana, CA
June 08, 2013	Meet of Champions, CalTech, Pasadena, CA
April 28, 2012	Meet of Champions, Cerritos College, Norwalk, CA
April 30, 2011	Meet of Champions, Cerritos College, Norwalk, CA
May 01, 2010	Meet of Champions, Orange Coast College, Costa Mesa, CA
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

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

Any hand-timed records of 400m or shorter will also include a FAT record.  
Races longer than 400m will use either hand timed or FAT for the record.  
Races shorter than 400m and horizontal jumps will include a wind reading if one was noted in the results.

<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark (Meters)</u>	<u>Mark (Feet)</u>	<u>Year</u>	<u>Wind</u>	<u>Notes</u>
M30	100 Meter Dash	Warren Spikes	10.62		1981	---	
M35	100 Meter Dash	Frank Strong	10.80		1998	---	
M40	100 Meter Dash	Glenn Johnson	11.06		1991	---	
M45	100 Meter Dash	Willie Gault	10.80		2006	---	
M50	100 Meter Dash	Michael Sullivan	11.62		2011	---	
M55	100 Meter Dash	Nick Newton	11.80		1991	---	
M60	100 Meter Dash	Damien Leake	12.06*		2014	2.9	Wind over 2 mps
M65	100 Meter Dash	Damien Leake	12.40		2018	0.8	
M70	100 Meter Dash	Roger Parnell	13.27		2019	4.0	
M75	100 Meter Dash	Doug Smith	15.23		2109	4.0	
M80	100 Meter Dash	Don Cheek	16.67		2010	---	
M85	100 Meter Dash	Anthony Castro	18.48		1998	---	
W30	100 Meter Dash	Shasheya Thomas	14.32		2017	2.1	
W35	100 Meter Dash	Dena Birade	12.43		2007	---	
W40	100 Meter Dash	Phil Raschker	12.29		1988	---	
W45	100 Meter Dash	Darmesha Watkins	13.60		2018	1	
W50	100 Meter Dash	Joy Upshaw	13.22		2014	1.6	
W55	100 Meter Dash	Kathy Bergen	13.82		1995	---	
W60	100 Meter Dash	Kathy Bergen	14.30		2004	---	
W65	100 Meter Dash	Kathy Bergen	14.71		2005	---	
W70	100 Meter Dash	Kathy Bergen	15.52		2014	1.6	
W75	100 Meter Dash	Kathy Bergen	16.05		2017	2.3	
W80	100 Meter Dash	Magdalena Kuehne	22.13		2011	---	
W85	100 Meter Dash	Johnnye Valien	24.10		2011	---	

<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark (Meters)</u>	<u>Mark (Feet)</u>	<u>Year</u>	<u>Wind</u>	<u>Notes</u>
M30	100 Meter Dash	R. Williams	10.4h*		1990	---	Hand timed
M40	100 Meter Dash	Walt Butler	10.7h*		1981	---	Hand timed
M50	100 Meter Dash	Steve Robbins	11.6h*		1994	---	Hand timed
M75	100 Meter Dash	Anthony Castro	14.7h*		1986	---	Hand timed
M80	100 Meter Dash	Bert Morrow	16.6h*		1993	---	Hand timed
M90	100 Meter Dash	Bert Morrow	21.9h*		2003	---	Hand timed
W30	100 Meter Dash	J. Honore	12.3h*		1990	---	Hand timed
W50	100 Meter Dash	Anna Wlodarczyk	13.0h*		2002	---	Hand timed
W60	100 Meter Dash	Kathy Bergen	14.1h*		2002	---	Hand timed

<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark (Meters)</u>	<u>Mark (Feet)</u>	<u>Year</u>	<u>Wind</u>	<u>Notes</u>
M30	200 Meter Dash	Antwon Dussett	21.68		2007	---	
M35	200 Meter Dash	Ben Brown	22.10		1989	---	
M40	200 Meter Dash	Joseph Diedrick	23.94		2012	---	
M45	200 Meter Dash	Willie Gault	21.91		2006	---	
M50	200 Meter Dash	Michael Sullivan	23.61		2011	---	
M55	200 Meter Dash	James Chinn	24.54*		2014	2.9	Wind over 2 mps
M60	200 Meter Dash	Damien Leake	25.42*		2014	2.1	Wind over 2 mps
M65	200 Meter Dash	Steve Robbins	25.20		2008	1.2	
M70	200 Meter Dash	Roger Parnell	28.35		2019	---	
M75	200 Meter Dash	Don Cheek	30.84		2006	---	
M80	200 Meter Dash	Don Cheek	35.67		2010	<3.3>	
M85	200 Meter Dash	Bert Morrow	39.85		1998	---	
W30	200 Meter Dash	Michele Cavetra	25.67		2007	---	
W35	200 Meter Dash	Dena Birade	25.92		2008	1.3	
W40	200 Meter Dash	Phil Raschker	26.29		1988	---	
W40	200 Meter Dash	Monica Brandt	26.29		2012	1.6	
W45	200 Meter Dash	Jai Black	27.22		2009	neg. <0.8>	
W50	200 Meter Dash	Joy Upshaw	27.06*		2014	2.5	Wind over 2 mps
W55	200 Meter Dash	Kemisole Solwazi	29.73		1999	---	
W60	200 Meter Dash	Nadine O'Conner	29.33		2006	---	
W65	200 Meter Dash	Nadine O'Conner	29.87		2007	---	
W70	200 Meter Dash	Kathy Bergen	33.74*		2014	2.5	Wind over 2 mps
W75	200 Meter Dash	Magdalena Kuehne	46.32		2009	neg. <2.6>	
W80	200 Meter Dash	Gerry Davidson	53.39		2005	---	
W85	200 Meter Dash	Gerry Davidson	62.32		2007	---	
M40	200 Meter Dash	Ed Daniels	21.9h*		2001	---	Hand timed
M50	200 Meter Dash	Steve Robbins	23.2h*		1993	---	Hand timed
M90	200 Meter Dash	Pete Allen	51.3h*		2003	---	Hand timed

<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark (Meters)</u>	<u>Mark (Feet)</u>	<u>Year</u>	<u>Wind</u>	<u>Notes</u>
M30	400 Meter Dash	Antwon Dussett	48.28		2007	---	
M35	400 Meter Dash	Matthew Walker	54.26		2013	---	
M40	400 Meter Dash	Joseph Diedrick	56.53		2010	---	
M45	400 Meter Dash	Michael Sullivan	52.43		2007	---	
M50	400 Meter Dash	Michael Sullivan	51.73		2011	---	
M55	400 Meter Dash	Bill Knocke	56.73		1996	---	
M60	400 Meter Dash	Charles Kirby	1:00.61		1997	---	
M65	400 Meter Dash	Matthew Pruitt	1:00.25		2011	---	
M70	400 Meter Dash	Rodney Brown	1:06.56		1998	---	
M75	400 Meter Dash	Jesse Carrington	1:17.82		2013	---	
M80	400 Meter Dash	Alfonso Escobosa	1:36.24		2011	---	
W30	400 Meter Dash	Tilita Lutterloh	1:00.32		2013	---	
W35	400 Meter Dash	Mary Lou Johnson	1:00.64		2013	---	
W40	400 Meter Dash	Jai Black	59.49		2006	---	
W45	400 Meter Dash	Jai Black	58.71		2009	---	
W50	400 Meter Dash	Amanda Clark	1:09.60		2017	---	
W55	400 Meter Dash	Sue McDonald	1:04.65		2019	---	
W60	400 Meter Dash	Jeanne Bowman	1:17.68		2013	---	
W65	400 Meter Dash	Jeanne Daprano	1:22.18		2006	---	
W70	400 Meter Dash	Sumi Onodera-Leonard	1:30.35		1999	---	
W85	400 Meter Dash	Gerry Davidson	2:17.79		2006	---	
M30	400 Meter Dash	Ben Brown	48.0h*		1987	---	Hand timed
M35	400 Meter Dash	Kettrell Berry	49.4h*		2002	---	Hand timed
M40	400 Meter Dash	Ed Daniels	50.6h*		2001	---	Hand timed
M75	400 Meter Dash	Rodney Brown	1:12.1h*		2003	---	Hand timed
W50	400 Meter Dash	Irene Obera	1:07.9h*		1987	---	Hand timed
W60	400 Meter Dash	Kemisole Solwazi	1:10.9h*		2000	---	Hand timed
W80	400 Meter Dash	Lois Edds	2:17.0h*		2001	---	Hand timed

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M30	800 Meter	Myron Bernard	1:56.12		2007	---	
M35	800 Meter	Rafer Weaver	1:55.32		2007	---	
M40	800 Meter	Nolan Shaheed	1:56.80		1994	---	
M45	800 Meter	Don Parker	2:00.70		1989	---	
M50	800 Meter	Bob Morris	2:13.80		2004	---	
M55	800 Meter	Nolan Shaheed	2:07.60		2006	---	
M60	800 Meter	Nolan Shaheed	2:21.71		2014	---	
M65	800 Meter	George Cohen	2:15.42		2005	---	
M70	800 Meter	Frederick Lindsley	2:47.24		2018	---	
M75	800 Meter	James Selby	2:51.20		2004	---	
M80	800 Meter	Al Escobosa	3:35.00		2008	---	
W30	800 Meter	Jennifer Heaton	2:24.50		1994	---	
W35	800 Meter	Christol McDonald	2:12.85		2009	---	
W40	800 Meter	Diane Heil	2:18.60		2000	---	
W45	800 Meter	Chris Gentile	2:24.67		2015	---	
W50	800 Meter	Yvette LaVigne	2:37.20		1992	---	
W55	800 Meter	Jeanne Hoagland	2:49.60		1992	---	
W60	800 Meter	Yvette LaVigne	2:49.80		2001	---	
W65	800 Meter	Sumi Onodera-Leonard	3:31.80		1994	---	
W70	800 Meter	Jeanne Daprano	3:18.60		2009	---	
W80	800 Meter	Gerry Davidson	4:15.90		2001	---	

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M30	1500 Meter	J. Garcia	4:06.30		1987	---	
M35	1500 Meter	Nolan Shaheed	4:04.80		1989	---	
M40	1500 Meter	Daniel Barry	4:11.03		1997	---	
M45	1500 Meter	George Cohen	4:16.00		1985	---	
M50	1500 Meter	George Cohen	4:29.30		1994	---	
M55	1500 Meter	Nolan Shaheed	4:23.17		2006	---	
M60	1500 Meter	Nolan Shaheed	4:24.00		2011	---	
M65	1500 Meter	Robert Culling	5:12.86		1997	---	
M70	1500 Meter	James Selby	5:52.00		2000	---	
M75	1500 Meter	James Selby	6:13.20		2004	---	
M80	1500 Meter	Vincent Malizia	7:40.40		1998	---	
W30	1500 Meter	K. Cunningham	4:45.40		1988	---	
W35	1500 Meter	J. Hansen	4:48.40		1987	---	
W40	1500 Meter	Marie Murphy	4:56.46		1999	---	
W45	1500 Meter	K. Looney	4:59.80		1990	---	
W50	1500 Meter	Debbie Lee	5:20.23		2009	---	
W55	1500 Meter	Debbie Lee	5:36.63		2012	---	
W60	1500 Meter	Yvette LaVigne	5:32.90		2000	---	
W65	1500 Meter	Jeanne Daprano	6:36.87		2006	---	
W70	1500 Meter	Dorie Smith	8:12.00		2001	---	
W75	1500 Meter	Dorothy Stotsenberg	9:36.80		1989	---	
W80	1500 Meter	Gerry Davidson	8:34.00		2001	---	



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M30	3000 Meter	Ruben Chappins	8:38.8		1982	---	
M35	3000 Meter	Jim Murphy	9:13.1		1979	---	
M40	3000 Meter	Christian Cushing-Murray	8:47.62		2009	---	
M45	3000 Meter	Peter Magill	8:36.92		2008	---	
M50	3000 Meter	Peter Magill	8:57.97		2012	---	
M55	3000 Meter	Brian Pilcher	9:39.71		2012	---	
M60	3000 Meter	Nolan Shaheed	9:49.76		2012	---	
M65	3000 Meter	Pat Devine	11:49.5		1994	---	
M70	3000 Meter	Gunnar Linde	12:06.87		1999	---	
M75	3000 Meter	Gunnar Linde	13:04.30		2004	---	
M80	3000 Meter	Bob Koch	14:59.89		2009	---	
M85	3000 Meter	Gunnar Linde	15:42.05		2015	---	
M90	3000 Meter	Gunnar Linde	19:44.71		2019	---	
W30	3000 Meter	Avelina Coleman	17:30.2		1982	---	
W40	3000 Meter	Debbie Jamieson	11:57.5		1994	---	
W45	3000 Meter	Chris Gentile	11:28.51		2015	---	
W50	3000 Meter	Rosalva Bonilla	11:42.55		2014	---	
W55	3000 Meter	Yoko Eichel	13:21.8		2002	---	
W60	3000 Meter	Debbie Lee	12:48.69		2018	---	
W85	3000 Meter	Gerry Davidson	24:00.33		2006	---	

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M30	5,000 Meter	S. Calderwood	16:07.00		1988	---	
M35	5,000 Meter	D. Hunter	15:40.00		1988	---	
M40	5,000 Meter	William (Bill) Clark	16:22.00		1988	---	
M45	5,000 Meter	Frank Duarte	16:08.00		1987	---	
M50	5,000 Meter	Robert Culling	18:56.30		1986	---	
M55	5,000 Meter	Pat Devine	18:00.00		1988	---	
M60	5,000 Meter	Ray Gill	20:11.70		1989	---	
W40	5,000 Meter	M. Thayer	19:27.00		1987	---	
W80	5,000 Meter	Mary Ames	40:05.00		1987	---	

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M40	110 M Hurdles (39")	Walt Butler	14.60		1985	---	
M45	110 M Hurdles (39")	Theo Viltz	14.87		1988	---	
M50	100 M Hurdles (36")	Robert Sanders	15.15		2012	---	
M55	100 M Hurdles (36")	Walt Butler	14.92		1998	---	
M60	100 M Hurdles (33")	Thaddeus Wilson	14.99		2012	---	
M65	100 M Hurdles (33")	Thaddeus Wilson Sr	16.32		2018	---	
M70	80 M Hurdles (30")	Roger Parnell	13.34		2019	---	
W40	80 M Hurdles (30")	Phil Raschker	12.04		1988	---	
W45	80 M Hurdles (30")	Caren Ware	14.16		2008	---	
W50	80 M Hurdles (30")	Joy Upshaw	12.92		2014	1.2	
W55	80 M Hurdles (30")	Rita Hanscom	14.03		2011	---	
W60	80 M Hurdles (27")	Rita Hanscom	14.50		2015	<.06>	
M30	110 M Hurdles (39")	Nate Robinson	14.1h*		1984	---	Hand timed
M35	110 M Hurdles (39")	D. Robinson	15.3h*		1990	---	Hand timed
M35	110 M Hurdles (39")	Robert Spence	15.3h*		2003	---	Hand timed
M50	100 M Hurdles (36")	Walt Butler	13.5h*		1992 and 1993	---	Hand timed
M60	100 M Hurdles (33")	Dave Jackson	15.4h*		1993	---	Hand timed
M65	100 M Hurdles (33")	Tom Patsalis	16.8h*		1987	---	Hand timed
M70	80 M Hurdles (30")	Tom Patsalis	13.9h*		1992	---	Hand timed
M75	80 M Hurdles (30")	Bert Morrow	17.6h*		1991	---	Hand timed

<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark (Meters)</u>	<u>Mark (Feet)</u>	<u>Year</u>	<u>Wind</u>	<u>Notes</u>
M80	80 M Hurdles (27")	Bert Morrow	18.4h*		1994	---	Hand timed
M90	80 M Hurdles (scissor)	Bert Morrow	23.9h*		2003	---	Hand timed
W40	80 M Hurdles (30")	Anna Włodarczyk	11.8h*		1992	---	Hand timed
W50	80 M Hurdles (30")	Anna Włodarczyk	12.9h*		2002	---	Hand timed
W65	80 M Hurdles (27")	Johnnye Valien	20.0h*		1994	---	Hand timed

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M30	400 M Hurdles (36")	Perry McBride	51.08		2006	---	
M35	400 M Hurdles (36")	Aaron Lacy	54.25		2007	---	
M40	400 M Hurdles (36")	Darren Cox	1:16.29		2011	---	
M45	400 M Hurdles (36")	Steve Rizzo	1:06.62		2015	---	
M50	400 M Hurdles (33")	Bill Knocke	1:03.24		1991	---	
M55	400 M Hurdles (33")	Thad Wilson	1:09.17		2007	---	
M60	300 M Hurdles (30")	Thad Wilson	46.53		2011	---	
M65	300 M Hurdles (30")	Thaddeus Wilson Sr	51.60		2018	---	
M70	300 M Hurdles (27")	Al Guidet	54.60		1989	---	
M75	300 M Hurdles (27")	Jessie Carrington	1:02.57		2013	---	
W35	400 M Hurdles (30")	Donna Nielson	1:11.04		1995	---	
W40	400 M Hurdles (30")	Tina Bowman (Stough)	1:12.07		1995	---	
W50	300 M Hurdles (30")	Karen Maxwell	59.40		2013	---	
W55	300 M Hurdles (30")	Rita Hanscom	52.29		2011	---	
M40	400 M Hurdles (36")	Getulio Echeandia	55.5h*		2006	---	Hand timed
M45	400 M Hurdles (36")	Bill Knocke	58.9h*		1987	---	Hand timed
M80	300 M Hurdles (27")	Bert Morrow	1:17.9h*		1994	---	Hand timed
W45	400 M Hurdles (30")	Elizabeth Mondoy	1:28.7h*		2003	---	Hand timed
W50	300 M Hurdles (30")	Tina Bowman (Stough)	51.9h*		2003	---	Hand timed

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M60	2000 M Steeple	Ted Oviatt	9:11.00		1994	---	
M65	2000 M Steeple	Robert Culling	8:09.98		1998	---	
M70	2000 M Steeple	Avery Bryant	9:13.60		1997	---	
W30	2000 M Steeple	Pam Widmann	9:41.80		1993	---	
W45	2000 M Steeple	Nancy Cochrane	11:35.70		2001	---	
W50	2000 M Steeple	B. Egger	10:17.00		1993	---	
M45	3000 M Steeple	Herman Castille	12:03.80		1995	---	
M50	3000 M Steeple	Dave Leaton	12:07.10		1995	---	
M30	3000 M Steeple	Kevin Denter	10:59.50		1993	---	
M35	3000 M Steeple	Tom Stuthard	11:00.10		1993	---	
M40	3000 M Steeple	Steve Myhro	10:19.20		1989	---	
M55	3000 M Steeple	John Cosgrove	12:59.10		1995	---	

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W60	Race Walk 3000 M	Paula Rasmussen	20:58.43		2019	---	
M50	Race Walk 3000 M	G Deegan	17:38.46		2019	---	
M70	Race Walk 3000 M	Richard Campbell	17:35.09		2019	---	
M30	Race Walk 5000 M	L. Aviles	31:30		1986	---	
M35	Race Walk 5000 M	Enrique Flores	23:15		1986	---	
M40	Race Walk 5000 M	Art Grant	25:19.40		1991	---	
M45	Race Walk 5000 M	J. Coots	25:58		1986	---	
M50	Race Walk 5000 M	R. Oliver	26:35.00		1988	---	
M55	Race Walk 5000 M	Bob Meador	27:33.90		1991	---	
M60	Race Walk 5000 M	Bob Meador	29:55.70		1994	---	
M65	Race Walk 5000 M	John Kelly	31:07.80		1998	---	
M70	Race Walk 5000 M	Richard Campbell	31:33.00		2017	---	
M75	Race Walk 5000 M	Chesley Unruh	33:48		1986	---	
M80	Race Walk 5000 M	Acosta	34:39.65		2014		
W35	Race Walk 5000 M	Jeanne Formosa	28:14.8		2015	---	
W40	Race Walk 5000 M	LeVise Folse	31:24.2		1994	---	
W45	Race Walk 5000 M	Donna Cunningham	28:48.2		1993	---	
W50	Race Walk 5000 M	J. Latham	29:24.00		1988	---	
W55	Race Walk 5000 M	Paula Rasmussen	34:38.09		2014	---	
W60	Race Walk 5000 M	Wendy Clark	33:53.35		2014		
W65	Race Walk 5000 M	R. Kash	36:53.00		1988	---	
W71	Race Walk 5000 M	Darlene Backlund	36:59.12		2017	---	
W75	Race Walk 5000 M	Carol Dyar	37:35.71		2018	---	

<u>Age</u>	<u>Event</u>	<u>Names</u>	<u>Mark (Meters)</u>	<u>Mark (Feet)</u>	<u>Year</u>	<u>Wind</u>	<u>Notes</u>
M30-39	Relay 4 x 100 Meter	All American T.C.	41.50		1985	---	
M40-49	Relay 4 x 100 Meter	CDM (Corona Del Mar)	44.1h*		1978	---	Hand timed
M50-59	Relay 4 x 100 Meter	West Valley T.C.	47.2h*		1984	---	Hand timed
M60-69	Relay 4 x 100 Meter	Unattached (Tolson, Smith, Knocke, ---)	48.8h*		2000	---	Hand timed
M60-69	Relay 4 x 100 Meter	Striders (Crowl, Leake, Ruggless, Pizza)	50.77		2015	---	
M30-39	Relay 4 x 200 Meter	All American T.C.	1:27.55		1985	---	
M40-49	Relay 4 x 200 Meter	CDM	1:33.1h*		1978	---	Hand timed
M50-59	Relay 4 x 200 Meter	West Valley T.C.	1:43.9h*		1984	---	Hand timed
M60-69	Relay 4 x 200 Meter	Striders	2:05.10		1989	---	
M30-39	Relay 4 x 400 Meter	All American T.C.	3:20.88		1985	---	
M40-49	Relay 4 x 400 Meter	West Valley T.C.	3:40.2h*		1984	---	Hand timed
M60-69	Relay 4 x 400 Meter	CDM	5:57.6h*		1984	---	Hand timed
M30-39	Relay 4 x 800 Meter	---	---		---	---	
M30-39	Distance Medley	Santa Monica (Perez, Haro, Prievr, Wall)	11:00.10		1982	---	
M40-49	Distance Medley	CDM (Lee, Cohen, Elliot, Knocke)	11:03.70		1982	---	
M50-59	Distance Medley	Seniors Track Club	12:13.70		1979	---	
M60-69	Distance Medley	Striders	14:06.80		1992	---	
M50-59	Sprint Medley	Striders (Wagner, Watanabe, Fitzgerald, Buchanan)	4:09.7h*		1982	---	Hand timed
M60-69	Sprint Medley	Striders	4:47.40		1995	---	



<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark (Meters)</u>	<u>Mark (Feet)</u>	<u>Year</u>	<u>Wind</u>	<u>Notes</u>
M30-39	Sprint Medley	Striders (Simmins, Bogan, Jackson, Stuart)	3:43.3h*		1982	---	Hand timed
M40-49	Sprint Medley	CDM (Dennis, Segal, Knox, Miller)	3:42.0h*		1978	---	Hand timed

<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark (Meters)</u>	<u>Mark (Feet)</u>	<u>Year</u>	<u>Wind</u>	<u>Notes</u>
M30	High Jump	B. Stanton	2.05	6'-8 3/4"	1995	---	
M35	High Jump	Jason Meisler	2.05	6'-8 3/4"	1990	---	
M40	High Jump	Dwight Stones	2.03	6'-8"	1994	---	
M45	High Jump	Charlie Rader	1.87	6'-2"	1993	---	
M50	High Jump	Keith Nelson	1.80	5'-10 3/4"	2005	---	
M50	High Jump	Peter Hlavin	1.80	5'-10 3/4"	2009	---	
M55	High Jump	Nick Newton	1.67	5'-6"	1989	---	
M60	High Jump	Phil Fehlen	1.68	5'-6"	1998	---	
M65	High Jump	Phil Fehlen	1.57	5'-1 3/4"	2001	---	
M70	High Jump	Burl Gist	1.37	4'-6"	1990	---	
M75	High Jump	Claude Taggart	1.26	4'-2"	1987	---	
M80	High Jump	Win McFadden	1.06	3'-6"	1988	---	
M85	High Jump	Donald Leis	0.95	3'-1"	2017/2018	---	
W30	High Jump	Lisa Riech	1.73	5'-8"	2001	---	
W35	High Jump	Lori Albright	1.64	5'-4 1/2"	2009	---	
W40	High Jump	A. Steekelenburg	1.52	5'-0"	1990	---	
W40	High Jump	A. Steekelenburg	1.52	5'-0"	1992	---	
W45	High Jump	A. Steekelenburg	1.52	5'-0"	1995	---	
W50	High Jump	A. Steekelenburg	1.37	4'-6"	1998	---	
W50	High Jump	A. Steekelenburg	1.37	4'-6"	2002	---	
W55	High Jump	A. Steekelenburg	1.40	4'-6 1/2"	2004	---	
W60	High Jump	Kathy Bergen	1.31	4'-3 1/2"	2002	---	
W65	High Jump	Kathy Bergen	1.35	4'-5"	2006	---	
W70	High Jump	Annelies Steekelenburg	1.22	4'-0"	2018 & 2019	---	
W75	High Jump	Kathy Bergen	1.15	3'-9 1/4"	2019	---	
W80	High Jump	Johnnye Valien	0.90	2'-11 1/4"	2006	---	

<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark (Meters)</u>	<u>Mark (Feet)</u>	<u>Year</u>	<u>Wind</u>	<u>Notes</u>
M30	Long Jump	Richard Lewis	6.79	22'-3 1/2"	1981	---	
M35	Long Jump	R. Trujillo	6.60	21'-8"	1987	---	
M40	Long Jump	Rufus Morris	6.42	21'-1"	1985	---	
M45	Long Jump	Rufus Morris	6.40	21'-0"	1990	---	
M50	Long Jump	Alvin Henry	5.89	19'-4"	1988	---	
M55	Long Jump	Roger Tsuda	5.32	17'-5 1/2"	1991	---	
M60	Long Jump	Tom Patsalis	5.65	18'-6 1/2"	1982	---	
M65	Long Jump	Tom Patsalis	5.14	16'-10 1/2"	1987	---	
M70	Long Jump	Roger Parnell	4.94	16'-2 1/2'	2019	---	
M75	Long Jump	Paul Bambrook	3.94	12'-11"	2005	---	
M80	Long Jump	Tom Pico	2.88	9'-5 1/4"	2003	---	
M85	Long Jump	Tom Patsalis	2.94	9-5 3/4"	2008	---	
W30	Long Jump	Kimiko Nakatake	4.80	15'-8 3/4"	2005	---	
W35	Long Jump	Natalia Gaerlan	4.87	15'-11 3/4"	2017	---	
W40	Long Jump	Anna Wlodarczyk	5.34	17'-6 1/2"	1992	---	
W45	Long Jump	Christel Donley (Miller)	4.34	14'-3"	1982	---	
W50	Long Jump	Anna Wlodarczyk	5.24	17'-2 1/4"	2002	---	
W55	Long Jump	Brenda Matthews	4.19	13'-8 3/4"	2005	---	
W60	Long Jump	Kathy Jager	3.96	12'-11 3/4"	2006	---	
W65	Long Jump	Nadine O'Connor	4.26	13'-11 1/2"	2007	---	
W70	Long Jump	Johnnye Valien	3.07	10'-0 3/4"	1999	---	
W75	Long Jump	Magdalena Kuehne	2.74	8'-11 3/4"	2009	2.0	

<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark (Meters)</u>	<u>Mark (Feet)</u>	<u>Year</u>	<u>Wind</u>	<u>Notes</u>
M30	Triple Jump	Lavell Davenport	14.48	47'-6"	1995	---	
M35	Triple Jump	Lavell Davenport	14.94	49'-0"	1997	---	
M40	Triple Jump	Milan Tiff	14.73	48'-4"	1990	---	
M45	Triple Jump	Rufus Morris	11.68	38'-4"	1990	---	
M50	Triple Jump	Willie Banks	12.74	41'-9 1/2"	2007	---	
M55	Triple Jump	Dave Jackson	11.68	38'-4"	1990	---	
M60	Triple Jump	Tom Patsalis	11.13	36'-6 1/2"	1982	---	
M65	Triple Jump	Dave Jackson	9.94	32'-7 1/4"	1997	---	
M70	Triple Jump	Tom Patsalis	9.63	31'-7 1/2"	1992	---	
M75	Triple Jump	Charles Mercurio	7.91	25'-11 1/4"	1996	---	
M80	Triple Jump	Charles Mercurio	6.53	21'-5 1/4"	2000	---	
M85	Triple Jump	Tom Patsalis	6.75	22'-2"	2008	---	
W30	Triple Jump	Kimiko Nakatake	9.93	32'-6 3/4"	2005	---	
W35	Triple Jump	Allison Cowdell	10.42	34'-3 3/4"	2008	---	
W40	Triple Jump	Phil Raschker	10.46	34'-4"	1988	---	
W45	Triple Jump	Barbara Stratton	7.34	24'-1'	1994	---	
W50	Triple Jump	Anna Wlodarczyk	11.12	36'-5 3/4"	2002	---	
W55	Triple Jump	A. Steekelenburg	8.6	27'-11 1/2"	2004	---	
W60	Triple Jump	Magdalena Kuehne	7.65	25'-0"	1995	---	
W65	Triple Jump	Linda Cohn	7.46	24'-5 3/4"	2018	---	
W70	Triple Jump	Magdalena Kuehne	6.50	21'-3 3/4"	2004	---	
W75	Triple Jump	Magdalena Kuehne	6.21	20'-3 1/2"	2008	---	

<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark (Meters)</u>	<u>Mark (Feet)</u>	<u>Year</u>	<u>Wind</u>	<u>Notes</u>
M30	Pole Vault	Bill Halverson	4.88	16'-0"	1996	---	
M35	Pole Vault	Doug Sparks	4.11	13'-6"	1993	---	
M40	Pole Vault	Bill Halverson	4.99	16'-4 3/4"	1999	---	
M45	Pole Vault	Charles Brown	4.65	15'-3"	2002	---	
M50	Pole Vault	Charlie Brown	4.40	14'-5"	2009	---	
M55	Pole Vault	Tim McIntyre	4.10	13'-5 1/2"	2017	---	
M60	Pole Vault	Wayne Lambert	3.65	11'-11 1/2"	2007	---	
M65	Pole Vault	James Vernon	3.07	10'-1"	1985	---	
M70	Pole Vault	Carol Johnston	2.89	9'-6"	1985	---	
M75	Pole Vault	Bud Held	2.97	9'-8 3/4"	2006	---	
M80	Pole Vault	Carol Johnston	2.43	8'-0"	1992	---	
W30	Pole Vault	Sue DiMarco	3.05	10'-0"	1995	---	
W35	Pole Vault	Sue DiMarco	3.25	10'-8"	1998	---	
W50	Pole Vault	Rita Hanscom	2.06	6'-9"	2006	---	
W60	Pole Vault	Nadine O'Conner	2.90	9'-6"	2006	---	
W65	Pole Vault	Nadine O'Conner	3.13	10'-3"	2009	---	
W70	Pole Vault	Johnnye Valien	1.43	4'-8 1/4"	1996	---	

<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark (Meters)</u>	<u>Mark (Feet)</u>	<u>Year</u>	<u>Wind</u>	<u>Notes</u>
M30	Shot Put	Mike Ranis	16.27	53'-4 1/2"	2009	---	
M35	Shot Put	Frank Reilly	15.81	51'-10 1/2"	1984	---	
M40	Shot Put	Mike Nash	14.54	47'-8 1/2"	1992	---	
M45	Shot Put	Mike Nash	14.31	46'-11 1/4"	1997	---	
M50	Shot Put	George Ker	15.50	50'-10 1/2"	1978	---	
M55	Shot Put	Greg Holden	13.74	45'-1"	2017	---	
M60	Shot Put	Greg Holden	15.51	50'-10 3/4"	2018	---	
M65	Shot Put	Quenton Torbert	15.66	51'-4 1/2"	2017	---	
M70	Shot Put	Arnold Gaynor	13.58	44'-6 1/2"	1998	---	
M75	Shot Put	Arnie Gaynor	12.57	41'-2 3/4"	2007	---	
M80	Shot Put	Arnie Gaynor	13.08	42'-10"	2008	---	
M85	Shot Put	Sy Lampert	6.77	22' 2 1/4"	2009	---	
M90	Shot Put	Pete Allen	4.70	15'-5"	2003	---	
W30	Shot Put	Pat Shaw	12.38	40'-7 1/4"	2001	---	
W35	Shot Put	Janet Wilson	10.70	35'-1 1/2"	1991	---	
W40	Shot Put	Pat Shaw	13.19	43'-3 1/4"	2005	---	
W45	Shot Put	Barbara Stratton	10.22	33'-6 1/4"	2001	---	
W50	Shot Put	Linn Dunton	11.02	36'-5"	2009	---	
W55	Shot Put	Lorraine Tucker	9.62	31'-6 1/2"	2004	---	
W60	Shot Put	Linn Dunton	9.51	31'-2 1/2"	2018	---	
W65	Shot Put	Cherrie Sherrard	9.60	31'-5 3/4"	2004	---	
W70	Shot Put	Edith Mendyka	8.48	27'-10"	1982	---	
W75	Shot Put	Edith Mendyka	7.78	25'-6 1/2"	1986	---	
W80	Shot Put	Johnnye Valien	5.90	19'-4 1/4"	2006	---	
W85	Shot Put	Mary Ames	2.51	8'-3"	1989	---	

<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark (Meters)</u>	<u>Mark (Feet)</u>	<u>Year</u>	<u>Wind</u>	<u>Notes</u>
M30	Discus Throw	D. Umshler	48.96	160'-8"	1986	---	
M35	Discus Throw	Frank Reilly	54.65	179'-4"	1984	---	
M40	Discus Throw	Bob Humphreys	48.02	157'-7"	1981	---	
M45	Discus Throw	Lloyd Higgins	51.25	168'-2"	1990	---	
M50	Discus Throw	Parry O'Brien	56.33	184'-10"	1985	---	
M55	Discus Throw	Parry O'Brien	47.59	156'-2"	1988	---	
M60	Discus Throw	Ronald Mickle	51.08	167'-7"	2001	---	
M65	Discus Throw	Bob Humphreys	46.90	153'-10 1/2"	2001	---	
M70	Discus Throw	Larry Hart	42.43	139'-2 1/2"	2017	---	
M75	Discus Throw	Doug Tomlinson	38.00	124'-8"	2007	---	
M80	Discus Throw	Ross Carter	35.32	115'-11"	1994	---	
M85	Discus Throw	Ken Carnine	26.61	87'-4"	1994	---	
M90	Discus Throw	Pete Allen	12.79	41'-11 1/2"	2003	---	
W30	Discus Throw	Janet Wilson	46.63	153'-0"	1986	---	
W35	Discus Throw	Allison Cowdell	44.82	147'- 1/4"	2008	---	
W40	Discus Throw	Janet Wilson	42.64	139'-11"	1993	---	
W45	Discus Throw	Joan Stratton	31.40	103'-0 1/4"	2001	---	
W50	Discus Throw	Linda Cohn	27.20	89'-2 3/4"	2007	---	
W55	Discus Throw	Lorraine Tucker	26.75	87'-9"	2003	---	
W60	Discus Throw	Linn Dunton	22.18	72'-9 1/4"	2018	---	
W65	Discus Throw	Linda Cohn	22.10	72' 6"	2018	---	
W65	Discus Throw	Cherrie Sherrard	21.20	69'-6 1/2"	2004	---	
W70	Discus Throw	Annelies Steekelenburg	19.98	65'-6 1/2"	2018	---	
W75	Discus Throw	Edith Mendyka	17.47	57'-4"	1986	---	
W80	Discus Throw	Johnnye Valien	12.77	41'-10 3/4"	2006	---	

<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark (Meters)</u>	<u>Mark (Feet)</u>	<u>Year</u>	<u>Wind</u>	<u>Notes</u>
M30	Hammer Throw	Mike Deller	45.05	147'-10"	1982	---	
M35	Hammer Throw	Kyong Song	51.96	170'-6"	2000	---	
M40	Hammer Throw	Stu Thomson	48.81	160'-2"	1982	---	
M45	Hammer Throw	Ken Jansson	53.76	176'-4 1/2"	2007	---	
M50	Hammer Throw	Mike Deller	49.32	161'-10"	2000	---	
M55	Hammer Throw	Stew Thomson	50.23	164'-10"	1992	---	
M60	Hammer Throw	F. Stewart Thompson	50.54	165'-9 3/4"	1997	---	
M65	Hammer Throw	John Goldhammer	56.48	185'-3 1/2"	2019	---	
M70	Hammer Throw	Larry Hart	55.48	182'-1/4"	2017	---	
M75	Hammer Throw	Kio Song	36.52	119'-10"	2000	---	
M80	Hammer Throw	Arnie Gaynor	33.60	110'-4"	2008	---	
M85	Hammer Throw	Hugh Hackett	22.73	74'-6 3/4"	2006	---	
W30	Hammer Throw	H. White	17.85	58'-7"	1986	---	
W35	Hammer Throw	Trinidad Nelson	13.52	44'-3 1/2"	2009	---	
W50	Hammer Throw	R. Van Dinther	32.28	105'-11"	1995	---	
W55	Hammer Throw	Robyn Utu	20.84	68'-4 1/2"	2019	---	
W60	Hammer Throw	Estela Sanchez	26.41	86'-7 3/4"	1995	---	



<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark (Meters)</u>	<u>Mark (Feet)</u>	<u>Year</u>	<u>Wind</u>	<u>Notes</u>
M30	Javelin Throw	Warren Wilke	62.58	205'-4"	1981	---	
M35	Javelin Throw	Tony Ciapelli	61.26	201'-0"	1992	---	
M40	Javelin Throw	Steve Jarvis	51.71	169'-8"	1989	---	
M45	Javelin Throw	Larry Stuart	67.48	221'-5"	1987	---	
M50	Javelin Throw	Joe Greenberg	67.32	220'-10 1/2"	2001	---	
M55	Javelin Throw	Larry Stuart	63.72	209'-1"	1993	---	
M60	Javelin Throw	Larry Stuart	65.18	213'-10"	1998	---	
M65	Javelin Throw	Larry Stuart	56.26	184'-7"	2003	---	
M70	Javelin Throw	William Morales	47.85	157'-0"	1987	---	
M75	Javelin Throw	Donald Roser	29.10	95'-5 1/2"	1999	---	
M80	Javelin Throw	Ed Chynoweth	30.03	98'-6 1/4"	2004	---	
M85	Javelin Throw	Ken Carnine	23.54	77'-3"	1993	---	
W30	Javelin Throw	L. Dunton	43.33	142'-2"	1988	---	
W35	Javelin Throw	Jennifer Stary	40.60	133'-2 1/2"	1994	---	
W40	Javelin Throw	Claudette Fabian	36.86	120'-11 1/4"	2005	---	
W45	Javelin Throw	Joan Stratton	34.10	111'-10 1/2"	2001	---	
W50	Javelin Throw	Linda Cohn	39.06	128'-1 3/4"	2006	---	
W55	Javelin Throw	Linda Cohn	37.85	124'-2"	2008	---	
W60	Javelin Throw	Linda Cohn	31.42	103'-1"	2017	---	
W65	Javelin Throw	Linda Cohn	34.64	113'-7 3/4"	2019	---	
W70	Javelin Throw	Edith Mendyka	19.88	65'-3"	1982	---	
W75	Javelin Throw	Edith Mendyka	20.72	68'-0"	1986	---	
W80	Javelin Throw	Johnnye Valien	14.20	46'-7"	2006	---	

<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark (Meters)</u>	<u>Mark (Feet)</u>	<u>Year</u>	<u>Wind</u>	<u>Notes</u>
M30	WT	Richard Isner	11.14	36'-5 3/4"	2008	---	
M40	WT	J. Glinn	11.40	37'-5"	1986	---	
M50	WT	John Donnelly	15.05	49'-6"	2008	---	
M60	WT	Bill Bangert	13.46	44'-2"	1987	---	
M65	WT	John Goldhammer	20.20	66'-3 1/4"	2019	---	
M70	WT	Bob Humphreys	14.73	"48-6 1/2"	2008	---	
M75	WT	Ronald Widmer	9.76	32'-1/4"	2109	---	
M80	WT	Arnie Gaynor	13.70	44'-11"	2008	---	
W35	WT	Trinidad Nelson	3.63	11'-11 1/2"	2009	---	
W50	WT	Suzette Lee	9.59	31"-5 1/2"	2018	---	
W55	WT	Sani Withers	8.02	26'-3 3/4"	2018	---	
W60	WT	Linn Dunton	13.02	42'-8 3/4"	2018	---	
W65	WT	Linda Cohn	8.78	28'-9 3/4"	2018	---	
M55	WT (25-Lb)	Thomas Meyer	16.59	54'5"	2007	---	
M65	WT (25-Lb)	Jerry Harwood	12.29	40'-6"	2008	---	
M75	WT (25-Lb)	Art Vesco	5.99	19'-8"	1988	---	
W60	WT (25-Lb)	T. Ricciardi	3.98	13'-1"	1988	---	
M35	WT (35-Lb)	Doug Parsons	15.89	52'-1 1/2"	2007	---	
M45	WT (35-Lb)	George Frenn	14.90	48'-11"	1989	---	