

# USA Track & Field Records Report – 2010

This report includes all records reported / and or applied for since last years annual meeting. In the Long Distance Running sports, the report also includes a number of previously submitted performances pending Running USA recommendation for record ratification.

The Records Committee Chair gratefully acknowledges the work of the respective sports committee record keepers: Bob Hersh (Men's and Women's Track & Field), Andy Carr (Men's and Women's LDR), Donald H. Lein (Masters LDR), Denise Smotherman (Youth Athletics), Sandy Pashkin (Masters Track & Field, Bev McCall (Masters Race Walking). Thanks are also due to Gene Newman, Neville Wood. Pete Riegel (Road Running Technical Council), Ryan Lamppa, Linda Honikman (Running USA) David Katz and Steve Vaitones for their indispensable contributions to the record keeping process.

## I. MEN'S TRACK AND FIELD

### American Outdoor Records

1.	3000m	7:29.00	Bernard Lagat (Nike)	Rieti, ITA	Aug. 29, 2010
2.	5000m	12:54.12	Bernard Lagat (Nike)	Oslo, NOR	June 4, 2010
3.	10,000m	26:59.60	Chris Solinsky (Nike)	Stanford, CA	May 1, 2010
4.	110m Hdns	12.90	David Oliver (Nike)	Eugene, OR	July 3, 2010
5.	110m Hdns	12.89	David Oliver (Nike)	St.-Denis, FRA	July 16, 2010

### American All-Comers Outdoor Record

6.	1000m	2:13.62	Abubaker Kaki (Suday)	Eugene, OR	July 3, 2010
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### American Junior Records

7.	Hammer T	78.28m (256'10")	Conor McCullough (Princeton)	Des Moines, IA	June 25, 2010
8.	Hammer T	80.79m (265'0")	Conor McCullough (Princeton)	Moncton, CAN	July 25, 2010
9.	Javelin T	74.42m (244'2')	Sam Crouser (Oregon HS)	Gresham, OR	May 1, 2010
10.	Javelin T	77.84m (255'4')	Sam Crouser (Oregon HS)	Portland, OR	June 12, 2010
11.	Javelin T	74.64m (244'10")	Joseph Zimmerman (unat.)	Moncton, CAN	July 23, 2010

### American Junior Championship Records

12.	800m	1:47.45	Casimir Loxsom (Penn St.)	Des Moines, IA	June 25, 2010
13.	Hammer T	78.28m (256'10")	Conor McCullough (Princeton)	Des Moines, IA	June 25, 2010
14.	Javelin T	72.65m (238'4")	Joseph Zimmerman (unat.)	Des Moines, IA	June 25, 2010

### American Indoor Records

15.	5000m	13:11.50	Bernard Lagat (Nike)	Boston, MA	Feb. 6, 2010
16.	60m Hdns	7.36	Terrence Trammell (Track Star)	Doha, QAT	Mar. 14, 2010
17.	Heptathlon	6499 points	Ashton Eaton (Oregon)	Fayetteville, AR	Mar.12-13, 2010

## II. WOMEN'S TRACK AND FIELD

### American Outdoor Records

1.	5000m	14:44.76	Molly Huddle (Saucony)	Brussels, BEL	Aug. 27, 2010
2.	4x400m Rly	1:29.42	Texas A&M (Jeneba Tarmoh, Gabby Mayo, Jessica Beard, Porscha Lucas)	Philadelphia, PA	April 24, 2010
3.	High Jump	2.03m (6'8")	Chaunté Lowe (Nike)	Cottbus, GER	May 30, 2010
4.	High Jump	2.04m (6'8¼")	Chaunté Lowe (Nike)	Cottbus, GER	May 30, 2010
5.	High Jump	2.05m (6'8¾")	Chaunté Lowe (Nike)	Des Moines, IA	June 26, 2010
6.	Javelin T	66.67m (218'8")	Kara Patterson (Asics)	Des Moines, IA	June 25, 2010

### American Outdoor Championship Meet Records

7.	High Jump	2.05m (6'8¾")	Chaunté Lowe (Nike)	Des Moines, IA	June 26, 2010
8.	Javelin T	66.67m (218'8")	Kara Patterson (Asics)	Des Moines, IA	June 25, 2010

### American Junior Records

9.	3000m SC	10:04.88	Shelby Greany (Providence)	Eugene, OR	June 9, 2010
10.	3000m SC	10:00.88	Shelby Greany (Providence)	Eugene, OR	June 12, 2010
11.	Hammer T	62.05m (203'5")	Lauren Chambers (USC)	Walnut, CA	Apr. 16, 2010
12.	Hammer T	62.93m (206'5")	Lauren Chambers (USC)	Walnut, CA	Apr. 16, 2010
13.	Hammer T	65.32m (214'3")	Shelby Ashe (Georgia HS)	Marietta, GA	June 15, 2010

### American Junior Championship Meet Record

14.	3000m	9:18.73	Emily Sisson (Missouri HS)	Des Moines, IA	June 24, 2010
15.	Pole V	4.28m (14' ½")	Shade Weygandt (Texas Tech)	Des Moines, IA	June 25, 2010
16.	Hammer T	60.76m (199'4")	Shelby Ashe (Throw 1 Deep)	Des Moines, IA	June 24, 2010

### American Indoor Records

17.	400m	50.54	Francena McCorory (Hampton)	Fayetteville, AR	March 13, 2010
18.	500m	10:07.80	Shana Cox (adidas)	State College, PA	Jan. 30, 2010
19.	60m Hdls	7.72	Lolo Jones (Asics)	Doha, QAT	March 13, 2010
20.	4x400m	3:27.34	National Team (Debbie Dunn, DeeDee Trotter, Natasha Hastings, Allyson Felix)	Doha, QAT	March 14, 2010
21.	Pentathlon	4753 points	Hyleas Fountain (Nike)	Doha, QAT	March 13, 2010

### American Indoor Championship Records

22.	400m	50.86	Debbie Dunn (unat.)	Albuquerque, NM	Feb. 28, 2010
22.	Weight T	24.70m (81' ½")	Amber Campbell (Nike)	Albuquerque, NM	Feb. 27, 2010

### III. RACE WALKING

#### Men's American Records – Track

No new Track marks during this period.

#### Men's American Records – Road

No new Road marks during this period.

#### Men's American Indoor Records

No new Indoor marks during this period.

#### Men's American Junior Records – Track

1)	5000 m	20:06.0	Trevor Barron	South Park TC	San Diego, CA	Jun 13, 2010
2)	10,000 m	41:50.29	Trevor Barron	USA	Moncton, CAN	07/23/10
3)	20,000 m	1:23:49.39	Trevor Barron	USA	Tuusula, FIN	Sep 4, 2010

#### Men's American Junior Records – Road

4)	10 km	43:05	Trevor Barron	New York AC	Ronkonkoma, NY	Apr 11, 2010
5)	20 km	1:31:45	Trevor Barron	New York AC	Surprise, AZ	Feb 7, 2010

#### Women's American Records – Track

No new Track marks during this period.

#### Women's American Records – Road

No new Road marks during this period.

#### Women's American Indoor Records

No new Indoor marks during this period.

#### Women's American Junior Records – Track

No new Track marks during this period.

#### Women's American Junior Records – Road

No new Road marks during this period.

## USA Track & Field Pending LDR Records and Bests as of 10/29/2010

Compiled by USATF LDR Record Keeper, Andy Carr, 3097 E Shadowlawn Ave NE, c/o Atlanta Track Club, Atlanta, GA 30305  
tel: (404) 231-9064x20 fax: (404) 364-0708 email: office@atlantatrackclub.org USATF website: www.usatf.org/groups/RoadRunning

P = Pending - application or more information is needed from the race  
= No "P" code indicates that mark is ready to be recommended for ratification pending course validation report  
B = Proof of birth date and/or citizenship needed from athlete

a = Performance possibly aided by wind and/or slope, can be "best", not eligible for record

U = Unvalidateable

W = Women-only event

F = Failed Validation

a/comers = All-Comers Record or "Best" (non-U.S. citizen in U.S. race, must be faster than U.S. Citizen mark)

### IV. Men's Long Distance Running

#### Men's LDR Road Records

AgeGroup	Distance	Mark		Athlete Name	Age	HST	Race Name	Race City	RST	Rdate
1 M open	24 hr	266677m	P	Scott Jurek	36	WA	IAU 24 Hour	Brive	FR	05/14/10
2 M a/comers	12 km	33:31		Sammy Kitwara	22	KEN	ING Bay To Breakers	San Francisco	CA	05/17/09
3 M a/comers	marathon	2:05:41	P	Sammy Wanjiru	22	KEN	BOA Chicago	Chicago	IL	10/11/09

#### Men's LDR Track Records

No new Track marks during this period.

## V. Women's Long Distance Running

### Women's LDR Road Records

	AgeGroup	Distance	Mark		Athlete Name	Age	HST	Race Name	Race City	RST
4	F a/comers	12 km	38:10	W	Lineth Chepkurui	22	KEN	Lilac Bloomsday	Spokane	WA
5	F a/comers	12 km	38:07		Lineth Chepkurui	22	KEN	ING Bay to Breakers	San Francisco	CA
6	F a/comers	Half mar	1:07:52		Berhane Adere	36	KEN	Mardis Gras	New Orleans	LA
7	F a/comers	Half mar	1:07:45		Meseret Defar	26	ETH	ING Philadelphia	Philadelphia	PA

### Women's LDR Track Records

No new Track Records this period

### Women's LDR Road Best

No new Road Bests during this period

## VI. Masters Long Distance Running

### Masters LDR Road Records: Men

	AgeGroup	Distance	Mark		Athlete Name	Age	HST	Race Name	Race City	RST	Rdate
8	M45-49	5 km	14:45		Dennis Simonaitis	47	CA	Carlsbad 5000	Carlsbad	CA	04/11/10
9	M85-89	8 km	45:38	P	Lou Lodovico	85	PA	Butler	Butler	PA	06/26/10
10	M45-49	10 km	29:56		Mbarak Hussein	45	NM	Beach to Beacon	Cape Elizabeth	ME	08/07/10
11	M85-89	10 km	56:49	P	Lloyd Young	85	MN	Victory Depew-Lancaster	Minneapolis	MN	09/01/08
12	M90-94	10 km	1:13:40	P	Henry Sypniewski	90	NY	B&G Bedford Rotary	Lancaster	NY	07/04/09
13	M60-64	12 km	43:30	P	Laurence Olsen	60	CT	Memorial	Bedford	NH	05/19/07
14	M85-89	15 km	1:29:04	P	Louis Lodovico	85	NY	Fleet Feet Buffalo	Buffalo	NY	09/07/09
15	M90-94	15 km	2:01:39	P	Henry Sypniewski	90	NY	Fleet Feet Buffalo	Buffalo	NY	09/01/08
16	M90-94	15 km	2:09:24	P	Henry Sypniewski	91	NY	Fleet Feet Buffalo	Buffalo	NY	09/07/09
17	M60-64	20 km	1:12:36	P	Doug Wimn	60	OR	New Haven	New Haven	CT	09/06/10
18	M65-69	20 km	1:20:05	P	Doug Goodhue	68	MI	New Haven	New Haven	CT	09/06/10
19	M85-89	25 km	2:51:52	P	Lloyd Young	85	MN	Darkside 25km	Peachtree City	GA	11/09/08
20	M50-54	30 km	1:49:37	P	Tim O'Rourke	50	CA	Clarksburg Country	Clarksburg	CA	11/09/08

Run											
21	M80-84	30 km	2:45:26	P	Jerry Johncock	80	MI	Milford Labor Day	Milford	MI	08/30/08
22	M70-74	50 km	4:22:05		Joe Burgasser	70	FL	Tallahassee Ultra	Tallahassee	FL	12/13/08
23	M70-74	50 km	4:16:57		Joe Burgasser	71	FL	Tallahassee Ultra	Tallahassee	FL	12/12/09
24	M70-74	50 km	5:12:50	P	Bill Dodson	73	CA	Jed Smith	Sacramento	CA	02/07/09
25	M80-84	50 km	6:56:55	U	Lloyd Young	81	MN	FANS 24hr	Minneapolis	MN	06/04/05
26	M80-84	50 km	5:53:22	U	Lloyd Young	82	MN	Darkside 50km	Peachtree City	GA	11/06/05
27	M80-84	50 km	5:36:27	F	Jerry Johncock	80	MI	Freedom Park Ultra	Morganton	NC	12/31/08
28	M80-84	100 km	14:53:10	U	Lloyd Young	81	MN	FANS 24hr	Minneapolis	MN	06/04/05
29	M80-84	50 mi	10:59:40	U	Lloyd Young	81	MN	FANS 24hr	Minneapolis	MN	06/04/05
30	M55-59	100 mi	15:49:00		Roy Pirrung	58	WI	Ultracentric 24hr	Grapevine	TX	11/19/06
31	M65-69	100 mi	19:46:20	P	Zeke Zucker	65	VT	Umstead	Raleigh	NC	04/04/09
32	M90-94	Half mar	3:03:56	P	Henry Sypniewski	90	NY	Presque Isle	Erie	PA	09/14/08
33	M40-44	marathon	2:13:52	P	Mbarak Hussein	41	NM	Twin Cities	Minneapolis	MN	10/01/06
34	M40-44	marathon	2:15:06	U	Mbarak Hussein	40	NM	Honolulu	Honolulu	HI	12/11/05
35	M45-49	marathon	2:16:58	P	Mbarak Hussein	45	NM	Twin Cities	Minneapolis	MN	10/03/10
36	M80-84	marathon	4:11:52	P	Jerry Johncock	80	MI	Bayshore	Traverse City	MI	05/24/08
37	M80-84	marathon	3:59:05	P	Jerry Johncock	80	MI	Twin Cities	Minneapolis	MN	10/05/08
38	M90-94	marathon	6:46:34	U	Ernest VanLeeuwen	92	CA	City of Los Angles	Los Angeles	CA	03/06/05
39	M75-79	12 hour	86985m		Dieter Walz	75	CA	NorthCoast 24 hour	Cleveland	OH	09/18/10
40	M80-84	12 hour	78278m		Leo Lightner	82	OH	NorthCoast 24 hour	Cleveland	OH	09/18/10
41	M80-84	12 hour	84506m	U	Lloyd Young	81	MN	FANS 24hr	Minneapolis	MN	06/04/05
42	M80-84	24 hour	123468m	U	Lloyd Young	81	MN	FANS 24hr	Minneapolis	MN	06/04/05

#### Masters LDR Road Bests: Men

No new Road Bests This Period

#### Masters LDR Road Records: Women

43	F45-49	5 km	16:14	W	Linda Somers-Smith	48	CA	SV Turkey Trot	San Jose	CA	11/26/09
44	F50-51	5 km	17:04		Monica Joyce	51	MI	Plymouth YMCA	Plymouth	MI	06/20/10
45	F50-54	5 km	17:24	P	Joan Samuelson	52	ME	CVS Downtown	Providence	RI	09/21/08
46	F60-64	5 km	19:20	P	Sabra Harvey	60	TX	Heights Fun Run	Houston	NY	06/06/09
47	F60-64	5 km	19:12		Sabra Harvey Marie-Louise	60	TX	Bellaire Trolley Eliz Macnamee	Bellaire	NY	04/04/09
48	F65-69	5 km	20:48	P	Michelson	65	NY	Memorial	West Islip	NY	06/03/06
49	F70-74	5 km	23:37	P	Libby James	72	CO	Firecracker	Ft Collins	CO	07/04/09
50	F70-74	5 km	23:53	P	Barbara Miller	70	CA	Susan B Anthony	Sacramento	CA	08/08/09
51	F75-79	5 km	26:01	P	Lois Ann Gilmore	76	WI	The Deer Run	Brown Deer	WI	04/21/07
52	F75-79	5 km	26:12	P	Anne Garrett	75	CA	Carlsbad	Carlsbad	CA	04/05/09
53	F95-99	5 km	1:15:02	B	Kathryn West	97	ME	Freihofer's	Albany	NY	05/31/08
54	F60-64	8 km	32:11	P	Sabra Harvey	60	TX	Law Week	Houston	TX	03/28/09
55	F60-64	8km	32:19	P	Sabra Harvey	60	TX	Park To Park	Houston	TX	02/21/09

56	F45-49	10 km	35:27	U	Carmen Troncoso	45	TX	Rodeo Run	Houston	TX	02/26/05
57	F45-49	10 km	34:32	P	Monica Joyce	49	MI	Meteor Strawberry Stampede	Dearborn Hts	MI	04/05/08
58	F45-49	10 km	35:24	P	Linda Somers-Smith	46	CA	Heritage Oaks Bank	Arroyo Grande	CA	05/25/08
59	F45-49	10 km	34:25	P	Linda Somers-Smith	47	CA	Heritage Oaks Bank	Paso Robles	CA	09/27/09
60	F45-49	10 km	33:39	P	Linda Somers-Smith	49	CA	Heritage Oaks Bank	Paso Robles	CA	09/26/10
61	F50-54	10 km	34:52	P	Monica Joyce	50	MI	Meteor	Dearborn Hts	MI	04/04/09
62	F50-54	10 km	35:23	P	Monica Joyce	50	MI	Detroit Turkey Trot	Detroit	MI	11/27/08
63	F70-74	10 km	48:33	P	Libby James	70	CO	Colorado Run	Ft Collins	CO	09/04/06
64	F70-74	10 km	48:29	P	Barbara Miller	70	CA	Heritage Oaks Bank	Paso Robles	CA	09/27/09
65	F75-79	10 km	52:31		Ginette Bedard	75	NY	NY Mini	New York	NY	06/07/09
66	F75-79	10 km	53:06	P	Ginette Bedard	75	NY	Joe Kleinerman Homecoming	New York	NY	12/07/08
67	F75-79	10 km	53:35	P	Ginette Bedard	75	NY	Scotland	New York	NY	04/11/09
68	F75-79	10 km	53:00		Ginette Bedard	76	NY	Healthy Kidney	New York	NY	05/15/10
69	F75-79	10 km	53:24		Ginette Bedard	76	NY	NY Mini	New York	NY	06/12/10
70	F45-49	15 km	50:51		Colleen DeReuck	45	CO	Gate River	Jacksonville	FL	03/15/10
71	F50-54	15 km	52:38	P	Monica Joyce	50	MI	Gate River	Jacksonville	FL	03/14/09
72	F45-49	20 km	1:07:21	P	Colleen DeReuck	45	CO	New Haven	New Haven	CT	09/07/09
73	F45-49	20 km	1:09:42		Linda Somers-Smith	49	CA	San Jose	San Jose	CA	10/03/10
74	F50-54	25 km	1:36:45	P	Joan Samuelson	53	ME	BOA Chicago Split 5 <sup>th</sup> 3 <sup>rd</sup> Bank River Run	Chicago	IL	10/10/10
75	F65-69	25 km	2:07:00		Sharon Dolan	66	MI	Grand Rapids	MI	05/10/08	
76	F50-54	30 km	1:57:01	P	Joan Samuelson	53	ME	BOA Chicago Split Clarksburg Country Run	Chicago	IL	10/10/10
77	F55-59	30 km	2:11:58	P	Suzanne Ray	57	OR	Clarksburg	CA	11/08/09	
78	F40-44	50 km	3:28:30	P	Mary Coordt	41	CA	IAU World Trophy	Galway	IRE	08/28/10
79	F60-64	50 km	4:57:56		Betty Hortsmann	61	NY	Caumsett Park	Lloyd Neck LI	NY	03/04/07
80	F45-49	10 mi	57:09:00	P	Linda Somers-Smith	48	CA	NorCal	Redding	CA	03/06/10
81	F50-54	10 mi	1:00:52		Joan Samuelson	52	ME	CU Cherry Blossom	Washington	DC	04/11/10
82	F70-74	10 mi	1:20:00	P	Barbara Miller	70	CA	Cal 10	Stockton	CA	01/10/10
83	F70-74	10 mi	1:19:02	P	Barbara Miller	70	CA	Buffalo Stampede	Sacramento	CA	09/13/09
84	F45-49	half mar	1:16:30		Colleen DeReuck	45	CO	Aramco Houston	Houston	TX	01/17/10
85	F45-49	half mar	1:16:26		Colleen DeReuck	46	CO	More Half Marathon	New York	NY	04/25/10
86	F45-49	half mar	1:13:32		Linda Somers-Smith	49	CA	San Jose Humboldt	San Jose	CA	10/03/10
87	F70-74	half mar	1:47:12	P	Barbara Miller	70	CA	Redwoods Clarksburg Country Run	Weott	CA	10/18/09
88	F70-74	half mar	1:49:34	P	Barbara Miller	70	CA	Clarksburg	CA	11/08/09	
89	F75-79	half mar	2:05:01	P	Toshiko D'Elia	76	NJ	Runner's World	Allentown	PA	04/30/06
90	F75-79	half mar	2:01:14	P	Ginette Bedard	75	NY	NYC Half	New York	NY	08/16/09
91	F75-79	half mar	1:55:19	P	Ginette Bedard	75	NY	Grete's Gallop	New York	NY	10/03/09
92	F85-89	half mar	2:42:57		Margaret Davis	85	CA	Carlsbad America's Finest City	Carlsbad	CA	01/25/09
93	F85-89	half mar	2:46:51	P	Margaret Davis	86	CA	San Diego	CA	08/16/09	
94	F85-89	half mar	2:39:45	P	Helen Klein	85	CA	Quad Cities Half	Des Moines	IA	09/28/08
95	F45-49	marathon	2:32:37	P	Colleen De Reuck	45	CO	Twin Cities	Minneapolis	MN	10/04/09
96	F45-49	marathon	2:30:51	P	Colleen DeReuck	46	CO	Copenhagen	Copenhagen	DEN	05/23/10
97	F50-54	marathon	2:47:50	P	Joan Samuelson	53	ME	BOA Chicago	Chicago	IL	10/10/10
98	F70-74	marathon	3:46:03	P	Ginette Bedard	72	NY	More Marathon	New York	NY	03/26/06
99	F75-79	marathon	4:08:31		Ginette Bedard	75	NY	ING New York City	New York	NY	11/02/08

100	F45-49	12 hr	133076m		Carolyn Smith	45	WI	FANS	Minneapolis	MN	06/06/10
101	F40-44	24 hr	224020m		Carolyn Smith	41	WI	Ultracentric 24hr	Grapevine	TX	11/19/06
102	F40-44	24 hr	233773m	P	Connie Gardner	44	OH	Ultracentric 24hr	Grapevine	TX	11/18/07
103	F60-64	24 hr	150313m		Marie Boyd	61	CA	San Fransisco 1-Day	San Fransisco	CA	10/24/09
104	F65-69	24 hr	151922m		Eldrith Gosney	68	CA	San Fransisco 1-Day	San Fransisco	CA	10/24/09
105	F50-54 Masters	48 hr	329915m	P	Liz Bauer	51	GA	3 Days @ Fair	Augusta	NJ	05/16/10
106	a/comers	marathon	2:25:43		Lumila Petrova (RUS)	MAC	RUS	ING New York City	New York	NY	11/02/08

**Masters LDR Road Bests: Women**

107	F50-54	8 km	28:04a	P	Monica Joyce	50	MI	Akron 8k	Akron	OH	09/27/08
108	F40-44	half mar	1:11:48a		Colleen De Reuck	42	CO	Nike NYC Half Marathon	New York	NY	08/27/06
109	F85-89	marathon	5:48:59a	P	Helen Klein	85	CA	Cal International	Sacramento	CA	12/07/07

**Masters LDR Track Records: Men**

110	M50-54	25000m	1:38:52	P	Stuart Calderwood	52	NY	Tuesday T&F	New York	NY	06/09/09
111	M50-54	30000m	2:00:31	P	Stuart Calderwood	52	NY	Tuesday T&F	New York	NY	06/09/09
112	M70-74	12 hr	86296m		Ed Rousseau	70	MN	Corn Belt RC 24 hr	Eldridge	IA	05/01/10
113	M45-49	144 hr	637600m	P	Glen Turner	48	KY	Ultravecka 6-Day	Hallsberg	SW	07/26/08

**Masters LDR Track Records: Women**

114	F50-54	48 hr	323606m	P	Sandy Powell	50	VA	Surgeres 48hr	Surgeres	FR	05/18/08
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## VII MASTERS TRACK AND FIELD

### INDOOR - MEN

	<b>Event</b>	<b>Group</b>	<b>Mark</b>	<b>Competitor</b>	<b>Site</b>	<b>Date</b>
1	60	45-49	7.02	Aaron Thigpen	Kamloops	3/1/2010
2	60	90-94	11.63	Ralph Maxwell	Boston	3/27/2010
3	60	95-99	15.21	Leland McPhie	Boston	3/27/2010
4	200	60-64	24.85	Charles Allie	Boston	3/28/2010
5	200	65-69	25.47	Donald Neidig	Boston	3/28/2010
6	200	80-84	31.23	Harry Brown	Boston	3/28/2010
7	400	65-69	59.01	Donald Neidig	Boston	3/27/2010
8	800	55-59	2:07.05	Horace Grant	Boston	3/28/2010
9	1500	35-39	3:35.49	Bernand Lagat	Birmingham	2/20/2010
10	1500	60-64	4:36.92	Nolan Shaheed	Kamloops	3/6/2010
11	mile	35-39	3:56.34	Bernand Lagat	New York	1/29/2010
12	mile	60-64	4:57.06	Nolan Shaheed	Ithaca	1/23/2010
13	3000	35-39	7:37.97	Bernand Lagat	Doha	3/14/2010
14	3000	60-64	9:55.03	Nolan Shaheed	Boston	3/26/2010
15	3000	90-94	21:52.38	Orville Rogers	Boston	3/26/2010
16	60 hurdles	40-44	8.09	Derek Pye	Boston	3/27/2010
17	60 hurdles	65-69	9.17	Ty Brown	Boston	3/27/2010
18	60 hurdles	90-94	15.84	Ralph Maxwell	Boston	3/27/2010
19	high jump	75-79	1.34	Doug Spainhower	Boston	3/28/2010
20	pole vault	55-59	4.13	Kirk Bentz	Boston	3/27/2010
21	pole vault	60-64	4.05	John Altendorf	Kamloops	3/5/2010
22	long jump	75-79	4.44	Robert Hewitt	Kenosha	3/7/2009
23	triple jump	90-94	6.02	Ralph Maxwell	Boston	3/28/2010
24	weight throw	55-59	19.79	Jim Wetenhall	Toronto	2/14/2010
25	superweight	55-59	10.55	Jim Wetenhall	Ypsilanti	3/7/2010
26	superweight	85-89	6.01	Richard Mulkern	Boston	3/28/2010
27	pentathlon	45-49	3979	Christopher Bates	Kamloops	3/2/2010
28	pentathlon	90-94	4594	Ralph Maxwell	Boston	3/26/2010

### INDOOR - WOMEN

	<b>Event</b>	<b>Group</b>	<b>Mark</b>	<b>Competitor</b>	<b>Site</b>	<b>Date</b>
29	60	45-49	7.86	Renee Henderson	Boston	3/27/2010
30	60	70-74	9.21	Kathy Bergen	Boston	3/27/2010
31	60	75-79	10.97	Audrey Lary	Boston	3/27/2010
32	200	45-49	25.47	Renee Henderson	New York	3/6/2010
33	200	70-74	32.31	Kathy Bergen	Boston	3/27/2010
34	200	75-79	39.16	Audrey Lary	Boston	3/28/2010
35	400	45-49	60.59	Renee Henderson	Boston	3/27/2010
36	400	75-79	87.58	Audrey Lary	Boston	3/27/2010

37	mile	50-54	5:08.65	Monica Joyce	University Ctr	1/29/2010
38	3000	40-44	9:51.60	Jody Hawkins	College Station	1/16/2010
39	60hurdles	75-79	13.70	Flo Meiler	Boston	3/27/2010
40	high jump	70-74	1.29	Kathy Bergen	Colo Sprgs	2/14/2010
41	pole vault	40-44	3.50	Brenda Bumgardner	Golden	2/19/2010
42	pole vault	75-79	1.88	Flo Meiler	Boston	3/26/2010
43	long jump	60-64	4.44	Phil Raschker	Kenosha	3/7/2009
44	shot put	75-79	7.16	Christel Donley	Boston	3/27/2010
45	weight throw	70-74	12.30	Carol Young	Boston	3/26/2010
46	superweight	70-74	8.99	Carol Young	Boston	3/28/2010

### OUTDOOR - MEN

	Event	Group	Mark	Competitor	Site	Date
47	100	95-99	37.16	Leland McPhie	Sacramento	7/24/2010
48	200	90-94	41.20	John Means	Geneva	7/17/2010
40	800	60-64	2:10.78	Nolan Shaheed	Walnut	4/16/2010
41	1500	35-39	3:32.51	Bernand Lagat	Monaco	7/22/2010
42	1500	55-59	4:17.80	Richard Burns	Los Angeles	3/12/2010
43	1500	60-64	4:31.93	Nolan Shaheed	Costa Mesa	5/1/2010
44	1	55-59	4:36.94	Richard Burns	Portland	6/12/2010
45	1	85-89	8:22.59	John Hosner	Raleigh	6/12/2010
46	3000	35-39	7:29.00	Bernand Lagat	Rieti	8/29/2010
47	3000	60-64	10:11.24	Douglas Winn	Portland	6/12/2010
48	5000	35-39	12:54.12	Bernand Lagat	Oslo - NOR	6/4/2010
49	5000	55-59	16:14.55	Rick Becker	Sacramento	7/22/2010
50	10000	45-49	31:14.21	Paul Aufdemberge	Hillsdale	4/23/2010
51	3000 steep	55-59	10:39.56	Dale Campbell	Azusa	4/16/2010
52	2000 steel	60-64	7:21.09	David Taylor	Sacramento	7/23/2010
53	100 hurdles	65-69	15.48	Ty Brown	Sacramento	7/23/2010
54	80 hurdle	90-94	21.74	Ralph Maxwell	Sacramento	7/23/2010
55	400 hurdles	50-54	56.88	Darnell Gatling	Sacramento	7/25/2010
56	200 hurdles	90-94	51.31	Ralph Maxwell	Ft. Collins	8/29/2010
57	high jump	50-54	1.94	Bruce McBarnette	Newport News	6/19/2010
58	high jump	75-79	1.41	Tom Langenfeld	Sacramento	7/23/2010
59	pole vault	55-59	4.35	Charles Brown	San Diego	7/16/2010
60	pole vault	60-64	4.04	John Altendorf	Sacramento	7/24/2010
61	shot put	75-79	13.19	James Oglesby	Clermont	1/16/2010
62	discus throw	65-69	54.99	Paul Economides	Lisle	8/7/2010
63	hammer throw	70-74	59.04	Ed Burke	Lisle	8/7/2010
64	hammer throw	80-84	43.11	Harvey Lewellen	Gresham	7/11/2010
65	javelin throw	55-59	66.11	Michael Brown	Raleigh	6/12/2010
66	weight throw	40-44	15.15	David Bickel	Mesa	5/22/2010
67	weight throw	70-74	20.82	Ed Burke	Davis	7/11/2010
68	superweight throw	40-44	10.76	David Bickel	Mesa	5/22/2010
69	superweight throw	55-59	10.31	Jim Wetenhall	Reading	6/6/2010

70	superweight throw	70-74	11.66	Ed Burke	Davis	7/11/2010
71	superweight throw	80-84	10.99	Harvey Lewellen	Eugene	6/27/2010
72	pentathlon	40-44	3508	Michael Janusey	Eugene	8/10/1998
73	pentathlon	90-94	2629	Ralph Maxwell	Sacramento	7/22/2010
74	decathlon	45-49	7421	Rex Harvey	Turku	7/17/1991
75	decathlon	60-64	7287	Emil Pawlik	Carolina	7/2/2003
76	decathlon	85-89	3611	Dan Bulkley	San Sebastian	8/22/2005
77	throws pentathlon	65-69	5044	Paul Economides	Lisle	8/7/2010
78	ultra pentathlon	40-44	3568	David Bickel	Lisle	8/8/2010
79	ultra pentathlon	70-74	4680	Edward Burke	Lisle	8/8/2010

### OUTDOOR - WOMEN

	Event	Group	Mark	Competitor	Site	Date
80	100	70-74	14.76	Kathy Bergen	Walnut	4/17/2010
81	100	75-79	16.26	Irene Obera	Sacramento	7/24/2010
82	200	70-74	32.35	Kathy Bergen	Sacramento	7/25/2010
83	200	75-79	35.26	Irene Obera	Sacramento	7/25/2010
84	400	75-79	85.40	Suzi MacLeod	Sacramento	7/23/2010
85	800	75-79	3:25.73	Suzi MacLeod	Sacramento	7/24/2010
86	1500	60-64	5:12.27	Sabra Harvey	Sacramento	7/25/2010
87	1500	75-79	7:31.56	Mary Harada	Sacramento	7/25/2010
88	mile	75-79	7:55.74	Mary Harada	Eugene	6/26/2010
89	3000	50-54	10:06.60	Carmen Troncoso	Portland	6/12/2010
90	3000	60-64	11:11.49	Sabra Harvey	Portland	6/12/2010
91	5000	75-79	26:55.11	Mary Harada	Sacramento	7/22/2010
92	2000 steep	40-44	6:51.92	Lisa Valle	Sacramento	7/23/2010
93	2001 steep	50-54	8:14.35	Cheryl Bellaire	Sacramento	7/23/2010
94	2002 steep	55-59	8:13.10	Kathryn Martin	Sacramento	7/23/2010
95	80 hurdles	50-54	12.44	Liz Palmer	Fort Collins	8/29/2010
96	400 hurdles	40-44	64.40	Lisa Daley	San Francisco	7/9/2010
97	400 hurdles	45-49	68.91	Karen Steen	Sacramento	7/25/2010
98	200 hurdles	75-79	45.83	Flo Meiler	Sacramento	7/25/2010
99	high jump	70-74	1.30	Kathy Bergen	Sacramento	7/24/2010
100	pole vault	75-79	2.03	Flo Meiler	Valatie	7/4/2010
101	triple jump	85-89	3.77	Wally Dashiell	Columbia	8/15/2010
102	shot put	65-69	10.50	Carol Frost	Seward	6/5/2010
103	shot put	75-79	8.21	Christel Donley	Sacramento	7/23/2010
104	shot put	95-99	4.09	Betty Jarvis	Lisle	8/7/2010
105	discus throw	65-69	30.30	Carol Frost	Seward	6/5/2010
106	discus throw	95-99	10.44	Betty Jarvis	Lisle	8/7/2010
107	hammer throw	50-54	55.46	Oneithea Lewis	Sacramento	7/22/2010
108	hammer throw	70-74	29.06	Carol Young	Statesboro	4/14/2010
109	hammer throw	75-79	25.60	Amy Hicks	Westin	7/9/2010
110	hammer throw	95-99	6.01	Betty Jarvis	Lisle	8/7/2010
111	javelin throw	80-84	18.18	Barbara Brandt	Sacramento	7/24/2010

112	javelin throw	95-99	7.55	Betty Jarvis	Lisle	8/7/2010
113	weight throw	50-54	18.10	Oneithea Lewis	Lisle	8/7/2010
114	weight throw	70-74	12.53	Carol Young	Lisle	8/8/2010
115	weight throw	75-79	10.50	Audrey Lary	Columbia	8/14/2010
116	weight throw	85-89	5.91	Wally Dashiell	Columbia	8/14/2010
117	weight throw	95-99	5.58	Betty Jarvis	Lisle	8/7/2010
118	superweight	50-54	12.98	Oneithea Lewis	Lisle	8/8/2010
119	superweight	70-74	7.30	Carol Young	Raleigh	6/11/2010
120	superweight	95-99	3.31	Betty Jarvis	Lisle	8/7/2010
121	heptathlon	45-49	4849	Caryl Senn-Griffiths	Shoreline	8/15/2009
122	heptathlon	75-79	5416	Christel Donley	Joplin	6/19/2010
123	decathlon	45-49	6122	Caryl Senn-Griffiths	Joplin	6/19/2010
124	throws pentathlon	50-54	4800	Oneithea Lewis	Lisle	8/7/2010
125	throws pentathlon	70-74	3892	Carol Young	Lisle	8/7/2010
126	throws pentathlon	75-79	3333	Gloria Krug	Lisle	8/7/2010
127	throws pentathlon	95-99	3765	Betty Jarvis	Lisle	8/7/2010
128	ultra pentathlon	35-39	2444	Jennifer Stephens	Lisle	8/8/2010
129	ultra pentathlon	50-54	5872	Oneithea Lewis	Lisle	8/8/2010
130	ultra pentathlon	70-74	3212	Carol Young	Lisle	8/8/2010
131	ultra pentathlon	75-79	3634	Gloria Krug	Lisle	8/8/2010

#### INDOOR RELAYS - MEN

	<b>Event</b>	<b>Group</b>	<b>Mark</b>	<b>Competitors</b>	<b>Site</b>	<b>Date</b>
132	1600 relay	40-49	3:31.04	Sprint Force America (S.Allah, E.Gonera, F. Schiro, R. Blackwell)	Boston	3/26/2000
133	1600 relay	40-49	3:25.04	Southwest Sprinters (R. Thomas, M. Wensel, K. Mulazim, E. Winslow)	Boston	3/28/2010
134	3200 relay	40-49	8:07.48	Greater Phil TC (S. Landis, B. McGinty, K. Forde, N. Berra)	New York	12/27/2009

#### INDOOR RELAYS - WOMEN

	<b>Event</b>	<b>Group</b>	<b>Mark</b>	<b>Competitors</b>	<b>Site</b>	<b>Date</b>
135	1600 relay	35-39	4:06.97	USA (L.Daley, S. Williams, M. Walles, L. Dendy)	Boston	3/28/2010
136	1600 relay	40-49	4:09.13	Athena TC (K. Shook, M. Roux, J. Hunter, C. Roberts)	Landover	3/28/2010
137	1600 relay	50-59	4:59.41	Greater Phil TC (A. Suckling, J. Affleck, W. Glassman, C. Bellaire)	New York	1/29/2010
138	1600 relay	70-79	7:21.74	Liberty AC (M. Harada, E. Szawlowski, C. Parsi, S. Hayes)	Boston	3/28/2010
139	3200 relay	40-49	9:25.49	USA (L. Valle, T. Ballou, C. Olen, A. Genet)	Boston	3/27/2010
140	3200 relay	50-59	10:43.50	USA (J. Hayden, C. Bellaire, K. Martin, C. Steinbach)	Boston	3/27/2010

**OUTDOOR RELAYS - MEN**

Event	Group	Mark	Competitors	Site	Date
141 1600 relay	40-49	3:20.83	Sprint Force America (S. Allah, K. Morning, E. Gonera, R. Blackwell)	Philadelphia	4/28/2001
142 1600 relay	50-59	3:37.20	Sprint Force America (R. Bowen, C. Blake, R. Pierce, E. Gonera)	Orono	8/11/2002
143 3200 relay	35-39	8:12.33	USA (T. Spann, B. Dameworth, A. Hastings, B. Sax)	Walnut	4/16/2010
144 3200 relay	35-39	7:55.67	SoCal TC (M. Smith, M. Schroer, J. Rhodes, S. Anderson)	Williamsburg	4/3/2010

**OUTDOOR RELAYS - WOMEN**

Event	Group	Mark	Competitors	Site	Date
145 400 relay	40-49	52.95	Athena TC (T.Rath, C. Roberts, K. Shook, M. Roux)	Philadelphia	4/23/2010
146 400 relay	50-59	56.98	Athena TC (D. Carter, L. Woodward, L. Chaplin-Swan, L. DeWitt)	Sacramento	7/25/2010
147 400 relay	60-69	1:19.90	Oregon TC Masters (M. Rickson, M. Stringer, B.Sisley, S. Pashkin)	Eugene	6/19/2005
148 1600 relay	35-39	3:52.85	USA (M. Walles, L. Daley, C. Roberts, L. Dendy)	Sacramento	7/25/2010
149 1600 relay	60-69	6:59.09	SoCal TC (D. Backlund, K. Frable, Y. Eichel, J. Steigerwalt)	Sacramento	7/25/2010

**Masters Race Walk**

1)	W45-49	mile	6:52.54i	Teresa Vaill	New York	NY	1/29/2010
2)	W50-54	mile	7:50.79i	Maryanne Daniel	Hanover	NH	1/10/2010
3)	W55-59	mile	13:28.05i	Lorrie Wilkes	Hanover	NH	1/10/2010
4)	W70-74	3000	18:40.1	Louise Walters	Reno	NV	8/14/2010
5)	W50-54	5000	26:27.00	Maryanne Daniel	Sacramento	CA	7/23/2010
6)	W70-74	5000	30:42:96	Louise Walters	Sacramento	CA	7/23/2010
7)	W45-49	1-hour	12,813 meters	Teresa Vaill	Waltham	MA	10/3/2010
8)	W70-74	1-hour	9,323 meters	Louise Walters	Banks	OR	10/17/2010
9)	M35-39	mile	5:52.43i	Tim Seaman	New York	NY	1/29/2010
10)	M50-54	mile	8:56.58i	Larry Epstein	Hanover	NH	1/10/2010
11)	M60-64	mile	9:46.14i	Jay Diener	Hanover	NH	1/10/2010
12)	M65-69	mile	10:08.30i	Thomas Knatt	Hanover	NH	1/10/2010
13)	M60-64	3000i	14:20.64i	Chris Schmid	Boston	MA	3/28/2010
14)	M80-84	3000i	20:08.03i	Jack Starr	Boston	MA	3/28/2010

15)	M55-59	5000i	28:32.2i	Klaus Thiedmann	Parkside	WI	1/29/2010
16)	M45-49	3000	14:42.94	David Talcott	Rochester	NY	7/18/2009
17)	M45-49	3000	13:58.4	Dave McGovern	Waltham	MA	10/3/2010
18)	M65-69	3000	16:17.5	Leon Jasionowski	Waltham	MA	10/3/2010
19)	M65-69	10,000	55:25.6	Leon Jasionowski	Waltham	MA	10/3/2010
20)	M45-49	15,000	1:13:28.7	Dave McGovern	Waltham	MA	10/3/2010
21)	M60-64	15,000	1:18:07.2	Chris Schmid	Waltham	MA	10/3/2010
22)	M60-64	1-hour	11,678 meters	Chris Schmid	Waltham	MA	10/3/2010
23)	M65-69	1-hour	10,839 meters	Leon Jasionowski	Waltham	MA	10/3/2010
24)	W70-74	10K	1:03:44	Louise Walters	Sacramento	CA	7/25/2010
25)	W85-89	10K	1:28:23	Miriam Gordon	Sacramento	CA	7/25/2010
26)	W70-74	15K	1:39:11	Louise Walters	Riverside	CA	5/16/2010
27)	W70-74	20K	2:12:27	Louise Walters	Surprise	AZ	2/07/2010
28)	W45-49	30K	2:31:30	Teresa Vaill	Valley Cottage	NY	10/31/2010
29)	W65-69	40K	5:09:46	Darlene Backlund	Ocean Tnshp	NJ	9/12/2010
30)	W65-60	50K	6:26:44	Darlene Backlund	Ocean Tnshp	NJ	9/12/2010
31)	M60-64	15K	1:19:36	Chris Schmid	Riverside	CA	5/16/2010
32)	M80-84	15K	1:46:47	Jack Starr	Riverside	CA	5/16/2010
33)	M65-69	25K	2:34:21	Leon Jasionowski	Surprise	AZ	2/07/2010
34)	M65-69	25K	2:33:06	Leon Jasionowski	Ocean Tnshp	NJ	9/12/2010
35)	M50-59	30K	2:37:28	Jonathan Matthews	Surprise	AZ	2/07/2010
36)	M80-84	30K	4:01:15	Jack Starr	Ocean Tnshp	NJ	9/12/2010
37)	M60-64	30K	2:48:04	Chris Schmid	Valley Cottage	NY	10/31/2010
38)	M65-69	30K	2:57:55	Leon Jasionowski	Valley Cottage	NY	10/31/2010
39)	M80-84	30K	3:53:18	Jack Starr	Valley Cottage	NY	10/31/2010
40)	M50-54	35K	3:02:56	Jonathan Matthews	Surprise	AZ	2/07/2010
41)	M50-54	40K	3:29:04	Jonathan Matthews	Surprise	AZ	2/07/2010
42)	M50-54	40K	3:39:56	Ray Sharp	Ocean Tnshp	NJ	9/12/2010
43)	M60-64	40K	3:55:45	Chris Schmid	Surprise	AZ	2/07/2010
44)	M60-64	40K	3:53:14	Chris Schmid	Ocean Tnshp	NJ	9/12/2010
45)	M65-69	40K	4:08:03	Leon Jasionowski	Surprise	AZ	2/07/2010
46)	M80-84	40K	5:28:26	Jack Starr	Ocean Tnshp	NJ	9/12/2010
47)	M50-54	50K	4:23:15	Jonathan Matthews	Surprise	AZ	2/07/2010
48)	M60-64	50K	5:04:46	Chris Schmid	Surprise	AZ	2/07/2010
49)	M65-69	50K	5:11:22	Leon Jasionowski	Surprise	AZ	2/07/2010

## VIII YOUTH ATHLETICS

### BANTAM GIRLS

1. 800m 2:21.00 Kennedy Simon Lisle III 7/4/2010  
(Gazelle Track Club/ Marietta GA)

### MIDGET GIRLS

2. 4x400m Relay 3:56.63 Quiet Fire/Los Angeles CA Harbor City, CA 5/29/2010  
(Kayla Richardson, Lauren William, Kyla Richardson, Jeanette Paul)

### YOUTH GIRLS

3. Pentathlon 3534 pts Alexa Harman-Thomas Sacramento, CA 7/30/2010

4. 200 m Hurdles 26.55 Jasmyne Graham Sacramento, CA 7/31/2010  
(Unattached/Moreno Valley CA)

5. Shot Put 15.88 m Kennedy Blahnik Sacramento, CA 7/31/2010  
(Unattached/Algoma, WI)

### INTERMEDIATE GIRLS

None

### YOUNG WOMEN

None

### BANTAM BOYS

6. High Jump 1.60m/5-03.00 Sean Lee Cerritos, CA 6/13/2010  
(USA High Jump Club/Rancho Santa Margarita)

### MIDGET BOYS

7. Shot Put 16.36m Elijah Zoucha Sacramento, CA 8/1/2010  
(West O Throws/Omaha, NE)

### YOUTH BOYS

8. 3000M 9:04.06 Bailey Roth Lisle, III 7/3/2010  
(Trail Monkeys/Atlanta, GE)

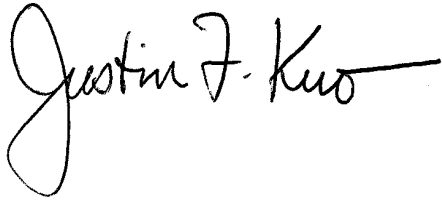
### INTERMEDIATE BOYS

9. Javelin 63.60m William H. Stanley III Pomona, NJ 7/9/2010  
(South Park TC/Pittsburgh, PA)

### Young Men

10. Javelin 72.82m/238-11.0 Samuel Crouser Gresham, OR 6/27/2010  
(Gresham/Blu Byu/Gresham OR)

Respectfully submitted

A handwritten signature in black ink that reads "Justin F. Kuo". The signature is written in a cursive style with a long horizontal stroke extending to the right from the end of the name.

Justin F. Kuo  
Chair USATF Records Committee