

Nov 10, 2023

SHR1

Subject: Striders Meet of Champions Meet Records 1975 - 2023

Attached is the Meet Records Courtesy of Jeffery Davison and SHR1:

Missing meet results from 1975, 1976, 1977, and 1983.

Any updates, suggestions, or questions please contact:

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A "mini series" book is available regarding this annual track & field meet.

Book includes meet records, a brief history of the meet, and much more.

See: <https://shr1.org/> for details.

References:

Striders Track Club: <http://www.scstriders.org/>

Masters History: <https://mastershistory.org/>

USATF: <https://www.usatf.org/>

Masters Rankings: <https://mastersrankings.com/>

National Masters News: <https://nationalmastersnews.com/>

Peter Mundle's Single Age Records: <https://mastershistory.org/unofficial-records-single-age-records-peter-mundle/>

USMITT newsletter: <https://mastershistory.org/archives/usmitt-newsletters-of-the-1970s/>

SFVTC newsletter: <https://mastershistory.org/archives/san-fernando-valley-tc-newsletters/>

STRIDERS - MASTERS MEET RECORDS (1975 to 2023)

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

<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u> (Metric)	<u>Wind</u>	<u>Year</u>
<u>Date & Meet Locations:</u>					
	June 10, 2023	Meet of Champions, Pomona-Pitzer College, Claremont, CA			2023
	May 1, 2022	Meet of Champions, Moorpark College, Moorpark, CA			2022
	June 6, 2021	Meet of Champions, Mater Dei HS, Santa Ana, CA			2021
	2020	cancelled			2020
	May 26, 2019	Meet of Champions, Santa Ana College, Santa Ana, CA			2019
	May 6, 2018	Meet of Champions, Santa Ana College, Santa Ana, CA			2018
	May 7, 2017	Meet of Champions, Santa Ana College, Santa Ana, CA			2017
	May 7, 2016	Meet of Champions, Santa Ana College, Santa Ana, CA			2016
	May 23, 2015	Meet of Champions, Orange Coast College, CA			2015
	May 3, 2014	Meet of Champions, Santa Ana College, Santa Ana, CA			2014
	June 8, 2013	Meet of Champions, Cal Tech, Pasadena, CA			2013
	April 28, 2012	Meet of Champions, Cerritos College, Norwalk, CA			2012
	April 30, 2011	Meet of Champions, Cerritos College, Norwalk, CA			2011
	May 1, 2010	Meet of Champions, Orange Coast College, Costa Mesa, CA			2010
	May 23, 2009	Meet of Champions, Orange Coast College, Costa Mesa, CA			2009
	May 24, 2008	Meet of Champions, Cerritos College, Norwalk, CA			2008
	May 19, 2007	Meet of Champions, Cal State Univ. Long Beach, CA			2007
	May 20, 2006	Meet of Champions, Cal State Univ. Long Beach, CA			2006
	May 08, 2005	Meet of Champions, Cal State Univ. Long Beach, CA			2005
	May 08, 2004	Meet of Champions, Cal State Univ. Long Beach, CA			2004
	May 10, 2003	Meet of Champions, Cal State Univ. Long Beach, CA			2003
	May 11, 2002	Meet of Champions, Cal State Univ. Long Beach, CA			2002
	May 12, 2001	Meet of Champions, Cal State Univ. Long Beach, CA			2001
	May 07, 2000	Meet of Champions, Cal State Univ. Long Beach, CA			2000
	May 08, 1999	Meet of Champions, Cal State Univ. Long Beach, CA			1999
	May 09, 1998	Meet of Champions, Cal State Univ. Long Beach, CA			1998
	May 10, 1997	Meet of Champions, Cal State Univ. Long Beach, CA			1997
	May 11, 1996	Meet of Champions, Cal State Univ. Long Beach, CA			1996
	May 14, 1995	Meet of Champions, Cal State Univ. Long Beach, CA			1995
	May 14, 1994	Meet of Champions, Cal State Univ. Long Beach, CA			1994
	May 15, 1993	Meet of Champions, Cal State Univ. Long Beach, CA			1993
	May 30, 1992	Meet of Champions, Los Angeles, CA			1992
	April 13, 1991	Meet of Champions, Cal State Univ. Long Beach, CA			1991
	June 03, 1990	Meet of Champions, Cal State Univ. Long Beach, CA			1990
	May 07, 1989	Meet of Champions, Cal State Univ. Long Beach, CA			1989
	June 04, 1988	Meet of Champions, U.C. Irvine, CA			1988
	May 30, 1987	Meet of Champions, Golden West College, H.B., CA			1987
	May 31, 1986	Meet of Champions, Golden West College, H.B., CA			1986
	July 27, 1985	Meet of Champions/Strider Relays, Cal State Univ. Long Beach, CA			1985
	June 30, 1984	Striders Relay, Santa Ana, CA			1984
	July 16, 1983 **	{missing results} It appears that the 1983 meet was cancelled.			1983

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STRIDERS - MASTERS MEET RECORDS (1975 to 2023)

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u> (Metric)	<u>Wind</u>	<u>Year</u>
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Date & Meet Locations:

May 15, 1982	Striders Relay, Cal State Northridge, CA				1982
May 16, 1981	Striders Relay, Cal State Northridge, CA				1981
May 17, 1980	Striders Relay, Cal State Northridge, CA				1980
May 19, 1979	Striders Relay, Cal Poly Pomona, CA				1979
May 20, 1978	Striders Relay, Cal Poly Pomona, CA				1978
May 21, 1977 **	{missing results} Striders Relay, Cal Poly Pomona, CA				1977
1976 **	{missing results} Striders Relay				1976
April 19, 1975 **	(missing results) Striders Relay, Santa Monica City College, CA				1975

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u> (Metric)	<u>Wind</u>	<u>Year</u>
M25	100 Meter Dash	Jullian Coronado	10.65	---	2023
M25	200 Meter Dash	Chace Washington-Saunders	22.01	---	2023
M25	400 Meter Dash	Keston Nelson	47.91	---	2007
M25	800 Meter	Andres Perezchica	1:49.52	---	2013
M25	1500 Meter	Terrence Galusso	4:22.07	---	2017
M25	3000 Meter	Emilio Perez	9:15.89	---	2007
M25	5,000 Meter	Jorge Jabez	15:30.61	---	2013
M25	110 M Hurdles (39")	Paige Irwin	16.15	0.0	2014
M25	LJ	Kuba Wasowski	5.65	---	2007
M25	DT	Sam Lightbody	55.66	---	2007
M30	100 Meter Dash	Warren Spikes	10.62	---	1981
M30	100 Meter Dash	R. Williams	10.4h	---	1990
M30	200 Meter Dash	Antwon Dussett	21.68	---	2007
M30	400 Meter Dash	Ben Brown	48.0h	---	1987
M30	400 Meter Dash	Antwon Dussett	48.28	---	2007
M30	800 Meter	Myron Bernard	1:56.12	---	2007
M30	1500 Meter	J. Garcia	4:06.3h	---	1987
M30	3000 Meter	Ruben Chappins	8:38.8h	---	1982
M30	5,000 Meter	S. Calderwood	16:07.00	---	1988
M30	110 M Hurdles (39")	Nate Robinson	14.1h	---	1984
M30	400 M Hurdles (36")	Perry McBride	51.08	---	2006
M30	3000 M Steeple	Kevin Denter	10:59.5h	---	1993
M30	HJ	Brain Stanton	2.05	---	1995
M30	LJ	Richard Lewis	6.79	---	1981
M30	TJ	Lavell Davenport	14.48	---	1995
M30	PV	Bill Halverson	4.88	---	1996
M30	SP	Mike Rainis	16.27	---	2009
M30	DT	Dennis Umshler	48.96	---	1986
M30	JT	Warren Wilke	62.58	---	1981
M30	HT	Mike Deller	45.05	---	1982
M30	WT	Richard Isner	11.14	---	2008
M30	Race Walk 5000 M	L. Aviles	31:30	---	1986
M35	100 Meter Dash	Frank Strong	10.80	---	1998
M35	200 Meter Dash	Ben Brown	22.10	---	1989
M35	400 Meter Dash	Kettrell Berry	49.4h	---	2002
M35	800 Meter	Rafer Weaver	1:55.32	---	2007
M35	1500 Meter	Nolan Shaheed	4:04.8h	---	1989
M35	3000 Meter	Jim Murphy	9:13.1h	---	1979
M35	5,000 Meter	Dave Hunter	15:40.00	---	1988
M35	110 M Hurdles (39")	Delario Robinson	15.3h	---	1990
M35	110 M Hurdles (39")	Robert Spence	15.3h	---	2003

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u> (Metric)	<u>Wind</u>	<u>Year</u>
M35	400 M Hurdles (36")	Aaron Lacy	54.25	---	2007
M35	3000 M Steeple	Tom Stuthard	11:00.1h	---	1993
M35	HJ	Jason Meisler	2.05	---	1990
M35	LJ	Roger Trujillo	6.60	---	1987
M35	TJ	Lavell Davenport	14.94	---	1997
M35	PV	Doug Sparks	4.11	---	1993
M35	SP	Frank Reilly	15.81	---	1984
M35	DT	Frank Reilly	54.65	---	1984
M35	JT	Tony Ciapelli	61.26	---	1992
M35	HT	Kyong Song	51.96	---	2000
M35	WT (35-Lb)	Doug Parsons	15.89	---	2007
M35	Race Walk 5000 M	Enrique Flores	23:15	---	1986
M40	100 Meter Dash	Walt Butler	10.7h	---	1981
M40	100 Meter Dash	Glenn Johnson	11.06	---	1991
M40	200 Meter Dash	Ed Daniels	21.9h	---	2001
M40	400 Meter Dash	Ed Daniels	50.6h	---	2001
M40	800 Meter	Nolan Shaheed	1:56.8h	---	1994
M40	1500 Meter	Daniel Barry	4:11.03	---	1997
M40	3000 Meter	Christian Cushing-Murray	8:47.62	---	2009
M40	5,000 Meter	William Clark	16:22.00	---	1988
M40	110 M Hurdles (39")	Walt Butler	14.60	---	1985
M40	400 M Hurdles (36")	Getulio Echeandia	55.5h	---	2006
M40	3000 M Steeple	Steve Myhro	10:19.2h	---	1989
M40	HJ	Dwight Stones	2.03	---	1994
M40	LJ	Rufus Morris	6.42	---	1985
M40	TJ	Milan Tiff	14.73	---	1990
M40	PV	Bill Halverson	4.99	---	1999
M40	SP	Mike Nash	14.54	---	1992
M40	DT	Bob Humphreys	48.02	---	1981
M40	JT	Steve Jarvis	51.71	---	1989
M40	HT	Stu Thomson	48.81	---	1982
M40	WT	J. Glinn	11.40	---	1986
M40	Race Walk 5000 M	Art Grant	25:19.40	---	1991
M45	100 Meter Dash	Willie Gault	10.80	---	2006
M45	200 Meter Dash	Willie Gault	21.91	---	2006
M45	400 Meter Dash	Michael Sullivan	52.43	---	2007
M45	800 Meter	Don Parker	2:00.70	---	1989
M45	1500 Meter	George Cohen	4:16.0h	---	1985
M45	3000 Meter	Peter Magill	8:36.92	---	2008
M45	5,000 Meter	Frank Duarte	16:08.0h	---	1987
M45	110 M Hurdles (39")	Theo Viltz	14.87	---	1988

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M45	400 M Hurdles (36")	Bill Knocke	58.9h	---	1987
M45	3000 M Steeple	Herman Castille	12:03.80	---	1995
M45	HJ	Charlie Rader	1.87	---	1993
M45	LJ	Rufus Morris	6.40	---	1990
M45	TJ	Lavell Davenport	12.03	---	2011
M45	PV	Charles Brown	4.65	---	2002
M45	SP	Mike Nash	14.31	---	1997
M45	DT	Lloyd Higgins	51.25	---	1990
M45	JT	Larry Stuart	67.48	---	1987
M45	HT	Ken Jansson	53.76	---	2007
M45	WT (35-Lb)	George Frenn	14.90	---	1989
M45	Race Walk 5000 M	Jim Coots	25:58	---	1986
M50	100 Meter Dash	Michael Sullivan	11.62	---	2011
M50	200 Meter Dash	Steve Robbins	23.2h	---	1993
M50	400 Meter Dash	Michael Sullivan	51.73	---	2011
M50	800 Meter	Billy Schipper	2:12.50	---	2016
M50	1500 Meter	George Cohen	4:29.3h	---	1994
M50	3000 Meter	Peter Magill	8:57.97	---	2012
M50	5,000 Meter	Robert Culling	18:56.3h	---	1986
M50	100 M Hurdles (36")	Walt Butler	13.5h	---	1992
M50	100 M Hurdles (36")	Walt Butler	13.5h	---	1993
M50	400 M Hurdles (33")	Bill Knocke	1:03.24	---	1991
M50	3000 M Steeple	Dave Leaton	12:07.1h	---	1995
M50	HJ	Keith Nelson	1.80	---	2005
M50	HJ	Peter Hlavin	1.80	---	2009
M50	LJ	Alvin Henry	5.89	---	1988
M50	TJ	Willie Banks	12.74	---	2007
M50	PV	Charlie Brown	4.40	---	2009
M50	SP	George Ker	15.50	---	1978
M50	DT	Parry O'Brien	56.33	---	1985
M50	JT	Joe Greenberg	67.32	---	2001
M50	HT	Mike Deller	49.32	---	2000
M50	WT	John Donnelly	15.05	---	2008
M50	Race Walk 5000 M	Richard Oliver	26:35.00	---	1988
M55	100 Meter Dash	Nick Newton	11.80	---	1991
M55	200 Meter Dash	Nick Newton	25.01	---	1991
M55	400 Meter Dash	Bill Knocke	56.73	---	1996
M55	800 Meter	Nolan Shaheed	2:07.60	---	2006
M55	1500 Meter	Nolan Shaheed	4:23.17	---	2006
M55	3000 Meter	Brian Pilcher	9:39.71	---	2012
M55	5,000 Meter	Pat Devine	18:00.00	---	1988

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u> (Metric)	<u>Wind</u>	<u>Year</u>
M55	100 M Hurdles (36")	Walt Butler	14.92	---	1998
M55	400 M Hurdles (33")	Thaddeus Wilson Sr	1:09.17	---	2007
M55	3000 M Steeple	John Cosgrove	12:59.10	---	1995
M55	HJ	Peter Hlavin	1.70	---	2015
M55	LJ	Kirk Bentz	5.39	---	2010
M55	TJ	Dave Jackson	11.68	---	1990
M55	PV	Tim McIntyre	4.15	---	2016
M55	SP	Greg Stines	14.80	---	2010
M55	DT	Parry O'Brien	47.59	---	1988
M55	JT	Larry Stuart	63.72	---	1993
M55	HT	Stew Thomson	50.23	---	1992
M55	WT (25-Lb)	Thomas Meyer	16.59	---	2007
M55	Race Walk 5000 M	Bob Meador	27:33.90	---	1991
M60	100 Meter Dash	Damien Leake	12.07	1.6	2013
M60	200 Meter Dash	Harold Tolson	25.69	---	1999
M60	400 Meter Dash	James Chinn	59.81	---	2021
M60	800 Meter	Nolan Shaheed	2:21.71	---	2014
M60	1500 Meter	Nolan Shaheed	4:24.00	---	2011
M60	3000 Meter	Nolan Shaheed	9:49.76	---	2012
M60	5,000 Meter	Ray Gill	20:11.7h	---	1989
M60	100 M Hurdles (33")	Thaddeus Wilson Sr	14.99	---	2012
M60	100 M Hurdles (33")	Thaddeus Wilson Sr	15.66	<0.1>	2015
M60	300 M Hurdles (30")	Thaddeus Wilson Sr	46.53	---	2011
M60	2000 M Steeple	Ted Oviatt	9:11.0h	---	1994
M60	HJ	Phil Fehlen	1.68	---	1998
M60	LJ	Tom Patsalis	5.65	---	1982
M60	TJ	Tom Patsalis	11.13	---	1982
M60	PV	Murray Mead	3.80	---	2014
M60	PV	Tim McIntyre	3.80	---	2022
M60	SP	Quenton Torbert	15.92	---	2013
M60	DT	Ronald Mickle	51.08	---	2001
M60	JT	Larry Stuart	65.18	---	1998
M60	HT	F. Stewart Thompson	50.54	---	1997
M60	WT	Bill Bangert	13.46	---	1987
M60	Race Walk 5000 M	Bob Meador	29:55.7h	---	1994
M65	100 Meter Dash	Damien Leake	12.40	0.5	2018
M65	200 Meter Dash	Steve Robbins	25.20	1.2	2008
M65	400 Meter Dash	Matthew Pruitt	1:00.25	---	2011
M65	800 Meter	George Cohen	2:15.42	---	2005
M65	1500 Meter	Robert Culling	5:12.86	---	1997
M65	3000 Meter	Pat Devine	11:49.5h	---	1994

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u> (Metric)	<u>Wind</u>	<u>Year</u>
M65	100 M Hurdles (33")	Thaddeus Wilson Sr	16.32	0.5	2018
M65	300 M Hurdles (30")	Dave McNair	50.52	---	2022
M65	2000 M Steeple	Robert Culling	8:09.98	---	1998
M65	HJ	Charlie Rader	1.58	---	2016
M65	LJ	Tom Patsalis	5.14	---	1987
M65	TJ	Dave Jackson	9.94	---	1997
M65	PV	David McLawhorn	3.10	---	2021
M65	SP	Quenton Torbert	15.66	---	2017
M65	DT	Bob Humphreys	46.90	---	2001
M65	JT	Larry Stuart	56.26	---	2003
M65	HT	John Goldhammer	56.48	---	2019
M65	WT	John Goldhammer	20.20	---	2019
M65	Race Walk 5000 M	John Kelly	31:07.80	---	1998
M70	100 Meter Dash	Lionel Johnson	13.71	---	2022
M70	200 Meter Dash	Roger Parnell	28.35	0.0	2019
M70	400 Meter Dash	Rodney Brown	1:06.56	---	1998
M70	800 Meter	Frederick Lindsley	2:39.29	---	2016
M70	1500 Meter	James Selby	5:52.0h	---	2000
M70	3000 Meter	Gunnar Linde	12:06.87	---	1999
M70	80 M Hurdles (30")	Roger Parnell	13.34	---	2019
M70	300 M Hurdles (27")	Al Guidet	54.60	---	1989
M70	2000 M Steeple	Avery Bryant	9:13.60	---	1997
M70	HJ	Charlie Rader	1.40	---	2021
M70	HJ	James Goodreau	1.40	---	2016
M70	HJ	Dave Perry	1.40	---	2011
M70	HJ	Dave Perry	1.40	---	2010
M70	LJ	Roger Parnell	4.94	---	2019
M70	TJ	Tom Patsalis	9.63	---	1992
M70	PV	Carol Johnston	2.89	---	1985
M70	SP	Quenton Torbert	15.31	---	2023
M70	DT	Larry Hart	42.43	---	2017
M70	JT	William Morales	47.85	---	1987
M70	HT	Larry Hart	55.48	---	2017
M70	WT	Larry Hart	16.12	---	2021
M70	Race Walk 5000 M	Richard Campbell	31:33.00	---	2017
M75	100 Meter Dash	Anthony Castro	14.7h	---	1986
M75	100 Meter Dash	Thomas Pico	15.5h	---	2001
M75	200 Meter Dash	Don Cheeks	30.84	---	2006
M75	400 Meter Dash	Rodney Brown	1:12.1h	---	2003
M75	800 Meter	Jim Selby	2:51.20	---	2004
M75	1500 Meter	James Selby	6:13.20	---	2004

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M75	3000 Meter	Gunnar Linde	13:04.30	---	2004
M75	80 M Hurdles (30")	Bert Morrow	17.6h	---	1991
M75	300 M Hurdles (27")	Jessie Carrington	1:02.57	---	2014
M75	HJ	Charlie Rader	1.31	---	2023
M75	LJ	Dick Richards	4.53	2.0	2010
M75	TJ	Charles Mercurio	7.91	---	1996
M75	PV	Bud Held	2.97	---	2006
M75	SP	William Harvey	12.83	---	2022
M75	DT	Larry Hart	42.01	---	2022
M75	JT	Juris Terauds	34.44	---	2013
M75	HT	Larry Hart	48.72	---	2022
M75	WT	Larry Hart	18.18	---	2022
M75	Race Walk 5000 M	Chesley Unruh	33:48	---	1986
M80	100 Meter Dash	Frank Strouse	15.47	0.6	2021
M80	200 Meter Dash	Frank Strouse	32.43	1.5	2021
M80	400 Meter Dash	Frank Strouse	1:21.94	---	2021
M80	800 Meter	Al Escobosa	3:35.00	---	2008
M80	1500 Meter	Vincent Malizia	7:40.40	---	1998
M80	3000 Meter	Bob Koch	14:59.89	---	2009
M80	80 M Hurdles	Bert Morrow	18.4h	---	1994
M80	300 M Hurdles	Bert Morrow	1:17.9h	---	1994
M80	HJ	John Dobroth	1.30	---	2021
M80	LJ	Terry Rowan	3.10	---	2022
M80	TJ	Charles Mercurio	6.53	---	2000
M80	PV	Carol Johnston	2.43	---	1992
M80	SP	Arnie Gaynor	13.08	---	2008
M80	DT	Ross Carter	35.32	---	1994
M80	JT	Ed Chynoweth	30.03	---	2004
M80	HT	Arnie Gaynor	33.60	---	2008
M80	WT	Arnie Gaynor	13.70	---	2008
M80	Race Walk 5000 M	Carlos Acosta	34:39.65	---	2014
M85	100 Meter Dash	Al Escobosa	15.59	<0.6>	2013
M85	100 Meter Dash	Anthony Castro	18.48	---	1998
M85	200 Meter Dash	Bert Morrow	39.85	---	1998
M85	80 M Hurdles (27")	Bert Morrow	19.46	---	1998
M85	3000 Meter	Gunnar Linde	15:42.05	---	2015
M85	HJ	Donald Leis	0.95	---	2017
M85	HJ	Donald Leis	0.95	---	2018
M85	LJ	Tom Patsalis	2.94	---	2008
M85	TJ	Tom Patsalis	6.75	---	2008
M85	SP	Joe Durrenberger	7.74	---	2022

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u> (Metric)	<u>Wind</u>	<u>Year</u>
M85	DT	Ken Carnine	26.61	---	1994
M85	JT	Ken Carnine	23.54	---	1993
M85	HT	Hugh Hackett	22.73	---	2006
M85	WT	Bob Messersmith	10.50	---	2021
M90	100 Meter Dash	Bert Morrow	21.9h	---	2003
M90	200 Meter Dash	Pete Allen	51.3h	---	2003
M90	3000 Meter	Gunnar Linde	19:44.71	---	2019
M90	80 M Hurdles (scissor)	Bert Morrow	23.9h	---	2003
M90	SP	Donald Roser	5.72	---	2014
M90	DT	Donald Roser	15.93	---	2015
M90	JT	Donald Roser	17.89	---	2015

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u> (Metric)	<u>Wind</u>	<u>Year</u>
W25	100 Meter Dash	Melinda Smedley	11.65	---	2007
W25	200 Meter Dash	Nicole Ireland	23.47	---	2007
W25	400 Meter Dash	Natania Goldberg	1:11.33	---	2008
W25	800 Meter	Kimberly Goildersleeve	2:09.99	---	2009
W25	1500 Meter	Lilli Gu	5:04.07	---	2013
W25	3000 Meter	Julian Budniak	9:59.69	---	2007
W25	5,000 Meter	Brenda Martinez	15:30.89	---	2013
W25	HJ	Erin Aldrich	1.88	---	2007
W25	LJ	Seun Augustus	5.94	1.5	2007
W25	HT	Rachel Young	46.70	---	2010
W25	Race Walk 5000 M	Jamie Fiddler	35:07.37	---	2016
W30	100 Meter Dash	Maryam Toosi	12.07	---	2023
W30	200 Meter Dash	Michele Cavetra	25.67	---	2007
W30	400 Meter Dash	Tilita Lutterloh	1:00.32	---	2013
W30	800 Meter	Jennifer Heaton	2:24.5h	---	1994
W30	1500 Meter	K. Cunningham	4:45.40	---	1988
W30	3000 Meter	Heather McCallum	13:36.82	---	2016
W30	2000 M Steeple	Pam Widmann	9:41.8h	---	1993
W30	HJ	Lisa Riech	1.73	---	2001
W30	LJ	Kyra Stewart	5.18	---	2022
W30	TJ	Kimiko Nakatake	9.93	---	2005
W30	PV	Sue McDonald	3.05	---	1995
W30	SP	Pat Shaw	12.38	---	2001
W30	DT	Janet Wilson	46.63	---	1986
W30	JT	Linn Dunton	43.33	---	1988
W30	HT	H. White	17.85	---	1986
W30	Race Walk 5000 M			---	
W35	100 Meter Dash	Dena Birade	12.43	---	2007
W35	200 Meter Dash	Dena Birade	25.92	1.3	2008
W35	400 Meter Dash	Mary Lou Johnson	1:00.64	---	2013
W35	800 Meter	Christol McDonald	2:12.85	---	2009
W35	1500 Meter	Jacqueline Hansen	4:48.4h	---	1987
W35	3000 Meter	Tanya Lerch	10:57.57	---	2021
W35	100 M Hurdles	Alexandra Chan	15.34	---	2023
W35	400 M Hurdles	Donna Nielson	1:11.04	---	1995
W35	HJ	Lori Albright	1.64	---	2009
W35	LJ	Natalia Gaerlan	4.87	---	2017
W35	TJ	Allison Cowdell	10.42	---	2008
W35	PV	Sue McDonald	3.25	---	1998
W35	SP	Janet Wilson	10.70	---	1991
W35	DT	Allison Cowdell	44.82	---	2008

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u> (Metric)	<u>Wind</u>	<u>Year</u>
W35	JT	Jennifer Stary	40.60	---	1994
W35	HT	Trinidad Nelson	13.52	---	2009
W35	WT	Trinidad Nelson	3.63	---	2009
W35	Race Walk 5000 M	Jeanne Formosa	28:14.80	---	2015
W40	100 Meter Dash	Phil Raschker	12.29	---	1988
W40	200 Meter Dash	Phil Raschker	26.29	---	1988
W40	200 Meter Dash	Monica Brant	26.29	1.9	2012
W40	400 Meter Dash	Jai Black	59.49	---	2006
W40	800 Meter	Diane Heil	2:18.6h	---	2000
W40	1500 Meter	Marie Murphy	4:56.46	---	1999
W40	3000 Meter	Cambria Wu	11:05.95	---	2021
W40	5,000 Meter	Molly Thayer	19:27.0h	---	1987
W40	80 M Hurdles (30")	Phil Raschker	12.04	---	1988
W40	80 M Hurdles (30")	Anna Wlodarczyk	11.8h	---	1992
W40	400 M Hurdles (30")	Tina Bowman (Stough)	1:12.07	---	1995
W40	HJ	Annelies Steekelenburg ('90 & '92)	1.52	---	1990
W40	HJ	Clare Look-Jaeger	1.60	---	2011
W40	LJ	Anna Wlodarczyk	5.34	---	1992
W40	TJ	Phil Raschker	10.46	---	1988
W40	SP	Pat Shaw	13.19	---	2005
W40	DT	Janet Wilson	42.64	---	1993
W40	JT	Claudette Fabian	36.86	---	2005
W40	HT	Trinidad Nelson	23.13	---	2014
W40	WT	Trinidad Nelson	6.86	---	2010
W40	Race Walk 5000 M	Susan Armenta	28:10.91	---	2016
W45	100 Meter Dash	Darmesha Watkins	13.56	---	2022
W45	200 Meter Dash	Jai Black	27.22	<0.8>	2009
W45	400 Meter Dash	Jai Black	58.71	---	2009
W45	800 Meter	Chris Gentile	2:24.67	---	2015
W45	1500 Meter	Kathy Looney	4:59.8h	---	1990
W45	3000 Meter	Chris Gentile	11:28.51	---	2015
W45	80 M Hurdles (30")	Caren Ware	14.16	---	2008
W45	400 M Hurdles (30")	Elizabeth Mondoy	1:28.7h	---	2003
W45	2000 M Steeple	Nancy Cochrane	11:35.7h	---	2001
W45	HJ	Annelies Steekelenburg	1.52	---	1995
W45	LJ	Christel Donley (Miller)	4.34	---	1982
W45	TJ	Barbara Stratton	7.34	---	1994
W45	SP	Pat Shaw	12.19	---	2010
W45	DT	Joan Stratton	31.40	---	2001
W45	JT	Joan Stratton	34.10	---	2001

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u> (Metric)	<u>Wind</u>	<u>Year</u>
W45	Race Walk 5000 M	Donna Cunningham	28:48.2	---	1993
W50	100 Meter Dash	Joy Upshaw	13.22	1.6	2014
W50	100 Meter Dash	Anna Wlodarczyk	13.0h	---	2002
W50	200 Meter Dash	Colleen Barney	27.19	1.5	2017
W50	400 Meter Dash	Irene Obera	1:07.9h	---	1987
W50	800 Meter	Yvette LaVigne	2:37.2h	---	1992
W50	1500 Meter	Debbie Lee	5:20.23	---	2009
W50	3000 Meter	Elizabeth Guerrini	11:28.72	---	2021
W50	80 M Hurdles	Joy Upshaw	12.92	1.2	2014
W50	80 M Hurdles (30")	Anna Wlodarczyk	12.9h	---	2002
W50	300 M Hurdles (30")	Tina Bowman (Stough)	51.9h	---	2003
W50	2000 M Steeple	Bigalita Egger	10:17.0h	---	1993
W50	HJ	Sue McDonald	1.50	---	2016
W50	HJ	Sue McDonald	1.50	---	2015
W50	LJ	Anna Wlodarczyk	5.24	---	2002
W50	TJ	Anna Wlodarczyk	11.12	---	2002
W50	PV	Rita Hanscom	2.06	---	2006
W50	SP	Veronica Amarasekara	11.05	---	2011
W50	DT	Linn Dunton	27.82	---	2010
W50	JT	Linda Cohn	39.06	---	2006
W50	HT	Ray Van Dinther	32.28	---	1995
W50	WT	Suzette Lee	9.59	---	2018
W50	Race Walk 5000 M	Jill Latham	29:24.00	---	1988
W55	100 Meter Dash	Kathy Bergen	13.82	---	1995
W55	200 Meter Dash	Kemisole Solwazi	29.73	---	1999
W55	400 Meter Dash	Sue McDonald	1:04.65	---	2019
W55	800 Meter	Jeanne Hoagland	2:49.6h	---	1992
W55	1500 Meter	Lisa Valle	5:30.00	---	2021
W55	3000 Meter	Yoko Eichel	13:21.8h	---	2002
W55	80 M Hurdles (30")	Rita Hanscom	14.03	---	2011
W55	300 M Hurdles (30")	Sue McDonald	50.65	---	2022
W55	HJ	Sue McDonald	1.42	---	2022
W55	LJ	Rita Hanscom	4.39	---	2011
W55	TJ	Annelies Steekelenburg	8.60	---	2004
W55	PV	Rita Hanscom	2.75	---	2012
W55	PV	Rita Hanscom	2.75	---	2011
W55	SP	Linn Dunton	10.57	---	2013
W55	DT	Linn Dunton	26.90	---	2012
W55	JT	Linda Cohn	39.73	---	2011
W55	HT	Katherine Clausen de Contreras	37.68	---	2022
W55	WT	Katherine Clausen de Contreras	12.25	---	2021

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W55	Race Walk 5000 M	Paula Rasmussen	34:38.09	---	2014
W60	100 Meter Dash	Kathy Bergen	14.30	---	2004
W60	100 Meter Dash	Kathy Bergen	14.1h	---	2002
W60	200 Meter Dash	Nadine O'Connor	29.33	---	2006
W60	400 Meter Dash	Kemisole Solwazi	1:10.9h	---	2000
W60	800 Meter	Yvette LaVigne	2:49.8h	---	2001
W60	1500 Meter	Yvette LaVigne	5:32.9h	---	2000
W60	3000 Meter	Debbie Lee	12:48.69	---	2018
W60	80 M Hurdles	Rita Hanscom	14.10	0.4	2016
W60	300 M Hurdles	Karen Maxwell	59.32	---	2021
W60	HJ	Annelies Steekelenburg	1.35	---	2010
W60	LJ	Kathy Jager	3.96	---	2006
W60	TJ	Linda Cohn	7.90	1.0	2013
W60	PV	Nadine O'Connor	2.90	---	2006
W60	SP	Pat Shaw	11.42	---	2022
W60	DT	Linda Cohn	24.90	---	2014
W60	JT	Linda Cohn	38.96	---	2013
W60	HT	Joan Stratton	33.89	---	2013
W60	WT	Linn Dunton	13.02	---	2018
W60	Race Walk 5000 M	Wendy Clark	33:53.35	---	2014
W65	100 Meter Dash	Kathy Bergen	14.71	---	2005
W65	200 Meter Dash	Nadine O'Connor	29.87	---	2007
W65	400 Meter Dash	Jeanne Daprano	1:22.18	---	2006
W65	800 Meter	Debbie Lee	3:12.76	---	2023
W65	1500 Meter	Debbie Lee	6:26.92	---	2023
W65	80 M Hurdles	Johnnye Valien	20.0h	---	1994
W65	300 M Hurdles	Tina Bowman	1:08.20	---	2021
W65	HJ	Kathy Bergen	1.35	---	2006
W65	LJ	Nadine O'Connor	4.26	---	2007
W65	TJ	Linda Cohn	7.46	---	2018
W65	PV	Nadine O'Connor	3.13	---	2009
W65	SP	Cherrie Sherrard	9.60	---	2004
W65	DT	Linda Cohn	24.13	---	2022
W65	JT	Linda Cohn	34.64	---	2019
W65	HT	Linn Dunton	29.99	---	2022
W65	WT	Linn Dunton	11.16	---	2022
W65	Race Walk 5000 M	Rose Kash	36:53.00	---	1988
W70	100 Meter Dash	Kathy Bergen	15.52	1.6	2014
W70	200 Meter Dash	Tina Bowman	36.07	---	2023
W70	400 Meter Dash	Pat Kelly	1:26.09	---	2021

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W70	800 Meter	Jeanne Daprano	3:18.60	---	2009
W70	1500 Meter	Dorie Smith	8:12.0h	---	2001
W70	200 M Hurdles	Tina Bowman	41.82	---	2023
W70		(special hurdles)			
W70	200 M Hurdles	Brenda Matthews	45.26	---	2022
W70	HJ	Annelies Steekelenburg	1.22	---	2019
W70	HJ	Annelies Steekelenburg	1.22	---	2018
W70	PV	Nadine O'Connor	2.75	---	2012
W70	LJ	Brenda Matthews	3.18	---	2022
W70	TJ	Magdalena Kuehne	6.50	---	2004
W70	SP	Edith Mendyka	8.48	---	1982
W70	DT	Linda Cohn	20.76	---	2023
W70	JT	Linda Cohn	28.41	---	2023
W70	Race Walk 5000 M	Darlene Backlund	36:59.12	---	2017
W75	100 Meter Dash	Kathy Bergen	16.41	1.9	2019
W75	200 Meter Dash	Magdalena Kuehne	46.32	<2.6>	2009
W75	1500 Meter	Dorothy Stotsenberg	9:36.8h	---	1989
W75	HJ	Kathy Bergen	1.21	---	2015
W75	LJ	Magdalena Kuehne	2.74	2.0	2009
W75	TJ	Magdalena Kuehne	6.21	---	2008
W75	SP	LaTanya Glass	9.03	---	2023
W75	DT	Kathy Bergen	20.76	---	2015
W75	JT	Edith Mendyka	20.72	---	1986
W75	Race Walk 5000 M	Carol Dyar	37:35.71	---	2018
W80	100 Meter Dash	Kathy Bergen	16.26	0.7	2021
W80	200 Meter Dash	Kathy Bergen	35.34	1.5	2021
W80	400 Meter Dash	Lois Edds	2:17.0h	---	2001
W80	800 Meter	Gerry Davidson	4:15.9h	---	2001
W80	1500 Meter	Gerry Davidson	8:34.0h	---	2001
W80	5,000 Meter	Mary Ames	40:05.0h	---	1987
W80	HJ	Kathy Bergen	1.10	---	2021
W80	LJ	Magdalena Kuehne	2.62	---	2011
W80	TJ	Magdalena Kuehne	5.68	---	2011
W80	SP	Johnnye Valien	5.90	---	2006
W80	DT	Johnnye Valien	12.77	---	2006
W80	JT	Johnnye Valien	14.20	---	2006

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u> (Metric)	<u>Wind</u>	<u>Year</u>
W85	100 Meter Dash	Johnnye Valien	24.10	---	2011
W85	200 Meter Dash	Gerry Davidson	62.32	---	2007
W85	400 Meter Dash	Gerry Davidson	2:17.79	---	2006
W85	3000 Meter	Gerry Davidson	24:00.33	---	2006
W85	TJ	Johnnye Valien	4.10	---	2011
W85	SP	Johnnye Valien	5.45	---	2012
W85	JT	Johnnye Valien	13.10	---	2011

Relay Teams:

M30-34	Relay 4 x 100 Meter	All American T.C.	41.50	---	1985
M30-34	Relay 4 x 200 Meter	All American T.C.	1:27.55	---	1985
M30-34	Relay 4 x 400 Meter	All American T.C.	3:20.88	---	1985
M30-34	Sprint Medley	Striders (Simmins, Bogan, Jackson, Stuart)	3:43.3h	---	1982
M30-34	Relay 4 x 800 Meter	---	---	---	---
M30-34	Distance Medley	Santa Monica (Perez, Haro, Prievr, Wall)	11:00.1h	---	1982
M40-44	Relay 4 x 100 Meter	CDM (Corona Del Mar)	44.1h	---	1978
M40-44	Relay 4 x 200 Meter	CDM	1:33.1h	---	1978
M40-44	Sprint Medley	CDM (Dennis, Segal, Knox, Miller)	3:42.0h	---	1978
M40-44	Relay 4 x 400 Meter	West Valley T.C.	3:40.2h	---	1984
M40-44	Distance Medley	CDM (Lee, Cohen, Elliot, Knocke)	11:03.7h	---	1982
M50-54	Relay 4 x 100 Meter	West Valley T.C.	47.2h	---	1984
M50-54	Relay 4 x 200 Meter	West Valley T.C.	1:43.9h	---	1984
M50-54	Sprint Medl.	Striders (Wagner, Watanabe, Fitzgerald, Buchanan)	4:09.7h	---	1982
M50-54	Distance Medley	Seniors Track Club	12:13.7h	---	1979

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Relay Teams - continued					
M60-64	Relay 4 x 100 Meter	Unattached (Tolson, Smith, Knocke, ---)	48.8h	---	2000
M60-64	Relay 4 x 200 Meter	Striders	2:05.10	---	1989
M60-64	Sprint Medl.	Striders	4:47.40	---	1995
M60-64	Relay 4 x 400 Meter	CDM	5:57.6h	---	1984
M60-64	Distance Medley	Striders	14:06.8h	---	1992
M65-69	Relay 4 x 100 Meter	Unattached (Niroumand, Davison, Larsen, Nakamura)	1:02.27	---	2023
W30-34	Relay 4 x 100 Meter	SC Striders (Matthews, Varela, Johnson, Black)	56.76	---	2015
W40-44	Relay 4 x 100 Meter	Unattached (Watson, Medeiros, Newman, ---)	1:09.26	---	1996
W55-59	Relay 4 x 100 Meter	SC Striders (Kelly, Black, Gray, Bergen)	1:10.68	---	1996
Mixed 25+	Relay 4 x 100 Meter	Unattached (Michael Lopez, Randy Boba, Elly Mann, Michael Koch)	50.69	---	2023