

ALL TIME WEST VALLEY T.C. RECORDS

Oct. 10, 2018 (y = English (yards) mark converted to metric equivalent)

Hand Time Conversion: +0.24 (100m & 200m), +0.14 (400m and over)

(m = metric equivalent); w = wind-aided mark; i = indoor mark)

Junior marks are when individual has not reached 20th birthday.

***Note:** - All corrections and additions should be sent to Jack Leydig at
jackleydig@att.net - Ph. 650-525-1973

60 YARD DASH

Open:	6.1	Walter Walker	1/76
		Michael Kirtman	1/76
		Marlon Rochee	1/76
30-34:	6.3	George Carty	1/76
35-39:	6.5	Tim Rostege	1/76
40-44:	6.79	Dan Fitzsimmons	2/86
45-49:	7.03i	Gil LaTorre	3/84
50-54:	6.98i	Bruce Springbett	3/84
55-59:	7.16i	Bruce Springbett	3/88
60-64:	8.14i	Carl Orndoff	3/88
65-69:	7.29i	Harry Koppel	2/81
Women (35-39):	7.71i	Penny Gilkey	3/88
40-44:	8.47i	Janie Duff	2/86
50-54:	9.66i	Marj Moore	3/87
60-64:	8.93m	Fei-Mei Chou	5/96
65-69:	11.59m	Fei-Mei Chou	2001
80-84:	10.37mi (WR)	Irene Obera	3/14

100 YARD DASH

Open:	9.7	Greg Marshall	8/75
Junior:	10.0	Skip Peterson	5/74
30-34:	10.0	Greg Marshall	2/79
35-39:	10.1	Dave Romain	4/78
40-44:	10.4	Dan Fitzsimmons	5/84
45-49:	10.6	Bruce Springbett	2/82
50-54:	11.1	Bruce Springbett	5/85
55-59:	11.56	Bernie Stevens	5/84

80-84:	19.73	Vernon Regier	8/09
Women:	12.3	Candy Dillingham	3/74

100 METER DASH

Open:	10.4	Paul Desmet	5/79
30-34:	10.6	Greg Marshall	5/79
35-39:	10.87	Martin Krulee	8/92
40-44:	10.8	Stan Whitley	6/86
	11.02	Stan Whitley	7/86
45-49:	11.0	Mel Brooks	1986
	11.21	Mel Brooks	7/86
50-54:	11.10	Bruce Springbett	5/85
55-59:	11.71	Bruce Springbett	12/87
60-64:	12.4	Marion Sanchez	4/93
	12.54	Marion Sanchez	5/93
65-69:	12.9	Harry Koppel	5/81
	13.14	John Poppell	8/96
70-74:	12.91 (WR)	Payton Jordan	6/91
	12.72w	Payton Jordan	11/87
75-79:	13.40 (WR)	Payton Jordan	6/92
80-84:	14.35 (WR)	Payton Jordan	5/97
85-89:	22.76	Konrad Slaughter	5/04
Women:	16.1	Dana Hudspeth	7/78
30-34:	13.83	Margrette Kay Duncan	8/87
35-39:	12.70	Penny Gilkey	8/87
40-44:	13.76	Alison Pratt-Shelling	6/96
45-49:	13.8	Nadine O'Connor	7/89
50-54:	13.44	Irene Obera	8/87
55-59:	13.84 (AR)	Irene Obera	7/89
60-64:	13.91 (AR)	Irene Obera	8/94
65-69:	14.24 (WR)	Irene Obera	6/99
70-74:	15.57	Irene Obera	8/05
75-79:	16.09 (AR)	Irene Obera	7/09
80-84:	16.81 (AR)	Irene Obera	7/14
	16.40w	Irene Obera	6/14

200 METER DASH (y = 220 Yds. -0.1)

Open	21.4y	Dedy Cooper	1/76
Junior:	21.9y	Frank Mercer	5/72
30-34:	21.7y	George Carty	1/76
	21.7	Greg Marshall	5/79

35-39:	21.98	Martin Krulee	8/92
40-44:	22.0	Stan Whitley	7/86
	22.1	Matt Pruitt	6/81
45-49:	23.0	Bill Knocke	10/86
50-54:	23.3	Bruce Springbett	1987
55-59:	24.5	Bruce Springbett	6/88
	24.63	Bruce Springbett	8/88
60-64:	25.51	Marion Sanchez	4/93
65-69:	26.7	Harry Koppel	6/82
70-74:	26.8 (WR)	Payton Jordan	6/87
	27.04	Payton Jordan	1987
	28.00i (WR)	Payton Jordan	4/89
75-79:	28.14 (WR)	Payton Jordan	6/92
80-84:	30.89 (WR)	Payton Jordan	8/97
85-89:	55.27	Konrad Slaughter	8/04
Women:	33.3y	Dana Hudspeth	7/78
30-34:	28.82	Margrette Duncan	8/87
35-39:	26.42	Penny Gilkey	6/89
40-44:	28.57	Alison Pratt-Shelling	6/96
45-49:	27.20	DeeDee Grafius	6/95
50-54:	27.67	Irene Obera	7/88
55-59:	28.48 (WR)	Irene Obera	8/89
60-64:	28.67 (WR)	Irene Obera	6/95
	30.39i (WR)	Irene Obera	3/94
65-69:	30.46 (WR)	Irene Obera	8/99
70-74:	33.65	Irene Obera	8/05
75-79:	34.82 (AR)	Irene Obera	7/11
80-84:	36.80 (AR)	Irene Obera	7/14
	36.53i (WR)	Irene Obera	3/14

400 METER DASH (y = 440 Yds -0.3)

Open:	47.4	Marlon Rochee	3/76
Junior:	47.6y	Dedy Cooper	5/74
30-34:	48.41	Matt Pruitt	7/79
35-39:	48.0y	Dave Romain	8/77
40-44:	49.9	Stan Whitley	7/86
	50.05	Steve Hardison	8/92
45-49:	51.83	Matt Pruitt	8/93
50-54:	53.20	Steve Hardison	8/00
55-59:	55.59	Matt Pruitt	8/00
60-64:	58.52	Marion Sanchez	8/92
	60.05i (AR)	Marion Sanchez	3/93
65-69:	64.4	Harry Koppel	5/81

70-74:	65.82 (AR)	Jim Lytjen	7/92
	65.8	Jim Lytjen	7/92
Women:	63.7y	Phyllis Olich	12/76
35-39:	62.14	Penny Gilkey	8/87
40-44:	66.5	Janie Duff	4/86
45-49:	57.94	DeeDee Grafius	7/95
50-54:	62.8 (WR)	Irene Obera	10/88
55-59:	66.99 (WR)	Irene Obera	8/89
60-64:	67.80 (WR)	Irene Obera	7/95
	75.99i (WR)	Irene Obera	3/94
65-69:	73.76	Irene Obera	8/99
70-74:	1:42.43	Fei-Mei Chou	8/05
75-79:	1:49.09	Fei-Mei Chou	7/10
80-84:	1:39.92 (AR)	Irene Obera	7/14
	1:34.25 (WR)	Irene Obera	3/14

800 METERS (y = 880 Yds. – 0.7)

Open:	1:48.3	John Schaer	5/79
Junior:	1:48.3	John Schaer	5/79
30-34:	1:49.4y	Ralph Lee	5/74
35-39:	1:52.80	Joe Carnegie	4/05
	1:51.--/Verify	Joe Carnegie	5/02
40-44:	1:55.5	Dave Romain	5/84
45-49:	2:01.10	Pete Richardson	9/83
50-54:	2:05.97	Pete Richardson	8/89
55-59:	2:11.19	Pete Richardson	8/90
60-64:	2:18.5	Bill McMillen	6/00
65-69:	2:28:17	Pete Richardson	8/00
70-74:	2:27:57 (WR)	Jim Lytjen	7/91
Women:	2:08.3	Judy Graham	1/77
Junior:	2:25.4y	Sharon Furtado	1/77
30-34:	2:20.27	Nicole Mather	4/16
35-39:	2:20.25	Midori Sperandeo	5/02
40-44:	2:25.7	Judy Fox	8/81
45-49:	2:18.87 (AR)	DeeDee Grafius	5/94
50-54:	2:30.77	Jutta McCormick	8/92
55-59:	2:34.52	Jutta McCormick	7/97
60-64:	2:57.45	Rita Kerr	7/95
80-84:	4:49.74i(AR)	Irene Obera	3/15

1500 METERS

Open:	3:40.9	Duncan Macdonald	6/72
Junior:	3:47.4	Gordon MacMitchell	11/73
30-34:	3:51.3	Dennis Tracy	2/77
35-39:	3:52.7 (AR)	Ramsay Thomas	7/79
40-44:	3:55.87	Neville Davey	5/16
45-49:	4:17.14	Ramsay Thomas	5/91
50-54:	4:22.10	Ramsay Thomas	5/94
55-59:	4:30.54	Pete Richardson	8/90
60-64:	4:52.34	Dave Stevenson	7/89
65-69:	4:56.31 (AR)	Joe King	7/91
70-74:	5:14.97 (AR)	Jim Lytjen	7/91
Women:	4:12.7	Judy Graham	4/77
Junior:	4:55.5	Sue Neary	6/75
30-34:	4:39.3	Phyllis Olrich	8/81
35-39:	4:40.62	Midori Sperandeo	5/02
40-44:	4:45.5	Judy Fox	8/81
45-49:	4:48:19 (AR)	Joan Colman (Ottaway)	8/89
50-54:	5:03.85	Joan Ottaway	8/94
	5:12.43i (AR)	Joan Ottaway	2/95
55-59:	5:23.30	Joan Ottaway	5/99
60-64:	6:17.26	Nancy Ditz-Mosbacher	8/18

ONE MILE

Open:	3:58.4	Duncan Macdonald	5/72
Junior:	4:09.6	Rusty Nahirny	6/74
30-34:	4:05.9i	Duncan Macdonald	1/81
35-39:	4:12.4 (AR)	Ramsay Thomas	7/79
40-44:	4:21.57	Leonard Sperandeo	7/01
45-49:	4:31.5	Ramsay Thomas	5/89
50-54:	4:48.51i	Ramsay Thomas	2/95
60-64:	5:14.2 (AR)	Dave Stevenson	8/89
65-69:	5:48:42	Pete Richardson	2000
Women:	4:41.3i	Judy Graham	1/77
Junior:	5:03.3	Kim Schnurpfeil	6/78
35-39:	5:32.0	Alyson Barrett	3/18
40-44:	5:25.8i	Marilynn Harbin	2/81
45-49:	5:25.4i (WR)	Marilynn Harbin	3/84
	5:28.9 (AR)	Marilynn Harbin	2/83
50-54:	5:45.73i	Joan Ottaway	2/99
55-59:	5:49.42	Joan Ottaway	2000
60-64:	6:51.57	Nancy Ditz-Mosbacher	7/18

BEER MILE

Open: 4:54.52 (AR) Garrett Cullen 7/16

2000 METERS

Open: 5:09.2 Jim Dare 1972

3000 METERS (+ In Route to Longer Distance)

Open:	7:58.7i	Duncan Macdonald	1/78
	7:57.2	Bernard Rose	3/78
Junior:	8:17.7+	Jay Marden	1981
30-34:	8:03.-	Duncan Macdonald	8/79
35-39:	8:31.5 (AR)	Ramsay Thomas	8/79
40-44:	9:08.2	Harvey Franklin	7/85
45-49:	9:35.3	Dennis Tracy	9/92
50-54:	9:56.59i	Jim Hampton	1997
55-59:	10:30.2	Dave Stevenson	7/85
60-64:	10:31.4 (AR)	Dave Stevenson	9/89
65-69:	10:52.3	Joe King	6/91
Women:	9:27.43	Judy Graham	3/77
Junior:	9:58.46	Caitlin Chock	3/02
30-34:	9:55.9	Phyllis Olich	5/80
35-39:	9:48.0	Judy Fox	3/80
40-44:	9:47.9	Judy Fox	1981
45-49:	10:19.4 (WR)	Joan Colman (Ottaway)	9/90
50-54:	10:43.9i (WR)	Joan Ottaway	2/95
	10:50.54 (AR)	Joan Ottaway	5/94
55-59:	11:08.2	Joan Ottaway	5/00

2 MILES

Open:	8:30.6	Duncan Macdonald	8/79
	8:32.8i	Don Kardong	2/72
Junior:	8:53.4	Rod Berry	6/77
30-34:	8:30.6	Duncan Macdonald	8/79
35-39:	9:26.3	Gary Goettelmann	7/79
40-44:	9:16.6	Neville Davey	5/18
	9:53.97i	Harvey Franklin	3/87

50-54:	10:29.83i	Glynn Wood	2/86
Women:	10:51.9	Phyllis Olrich	2/77
Junior (3200m):	10:36.36	Liz Strangio	6/80
30-34:	13:12.0	Amy Wang	2/00
35-39:	11:23.0 (AR)	Judy Fox	11/78
40-44 (3200m):	12:47.5	Agatha Sue Lee	1/83
45-49 (3200m):	12:03.9	Marilynn Harbin	1/83
60-64:	14:54.28	Nancy Ditz-Mosbacher	7/18

3 MILES (Track)

Open:	13:18.0	Peter Duffy	6/73
	13:19.8i	Don Kardong	2/72
Junior:	13:39.6	Bob Grubbs	4/73
30-34:	13:48.0	Alvaro Mejia	6/72
40-44:	16:06.0	Ken Paul	12/76
Women:	17:24.6	Peggy Lyman	1/75

5,000 METERS (Track)

Open:	13:32.8	Bernie Rose	2/78
Junior:	14:10.2	Tom Downs	1980
30-34:	13:25.65	Duncan Macdonald	7/81
35-39:	14:45.79	Kevin Pool	3/18
40-44:	14:55.8	Neville Davey	5/17
45-49:	16:39.4	Ralph Bowles	8/81
50-54:	16:40.51	Glynn Wood	8/87
55-59:	17:36.4	Dave Stevenson	8/85
60-64:	19:25.0	Dave Stevenson	3/91
65-69:	18:07.04 (AR)	Joe King	7/91
Women:	17:27.72	Nicole Campbell	3/11
30-34:	17:07.4	Marilyn Taylor-Allen	3/83
35-39:	17:27:27	Suzanne Segesta	3/11
40-44:	16:57.4 (WR)	Judy Fox	8/81
45-49:	17:45:03 (WR)	Joan Colman (Ottaway)	8/89
50-54:	18:12.93	Joan Ottaway	8/94
55-59:	18:58.3	Joan Ottaway	5/99
60-64:	22:19.4 (AR)	Jaclyn Caselli	8/83

6 MILES (Track)

Open:	27:59.0	Domingo Tibaduiza	1/74
Junior:	28:42.8	Bob Grubbs	1973

30-34:	28:29.8	Alvaro Mejia	4/71
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10,000 METERS (Track)

Open:	28:33.0	Benton Hart	1981
Junior:	31:33.6	Jack Bellah	1972
30-34:	28:45.59	Duncan Macdonald	6/81
35-39:	29:36.25	Malcolm Richards	3/18
40-44:	32:14.4	Bill Clark	8/84
45-49:	33:14.0	Fletcher Lesley	4/01
50-54:	33:05.5 (AR)	Ulrich Kaempf	6/81
55-59:	44:40.4	Marcel Diraison	8/85
60-64:	37:59.3	Dave Stevenson	1989
Women:	35:19.4	Marilyn Taylor-Allen	4/82
30-34:	35:41.0	Phyllis Olrich	5/80
35-39:	35:39.7	Judy Fox	6/79
40-44:	35:33.6 (WR)	Judy Fox	8/81
45-49:	38:10.89 (AR)	Joan Colman (Ottaway)	7/91
50-54:	38:04:07	Joan Ottaway	8/97
55-59:	41:03.92	Joan Ottaway	7/01
60-64:	46:56.1	Jaclyn Caselli	5/83

2,000 METER STEEPLECHASE (36")

Junior:	6:25.2	Tom Read	4/74
60-64:	7:40.10 (AR)	Dave Stevenson	8/89
Women (30"):			
35-39:	7:43.39	Vanessa Lordi	5/15
40-44:	8:01:02	Kim Rupert	8/99
45-49:	7:45.96 (WR)	Joan Colman (Ottaway)	8/89
50-54:	8:10.47 (AR)	Joan Ottaway	8/94
55-59:	9:10.57 (AR)	Joan Ottaway	7/01

3,000 METER STEEPLECHASE

Open:	8:33.6	Jim Dare	7/72
Junior:	9:01.3	Hal Schulz	5/77
40-44:	10:37.8	Searcy Barnett	1989
45-49:	11:02.8	Searcy Barnett	7/92
50-54:	10:53.2 (AR)	Dave Stevenson	1/81
55-59:	11:29.1	Dave Stevenson	8/84

60-64:	12:49.4	Dave Stevenson	7/90
Women (35-39)	11:54.27	Vanessa Lordi	5/15

ONE HOUR RUN (Miles-Yards)

Open:	12-527 (AR)	Bill Clark	8/71
Junior:	11-562	Jack Bellah	7/72
30-34:	11-1320	Alvaro Mejia	6/74
35-39:	10-179	Harold DeMoss	7/72
40-44:	10-583	Ray Menzie	5/78
Women:	9-1464	Judy Leydig	5/78
30-34:	9-413	Kathy Himmelberger	5/77
35-39:	7-1637	Betsy White	6/74
40-44:	9-86	Marilynn Harbin	10/79
45-49:	9-376 (AR)	Marilynn Harbin	3/83

HALF-MARATHON (Road) - Need More Times!!

Open:	1:03:26	Malcolm Richards	1/15
30-34:	1:03:26	Malcolm Richards	1/15
35-39:	1:04:23	Malcolm Richards	10/18
40-44:	1:07:41	Neville Davey	1/16
65-69:	1:39:03	Karl Bane	11/14
70-74:	1:41:25	Karl Bane	2/18
Women:	1:18:06	Katie Williams	2/17
35-39:	1:21:03	Suzanne Segesta	2/07
40-44:	1:21:19	Ibet Allan	10/17

MARATHON (Road)

Open:	2:12:01	Dennis Rinde	4/81
Junior:	2:30:39	Alex Aguilar	2/74
30-34:	2:15:10	Malcolm Richards	9/16
35-39:	2:13:28	Malcolm Richards	12/17
	2:19:01.9i(WR)	Malcolm Richards	3/18
40-44:	2:33:04	Syl Pascale	12/88
45-49:	2:36:24	Ulrich Kaempf	10/79
50-54:	2:34:51	Ulrich Kaempf	3/81
55-59:	3:01:13	Don Lucero	9/83
60-64:	3:01:31	George Sheehan	11/79
Women:	2:41:01	Rainey Stolp	12/83
Junior:	3:04:30	Sue Neary	12/75
30-34:	2:45:34	Judy Leydig	5/84

35-39:	2:41:51	Midori Sperandeo	2/02
40-44:	2:44:36	Honor Fetherston	4/96
45-49:	2:47:39	Joan Ulylot	10/88
50-54:	3:05:18	Joan Ulylot	12/90
55-59:	3:06:48	Barbara Miller	12/96
60-64:	3:53:48	Trudi Hoffman	12/01

TWO HOUR RUN (Miles-Yards)

Open:	22-1254 (AR)	Bill Clark	2/71
40-44:	16-1126	Ken Paul	6/77
45-49:	17-1476	Don Lucero	6/77

50 KILOMETER (Road)

Open:	3:09:10	Jim Birnbaum	10/74
Junior:	3:07:17	Jeff Arnold	11/72
30-34:	3:24:47	Jack Leydig	3/76
35-39:	3:21:19	Harold DeMoss	4/75
40-44:	3:59:09	Keith Branham	3/79
Women:	3:48:27	Penny DeMoss	3/76
Junior:	4:26:16	Yvette Cotte'	3/76
30-34:	4:17:30	Beth Vitalis	8/99
40-44:	4:50:--	Agatha Sue Lee	8/82

50 MILES (Road) (t = Track)

Open:	5:23:55	Chris Hamer	2/79
Junior:	5:49:36	Chris Hamer	2/78
	6:13:25t	Chris Hamer	12/77
30-34:	5:17:38	Rae Clark	3/85
35-39:	10:02:40	Tim Smith	2/76
40-44:	5:32:02	Doug Latimer	11/82
45-49:	12:53:54	Len Wallach (on way to 100K)	12/76

100 KILOMETER (Road) (t = Track)

Open:	7:48:13	Glen Redpath	6/05
Junior:	8:14:45t	Chris Hamer (on track)	12/77
35-39:	7:48:13	Glen Redpath	6/05
45-49:	21:30:19	Len Wallach	12/76
Women:	10:24:55	Kim Walton (WR Juniors)	1979(?)

1 MILE RACE WALK (Track)

Open:	6:04:0i (WR)	Neal Pyke	2/78
30-34:	6:27.0i	Wayne Glusker	2/81
35-39:	6:27.0i	Walt Jaquith	2/81
Women:	7:24.5i	Sally McPherson	2/78

5,000 METER RACE WALK (Track)

Open:	22:12.2	Wayne Glusker	6/76
30-34:	22:24.0	Tom Dooley	10/78
35-39:	22:37.6	Walt Jaquith	8/81
40-44:	23:07.0	Bill Ranney	8/78
45-49:	24:22.8	Bill Ranney	8/81
55-59:	31:35.0	Phil Mooers	7/75
Women:	25:47.1	Sally McPherson	8/78
Junior:	27:39.0	Sandy Briscoe	4/76

10,000 METER RACE WALK (Road)

Open:	42:22.6t (AR)	Neal Pyke	6/77
30-34:	45:14.0	Tom Dooley	10/78
35-39:	46:04.0	Wayne Glusker	5/84
40-44:	46:12.0	Bill Ranney	8/79
45-49:	46:38.0	Bill Ranney	5/82
Women:	52:11.0	Sally McPherson	6/78
Junior:	59:49.0	Sandy Briscoe	3/76

20K RACE WALK (Road)

Open:	1:28:17.4 (AR)	Neal Pyke	6/77
30-34:	1:33:30	Wayne Glusker	5/80
35-39:	1:36:57	Walt Jaquith	1982
40-44:	1:34:51 (Track)	Bill Ranney	6/80
	1:39:31	Bill Ranney	2/82
45-49:	1:44:48	Bill Ranney	8/80
55-59:	2:13:38	Phil Mooers	7/74
Women:	1:49:44	Sally McPherson	4/79
Junior:	2:01:30	Sandy Briscoe	12/75
35-39:	1:54:24	Bonnie Dillon	4/82

50K RACE WALK (Road)

Open:	4:22:30	Wayne Glusker	5/83
30-34:	4:22:30	Wayne Glusker	5/83
35-39:	4:58:56	Walt Jaquith	1982
40-44:	4:44:56	Bill Ranney	4/80
45-49:	4:36:24 (AR)	Bill Ranney	6/82

400 METER RELAY (y = 440y – 0.3)

Open:	40.74y	Ralph Walker, John Pettus, George Carty, Mike Kirtman	5/76
30-34:	42.63	Team Members Unknown	6/78
30-39:	42.9	Team Members Unknown	6/81
40-49:	44.4	Team Members Unknown	6/84
	44.60	Mel Brooks, Gil LaTorre, Bill Alston, Dan Fitzsimmons	8/84
50-59:	46.2 (AR)	Dick Marlin, Jim Lingel, Bruce Springbett, Marion Sanchez	9/83
60-69:	50.91	Team Members Unknown	8/92
70-79:	58.91	John Satti, Fitzgerald, Harry Koppel, Payton Jordan	8/87
Women (30-39):	53.13	Margrette Duncan, Irene Obera,	8/87
*Nat'ls (much older!)		Nadine O'Connor, Penny Gilkey	
40-49:	55.0	Team Members Unknown	7/87
50-59:	61.02	Team Members Unknown	8/94

800 METER RELAY (4 x 200m)

Open:	1:27.2y	Walt Walker, Marlon Rochee, Greg Marshall, John Pettus	4/76
30-39:	1:33.1	Team Members Unknown	4/80
40-49:	1:30.6 (WR)	Mel Brooks, Bill Knocke, Stan Whitley, Dennis Duffy	7/86
50-59:	1:43.9	Team Members Unknown	6/84

MILE RELAY

Open:	3:12.4	Felton Clark, Rich Harris, Tony Bolden, Calvin Cazenave	5/78
30-39:	3:21.1m	Matt Pruitt, Dave Romain, Greg Marshall, ???	1980
35-39:	3:22.7	Matt Pruitt, Bobby Simpson, Dave Romain, George Mason	8/81

40-49:	3:29.08	Mel Brooks, Dave Romain, Ted Cain, George Mason	8/84
50-59:	3:48.6m (AR)	Bruce Springbett, Jim Lingel, Bernie Stevens, Hans Bruhner	7/83
60-69:	4:28.52mi	Bruce Springbett, Bernie Stevens, Fred Gunther, Marion Sanchez	2/95

TWO MILE RELAY (4 X 880)

Open:	7:34.54	Dennis Tracy, Dave Robertson, Ken Phelps, Tim Nicholson	5/76
30-39:	8:30.8mi	David Tamerlin, Searcy Barnett, Dennis Duffy, Bill McCarthy	4/89
40-49:	8:00.2m (WR)	George Mason, Harvey Franklin, Ramsay Thomas, Dave Romain,	7/84
	8:15.29i (WR)	George Mason, Ramsay Thomas, Harvey Franklin, Searcy Barnett	3/88
50-59:	8:45.88 (WR)	Dennis Duffy, Harvey Franklin, Ramsay Thomas, Bill McMillan	9/94
	8:56.69i (WR)	Dennis Duffy, George Mason, Harvey Franklin, Ramsay Thomas	3/94
60-69:	10:44.64	Team Members Unknown	7/91

FOUR MILE RELAY (4 x 1 Mile)

Open:	17:11.0	Dennis Tracy, Dave Robertson, George Stewart, Tim Nicholson	4/76
30-39:	19:02.5	Ramsay Thomas, Jim Howell, Jim Barker, George Minarik	4/78
40-49:	18:22.6 (WR)	Harvey Franklin, Jim Hampton, Ramsay Thomas, Searcy Barnett	2/88

SPRINT MEDLEY RELAY (440-220-220-880)

Open:	3:29.8	Team members unknown	4/78
30-39:	3:36.4	Team members unknown	4/80
40-49:	4:07.7m	Bobby Simpson, Mel Brooks, Pete Richardson, Dave Romain	4/83
50-59 (WR):	3:54.6m	Steve Hardison, Herve Pastre, John Banks, Dennis Duffy	5/01

DISTANCE MEDLEY RELAY (Non-Metric)

Open:	9:53.4	Dave Scharer, Paul Bateman, Al Sanford, Don Kardong	5/72
40-49:	10:40.0m (WR)	George Mason, Dave Romain, Ramsay Thomas, Harvey Franklin	2/85
50-59:	11:39.2 (WR)	Dennis Duffy, George Mason, Ramsay Thomas, Harvey Franklin	7/94
Women:	12:51.08m	Karen Ramming, Claire Stokes, Amy Diallo, Alison Maxwell	3/18
30-39	12:35.50m	Nicole Campbell, Vanessa Lordi, Nicole Mather, Katie Famous	4/16

60 & 80 METER HIGH HURDLES (27")

Women (80-84):	19.15 (WR)	Irene Obera	5/15
	19.32 (WR)	Irene Obera	8/15
60mHH:	13.76i (WR)	Irene Obera	3/15

110 METER HIGH HURDLES

Open:	13.73	Dedy Cooper	6/76
Junior:	14.0	Dedy Cooper	6/75
(120HH H.S.)	13.2 (AHSR)	Dedy Cooper	6/75
30-34:	13.92	George Carty	4/77
35-39:	16.2	Ed Baskauskas	7/88
40-44:	15.8	Ted Cain	4/84
45-49:	16.6	Ted Cain	4/87
	16.84	Ted Cain	1987
50-54:	17.5	Marion Sanchez	9/83
55-59: (100m)	15.95	Fred Johnston	8/03
	15.60w	Roger Parnell	8/04
60-64: (100m)	15.62	Marion Sanchez	10/93
65-69: (100m)	17.20	Marion Sanchez	7/97
	16.91w	Marion Sanchez	8/97
Women (100m):	14.98	Thordis Gisladdottir	1981
35-39:	18.69	Penny Gilkey	1987

200 METER HURDLES (27")

Women (80-84):	42.24	Irene Obera	7/14
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300 METER HURDLES

45-49:	45.00	Dennis Duffy	6/91
55-59:	45.14	Marion Sanchez	8/89
60-64:	44.24	Marion Sanchez	10/93
65-69:	47.87	Marion Sanchez	8/97

400 METER HURDLES (y = 440 Yds. – 0.3)

Open:	49.5	Dedy Cooper	5/76
Junior:	52.9y	Frank Mercer	5/72
30-34:	55.85	Matt Pruitt	7/79
35-39:	55.7	Matt Pruitt	8/80
40-44:	55.9 (AR)	Ron Whitney	10/83
45-49:	57.6	Ted Cain	6/87
	57.74	Ted Cain	1987
50-54:	62.2	Marion Sanchez	1983
55-59:	66.39	Marion Sanchez	7/90

HIGH JUMP

Open:	7'0.5"	Dave Friday	3/77
Junior:	6'10"	Scott Dunham	5/82
30-34:	6'4"	Jim McGinnity	4/80
	6'4"	Ed Baskauskas	6/82
35-39:	5'10"	Ed Baskauskas	6/88
40-44:	5'8"	Ed Baskauskas	9/90
45-49:	5'4"	Don Dvorak	7/87
50-54:	5'10"	Dick Hotchkiss	9/90
55-59:	5'8"	Herm Wyatt	8/89
60-64:	5'4"	Herm Wyatt	10/91
65-69:	4'11.375"	Marion Sanchez	7/97
70-74:	4'2"	Marion Sanchez	3/06
Women:	5'8.875"	Thordis Gisladdottir	5/80
45-49:	3'8.5"	Barbara Stratton	7/95
50-54:	3'6"	Barbara Stratton	8/97
55-59:	3'7.75"	Fei-Mei Chou	8/92
60-64:	3'8"	Marjorie Moore	9/93
65-69:	3'1.75"i	Fei-Mei Chou	3/02
70-74:	3'1.375"	Fei-Mei Chou	8/05
75-79:	3'0.25"	Fei-Mei Chou	7/10
80-84:	3'4"i(AR)	Irene Obera	3/15

POLE VAULT

Open:	17'6.5"	Doug Bockmiller	6/80
Junior:	12'6"	Mark Nadler	7/71
30-34:	16'8"	Jim Williams	5/83
35-39:	15'0"	Jim Williams	7/89
40-44:	15'6"	Steve Hardison	6/91
45-49:	15'9" (WR)	Steve Hardison	4/97
50-54:	14'10.25" (WR)	Steve Hardison	8/00
60-64:	8'0"	Tom Harney	6/94
65-69:	8'6"	Tom Harney	6/95
70-74:	7'0"	Tom Harney	9/99

LONG JUMP

Open:	25'9"	Curtis Davis	3/76
Junior:	25'6"	Skip Peterson	4/75
	25'9.5"w	Skip Peterson	4/75
30-34:	25'1.5"	Marion Anderson	5/78
35-39:	23'4"	Les Bond	6/79
40-44:	23'5"	Stan Whitley	7/86
45-49:	19'9"	George Yonge	4/76
50-54:	19'11.75	Phil Presber	1985
55-59:	18'1.5"	Roger Parnell	8/04
60-64:	14'10"	Larry Lettieri	8/08
65-69:	11'9.25"	Tom Harney	6/96
70-74:	13'0"	John Satti	1987
75-79:	12'9"	John Satti	1989
80-84:	6'7.25"	Al Fairchild	7/98
Women (35-39):	16'3"	Penny Gilkey	6/88
45-49:	12'1.5"	Barbara Stratton	4/95
50-54:	14'6.5" (AR)	Irene Obera	7/88
55-59:	11'10.75"	Irene Obera	8/93
60-64:	11'0"	Marj Moore	6/94
65-69:	8'11.875"	Fei-Mei Chou	2000
70-74:	8'6.25"	Fei-Mei Chou	7/06
75-79:	7'7.75"	Fei-Mei Chou	7/10
80-84:	9'7.75"	Irene Obera	7/14

TRIPLE JUMP

Open:	54'9.75"	Anthony Terry	6/75
30-34:	46'10"	Joe Silva	9/77

35-39:	41'3.75"	Dave Romain	8/81
40-44:	40'4"	Phil Conley	4/75
45-49:	37'5"	Don Dvorak	8/87
50-54:	37'10"	Don Dvorak	7/92
55-59:	32'8.75"	Don Dvorak	6/97
65-69:	30'0"	Don Dvorak	4/09
70-74:	25'1.25"	John Satti	8/87
Women (35-39):	30'0.25"i	Penny Gilkey	3/88
45-49:	24'8.25"	Barbara Stratton	12/94
50-54:	22'4.875"	Barbara Stratton	10/97
55-59:	15'4"	Marj Moore	8/88
60-64:	21'7.75"	Fei-Mei Chou	7/96
65-69:	19'1.75"	Fei-Mei Chou	2000
70-74:	16'11.125"	Fei-Mei Chou	8/08
75-79:	15'8.875"i	Fei-Mei Chou	3/10
80-84:	15'6.5"	Irene Obera	3/16

SHOT PUT

Open:	64'11"	Ben Plucknett	12/79
30-34:	65'9"	Richard Marks	5/78
35-39:	62'3.25"	Richard Marks	5/79
40-44:	45'4.5"	Jim Hart	8/81
45-49:	49'10.25"	Ladislav Pataki	4/92
50-54:	50'7"	Jim Hart	1987
55-59:	49'2.5"	Dick Hotchkiss	9/95
60-64:	43'4.75"	Jim Hart	1998
65-69:	26'3"	Tom Harney	6/95
Women (55-59):	23'1"	Fei-Mei Chou	4/90
80-84:	22'10.375" (AR)	Irene Obera	3/15

DISCUS THROW

Open:	221'3"	Ben Plucknett	5/80
	211'7"i	Ben Plucknett	2/80
30-34:	177'2"	Tom Fahey	5/82
35-39:	131'4"	Gary Kelmenson	1988
40-44:	134'0"	Ladislav Pataki	3/91
45-49:	144'4"	Jim Hart	8/84
50-54:	163'3"	Dick Hotchkiss	5/90
55-59:	154'4"	Dick Hotchkiss	6/96
60-64:	148'9"	Jim Hart	7/98
65-69:	78'10"	Tom Harney	6/95
70-74:	69'0"	Tom Harney	9/99

Women (50-54):	62'6"	Fei-Mei Chou	6/89
55-59:	69'1"	Fei-Mei Chou	8/93
60-64:	61'0"	Fei-Mei Chou	9/95
65-69:	55'6"	Fei-Mei Chou	7/01
70-74:	45'6.75"	Fei-Mei Chou	7/06

JAVELIN THROW

Open:	246'11"	Ken Johnson	5/76
30-34:	216'5"	Alex Moshos	4/77
35-39:	227'0"	Phil Conley	1974
40-44:	227'7"	Phil Conley	4/75
45-49:	165'8"	Barton Gale	5/85
50-54:	170'2.5"	Dick Hotchkiss	9/90
55-59:	151'11"	Dick Hotchkiss	9/94
60-64:	91'0"	Bernie Stevens	4/92
65-69:	82'8"	Tom Harney	9/95
70-74:	57'7"	Tom Harney	9/99
75-79:	54'5"	Al Fairchild	7/95
80-84:	44'9"	Al Fairchild	7/98
Women:	94'3"	Janie Duff	8/85
30-34:	70'9.25"	Fran Conley	7/75
35-39:	94'3"	Janie Duff	8/85
40-44:	80'4.5"	Janie Duff	5/86
55-59:	45'4"	Fei-Mei Chou	1/92

HAMMER THROW

Open:	214'3"	Dave McKenzie	5/76
30-34:	193'3"	Paul Oswald	4/80
35-39:	181'9"	Dick Shelton	4/77
40-44:	145'1.5"	Gary Kelmenson	6/90
45-49:	142'10"	Gary Kelmenson	10/95
50-54:	163'10.5"	Dick Hotchkiss	10/92
55-59:	158'11"	Dick Hotchkiss	10/95
60-64:	130'5.75"	Jim Hart	6/98

THROWS PENTATHLON (HT-SP-DT-JT-WGT)

55-59:	4814 (WR)	Dick Hotchkiss	9/94
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PENTATHLON (LJ-JT-200m-DT-1500m) **(Indoor: 60mHH-LJ-SP-HJ-1000m)**

Open:	3017	Jost Schmitt	9/73
30-34:	2905	Greg Marshall	7/78
40-44:	2764	Phil Conley	8/77
	3079i	Ed Baskauskas	2/92
50-54:	1962	Don Dvorak	7/96
65-69:	1714	Tom Harney	6/96
Women (80-84):	3817i (WR)	Irene Obera (800m)	3/15

DECATHLON

Open:	7273	Kenny Kring	6/76
30-34:	5216	Ed Baskauskas	7/83
55-59:	5940	John Parks (Age-Graded Score?)	7/94