

ALL TIME WEST VALLEY T.C. RECORDS

Oct. 31, 2020 (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

INTRASQUAD RACES: - Because of Covid-19, the Club is accepting “intrasquad” results with the following rules.

- (1) **Track events only** (no road races and no field events). Mixed Age-Group participants in non-Relay events is allowed.
- (2) A Club member not participating in the event must serve as starter and timer; a second timer is encouraged in case of mishaps, but not required. There must be a “valid” time for any new record.
- (3) Video of the event must be taken by someone in attendance (doesn't need to be a Club member). Video should show runners at starting line and crossing the finish line. Timer should note on video prior to starting the race that runners are starting from the correct start line (especially important for English distances run on a 400m track). Handoff lines are also important in English relays on metric tracks.
- (4) Pacers are fine, but no illegal pacing (no one jumping in late or jumping in and out (pacers for each leg of a relay is ok)).
- (5) A minimum of 3 participants in the race will be required (all need not be Club members for non-Relay events). One team ok for Relays. Batons are not necessary for Relays above One Mile...slapping hands is ok.
- (6) Pre-notification of the record attempt must be made to Club President and the Club Records Chairman via e-mail (event(s), age-division(s), where, when, and who will be timing, etc.).
- (7) It is encouraged, but not required, that other Club members be notified by e-mail, or some other method, of the attempt and given the opportunity to participate.
- (8) Records achieved in this manner (outside of USATF or other sanctioned meets) will be denoted in the Record Book as “Intrasquad”. Split times for Relays above One Mile is encouraged. Non-electronic times will be adjusted (see Hand Time Conversion at top of page).

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:	2:18.0y	Judy Fox	5/79
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
65-69:	3:08.46	Nancy Ditz-Mosbacher	8/19
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:	4:44.3	Judy Fox	8/82
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
70-74:	*7:07.8m	Karl Bane (*1600m time)	8/19
Women:	4:41.3i	Judy Graham	1/77
Junior:	5:03.3	Kim Schnurpfeil	6/78
35-39:	5:04	Judy Fox	7/79
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
65-69:	7:05.09	Nancy Ditz-Mosbacher	7/19

BEER MILE

Open:	4:54.52 (AR)	Garrett Cullen	7/16
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2000 METERS

Open:	5:09.2	Jim Dare	1972
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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:	9:20.0+	(Intrasquad) Mark Yuen	8/20
	9:35.3	Dennis Tracy	9/92
50-54:	9:42.2+	(Intrasquad) Ivan Lieben	8/20
	9:56.59i	Jim Hampton	1997
55-59:	9:58.8+	(Intrasquad) Dave White	8/20
	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 Olrich	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
45-49:	9:59.2	(Intrasquad) Mark Yuen	8/20
50-54:	10:23.4	(Intrasquad) Ivan Lieben	8/20
	10:29.83i	Glynn Wood	2/86
55-59:	10:40.8	(Intrasquad) Dave White	8/20
Women:	10:51.9	Phyllis Olrich	2/77
Junior (3200m):	10:36.36	Liz Strangio	6/80

30-34:	11:32.3	(Intrasquad) Katherine Gomer	10/20
35-39:	11:23.0 (AR)	Judy Fox	11/78
40-44:	11:47.23	Alyson Barrett	3/19
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:	16:13.5	(Intrasquad Race) Mark Yuen	10/20
50-54:	16:23.9	(Intrasquad Race) Ivan Lieben	10/20
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:	16:49.7	Judy Fox (39) Single Age Rcd.	3/80
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

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)

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
45-49:	1:15:06	Tom Cathcart	10/83
50-54:	1:14:39	Mark Callon	10/19
55-59:	1:28:24	Don Lucero	10/83
60-64:	1:33:33	Clay Bullwinkel	9/19
65-69:	1:39:03	Karl Bane	11/14
70-74:	1:41:25	Karl Bane	2/18
Women:	1:16:06	Rainey Stolp	10/83
30-34:	1:18:59	Sissel Berntsen-Heber	10/96
35-39:	1:21:03	Suzanne Segesta	2/07
40-44:	1:20:47	Linn Schulte-Sasse	10/18
45-49:	1:38:18	Pat Whittingslow	12/86
50-54:	1:23:09	Pat Ottaway	5/97
55-59:	1:29:00	Pat Ottaway	5/99
60-64:	1:57:05	Joan Reiss	10/99

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
	2:18:48i	Malcolm Richards	4/19
40-44:	2:24:55	Jorge Maravilla	1/19
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:	2:45:12	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 Ullyot	10/88
50-54:	3:05:18	Joan Ullyot	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
45-49:	3:17:59	Johah Backstrom	2/20
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:	7:05:40	Jonah Backstrom	4/19

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
50-59:	19:26.6	(Intrasquad Race) Dave White, Chuck Mullane, Mark Callon, Ivan Lieben (4:40.8)	7/20

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
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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