

Feb. 23, 2007

# WEST REGION - MEET RECORDS

New & Updated (now includes results back to 1976)

Includes years 1976 to 2006.

(replaces meet records displayed at the July 2006 meet)

## USATF Masters West Region Track & Field Championships

Thank you to National Masters News (NMN) for assisting providing past meet results.

To be eligible for an West Region Meet Record, athlete must be registered in West Region (Arizona, California, Hawaii, Nevada, or New Mexico) during time of mark.

(Athletes that have competed for other associations or other nation are not eligible for record)  
(updated information would be appreciated). nwi = no wind indicator

The meet has also seen it share of United States and World Masters Age Records and single-age records broken during the meet by:  
Hugh Adams, Walt Butler, Ken Carnine, Anthony Castro, George Cohen, Chick Dahlsten, A. Redmond Doms, Lee Evans, Bill Fitzgerald, Rudy Haluza, Lloyd Higgins, Dave Jackson, Payton Jordan, Ulrich Kaemph, Percy Knox, Harry Koppel, Jim Lytjen, James McCraney, Win McFadden, Leland McPhie, Nick Newton, Jim O'Neil, Josiah Packard, Charlie Rader, Frank Reilly, James Selby, Hal Smith, Paul Spangler, Dave Stevenson, Larry Stuart, Chesley Unruh, Ron Whitney, Herm Wyatt, Ruth Anderson, Chestine Barnes, Vicky Bigelow, Jaclyn Caselli, Cynthia Dalrymple, Gerry Davidson, Shirley Dietderich, Shirley Kinsey, Josephine Kolda, Shirley Matson, Christel Donley (Miller), Margaret Miller, Jutta McCormick, Irene Obera, Nadine O'Connor, Joan Ottaway, Cherrie Sherrard, Dorothy Stock, Janet Wilson, and others.

Oldest athlete to compete in the West Region meet?

The 1998 meet featured John Whittimore age-98 winning the M95 discus.

The following three athletes marks are missing information:

Gary Carlson (1990), Betty Laake (1990), and Joyce Morgiewicz (1990),

Any updates of questions can be forwarded to:

Jeff Davison, P.O. Box 8031, Laguna Hills, CA 92654      jad-calif@cox.net

or the West Region meet director.

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West Region Locations:

July 22-23, 2006	Cal State Long Beach, Long Beach, CA
July 23-24, 2005	Home Depot Center, Carson, CA
July 24-25, 2004	Home Depot Center, Carson, CA
July 26-27, 2003	UC San Diego, La Jolla, CA
July 13-14, 2002	Saddleback College, Mission Viejo, CA
June 23, 2001	San Diego State Univ., San Diego, CA
July 8, 2000	Cerritos College, Norwalk, CA
June 19, 1999	UC San Diego, La Jolla, CA
July 18-19, 1998	Santa Barbara City College, Santa Barbara, CA
July 12, 1997	San Jose City College, San Jose, CA
July 20, 1996	Cerritos College, Norwalk, CA
June 24-25, 1995	Los Gatos High School, CA & San Jose CC, CA
July 2-3, 1994	UC Irvine, Irvine, CA
July 31- Aug 1, 1993	Cerritos College, Norwalk, CA
July 25-26, 1992	Chabot College, Hayward, CA
June 22-23, 1991	Cerritos College, Norwalk, CA
July 21, 1990	Balboa Stadium, San Diego, CA
July 8, 1989	American River College & Sacramento State Univ; Sacramento, CA (The 1989 meet was from 6 AM to 11 PM at two locations)
July 16-17, 1988	Cal State Northridge, Northridge, CA
July 25, 1987	Fresno, CA
July 5-6, 1986	UC Berkeley, Berkeley, CA
June 8, 1985	Point Loma Nazarene College, San Diego, CA
July 13-15, 1984	Occidental College, Los Angeles, CA
August 20-21, 1983	Los Gatos High School, CA
June 19-20, 1982	Southwestern College, Chula Vista, CA
June 20, 1981	Los Gatos High School, CA
June 21-22, 1980	San Diego State Univ., San Diego, CA
June 23-24, 1979	Santa Ana College, Santa Ana, CA
June 17-18, 1978	Los Gatos High School, CA
June 18-19, 1977	Santa Ana College, Santa Ana, CA
June 19-20, 1976	San Diego Stadium, San Diego, CA
July 5-6, 1975	Laney College, Oakland, CA (missing meet results from 1975)

Men's Pentathlon consist of LJ, JT, 200M, DT, and 1500 M.

Woman's Pentathlon consist of H, HJ, SP, LJ, and 800 M.

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nwi = no wind indicator

<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Age</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
M30	100 Meter Dash	George Onyenyeeuwu	M30	10.27	2000	---
M30	200 Meter Dash	Carl McCullough	M30	21.32	1985	---
M30	400 Meter Dash	Ben Brown	33	48.36	1987	---
M30	400 Meter Dash	Billy Hicks	31	48.2h	1983	---
M30	800 Meter	Patrick Robinson	M30	1:50.98	2000	---
M30	1500 Meter	Jim Mosher	M30	4:00.45	1980	---
M30	5,000 Meter	Ken Velasquez	M30	14:57.5h	1993	---
M30	10,000 Meter	William (Bill) Clark	34	31:53.23	1978	---
M30	110 M Hurdles (39")	Peter Grimes	32	14.27	1991	---
M30	400 M Hurdles (36")	Peter Grimes	M30	52.89	1993	---
M30	3000 M Steeple	Frank Bozanich	M30	9:24.8h	1976	---
M30	HJ	Doug Nordquist	M30	2.15	1993	---
M30	LJ	James Lofton	M30	7.47	1991	---
M30	TJ	Lavell Davenport	M30	14.83	1996	---
M30	PV	Paul Sinatra	M30	4.87	1995	---
M30	SP	Dennis Desoto	M30	17.66	1997	---
M30	DT	Tom Fahey	M30	53.33	1982	---
M30	JT	Marvin Williams	M30	64.12	2000	---
M30	HT	Kevin McMahon	32	73.13	2004	---
M30	Race Walk 5000 M	Dave Himmelberger	M30	23:47.14	1978	---
M30	Pentathlon	Michael Kappler	M30	2082	1997	---
		---	---	---	---	---
M35	100 Meter Dash	Stan Whitley	38	10.6h	1984	---
M35	100 Meter Dash	Eugene Driver	37	10.80	1987	---
M35	200 Meter Dash	Marion McCoy	M35	21.88	1985	---
M35	400 Meter Dash	Lee Evans	36	48.5h	1983	---
M35	800 Meter	Ralph Lee	M35	1:53.1h	1979	---
M35	1500 Meter	Nolan Shaheed	35	4:03.73	1988	---
M35	5,000 Meter	Jim Murphy	M35	14:42.7h	1977	---
M35	10,000 Meter	Frank Duarte	M35	31:54.00	1978	---
M35	110 M Hurdles (39")	James McCraney	36	14.01	1991	---
M35	400 M Hurdles (36")	John Kirkpatrick	M35	57.9h	1989	---
M35	400 M Hurdles (36")	Tony Melody	M35	57.94	1995	---
M35	3000 M Steeple	Wes Ashford	M35	9:24.26	2000	---
M35	HJ	John Dobroth	M35	2.02	1977	---
M35	LJ	Kevin Morning	M35	7.07	1995	---
M35	TJ	Milan Tiff	35	14.84	1983	---
M35	PV	John Besmer	M35	5.23	1992	---
M35	SP	Ron McKee	M35	16.75	1997	---
M35	DT	Cameron E. Bolles	M35	55.25	2000	---
M35	JT	Larry Stuart	M35	69.31	1977	---
M35	HT	Frank Reilly	36	52.86	1984	---
M35	WT (35-Lb)	Angelo Roselli	38	8.09	2003	---
M35	Super WT (56-Lbs)	Angelo Roselli	38	4.82	2003	---

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M35	Race Walk 5000 M	Roger Brandwein	M35	23:11	1980	---
M35	Pentathlon	Hugh Adams	M35	2936	1978	---
		---	---	---	---	---
M40	100 Meter Dash	Willie Gault	44	10.49	2005	nwi
M40	200 Meter Dash	Willie Gault	44	21.49	2005	nwi
M40	400 Meter Dash	Edward Daniels	41	49.14	2001	---
M40	800 Meter	George Cohen	44	1:56.3h	1984	---
M40	1500 Meter	Harvey Franklin	40	4:07.1h	1983	---
M40	5,000 Meter	Dave Dobler	40	15:36.55	2002	---
M40	10,000 Meter	Bob Packard	M40	33:31.9h	1980	---
M40	110 M Hurdles (39")	Willie Gault	44	14.39	2005	nwi
M40	400 M Hurdles (36")	James King	M40	54.54	1990	---
M40	3000 M Steeple	Ian Cumming	M40	9:57.4h	1993	---
M40	HJ	Tom VanZandt	40	2.00	2002	---
M40	LJ	Rufus Morris	42	6.70	1987	---
M40	TJ	Milan Tiff	40	15.36	1988	---
M40	PV	Bill Halverson	M40	4.75	2000	---
M40	SP	Doug Wells	40	15.48	1984	---
M40	DT	Bob Humphreys	M40	51.53	1977	---
M40	JT	Larry Stuart	M40	67.28	1980	---
M40	HT	F. Stewart Thompson	M40	51.02	1977	---
M40	WT (35-Lb)	Jeff Crothers	44	11.85	2003	---
M40	Super WT (56-Lbs)	Jeff Crothers	44	7.88	2003	---
M40	Race Walk 5000 M	Keith Ward	M40	23:25	1990	---
M40	Pentathlon	Frank Reilly	M40	3918	1991	---
		---	---	---	---	---
M45	100 Meter Dash	Stan Whitley	M45	11.03	1991	---
M45	200 Meter Dash	Kevin Morning	46	22.68	2002	---
M45	400 Meter Dash	James Lofton	46	51.10	2002	---
M45	800 Meter	George Cohen	45	1:58.76	1985	---
M45	1500 Meter	Mel Elliott	M45	4:17.1h	1986	---
M45	5,000 Meter	Sal Vasquez	M45	15:11.1h	1986	---
M45	10,000 Meter	Jerry Smartt	M45	34:38.2h	1977	---
M45	110 M Hurdles (39")	Walt Butler	M45	15.0h	1989	---
M45	400 M Hurdles (36")	Ted Cain	45	58.68	1987	---
M45	3000 M Steeple	Dave Cook	46	10:39.55	2003	---
M45	HJ	Charlie Rader	M45	1.92	1993	---
M45	LJ	Gregory Turner	46	6.72	2004	nwi
M45	TJ	Willie Banks	46	14.49	2004	nwi
M45	PV	Bill Halverson	45	4.72	2002	---
M45	SP	Mike Nash	M45	15.45	1997	---
M45	DT	Lloyd Higgins	46	51.12	1988	---
M45	JT	Larry Stuart	49	64.30	1987	---
M45	HT	David McKenzie	M45	62.70	1997	---

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Age</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
M45	WT (35-Lb)	Gary Kelmenson	M45	12.86	1995	---
M45	Super WT (56-Lbs)	Gary Kelmenson	M45	8.36	1995	---
M45	Race Walk 5000 M	Rudy Haluza	45	24:00.2h	1977	---
M45	Pentathlon	Rob Duncanson	47	3228	2002	---
		---	---	---	---	---
M50	100 Meter Dash	Steve Robbins	M50	11.1h	1994	---
M50	200 Meter Dash	Stan Whitley	M50	23.47	1996	---
M50	400 Meter Dash	James Lofton	50	52.56	2006	---
M50	800 Meter	Bill Fitzgerald	54	2:08.2h	1979	---
M50	1500 Meter	Tom Sturak	M50	4:25.8h	1985	---
M50	5,000 Meter	Mauro Hernandez	M50	15:59.0h	1977	---
M50	10,000 Meter	Ulrich Kaemph	50	33:05.6h	1981	---
M50	100 M Hurdles (36")	Walt Butler	50	13.71	1991	---
M50	400 M Hurdles (33")	Hugh Adams	M50	62.11	1990	---
M50	3000 M Steeple	Dave Stevenson	51	11:05.6h	1980	---
M50	HJ	Herm Wyatt	51	1.87	1983	---
M50	LJ	Carl Flowers	M50	5.75	2000	---
M50	TJ	Dave Jackson	51	12.65	1983	---
M50	PV	James "Vic" Cook	50	4.33	1982	---
M50	SP	Lad Pataki	M50	16.75	1997	---
M50	DT	Lad Pataki	M50	59.12	1997	---
M50	JT	Larry Stuart	M50	61.18	1990	---
M50	HT	Lloyd Higgins	50	50.48	1992	---
M50	WT (25-Lb)	Clayton Hull	53	15.86	2003	---
M50	Super WT (56-Lbs)	Richard Watson	50	6.80	2003	---
M50	Race Walk 5000 M	John Allen	M50	24:43.0h	1979	---
M50	Pentathlon	Phil Schlegel	M50	3078	1982	---
		---	---	---	---	---
M55	100 Meter Dash	Ralph Petterson	55	12.08	2005	---
M55	100 Meter Dash	Milton Nick Newton	M55	12.0h	1991	---
M55	200 Meter Dash	Milton Nick Newton	M55	24.89	1991	---
M55	400 Meter Dash	Stan Whitley	55	56.27	2001	---
M55	800 Meter	Nolan Shaheed	55	2:06.83	2004	---
M55	1500 Meter	Nolan Shaheed	55	4:20.76	2004	---
M55	5,000 Meter	James Oleson	M55	17:05.7h	1977	---
M55	10,000 Meter	Jim O'Neil	M55	36:10.8h	1982	---
M55	100 M Hurdles (36")	Walt Butler	M55	14.63	1996	---
M55	400 M Hurdles (33")	Hugh Adams	M55	62.58	1995	---
M55	3000 M Steeple	Avery Bryant	M55	12:03.5h	1979	---
M55	HJ	Charlie Rader	56	1.72	2004	---
M55	LJ	Tom Patsalis	M55	6.3	1977	---
M55	TJ	Dave Jackson	56	12.35	1988	---
M55	PV	Steve Hardison	56	3.96	2006	---
M55	SP	Joe Keshmiri	M55	15.54	1995	---

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Age</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
M55	DT	Joe Keshmiri	M55	51.94	1995	---
M55	JT	Larry Stuart	M55	52.64	1997	---
M55	HT	George Mathews	59	49.05	2003	---
M55	WT (25-Lb)	George Mathews	59	17.57	2003	---
M55	Super WT (56-Lbs)	George Mathews	59	8.34	2003	---
M55	Race Walk 5000 M	Jack Bray	59	25:06.9h	1992	---
M55	Pentathlon	Ray Spencer	M55	2948	1981	---
M60	100 Meter Dash	Harold Tolson	M60	12.25	2000	---
M60	200 Meter Dash	Harold Tolson	M60	25.08	1998	---
M60	400 Meter Dash	Larry Barnum	61	57.41	2005	---
M60	800 Meter	Larry Barnum	61	2:14.88	2005	---
M60	1500 Meter	Ray Mahannah	M60	4:50.3h	1977	---
M60	5,000 Meter	Ed Preston	M60	17:07.8h	1977	---
M60	10,000 Meter	Paul Reese	M60	39:02.8h	1977	---
M60	100 M Hurdles (33")	James Hollister	60	15.35	2005	---
M60	300 M Hurdles (30")	Marion Sanchez	M60	46.22	1993	---
M60	2000 M Steeple	Dave Stevenson	M60	7:55.40	1989	---
M60	HJ	Phil Fehlen	M60	1.67	1997	---
M60	LJ	Dick Richards	M60	5.55	1999	---
M60	TJ	Ted Ensslin	60	9.56	1987	---
M60	PV	Terry Cannon	M60	3.50	2000	---
M60	SP	George Ker	60	15.72	1983	---
M60	DT	Lloyd Higgins	61	54.90	2003	---
M60	JT	Larry Stuart	M60	64.68	1999	---
M60	HT	F. Stewart Thompson	M60	51.48	1997	---
M60	WT (20-Lb)	Bob Cahners	61	19.33	2003	---
M60	Super WT (56-Lbs)	Bob Cahners	61	8.02	2003	---
M60	Race Walk 5000 M	Dick Petruzzi	M60	28:08.6	1997	---
M60	Pentathlon	Jock Jacoy	62	3118	1988	---
		---	---	---	---	---
M65	100 Meter Dash	Dick Richards	M65	12.71	2000	---
M65	200 Meter Dash	Doug Smith	65	26.80	2005	nwi
M65	400 Meter Dash	Don Cheek	M65	61.61	1996	---
M65	800 Meter	Jerry Hackett	66	2:30.73	2006	---
M65	1500 Meter	Joe King	65	5:07.4h	1992	---
M65	5,000 Meter	Don Longenecker	66	18:34.8h	1982	---
M65	10,000 Meter	Don Longenecker	66	39:19.8h	1982	---
M65	100 M Hurdles (33")	Robert Hunt	M65	17.5h	1989	nwi
M65	300 M Hurdles (30")	Bob Watanabe	M65	50.74h	1991	---
M65	2000 M Steeple	Avery Bryant	M65	9:01.9h	1993	---
M65	HJ	Phil Fehlen	M65	1.65	2000	---
M65	LJ	Dick Richards	M65	5.31	2000	---

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M65	TJ	Phil Shipp	67	12.05	2002	---
					1982 & 1983	
M65	PV	James (Jim) Vernon	M65	3.20	& 1985	---
M65	PV	Terry Cannon	66	3.20	2004	---
M65	SP	Jack Thatcher	66	14.00	1982	---
M65	DT	F. Stewart Thomson	M65	48.84	1998	---
M65	JT	Del Pickarts	M65	50.14	1993	---
M65	HT	Ed Burke	66	52.16	2006	---
M65	WT (20-Lb)	Bob Humphreys	67	15.25	2003	---
M65	Race Walk 5000 M	Gordon Wallace	69	29:30	1979	---
M65	Pentathlon	Phil Shipp	67	3290	2002	---
		---	---	---	---	---
M70	100 Meter Dash	Payton Jordan	M70	12.91	1991	---
M70	200 Meter Dash	Payton Jordan	70	27.51	1987	---
M70	400 Meter Dash	Jim Selby	M70	61.10	1999	---
M70	800 Meter	Jim Lytjen	71	2:31.1h	1992	---
M70	1500 Meter	Gunnar Linde	M70	5:19.70	1998	---
M70	5,000 Meter	John Brennand	70	21:30.37	2006	---
M70	10,000 Meter	Mel Shine	74	47:39.6h	1983	---
M70	10,000 Meter	Stan Neufeld	M70	50:22.28	1993	---
M70	80 M Hurdles (30")	Tom Patsalis	M70	14.65	1993	---
M70	300 M Hurdles (27")	Alfred Guidet	70	55.39	1988	---
M70	2000 M Steeple	Avery Bryant	M70	9:11.6h	1994	---
M70	HJ	Win McFadden	M70	1.47	1977	---
M70	LJ	Dick Richards	71	5.01	2005	---
M70	TJ	Tom Patsalis	M70	9.36	1993	---
M70	PV	James (Jim) Vernon	71	3.09	1988	---
M70	SP	Arnie Gaynor	M70	14.60	1998	---
M70	DT	Arnie Gaynor	M70	43.22	1998	---
M70	JT	Franklin (Bud) Held	M70	47.70	1998	---
M70	HT	Dan Aldrich	70	42.94	1988	---
M70	WT (16-Lb)	Doug Tomlinson	71	14.78	2003	---
M70	Super WT (35-Lbs)	Doug Tomlinson	71	7.59	2003	---
M70	Race Walk 5000 M	Gordon Wallace	70	29:34	1980	---
M70	Pentathlon	Ken Carnine	M70	2372	1982	---
		---	---	---	---	---
M75	100 Meter Dash	Anthony Castro	W75	14.2h	1986	---
M75	200 Meter Dash	Payton Jordan	75	29.27	1992	---
M75	400 Meter Dash	Josiah (Joe) Packard	75	68.64	1979	---
M75	800 Meter	Harold Chapson	76	2:45.6h	1979	---
M75	1500 Meter	Harold Chapson	M75	5:44.12	1978	---
M75	5,000 Meter	Paul Spangler	M75	22:49.7h	1977	---
M75	10,000 Meter	Paul Spangler	M75	48:48.2h	1977	---

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Age</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
M75	80 M Hurdles (30")	Albert Bert Morrow	M75	16.65	1991	---
M75	300 M Hurdles (27")	Albert Bert Morrow	M75	65.66	1991	---
M75	2000 M Steeple	Jim Selby	76	10:14.50	2004	---
M75	HJ	Wilfred (Bill) Bigelow	M75	1.17	1986	---
M75	HJ	Pete Ganahl	M75	1.16	1994	---
M75	LJ	Win McFadden	M75	3.75	1980	---
M75	TJ	Win McFadden	79	7.79	1984	---
M75	PV	Franklin (Bud) Held	77	2.90	2004	---
M75	SP	Arnie Gaynor	78	12.90	2006	---
M75	DT	Arnie Gaynor	76	34.47	2004	---
M75	JT	Phil Fehlen	79	38.79	2004	---
M75	HT	Kio Shik Song	75	31.23	2001	---
M75	WT (16-Lb)	Bob Stone	M75	7.14	1995	---
M75	Race Walk 5000 M	Chesley Unruh	75	31:24.9h	1982	---
		---	---	---	---	---
M80	100 Meter Dash	Payton Jordan	M80	14.60	1998	---
M80	200 Meter Dash	Payton Jordan	M80	31.20	1998	---
M80	400 Meter Dash	Paul Spangler	M80	1:41.1h	1982	---
M80	800 Meter	Willard Benton	M80	3:42.58	1985	---
M80	800 Meter	Paul Spangler	83	3:51.4h	1982	---
M80	1500 Meter	Chick Dahlsten	M80	6:38.67	1991	---
M80	5,000 Meter	Chick Dahlsten	M80	25:38.4h	1991	---
M80	10,000 Meter	Chick Dahlsten	M80	52:58.6h	1991	---
M80	80 M Hurdles	Albert Bert Morrow	M80	22.5h	1994	---
M80	HJ	Donald Roser	80	1.12	2004	---
M80	LJ	Clarence Trahan	M80	3.95	1996	---
M80	TJ	Win McFadden	M80	7.40	1985	---
M80	PV	Carol Johnston	M80	2.28	1993 & 1994	---
M80	SP	Burt DeGroot	80	8.53	1987	---
M80	DT	Ken Carnine	M80	31.63	1989	---
M80	JT	Edward Chynoweth	80	30.14	2004	---
M80	HT	Ken Carnine	M80	21.62	1989	---
M80	Race Walk 5000 M	Paul Spangler	83	34:52.5h	1982	---
M80	Pentathlon (LJ,JT,200M)	Ken Carnine	80	3869	1988	---
M85	100 Meter Dash	Anthony Castro	M85	18.34	1996	---
M85	200 Meter Dash	Anthony Castro	M85	40.40	1999	---
M85	400 Meter Dash	Vincent Malizia	86	1:49.32	2001	---
M85	800 Meter	Vincent Malizia	86	4:07.19	2001	---
M85	1500 Meter	Vincent Malizia	86	8:02.95	2001	---
M85	5,000 Meter	Paul Spangler	M85	29:49.9h	1986	---
M85	80 M Hurdles (27")	Albert Bert Morrow	M85	21.84	1999	---
M85	HJ	Leland McPhie	89	1.01	2003	---

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Age</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
M85	LJ	Clarence Trahan	86	2.84	2001	nwi
M85	TJ	Win McFadden	M85	6.27	1990	---
M85	SP	Leland McPhie	M85	8.22	1999	---
M85	DT	Burt DeGroot	85	23.16	1992	---
M85	JT	Leland McPhie	M85	18.84	1999	---
M85	HT	Hugh Hackett	86	22.65	2006	---
M85	Race Walk 5000 M	Paul Spangler	88	38:25.1h	1987	---
M90	100 Meter Dash	Anthony Castro	M90	20.39	2000	---
M90	200 Meter Dash	Albert Bert Morrow	91	63.17	2004	<0.1>
M90	400 Meter Dash	Paul Spangler	M90	2:11.9h	1989	---
M90	800 Meter	Paul Spangler	M90	4:54.20	1989	---
M90	80 M Hurdles (27", 7.0 r	Albert Bert Morrow	90	23.72	2003	<0.5>
M95	DT	Win McFadden	96	12.38	2001	---
M95	JT	Tom Lane	M95	10.94	1990	---

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Age</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
W30	100 Meter Dash	Teniko White	W30	12.27	2003	0.5
W30	200 Meter Dash	Grace Dinkins	W30	23.97	2000	---
W30	400 Meter Dash	Tina Bowman (Stough)	W30	60.8h	1986	---
W30	800 Meter	Patti Sue Plumer	W30	2:08.86	1995	---
W30	1500 Meter	Patti Sue Plumer	W30	4:29.9h	1995	---
W30	5,000 Meter	Tania Fischer	W30	16:35.85	2000	---
W30	10,000 Meter	Mary Vidovich	W30	41:07.98	1998	---
W30	100 M Hurdles	Wendi Raatjes	W30	13.93	2000	---
W30	400 M Hurdles	Joy Upshaw-Margerum	W30	64.95	1995	---
W30	HJ	Lisa Reich	W30	1.74	2000	---
W30	LJ	Joy Upshaw-Margerum	W30	5.56	1995	---
W30	PV	Tiffany Smith	W30	3.82	2000	---
W30	SP	Amy Bublak	W30	12.13	1995	---
W30	DT	Janet Wilson	W30	46.17	1985	---
W30	JT	Sheila Carpenter	34	45.60	1988	---
W30	HT	Joan Stratton	W30	34.76	1986	---
W30	Race Walk 5000 M	Diane Uribe	W30	26:35	1980	---
W30	Pentathlon	Remzne Huseny	W30	213	1978	---
		---	---	---	---	---
W35	100 Meter Dash	Grace Dinkins	W35	11.61	2002	---
W35	200 Meter Dash	Joy Upshaw-Margerum	W35	26.20	1997	---
W35	400 Meter Dash	LaTanya Sheffield	W35	53.22	2000	---
W35	800 Meter	Chestine Barnes	37	2:13.2h	1984	---
W35	1500 Meter	Cynthia Dalrymple	W35	4:40.2h	1977	---
W35	5,000 Meter	Cynthia Dalrymple	W35	15:39.0h	1977	---
W35	10,000 Meter	Cynthia Dalrymple	W35	36:25.4h	1977	---
W35	100 M Hurdles (33")	Joy Upshaw-Margerum	W35	15.23	1997	---
W35	400 M Hurdles	Donna Nielsen	W35	1:12.6h	1994	---
W35	2000 M Steeple	Kim Rupert	37	7:59.9h	1992	---
W35	HJ	Clare Look-Jaeger	39	1.65	2005	---
W35	LJ	Veronica Amarasekara	W35	5.50	2000	---
W35	TJ	Joy Upshaw-Margerum	W35	10.54	1997	---
W35	PV	Diana Rigor	W35	2.43	1997	---
W35	SP	Cherrie Sherrard	W35	11.37	1977	---
W35	DT	Janet Wilson	39	44.92	1992	---
W35	JT	Elaine Iba	W35	24.89	1999	---
W35	HT (4 k)	Sondra Schumacher	37	20.08	1984	---
W35	Race Walk 5000 M	Kim Wilkinson	W35	24:29.7	1997	---
W35	Pentathlon	Carla Hoppie	W40	2806	1999	---
W40	100 Meter Dash	Veronica Amarasekara	41	12.54	2002	---
W40	200 Meter Dash	Joy Sargis	40	26.92	2001	neg.
W40	400 Meter Dash	Beverly Jephcott	44	61.69	2003	---
W40	800 Meter	Marie Murphy	W40	2:19.52	1999	---

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W40	1500 Meter	Marie Murphy	W40	4:45.84	1999	---
W40	5,000 Meter	Judy Fox	40	17:44.4h	1981	---
W40	10,000 Meter	Judy Fox	40	37:47.5h	1981	---
W40	80 M Hurdles (30")	Stephanie Thomas	41	11.80	2005	nwi
W40	400 M Hurdles (30")	Tina Bowman (Stough)	W40	1:13.99	1995	---
W40	Steeple: 2000 Meter	Caren Ware	43	9:14.61	2004	---
W40	HJ	Sue DiMarco	41	1.63	2004	---
W40	LJ	Veronica Amarasekara	41	5.62	2002	---
W40	TJ	Veronica Amarasekara	40	11.17	2001	nwi
W40	PV	Sue DiMarco	41	3.01	2004	---
W40	SP	Pat Shaw	41	12.08	2001	---
W40	DT	Janet Wilson	W40	43.54	1993	---
W40	JT	Jennifer Stary	44	36.23	2002	---
W40	HT	Joan Stratton	W40	37.92	1995	---
W40	Race Walk 5000 M	Therese Iknoian	W40	26:35.7	1997	---
W40	Pentathlon	Karen Vaughn	W40	419	1998	---
		---	---	---	---	---
W45	100 Meter Dash	Irene Obera	W45	13.33	1980	---
W45	100 Meter Dash	Cherrie Sherrard	45	13.2h	1984	---
W45	200 Meter Dash	Irene Obera	W45	26.37	1979	---
W45	400 Meter Dash	Irene Obera	W45	63.21	1980	---
W45	800 Meter	Dee Dee Grafius	W45	2:18.72	1997	---
W45	1500 Meter	Marcella Teran	46	5:07.90	2001	---
W45	5,000 Meter	Vicky Bigelow	45	18:14.0h	1981	---
W45	10,000 Meter	Vicky Bigelow	48	38:19.8h	1983	---
W45	80 M Hurdles (30")	Cherrie Sherrard	45	12.5h	1984	---
W45	Steeple: 2000 Meter	Joan Ottaway	48	7:50.2h	1992	---
W45	HJ	Karen Vaughn	W45	1.30	2003	---
W45	LJ	Veronica Amarasekara	45	5.13	2006	1.1
W45	PV	Rita Hanscom	49	2.43	2003	---
W45	TJ	Christel Donley (Miller)	W45	8.27	1980	---
W45	SP	Joan Stratton	49	10.11	2001	---
W45	DT	Joan Stratton	49	30.89	2001	---
W45	JT	Fran Conley	46	30.78	1987	---
W45	HT	Joan Stratton	49	35.05	2001	---
W45	Race Walk 5000 M	Lori Maynard	47	26:20.3h	1983	---
		---	---	---	---	---
W50	100 Meter Dash	Rita Hanscom	51	13.30	2005	nwi
W50	100 Meter Dash	Irene Obera	50	13.2h	1984	---
W50	200 Meter Dash	Rita Hanscom	51	27.05	2005	nwi
W50	400 Meter Dash	Rita Hanscom	51	64.02	2005	---
W50	800 Meter	Lynn Naftel	W50	2:30.47	1998	---
W50	1500 Meter	Shirley Matson	51	5:00.7h	1992	---

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Age</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
W50	5,000 Meter	Joni Shirley	54	20:44.9h	2001	---
W50	10,000 Meter	Margaret Miller	W50	40:13.2h	1980	---
W50	80 M Hurdles (30")	Cherrie Sherrard	53	14.35	1992	---
W50	300 M Hurdles (30")	Tina Bowman (Stough)	51	55.73	2004	---
W50	HJ	Tami Graf	W50	1.44	1990	---
W50	HJ	Rita Hanscom	52	1.35	2006	---
W50	LJ	Irene Obera	54	4.33	1988	---
W50	TJ	Avril Naylor	W50	8.10	1997	---
W50	PV	Rita Hanscom	W50	2.75	2004	---
W50	SP	Cherrie Sherrard	W50	10.94	1989	---
W50	DT	Cherrie Sherrard	W50	26.04	1989	---
W50	JT	Linda Cohn	53	38.48	2006	---
W50	Race Walk 5000 M	Joann Nedelco	W50	28:04.2	1997	---
		---	---	---	---	---
W55	100 Meter Dash	Kathy Bergen	W55	13.80	1998	---
W55	200 Meter Dash	Lynn Naftel	57	29.94	2002	---
W55	400 Meter Dash	Lynn Naftel	57	67.83	2002	---
W55	800 Meter	Jutta McCormick	W55	2:34.52	1997	---
W55	1500 Meter	Vicky Bigelow	56	5:23.9h	1992	---
W55	5,000 Meter	Barbara Robben	58	23:49.0h	1992	---
W55	80 M Hurdles (30")	Lynn Naftel	57	15.05	2002	---
W55	300 M Hurdles (30")	Lynn Naftel	57	53.32	2002	---
W55	HJ	Christel Donley (Miller)	W55	1.22	1993	---
W55	LJ	Brenda Matthews	57	4.11	2006	1.0
W55	TJ	Magdalena Kuehne	57	7.86	1988	---
W55	PV	Nadine O' Connor	59	2.29	2001	---
W55	SP	Cherrie Sherrard	W55	11.62	1995	---
W55	DT	Shirley Kinsey	55	24.96	1984	---
W55	JT	Christel Donley (Miller)	W55	31.72	1993	---
W55	HT	Pat Hunter	W55	18.67	1999	---
W55	Race Walk 5000 M	Yoko Eichel	58	28:47.81	2005	---
		---	---	---	---	---
W60	100 Meter Dash	Nadine O' Connor	63	13.95	2005	nwi
W60	200 Meter Dash	Nadine O' Connor	63	28.62	2005	nwi
W60	400 Meter Dash	Yvette LaVigne	W60	1:12.26	2000	---
W60	800 Meter	Vicky Bigelow	W60	2:53.91	1996	---
W60	1500 Meter	Shirley Matson	62	5:36.29	2003	---
W60	5,000 Meter	Shirley Matson	62	19:56.51	2003	---
W60	10,000 Meter	Shirley Matson	61	42:28.50	2002	---
W60	80 M Hurdles (27")	Shirley Kinsey	W60	19.2h	1989	---
W60	2000 M Steeple	Gerry Martin	63	11:51.56	2001	---
W60	HJ	Kathy Bergen	64	1.32	2004	---
W60	LJ	Kathy Jager	63	4.03	2006	1.7

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Age</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
W60	TJ	Magdalena Kuehne	W60	7.78	1993	---
W60	PV	Nadine O' Connor	64	3.12	2006	---
W60	SP	Christel Donley (Miller)	W60	8.78	1995	---
W60	DT	Marjorie Larney	W60	23.31	1997	---
W60	JT	Christel Donley (Miller)	W60	26.58	1996	---
W60	Race Walk 5000 M	Collie Greene	W60	32:41	1988	---
W65	100 Meter Dash	Kathy Bergen	65	14.48	2005	nwi
W65	200 Meter Dash	Kemisole Solwazi	65	31.72	2005	nwi
W65	400 Meter Dash	Kemisole Solwazi	65	1:14.35	2005	---
W65	800 Meter	Sumi Onodera-Leonard	W65	3:18.80	1993	---
W65	1500 Meter	Gerry Davidson	W70	7:02.6h	1990	---
W65	5,000 Meter	Jaclyn Caselli	W65	22:41.7h	1986	---
W65	HJ	Kathy Bergen	65	1.30	2005	---
W65	LJ	Johnnye Valien	W65	3.00	1993	---
W65	PV	Shirley Kinsey	W65	1.98	1995	---
W65	SP	Cherrie Sherrard	W65	9.76	2004	---
W65	DT	Cherrie Sherrard	66	20.39	2005	---
W65	JT	Shirley Dietderich	65	22.68	1992	---
W65	HT	Mary Hirst	66	16.16	2001	---
W65	Race Walk 5000 M	JoAnn Beers	W65	34:11.83	1993	---
W70	100 Meter Dash	Sumi Onodera-Leonard	73	17.80	2001	neg.
W70	200 Meter Dash	Magdalena Kuehne	71	38.25	2002	---
W70	400 Meter Dash	Sumi Onodera-Leonard	73	1:29.61	2001	---
W70	800 Meter	Vicky Bigelow	W70	3:15.39	2005	---
W70	1500 Meter	Vicky Bigelow	W70	6:34.60	2005	---
W70	5,000 Meter	Marilla Salisbury	W70	38:41	1982	---
W70	10,000 Meter	Marilla Salisbury	W70	1:27:16.6	1980	---
W70	80 M Hurdles (27")	Johnnye Valien	W70	21.07	1996	---
W70	HJ	Johnnye Valien	W70	1.00	1996	---
W70	LJ	Magdalena Kuehne	72	2.99	2003	---
W70	TJ	Magdalena Kuehne	71	6.66	2002	---
W70	SP	Edith Mendyka	71	8.20	1982	---
W70	DT	Edith Mendyka	71	18.92	1982	---
W70	JT	Edith Mendyka	73	20.18	1984	---
W70	Race Walk 5000 M	Ruth Van Sandt	W70	37:21.3	1995	---
		---	---	---	---	---
W75	100 Meter Dash	Magdalena Kuehne	75	19.06	2006	---
W75	200 Meter Dash	Magdalena Kuehne	75	41.02	2006	1.2
W75	400 Meter Dash	Gerry Davidson	W75	1:49.74	1999	---
W75	800 Meter	Bess James	W75	3:59.81	1985	---
W75	1500 Meter	Gerry Davidson	W75	8:27.54	2000	---

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Age</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
W75	5,000 Meter	Bess James	W75	31:23.6h	1985	---
W75	LJ	Magdalena Kuehne	75	3.09	2006	0.0
W75	TJ	Magdalena Kuehne	75	6.51	2006	0.0
W75	SP	Johnnye Valien	79	5.72	2004	---
W75	DT	Shirley Dietderich	W75	14.54	2002	---
W75	JT	Johnnye Valien	79	16.53	2004	---
W75	Race Walk 5000 M	Marilla Salisbury	W75	41:57	1985	---
		---	---	---	---	---
W80	200 Meter Dash	Gerry Davidson	84	56.30	2005	nwi
W80	400 Meter Dash	Gerry Davidson	80	1:51.25	2001	---
W80	800 Meter	Gerry Davidson	80	4:26.01	2001	---
W80	1500 Meter	Gerry Davidson	80	8:35.58	2001	---
W85	400 Meter Dash	Gerry Davidson	85	2:20.05	2006	---

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Age</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
M30-39	Relay 4 x 100 Meter	Maccabi	M30-39	41.88	1985	---
M30-39	Relay 4 x 400 Meter	So. Cal. Striders	M30-39	3:22.7h	1979	---
M30-39	Relay 4 x 800 Meter	San Francisco Track Club	M30-39	8:55.9h	2005	---
M40-49	Relay 4 x 100 Meter	So. Cal. Striders	M40-49	43.8h	1981	---
M40-49	Relay 4 x 400 Meter	West Valley Track Club	M40-49	3:36.2h	1986	---
M40-49	Relay 4 x 800 Meter	So. Cal Track Club	M40-49	9:51.67	2005	---
M50-59	Relay 4 x 100 Meter	West Valley Track Club (Marlin, Lingel, Springbett, Sanchez)	M50-59	47.01	1983	---
M50-59	Relay 4 x 400 Meter	So. Cal. Striders (Dunton, Culling, Withers, Atcheson)	M50-59	3:51.49	1987	---
M60-69	Relay 4 x 100 Meter	Corona Del Mar	M60-69	57.6h	1984	---
M60-69	Relay 4 x 400 Meter	Polynis, Lewis, Longadala, Parks	M60-69	4:59.4h	1982	---
W30-39	Relay 4 x 100 Meter	San Francisco Track Club	W30-39	53.35	1991	---
W30-39	Relay 4 x 400 Meter	So. Cal. Woman	W30-39	4:34.45	1998	---
W40-49	Relay 4 x 100 Meter	Nor Cal Seniors	W40-49	54.06	1979	---
W40-49	Relay 4 x 400 Meter	So Cal Track Club	W40-49	5:01.51	2006	---
W40-49	Relay 4 x 800 Meter	So Cal Track Club (Sherbourne, Contreras, Greene, Jasper)	W40-49	9:56.82	2005	---
W50-59	Relay 4 x 100 Meter	Team A	W50-59	57.64	2006	---
W50-59	Relay 4 x 800 Meter	So Cal Track Club	W50-59	9:29.99	2006	---
W60-69	Relay 4 x 100 Meter	LEG	W60-69	1:05.88	1996	---