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American Masters Records

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 pending

 women-only

Last updated: 03/12/2019

Men 35-39

Event	Performance	Name	Location	Date
100 m	9.92	Justin Gatlin (35)	London, GBR	2017-Aug-05
200 m	20.8h	Delano Meriwether (35)		1978-Jun-09
400 m	46.38	James King (35)		1984-May-25
800 m	1:43.36	Johnny Gray (35)	Zürich, SUI	1995-Aug-16
1,500 m	3:32.51	Bernard Lagat (35)	Monaco, MON	2010-Jul-22
1 mi.	3:51.38	Bernard Lagat (36)	London, GBR	2011-Aug-06
3,000 m	7:29.00	Bernard Lagat (35)	Rieti, ITA	2010-Aug-29
5,000 m	12:53.60	Bernard Lagat (36)	Monaco, MON	2011-Jul-22
10,000 m	28:02.41	Steve Plasencia (36)		1993-Jun-18
110 m Hurdles (42")	12.96	Allen Johnson (35)	Athens, GRE	2006-Sep-17
400 m Hurdles (36")	48.93	Nat Page (35)		1992-Jul-10
3,000 m Steeplechase (36")	8:30.45	Sandu Rebenciuc (35)	Sacramento, CA	2004-Jul-12
4x100 m Relay	44.88	CLUB: SW Sprinters TC: John Simpson Marcus Shute Chris Grant	Spokane, WA	2008-Aug-10

		Don Drummond		
	41.89	NON-CLUB : Thachvu Ho Antwon Dussett Lyndell Pittman Demitrius Snaer	Sacramento, CA	2011-Jul-17
4x400 m Relay	3:19.45	CLUB: SW Sprinters TC: Leon Bullard Blair DeSio Edward Winslow Antwon Dussett	Winston-Salem, NC	2014-Jul-20
4x800 m Relay	7:55.67	NON-CLUB : Miles Smith Michael Schroer Jason Rhodes Scott Anderson	Williamsburg, VA	2010-Apr-03
	8:12.33	CLUB: SoCal TC: Terrance Spann Bryan Dameworth Alex Hastings Brian Sax	Walnut, CA	2010-Apr-16
440 m Shuttle Hurdle Relay	1:02.79	NON-CLUB : Christopher Ricketts Edwin Hagans Brian Ricketts Belgie McClelland	Lisle, IL	2012-Aug-03
	1:22.17	CLUB: TNT: Negasi	Grand Rapids, MI	2016-Jul-17

		Gerima(38) Michael Jackson(43) Daniel Murdock(42) David Ash(45)		
High Jump	2.31 m (7'7")	Jamie Nieto (35)	Eugene, OR	2012-Jun-09
Pole Vault	5.86 m (19'2¾")	Jeff Hartwig (36)	Jonesboro, AR	2004-Jul-04
Long Jump	8.50 m (27'10¾")	Larry Myricks (35)	New York, NY	1991-Jun-15
	8.50 m (27'10¾")	Carl Lewis (35)	Atlanta, GA	1996-Jul-29
Triple Jump	16.95 m (55'7½")	Ray Kimble (35)		1988-Aug-12
Shot Put (16 lbs.)	22.19 m (72'9¾")	Brian Oldfield (38)	San Jose, CA	1984-May-26
Discus Throw (2 kg)	71.24 m (233'8")	John Powell (36)		1984-Jun-09
Hammer Throw (16 lbs.)	70.84 m (232'5")	Harold Connolly (37)		1969-Jul-20
Weight Throw (35 lbs)	22.48 m (73'9")	Alfred Kruger III (35)	Ashland, OH	2014-Sep-21
Superweight Throw (56lbs.)	15.16 m (49'9")	Alfred Kruger III (35)	Ashland, OH	2014-Sep-21
Javelin Throw (800 g)	72.16 m (236'9")	Jason Bender (36)	Indianapolis, IN	1997-Jun-14
Throws Pentathlon	4415 pts.	Alfred Kruger III (35)	Ashland, OH	2014-Sep-21
Pentathlon	3490 pts.	Frank Reilly (39)	Eagle Rock, CA	1987-Jun-20
Ultraweight Pentathlon	4244 pts.	Mark Landa (39)	Seattle, WA	2012-Aug-19
Decathlon	8558 pts.	Kip Janvrin (35)	Eugene, OR	2001-Jun-21

Women 35-39

Event	Performance	Name	Location	Date
100 m	11.07	Evelyn Ashford (35)		1992-May-28
200 m	22.47	Evelyn Ashford (35)		1992-Aug-13
400 m	50.27	Jearl Miles-Clark (36)	Madrid, ESP	2002-Sep-20
800 m	1:57.27	Jearl Miles-Clark (37)	Athens, GRE	2004-Aug-23
1,500 m	4:00.35	Regina Jacobs (35)	Sevilla, ESP	1999-Aug-29
1 mi.	4:26.10	Mary Slaney (38)		1997-Apr-26
3,000 m	8:51.84	Francis Larrieu (35)		1988-Sep-11
5,000 m	14:45.35	Regina Jacobs (36)	Sacramento, CA	2000-Jul-21
10,000 m	31:28.92	Francis Larrieu (38)		1991-Apr-04
100 m Hurdles (33")	12.40	Gail Devers (35)	Lausanne, SUI	2002-Jul-02
400 m Hurdles (30")	53.32	Sandra Glover (36)	Helsinki, FIN	2005-Aug-13
2,000 m Steeplechase (30")	6:30.83	Leslie Lehane (35)	Orono, ME	1998-Jul-31
4x100 m Relay	49.04	NON-CLUB : Maurelhena Walles Charmaine Roberts Lisa Daley Latrica Dendy	Lahti, FIN	2009-Aug-08
	52.68	CLUB: Carolinas TFC: Anne Sluder Kris Kazebee Melanie Walker Toccatà Murphy	Lisle, IL	2012-Aug-06

4x400 m Relay	3:52.85	NON-CLUB : Maurelhena Walles Lisa Daley Charmaine Roberts Latrica Dendy	Sacramento, CA	2010-Jul-25
	4:17.07	CLUB: SW Sprinters TC: Angela Myers(39) Cynthia Monteleone(42) Rachel Guest(43) Danelle Readinger(42)	Spokane, WA	2018-Jul-29
4x800 m Relay	9:25.27	CLUB: Westchester TC: Charlotte Rizzo Jennifer Metz Jessica Reifer Nora McGrath	New York, NY	2011-Jul-09
400 m Shuttle Hurdle Relay	1:14.60	NON-CLUB : Lisa Edwards (37) Anne Sluder (42) Shara Coletta (37) Melanie Blake (36)	Jacksonville, FL	2015-Jul-25
High Jump	1.95 m (6'4¾")	Amy Acuff (36)	Eugene, OR	2012-Jun-29
Pole Vault	4.85 m (15'11")	Jennifer Suhr (36)	Eugene, OR	2018-May-26
Long Jump	6.79 m (22'3½")	Jackie Joyner-Kersey (35)	Athens, GRE	1997-Aug-09
Triple Jump	12.41 m (40'8¾")	Tiombe Hurd (38)	Sacramento, CA	2010-Jul-25

Shot Put (4 kg)	16.30 m (53'5¾")	Jane Frederick (35)		1987-Aug-31
Discus Throw	69.17 m (226'11")	Gia Lewis- Smallwood (35)	Angers, FRA	2014-Aug-30
Hammer Throw (4 kg)	51.63 m (169'4")	Michelle Clayton (38)	Jacksonville, FL	2015-Jul-23
Weight Throw (20 lbs.)	15.35 m (50'4")	Julie Williams- Tinkham (37)	Chelmsford, MA	2018-May-06
Superweight Throw (35 lbs.)	10.00 m (32'9")	Julie Williams- Tinkham (37)	Worcester, MA	2017-Aug-05
Javelin Throw (600 g)	40.10 m (131'6")	Allison Cowdell (37)	Spokane, WA	2008-Aug-09
Throws Pentathlon	3256 pts.	Janine Kuestner (35)	Worcester, MA	2017-Aug-05
Pentathlon	3585 pts.	Clare Look- Jaeger (39)	Honolulu, HI	2005-Aug-04
Ultraweight Pentathlon	4731 pts.	Julie Williams- Tinkham (37)	Chelmsford, MA	2018-May-06
Heptathlon	6406 pts.	DeDee Nathan (36)	Sacramento, CA	2004-Jul-09
Decathlon	3585 pts.	Stephanie Colby (39)	Slippery Rock, PA	2017-Jun-24

Men 40-44

Event	Performance	Name	Location	Date
100 m	10.73	Aaron Thigpen (41)	Charlotte, NC	2006-Aug-05
200 m	21.86	Bill Collins (41)		1992-Aug-15
400 m	48.44	James King (40)	Eugene, OR	1989-Aug-05
800 m	1:50.34	Jim Sorensen (40)	Bloomington, IN	2007-Jun-30
1,500 m	3:41.87	Bernard Lagat (40)	Birmingham, GBR	2015-Jun-07
1 mi.	3:57.91	Bernard Lagat (40)	London, GBR	2015-Jul-25
3,000 m	7:42.75	Bernard Lagat (40)	Luzern, SUI	2015-Jul-14
5,000 m	13:06.78	Bernard Lagat (41)	Rio de Janeiro, BRA	2016-Aug-20
10,000 m	28:57.88	Kevin Castille (40)	Stanford, CA	2012-Apr-06
110 m Hurdles (39")	13.73	David Ashford (40)	Carolina, PUR	2003-Jul-11
400 m Hurdles (36")	52.76	James King (40)		1989-Aug-03
3,000 m Steeplechase (36")	9:18.6	Hal Higdon (44)	Toronto, CAN	1975-Aug-15
4x100 m Relay	42.20	CLUB: Speedwest TC: Frank Strong Cornell Stephenson	Irvine, CA	2004-May-02

		Kettrell Berry Willie Gault		
4x400 m Relay	3:20.83	CLUB: Sprint Force America: Sal Allah Kevin Morning Edward Gonera Ray Blackwell	Philadelphia, PA	2001-Apr-28
4x800 m Relay	7:54.17	NON-CLUB : John Hinton Brian Pope Kevin Paulk Tony Young	Eugene, OR	2004-Jun-27
	8:09.46	CLUB: Central Park TC: Neil Fitzgerald Anselm LeBourne Chris Potter Gladstone Jones	New York, NY	2009-Jul-11
440 m Shuttle Hurdle Relay	1:14.00	NON-CLUB : Joseph Ols Kerry Sloan Eugene Anton Don Drummond	Berea, OH	2011-Jul-31
High Jump	2.11 m (6'11")	Jim Barrineau (40)		1995-Jul-19
Pole Vault	5.70 m (18'8¼")	Jeff Hartwig (40)	Eugene, OR	2008-Jun-29
Long Jump	7.68 m (25'2½")	Aaron Sampson (40)	Cedar City, UT	2002-Jun-21
Triple Jump	16.58 m (54'4¾")	Ray Kimble (40)	Edinburgh, GBR	1993-Jul-02

Shot Put (16 lbs.)	21.41 m (70'3")	Brian Oldfield (40)	Innsbruck, AUT	1985-Aug-22
Discus Throw (2 kg)	69.48 m (227'11")	Al Oerter (43)	Wichita, KS	1980-May-31
Hammer Throw (16 lbs.)	74.34 m (243'10")	Ed Burke (44)		1984-Apr-28
Weight Throw (35 lbs)	18.89 m (61'11")	Kenneth Jansson (41)	Gateshead, GBR	1999-Aug-07
Superweight Throw (56 lbs.)	11.53 m (37'10")	Mark Landa (41)	Scottsdale, AZ	2014-Feb-23
Javelin Throw (800 g)	76.91 m (252'4")	Thomas Petranoff (41)		1999-Jun-12
Throws Pentathlon	4238 pts.	Mark Landa (40)	Mesa, AZ	2013-May-25
Pentathlon	3720 pts.	Bart Thomas (40)	Charlotte, NC	2011-May-21
Ultraweight Pentathlon	4701 pts.	Mark Landa (40)	Lisle, IL	2013-Aug-04
Decathlon	8542 pts.	Kip Janvrin (40)	San Sebastian, ESP	2005-Aug-23

Women 40-44

Event	Performance	Name	Location	Date
100 m	12.31	Phil Raschker (40)	Melbourne, AUS	1987-Dec-01
	12.31	Renee Henderson (44)	Spokane, WA	2008-Aug-09
200 m	24.84	Phil Raschker (42)	Eugene, OR	1989-Aug-03
400 m	56.90	Latrica Dendy (44)	Perth, AUS	2016-Nov-05
800 m	2:07.57	Alisa Harvey (41)	Chapel Hill, NC	2007-May-11
1,500 m	4:16.99	Sonja Friend- Uhl (41)	Nashville, TN	2012-May-20
1 mi.	4:45.68	Sonja Friend- Uhl (44)	Nashville, TN	2015-Jun-06
3,000 m	9:27.45	Carmen Troncoso (43)	Portland, OR	2000-Jun-25
5,000 m	15:45.94	Jennifer Rhines (41)	Palo Alto, CA	2016-May-01
10,000 m	34:53.32	Kate Landau (41)	Spokane, WA	2018-Jul-28
80 m Hurdles (30")	11.47	Stephanie Thomas (41)	Los Gatos, CA	2005-Aug-11
400 m Hurdles (30")	63.95	Lisa Daley (41)	Sacramento, CA	2011-Jul-11
2,000 m Steeplechase (30")	6:49.58	Lisa Ryan (41)	Sacramento, CA	2011-Jul-17
4x100 m Relay	52.21	CLUB: SW Sprinters TC: Jeanette Rogers(43) Rachel Guest(42)	Baton Rouge, LA	2017-Jul-16

		Cynthia McNamee(41) Nedenia West(48)		
	49.38	NON-CLUB : Cynthia Monteleone(42) Rachel Guest(43) Lisa Edwards (40) Cynthia McNamee(42)	Malaga, ESP	2018-Sep-16
4x400 m Relay	4:12.64	CLUB: Athena TC: Joan Hunter Lorraine Jasper Terri Rath Charmaine Roberts	Philadelphia, PA	2007-Apr-27
	3:56.27	NON-CLUB : Charmaine Roberts Reneé Henderson Jane Brooker Jearl Miles-Clark	Philadelphia, PA	2008-Apr-25
4x800 m Relay	9:46.22	CLUB: Athena TC: Terri Cassel Mary Grene Lorraine Jasper Joan Hunter	Orono, ME	2007-Aug-05
	9:18.33	NON-CLUB : Grace Padilla Lisa Ryan Jennifer Burke Sonja Friend- Uhl	Olathe, KS	2013-Jul-14
320 m Shuttle Hurdle Relay	1:06.41	CLUB: TNT Intl. RC: Jill Cypress	Winston- Salem, NC	2014-Jul-19

		Linda Jarjisian Christine Roemer Jo Phelps		
	52.18	NON-CLUB : Danelle Readinger(42) Lisa Edwards(40) Kimberley Touya(42) Rachel Guest(43)	Spokane, WA	2018-Jul-27
High Jump	1.79 m (5'10½")	Amy Acuff (40)	Eugene, OR	2016-Jul-01
Pole Vault	3.45 m (11'3¾")	Jill Starkey (40)	Sacramento, CA	2011-Jul-09
Long Jump	5.68 m (18'7¾")	Veronica Amarasekara (42)	Eugene, OR	2003-Aug-08
Triple Jump	11.36 m (37'3¼")	Regina Richardson (41)	Charlotte, NC	2005-Aug-06
Shot Put (4 kg)	15.09 m (49'6¼")	Oneithea Lewis (42)	Lancaster, PA	2002-Jul-17
Discus Throw	52.44 m (172'0")	Carol Finsrud (44)	Houston, TX	2001-May-19
Hammer Throw (4 kg)	57.08 m (187'3")	Oneithea Lewis (44)	Reading, PA	2005-Jun-04
Weight Throw (20 lbs.)	19.09 m (62'7")	Oneithea Lewis (42)	Newark, DE	2002-Sep-28
Superweight Throw (35 lbs.)	9.40 m (30'10")	Angela Herzner (43)	Scottsdale, AZ	2018-Feb-25
Javelin Throw (600 g)	42.05 m (137'11")	Carla Greene (42)	Cedarville, OH	2005-Sep-05
Throws Pentathlon	4841 pts.	Oneithea Lewis (43)	Ft Collins, CO	2003-Aug-23
Pentathlon	3746 pts.	Anne Sluder (42)	Jacksonville, FL	2015-Jul-23

Ultraweight Pentathlon	4942 pts.	Angela Herzner (43)	Scottsdale, AZ	2018-Jun-10
Heptathlon	5468 pts.	Rachel Guest (40)	Lyon, FRA	2015-Aug-04
Decathlon	5515 pts.	Jessica Reifer (40)	Neosho, MO	2014-Jul-05

Men 45-49

Event	Performance	Name	Location	Date
100 m	10.72	Willie Gault (45)	Indianapolis, IN	2006-Jun-24
200 m	21.80	Willie Gault (47)	Los Angeles, CA	2008-Apr-26
400 m	49.09	Allen Woodard (48)	Houston, TX	2017-Mar-18
800 m	1:54.18	Sal Allah (45)	Pomona, NJ	2005-Jul-02
1,500 m	3:55.09	Christian Cushing- Murray (45)	Los Angeles, CA	2013-Mar-15
1 mi.	4:16.09	Tony Young (46)	Gresham, OR	2008-May-31
3,000 m	8:36.86	Peter Magill (46)	Los Angeles, CA	2008-Mar-01
5,000 m	14:34.27	Peter Magill (46)	Walnut, CA	2008-Mar-08
10,000 m	29:44.38	Kevin Castille (45)	Lafayette, LA	2017-Mar-17
110 m Hurdles (39")	14.46	Derek Pye (47)	Jacksonville, FL	2015-Jul-24
400 m Hurdles (36")	55.72	Darnell Gatling (47)	New York, NY	2007-Jul-13
3,000 m Steeplechase (36")	9:06.68	Brad Wilson Barton (48)	Nashville, TN	2014-Jun-28
4x100 m Relay	47.24	CLUB: Atlanta TC: Don Drummond Michael Johnson Calvin Padgett Michael Carpenter	Winston- Salem, NC	2014-Jul-20
	43.75	NON-CLUB : Karnell Vickers	Baton Rouge, LA	2017-Jul-16

		Allen Woodard Jeffery Mack Stevan Dixon		
4x400 m Relay	3:37.89	CLUB: SW Sprinters TC: James Lawson (51) John Cormier (48) Marcus Shute (52) David Jones (50)	Jacksonville, FL	2015-Jul-26
	3:22.79	NON-CLUB : Karnell Vickers Mark Gomes Lee Bridges Allen Woodard	Philadelphia, PA	2017-Apr-29
440 m Shuttle Hurdle Relay	1:20.24	NON-CLUB : James Smith(48) Lee Faulkner(45) Michael Johnson(47) Jeffery Davison(56)	Winston- Salem, NC	2014-Jul-19
High Jump	2.05 m (6'8¾")	Charles Austin (45)	San Marcos, TX	2014-Jun-21
Pole Vault	5.10 m (16'8¾")	Larry Jessee (45)	El Paso, TX	1997-Aug-10
Long Jump	6.98 m (22'10¾")	John Hartfield (46)		1991-Jun-07
Triple Jump	14.64 m (48'0½")	Willie Banks (49)	San Sebastian, ESP	2005-Sep-02
Shot Put (16 lbs.)	16.83 m (55'2¾")	Ed Hill (45)		1988-Aug-23
Discus Throw (2 kg)	66.12 m (216'11")	Al Oerter (45)	Westfield, NJ	1982-Mar-28

Hammer Throw (16 lbs.)	64.70 m (212'3")	Dave McKenzie (46)		1995-Jun-04
Weight Throw (35 lbs)	17.82 m (58'5")	Ken Jansson (47)	Arlington, TX	2005-Aug-13
Superweight Throw (56 lbs.)	11.67 m (38'3")	Jim Wetenhall (47)		2002-Jun-02
Javelin Throw (800 g)	71.75 m (235'4")	Arnie Bradstock (45)	Clermont, FL	2007-May-19
Throws Pentathlon	4379 pts.	Eric Cole (45)	Arlington, TX	2015-Jul-18
Pentathlon	3724 pts.	Michael Janusey (45)	Eugene, OR	2003-Aug-07
Ultraweight Pentathlon	5049 pts.	Eric Cole (47)	Worcester, MA	2017-Aug-06
Decathlon	7624 pts.	David Burton (45)	San Marcos, TX	2015-Sep-26

Women 45-49

Event	Performance	Name	Location	Date
100 m	12.10	Renee Henderson (45)	Lahti, FIN	2009-Aug-02
200 m	25.28	Renee Henderson (46)	Sacramento, CA	2011-Jul-12
400 m	56.82	Mary Libal (45)	Buffalo, NY	1995-Jul-22
800 m	2:13.67	Alisa Harvey (45)	Fairfax, VA	2011-Apr-09
1,500 m	4:29.61	Sonja Friend-Uhl (45)	Gainesville, FL	2016-Apr-01
1 mi.	4:56.28	Kris Paaso (45)	San Francisco, CA	2016-Apr-02
3,000 m	9:45.66	Kris Paaso (45)	Portland, OR	2016-Jun-11
5,000 m	16:01.73	Monica Joyce (49)	Waltham, MA	2008-May-24
10,000 m	34:44.78	Monica Joyce (49)	Hillsdale, MI	2008-Apr-28
80 m Hurdles (30")	12.07	Joy Upshaw-Margerum (47)	Spokane, WA	2008-Aug-08
400 m Hurdles (30")	65.92	Latrica Dendy (45)	Malaga, ESP	2018-Sep-07
2,000 m Steeplechase (30")	6:58.89	Lisa Valle (45)	Sacramento, CA	2011-Jul-17
4x100 m Relay	53.98	CLUB: So Cal TC: Menka Scott (47) Angela Sauer (47) Sharron Warren (63) La Shon	Winston-Salem, NC	2014-Jul-20

		Nedd-Johnson (51)		
	50.87	NON-CLUB : Emmanuelle McGowan (47) Beth Clark (49) Evelyn Konrad (48) Joy Upshaw (54)	Lyon, FRA	2015-Aug-16
4x400 m Relay	4:35.18	CLUB: Mass Velocity TC: Sue McCarthy Evelyn Konrad Diane Pomeroy Beth Clark	Winston- Salem, NC	2014-Jul-20
	4:10.95	NON-CLUB : Emmanuelle McGowan (47) Lisa Daley (45) Evelyn Konrad (48) Christine Gentile (45)	Lyon, FRA	2015-Aug-16
320 m Shuttle Hurdle Relay	58.84	NON-CLUB : Ellen Andel(45) Christine Roemer(47) Menka Scott(45) Susan Weimer(46)	Lisle, IL	2012-Aug-03
High Jump	1.62 m (5'3¾")	Clare Look- Jaeger (45)	Long Beach, CA	2011-Sep-18
Pole Vault	3.38 m (11'1")	Phil Raschker (47)	Atlanta, GA	1994-May-17

Long Jump	5.37 m (17'7½")	Joy Upshaw- Margerum (47)	Spokane, WA	2008-Aug-09
Triple Jump	10.80 m (35'5¼")	Phil Raschker (46)	Provo, UT	1993-Aug-12
Shot Put (4 kg)	13.55 m (44'5½")	Oneithea Lewis (45)	Honolulu, HI	2005-Aug-05
Discus Throw	50.85 m (166'10")	Carol Finsrud (48)	Honolulu, HI	2005-Aug-04
Hammer Throw (4 kg)	56.21 m (184'5")	Oneithea Lewis (45)	Denver, CO	2005-Jul-16
Weight Throw (20 lbs.)	17.88 m (58'8")	Oneithea Lewis (45)	Arlington, TX	2005-Aug-13
Superweight Throw (35 lbs.)	10.59 m (34'9")	Oneithea Lewis (49)	Denver, PA	2009-Jul-18
Javelin Throw (600 g)	41.57 m (136'4")	Monica Kendall (48)	Sandy, OR	2004-Jun-12
Throws Pentathlon	4752 pts.	Oneithea Lewis (45)	Arlington, TX	2005-Aug-13
Pentathlon	4254 pts.	Phil Raschker (46)	Provo, UT	1993-Aug-11
Ultraweight Pentathlon	5349 pts.	Oneithea Lewis (49)	Portland, OR	2009-Aug-23
Heptathlon	5142 pts.	Erika Pierce (45)	San Marcos, TX	2016-Sep-17
Decathlon	6314 pts.	Caryl Senn- Griffiths (48)	Joplin, MO	2010-Jun-19

Men 50-54

Event	Performance	Name	Location	Date
100 m	10.88	Willie Gault (50)	Los Angeles, CA	2011-May-07
200 m	22.44	Willie Gault (50)	Los Angeles, CA	2011-May-07
400 m	51.13	Khalid Mulazim (51)	Baton Rouge, LA	2017-Jul-14
800 m	1:58.65	Nolan Shaheed (50)	Eagle Rock, IL	2000-May-13
1,500 m	4:01.77	Brad Barton (50)	Eugene, OR	2016-Jul-03
1 mi.	4:25:04	Nolan Shaheed (51)	Eugene, OR	2001-Jun-23
3,000 m	8:49.66	Sean Wade (50)	Houston, TX	2016-Apr-16
5,000 m	14:52.92	Sean Wade (50)	Houston, TX	2016-Mar-25
10,000 m	30:48.87	Sean Wade (50)	San Francisco, CA	2016-Apr-01
100 m Hurdles (36")	13.57	Walt Butler (50)	Naperville, IL	1991-Jul-05
400 m Hurdles (33")	56.86	Darnell Gatling (51)	Sacramento, CA	2011-Jul-11
3,000 m Steeplechase (36")	10:10.41	Leonard Hill (50)	Eugene, OR	2003-Jun-21
4x100 m Relay	44.47	CLUB: Central Park TC: Randy Frey Ben James Tony Fulton Val Barnwell	Philadelphia, PA	2009-Apr-24
4x400 m Relay	3:31.76	NON-CLUB : Michael Sullivan	Sacramento, CA	2011-Jul-17

		Corey Moody Darnell Gatling Ray Blackwell		
	3:34.08	CLUB: SW Sprinters TC: John Cormier(50) Marcus Shute(54) Francois Boda(53) Khalid Mulazim(51)	Baton Rouge, LA	2017-Jul-16
4x800 m Relay	8:41.55	CLUB: SoCal TC: Nolan Shaheed Larry Barnum David Salazar Dave Clingan	Decatur, IL	2004-Aug-08
	8:40.32	NON-CLUB : Stephen Chantry James Robinson Bob Prather Russell Patton	Honolulu, HI	2005-Aug-07
400 m Shuttle Hurdle Relay	1:20.26	CLUB: Over the Hill TC: Derek McKinley Sam Webb Tim Barnes Christopher Stephens	Berea, OH	2011-Jul-31
	1:01.81	NON-CLUB : Darnell Gatling, Sr. Michael Jones, Sr. Kerry Sloan	Winston- Salem, NC	2014-Jul-19

		Mark Williamson		
High Jump	1.94 m (6'4¼")	Bruce McBarnette (52)	Newport News, VA	2010-Jun-19
Pole Vault	4.75 m (15'7")	Gary Hunter (51)	Orono, ME	2007-Aug-04
Long Jump	6.48 m (21'3¼")	Antonio Palacios (50)	Grand Rapids, MI	2016-Jul-16
Triple Jump	14.00 m (45'11¼")	Willie Banks (50)	Santa Barbara, CA	2006-Oct-07
Shot Put (6 kg)	17.08 m (56'0½")	John Nespoli (50)	Pittsburgh, PA	2005-Jun-14
Discus Throw (1.5 kg)	62.74 m (205'10")	Al Oerter (52)		1989-Aug-03
Hammer Throw (6 kg)	71.71 m (235'3")	Jud Logan (50)	Bowling Green, OH	2009-Oct-17
Weight Throw (25 lbs)	24.24 m (79'6")	Jud Logan (50)	Bowling Green, OH	2009-Oct-17
Superweight Throw (56 lbs.)	11.21 m (36'9")	Jim Wetenhall (50)	Reading, PA	2005-Jun-04
Javelin Throw (700 g)	70.71 m (232'0")	Michael Brown (51)	Clermont, FL	2005-Apr-09
Throws Pentathlon	4244 pts.	Jim Wetenhall (52)	Wilsall, MT	2006-Aug-19
Pentathlon	3639 pts.	Brian Coushay (50)	Winston-Salem, NC	2014-Jul-17
Ultraweight Pentathlon	4905 pts.	Jim Wetenhall (54)	Bowling Green, OH	2009-Sep-12
Decathlon	7467 pts.	Brian Coushay (50)	Neosho, MO	2014-Jul-05

Women 50-54

Event	Performance	Name	Location	Date
100 m	12.50	Phil Raschker (50)	Atlanta, GA	1997-May-17
200 m	25.72	Phil Raschker (50)	Durban, RSA	1997-Jul-23
400 m	61.02	Emmanuelle McGowan (50)	Malaga, ESP	2018-Sep-14
800 m	2:21.98	DeeDee Grafius (50)	Davis, CA	1999-Apr-17
1,500 m	4:51.86	Marisa Sutera Strange (52)	Jacksonville, FL	2015-Jul-24
1 mi.	5:15.55	Kathryn Martin (50)	Alexandria, VA	2002-Sep-01
3,000 m	10:06.60	Carmen Troncoso (51)	Portland, OR	2010-Jun-12
5,000 m	17:25.6	Shirley Matson (50)		1991-Sep-26
10,000 m	37:04.87	Kirsten Leetch (52)	Torrance, CA	2018-Apr-19
80 m Hurdles (30")	12.19	Joy Upshaw (50)	Sacramento, CA	2011-Jul-16
300 m Hurdles (30")	46.17	Joy Upshaw (50)	Point Loma, CA	2011-Sep-24
2,000 m Steeplechase (30")	7:59.66	Lisa Valle (51)	San Mateo, CA	2017-Jun-04
4x100 m Relay	51.88	NON-CLUB : Joy Upshaw Liz Palmer Amanda Scotti Kathleen Shook	Sacramento, CA	2011-Jul-17
	56.55	CLUB: Athena TC: Sandy Lee Triolo Cheryl Bellaire	Philadelphia, PA	2017-Apr-28

		Charmaine Roberts Terri Rath		
4x400 m Relay	4:34.03	CLUB: Athena TC: Debra Hoffman Lorraine Jasper Julie Hayden Cheryl Bellaire	Philadelphia, PA	2013-Apr-26
4x800 m Relay	10:24.21	NON-CLUB : Beth Shisler Sarah Allers Claudette Groenendaal Lorraine Jasper	Winston-Salem, NC	2014-Jul-20
	10:26.85	CLUB: Janes Elite Racing: Tania Fischer Kathleen Cushing-Murray Kirsten Leetch Judy Stobbe	Culver City, CA	2018-Jun-16
320 m Shuttle Hurdle Relay	56.81	NON-CLUB : Karen Maxwell(58) Regina Richardson(52) Dr. Koura Gibson(53) Joy Upshaw (56)	Baton Rouge, LA	2017-Jul-16
High Jump	1.57 m (5'1¾")	Sue McDonald (50)	Pasadena, CA	2013-Jun-16
Pole Vault	3.25 m (10'8")	Phil Raschker (50)	Orlando, FL	1999-Oct-20
Long Jump	5.40 m (17'8¾")	Phil Raschker (50)	Atlanta, GA	1997-Apr-13
Triple Jump	10.49 m (34'5")	Phil Raschker (50)	Durban, RSA	1997-Jul-23
Shot Put (3 kg)	14.65 m (48'0¾")	Monica Kendall (50)	Gresham, OR	2006-Jun-10

Discus Throw	45.67 m (149'10")	Carol Finsrud (50)	Riccione, ITA	2007-Sep-15
Hammer Throw (3 kg)	55.46 m (181'11")	Oneithea Lewis (50)	Sacramento, CA	2010-Jul-22
Weight Throw (16 lbs.)	18.76 m (61'6")	Oneithea Lewis (51)	Sacramento, CA	2011-Jul-11
Superweight Throw (25 lbs.)	12.98 m (42'7")	Oneithea Lewis (50)	Lisle, IL	2010-Aug-08
Javelin Throw (500 g)	43.72 m (143'5")	Monica Kendall (50)	Gresham, OR	2006-Jun-10
Throws Pentathlon	4800 pts.	Oneithea Lewis (50)	Lisle, IL	2010-Aug-07
Pentathlon	4140 pts.	Phil Raschker (53)	Eugene, OR	2000-Aug-10
Ultraweight Pentathlon	5872 pts.	Oneithea Lewis (50)	Lisle, IL	2010-Aug-08
Heptathlon	4865 pts.	Rita Hanscom (53)	Riccione, ITA	2007-Sep-04
Decathlon	6768 pts.	Rita Hanscom (52)	Shoreline, WA	2006-Jul-15

Men 55-59

Event	Performance	Name	Location	Date
100 m	11.30	Willie Gault (55)	Eagle Rock, CA	2016-May-07
200 m	23.24	Willie Gault (55)	Eagle Rock, CA	2016-May-07
400 m	52.24	Charles Allie (55)	Carolina, PUR	2003-Jul-12
800 m	2:03.75	Anselm LeBourne (56)	Beijing, CHN	2015-Aug-29
1,500 m	4:17.80	Richard Burns (55)	Los Angeles, CA	2010-Mar-12
1 mi.	4:36.94	Richard Burns (55)	Portland, OR	2010-Jun-12
3,000 m	9:16.62	Nat Larson (55)	Waltham, MA	2018-Jun-03
5,000 m	15:42.13	Peter Magill (55)	Fullerton, CA	2017-Mar-10
10,000 m	33:00.66	Norman Green (57)		1989-Jul-29
100 m Hurdles (36")	14.49	Walt Butler (55)	Eugene, OR	1996-Aug-22
400 m Hurdles (33")	59.67	Courtland Gray (55)		1999-Jun-18
3,000 m Steeplechase (36")	10:38.16	Dale Campbell (57)	Costa Mesa, CA	2011-Apr-08
4x100 m Relay	46.68	CLUB: SoCal TC: Robert Foster(55) Brian Hankerson(57) James Chinn (58) Val Barnwell(59)	Baton Rouge, LA	2017-Jul-16
	46.32	NON-CLUB : Val	Toronto, CAN	2017-Aug-12

		Barnwell(59) Allan Tissenbaum (57) Robert Foster(55) Don McGee(57)		
4x400 m Relay	3:40.62	NON-CLUB : Charles Allie George Haywood Bill Collins Horace Grant	Philadelphia, PA	2010-Apr-23
	4:25.34	CLUB: SoCal TC: Basil Scott II(59) Steve Brumwell(56) Brian Nelson(57) Robert Scott(59)	Winston- Salem, NC	2014-Jul-20
400 m Shuttle Hurdle Relay	1:11.29	NON-CLUB : Mark Jakubowski(55) Robert McDaniels(55) Ernie Snodgrass(59) John Hadrick(55)	Lisle, IL	2012-Aug-03
High Jump	1.84 m (6'0½")	Bruce McBarnette (56)	Winston- Salem, NC	2014-Jul-19
Pole Vault	4.36 m (14'3½")	Gary Hunter (57)	Olathe, KS	2013-Jul-13
Long Jump	6.14 m (20'1¾")	Brian Hankerson (55)	Alexandria, VA	2015-Sep-06
Triple Jump	13.36 m (43'10")	Henry Ellard (55)	Greensboro, NC	2016-Jul-31

Shot Put (6 kg)	16.23 m (53'3")	James Patterson (55)	Seattle, WA	2018-Jun-02
Discus Throw (1.5 kg)	55.61 m (182'5")	Scott Eriksson (55)	Arlington, TX	2017-Jul-27
Hammer Throw (6 kg)	67.27 m (220'8")	Jud Logan (55)	Ashland, OH	2014-Sep-21
Weight Throw (25 lbs)	21.73 m (71'3")	Jud Logan (55)	Ashland, OH	2014-Sep-21
Superweight Throw (56 lbs.)	10.31 m (33'10")	Jim Wetenhall (55)	Reading, PA	2010-Jun-06
Javelin Throw (700 g)	66.11 m (216'10")	Michael Brown (56)	Raleigh, NC	2010-Jun-12
Throws Pentathlon	4602 pts.	John Goldhammer (57)	Sacramento, CA	2011-Jul-16
Pentathlon	3721 pts.	Michael Janusey (55)	Raleigh, NC	2013-May-17
Ultraweight Pentathlon	5623 pts.	Jim Wetenhall (55)	Bowling Green, OH	2009-Oct-18
Decathlon	7773 pts.	William Murray (55)	Lahti, FIN	2009-Jul-28

Women 55-59

Event	Performance	Name	Location	Date
100 m	13.27	Joy Upshaw (56)	Glendale, CA	2017-Oct-01
200 m	27.54	Joy Upshaw (55)	Grass Valley, CA	2016-Jun-25
400 m	64.37	Sue McDonald (55)	Spokane, WA	2018-Jul-27
800 m	2:27.00	Sue McDonald (55)	Spokane, WA	2018-Jul-26
1,500 m	5:08.96	Lorraine Jasper (55)	Perth, AUS	2016-Nov-05
1 mi.	5:30.32	Doreen McCoubrie (56)	Alexandria, VA	2018-Sep-02
3,000 m	10:47.8	Kathryn Martin (56)	Huntington Sta, NY	2008-Jul-17
5,000 m	18:43.65	Shirley Matson (55)	Eugene, OR	1996-Aug-23
10,000 m	39:37.05	Laura Bruess (55)	Norwalk, CA	2016-Jun-18
80 m Hurdles (30")	12.87	Joy Upshaw (57)	Spokane, WA	2018-Jul-27
300 m Hurdles (30")	49.14	Phil Raschker (55)	Orono, ME	2002-Aug-11
2,000 m Steeplechase (30")	8:13.10	Kathryn Martin (58)	Sacramento, CA	2010-Jul-23
4x100 m Relay	55.71	CLUB: Joy's Jackrabbits: Amanda Scotti (60) Debra Hoffman(58) Darla Demitrios(55) Joy Upshaw(57)	Hayward, CA	2018-Jul-07
	54.05	NON-CLUB : Sandra	Malaga, ESP	2018-Sep-16

		Triolo(56) Adriene Allen(56) Kathleen Shook(57) Joy Upshaw(57)		
4x400 m Relay	4:35.60	NON-CLUB : Shemayne Williams(56) Lorraine Jasper(56) Adriene Allen(56) Kathleen Shook(57)	Malaga, ESP	2018-Sep-16
High Jump	1.47 m (4'9¾")	Phil Raschker (55)	Carolina, PUR	2003-Jul-02
Pole Vault	3.08 m (10'1¼")	Kay Glynn (58)	Humble, TX	2011-Jun-20
Long Jump	4.90 m (16'1")	Phil Raschker (55)	Orono, ME	2002-Aug-09
Triple Jump	9.66 m (31'8½")	Phil Raschker (55)	Orono, ME	2002-Aug-11
Shot Put (3 kg)	13.27 m (43'6½")	Monica Kendall (57)	Gresham, OR	2013-Jun-22
Discus Throw	40.39 m (132'6")	Carol Finsrud (55)	Austin, TX	2012-Jul-28
Hammer Throw (3 kg)	49.46 m (162'3")	Vanessa Hilliard (55)		1997-Apr-05
Weight Throw (16 lbs.)	16.17 m (53'0")	Oneithea Lewis (58)	Seattle, WA	2018-Aug-05
Superweight Throw (25 lbs)	11.42 m (37'5")	Oneithea Lewis (58)	Chester, PA	2018-Jun-15
Javelin Throw (500 g)	40.23 m (132'0")	Linda Cohn (55)	Spokane, WA	2008-Aug-07
Throws Pentathlon	4399 pts.	Oneithea Lewis (58)	Chelmsford, MA	2018-Jul-14

Pentathlon	4511 pts.	Phil Raschker (55)	Orono, ME	2002-Aug-08
Ultraweight Pentathlon	5713 pts.	Oneithea Lewis (58)	Seattle, WA	2018-Aug-05
Heptathlon	6057 pts.	Rita Hanscom (55)	Lahti, FIN	2009-Jul-28
Decathlon	8155 pts.	Rita Hanscom (55)	Shoreline, WA	2009-Aug-15

Men 60-64

Event	Performance	Name	Location	Date
100 m	11.83	Bill Collins (61)	Lisle, IL	2012-Aug-04
200 m	24.14	Oscar Peyton (62)	Raleigh, NC	2015-Jun-20
400 m	54.29	Charles Allie (61)	Raleigh, NC	2009-May-02
800 m	2:08.56	Nolan Shaheed (61)	Los Angeles, CA	2011-Apr-23
1,500 m	4:24.00	Nolan Shaheed (61)	Norwalk, CA	2011-Apr-30
1 mi.	4:53.01	Nolan Shaheed (62)	Portland, OR	2012-Jun-09
3,000 m	10:07.58	Dale Campbell (61)	Los Angeles, CA	2015-Mar-07
5,000 m	16:52.00	Jim O'Neil (60)	Rome, ITA	1985-Jun-25
10,000 m	35:19.8	Clive Davies (63)		1978-Aug-19
100 m Hurdles (33")	14.37	Thaddeus Wilson (60)	Berea, OH	2011-Jul-29
300 m Hurdles (30")	43.49	Jack Greenwood (63)		1989-Aug-03
2,000 m Steeplechase (30")	7:09.91	Nolan Shaheed (62)	Pasadena, CA	2012-Jun-16
4x100 m Relay	47.93	NON-CLUB : Ralph Peterson Thaddeus Wilson Charles Allie Leo Sanders	Sacramento, CA	2011-Jul-17
	48.33	CLUB: Houston Elite: Ron Johnson Charles Allie Richard Riddle Bill Collins	Philadelphia, PA	2013-Apr-26

4x400 m Relay	3:51.33	CLUB: Houston Elite: Bill Collins Horace Grant George Haywood Charles Allie	Philadelphia, PA	2013-Apr-26
4x800 m Relay	9:35.99	CLUB: SoCal TC: John Darlington Frank Condon Dennis Duffy Larry Barnum	Santa Barbara, CA	2005-Oct-01
	9:30.92	NON-CLUB : David Schmanski (61) Horace Grant (62) Stephen Chantry (60) George Haywood (62)	Jacksonville, FL	2015-Jul-26
400 m Shuttle Hurdle Relay	1:08.07	NON-CLUB : Russell Jacquet-Acea(61) Rick Lapp(64) Ernie Snodgrass(61) Thaddeus Wilson(63)	Winston-Salem, NC	2014-Jul-19
	1:12.89	CLUB: SoCal TC: David McLawhorn(63) Eugene Anton(60) Mahmoud Niroumand(61) Jeffery Davison(60)	Spokane, WA	2018-Jul-27
High Jump	1.73 m (5'8")	Willie Banks (60)	Norwalk, CA	2016-May-28

Pole Vault	4.11 m (13'5¾")	Gary Hunter (60)	Muncie, IN	2016-Apr-16
Long Jump	6.07 m (19'11")	Tom Patsalis (60)	Los Angeles, CA	1982-Jul-10
Triple Jump	12.51 m (41'0½")	Willie Banks (60)	Pasadena, CA	2016-Jun-04
Shot Put (5 kg)	16.69 m (54'9¼")	Quenton Torbert (62)	Winston-Salem, NC	2014-Jul-17
Discus Throw (1 kg)	59.52 m (195'3")	Joe Keshmiri (60)		1998-May-19
Hammer Throw (5 kg)	61.76 m (202'7")	Tom Gage (61)	Reading, PA	2004-Aug-14
Weight Throw (20 lbs.)	23.57 m (77'4")	Tom Gage (60)	Gresham, OR	2003-Jun-28
Superweight Throw (44 lbs.)	11.30 m (37'1")	John Goldhammer (61)	Scottsdale, AZ	2015-Apr-26
Javelin Throw (600 g)	58.25 m (191'1")	Gary Stenlund (62)	Carolina, PUR	2003-Jul-08
Throws Pentathlon	4836 pts.	John Goldhammer (61)	Worcester, MA	2014-Aug-02
Pentathlon	3795 pts.	Roger Kroodsma (60)	Decatur, IL	2004-Aug-05
Ultraweight Pentathlon	4886 pts.	John Goldhammer (63)	Lisle, IL	2016-Aug-07
Decathlon	7638 pts.	Doug Osland (60)	San Antonio, TX	2015-Jun-27

Women 60-64

Event	Performance	Name	Location	Date
100 m	13.91	Irene Obera (60)	Eugene, OR	1994-Aug-13
200 m	28.54	Phil Raschker (60)	Orono, ME	2007-Aug-05
400 m	66.69	Phil Raschker (60)	Louisville, KY	2007-Jul-03
800 m	2:34.60	Lesley Hinz (60)	Culver City, CA	2018-Jul-15
1,500 m	5:12.27	Sabra Harvey (61)	Sacramento, CA	2010-Jul-25
1 mi.	5:39.84	Lesley Hinz (60)	Culver City, CA	2018-Jul-14
3,000 m	11:11.49	Sabra Harvey (61)	Portland, OR	2010-Jun-12
5,000 m	19:14.8	Marion Irvine (60)		1989-Oct-19
10,000 m	41:10.57	Kathryn Martin (61)	Olathe, KS	2013-Jul-11
80 m Hurdles (27")	13.26	Phil Raschker (60)	Riccione, ITA	2007-Sep-04
300 m Hurdles (27")	52.17	Phil Raschker (60)	Orono, ME	2007-Aug-05
2,000 m Steeplechase (30")	8:37.34	Kathryn Martin (62)	Winston- Salem, NC	2014-Jul-18
4x100 m Relay	58.75	NON-CLUB : Brenda Matthews Kathy Jager Sharon Warren Marcella Hale-Hall	Sacramento, CA	2011-Jul-17
	61.75	CLUB: SC Striders: Linda Cohn Jeanne	Winston- Salem, NC	2014-Jul-20

		Bowma Rita Hanscom Kathy Bergen		
4x400 m Relay	4:56.74	NON-CLUB : Kemiso Solwazi Yvette LaVigne Carolyn Cappetta Jeanne Daprano	Brisbane, AUS	2001-Jul-14
	5:55.31	CLUB: Playmakers Elite: Jean Bolley Ruth Thelen Carol Levack Deborah Feltz	Olivet, MI	2014-Jun-07
4x800 m Relay	11:06.02	NON-CLUB : Sabra Harvey Mary Richards Coreen Steinbach Kathryn Martin	Winston- Salem, NC	2014-Jul-20
	14:19.94	CLUB: Atlanta TC: Trenice Mullis Dubow Caroline Mather Terry Ozell Susan Aderhold	Winston- Salem, NC	2014-Jul-20
320 m Shuttle Hurdle Relay	1:08.26	NON-CLUB : Rita Hanscom Linda Lowery Linda Cohn Brenda Matthews	Winston- Salem, NC	2014-Jul-19

High Jump	1.44 m (4'8¾")	Phil Raschker (60)	Hoover, AL	2007-Jun-09
Pole Vault	3.12 m (10'2¾")	Nadine O'Connor (64)	Long Beach, CA	2006-Jul-22
Long Jump	4.73 m (15'6¼")	Phil Raschker (60)	Louisville, KY	2007-Jul-02
Triple Jump	9.63 m (31'7¼")	Phil Raschker (60)	Louisville, KY	2007-Jul-03
Shot Put (3 kg)	12.58 m (41'3¼")	Monica Kendall (60)	Grand Rapids, MI	2016-Jul-17
Discus Throw (1 kg)	40.76 m (133'8")	Carol Finsrud (60)	San Marcos, TX	2017-Oct-14
Hammer Throw (3 kg)	43.54 m (142'10")	Vanessa Hilliard (60)	Baton Rouge, LA	2001-Jul-28
Weight Throw (12 lbs.)	17.78 m (58'4")	Myrle Mensey (64)	Lisle, IL	2013-Aug-03
Superweight Throw (20 lbs.)	11.87 m (38'11")	Myrle Mensey (62)	Edwardsville, IL	2011-Oct-01
Javelin Throw (400 g)	39.16 m (128'5")	Linda Cohn (60)	Claremont, CA	2013-Apr-13
Javelin Throw (500 g)	37.50 m (123'0")	Linda Cohn (61)	Northridge, CA	2014-May-02
Throws Pentathlon	4727 pts.	Carol Finsrud (60)	San Marcos, TX	2017-Oct-15
Pentathlon	4635 pts.	Phil Raschker (60)	Orono, ME	2007-Aug-02
Ultraweight Pentathlon	5553 pts.	Carol Finsrud (61)	Seattle, WA	2018-Aug-05
Heptathlon	6043 pts.	Rita Hanscom (61)	San Antonio, TX	2015-Jun-27
Decathlon (JV400g)	7476 pts.	Nadine O'Connor (64)	Shoreline, WA	2006-Jul-15
Decathlon (JV500g)	6946 pts.	Rita Hanscom (64)	Grass Valley, CA	2018-Jun-30

Men 65-69

Event	Performance	Name	Location	Date
100 m	12.31	Damien Leake (65)	Grass Valley, CA	2018-Jun-16
200 m	24.65	Charles Allie (65)	Berea, OH	2013-Jul-26
400 m	56.09	Charles Allie (65)	Raleigh, NC	2013-May-18
800 m	2:17.20	Frank Condon (65)	Orono, ME	2007-Aug-04
1,500 m	4:46.05	Gary Patton (65)	Sacramento, CA	2011-Jul-15
1 mi.	5:11.74	Tom Bernhard (65)	San Francisco, CA	2016-Jul-23
3,000 m	10:49.81	Paul Heitzman (67)		1998-Jun-28
5,000 m	17:44.03	Tom Bernhard (65)	San Francisco, CA	2016-Jul-14
10,000 m	38:34.45	Tom Bernhard (65)	San Mateo, CA	2017-Jun-04
100 m Hurdles (33")	15.20	Ty Brown (68)	Raleigh, NC	2013-May-18
300 m Hurdles (30")	45.20	Jack Greenwood (65)		1991-Jul-25
2,000 m Steeplechase (30")	7:19.62	Nolan Shaheed (65)	Winston- Salem, NC	2014-Jul-18
4x100 m Relay	50.63	NON-CLUB : Max Siu(65) Charles Allie(70) Glynn Osborne(67) Damien Leake(65)	Spokane, WA	2018-Jul-29
	57.12	CLUB: Northwest: Charles Brocato(73)	Spokane, WA	2018-Jul-29

		Will Leslie(73) Russell Jacquet- Acea(65) Woody Dieitrich(65)		
4x400 m Relay	5:07.10	CLUB: Shore AC: Emmanuel Brody(65) John Kilduff(66) Ivan Black(69) Noah Perlis(70)	New York, NY	2018-Jul-22
	4:04.78	NON-CLUB : David Ortman(65) Charles Allie(70) Howard Clark(67) George Haywood (65)	Malaga, ESP	2018-Sep-16
400 m Shuttle Hurdle Relay	1:29.74	NON-CLUB : Ivan Black(66) John Harbulak(69) Doug Bryant(66) Bob Green(66)	Jacksonville, FL	2015-Jul-25
High Jump	1.66 m (5'5¼")	Phil Fehlen (65)	Eugene, OR	2000-Aug-12
Pole Vault	3.89 m (12'9")	John Altendorf (65)	Bend, OR	2011-Aug-13
Long Jump	5.38 m (17'8")	Roger Parnell (65)	St. George, UT	2014-Oct-06
Triple Jump	10.84 m (35'6¾")	Tom Patsalis (65)	Melbourne, AUS	1987-Dec-05
Shot Put (5 kg)	16.66 m (54'8")	Quenton Torbert (65)	Eugene, OR	2017-Apr-30

Discus Throw (1 kg)	54.99 m (180'5")	Paul Economides (65)	Lisle, IL	2010-Aug-07
Hammer Throw (5 kg)	56.32 m (184'9")	Larry Hart (69)	Norwalk, CA	2015-Jun-20
Weight Throw (20 lbs.)	20.18 m (66'2")	Ed Burke (66)	Las Vegas, NV	2006-Oct-01
Superweight Throw (44 lbs.)	10.60 m (34'9")	George Mathews (65)	Eugene, OR	2008-Aug-03
Javelin Throw (600 g)	57.67 m (189'2")	Gary Stenlund (65)	Edmonds, OR	2006-Jun-08
Throws Pentathlon	5044 pts.	Paul Economides (65)	Lisle, IL	2010-Aug-07
Pentathlon	3944 pts.	Roger Kroodsma (65)	Oshkosh, WI	2009-Jul-09
Ultraweight Pentathlon	4483 pts.	Tim Muller (66)	Lisle, IL	2016-Aug-07
Decathlon	7477 pts.	Emil Pawlik (66)	San Sebastian, ESP	2005-Aug-23

Women 65-69

Event	Performance	Name	Location	Date
100 m	14.10	Nadine O'Connor (65)	San Marcos, CA	2007-Jun-30
200 m	29.37	Nadine O'Connor (65)	Los Angeles, CA	2007-Jul-08
400 m	71.45	Carolyn Cappetta (65)	Brisbane, AUS	2001-Jul-13
800 m	2:39.61	Sabra Harvey (67)	Perth, AUS	2016-Oct-31
1,500 m	5:25.65	Kathryn Martin (65)	Toronto, CAN	2017-Aug-11
1 mi.	5:55.99	Kathryn Martin (65)	Grass Valley, CA	2017-May-20
3,000 m	11:42.8h	Kathryn Martin (65)	Alexandria, VA	2017-Sep-03
5,000 m	20:08.17	Kathryn Martin (65)	Perth, AUS	2016-Oct-28
10,000 m	44:47.58	Marie Michelsohn (67)	San Mateo, CA	2009-May-24
	42:34.97	Kathryn Martin (65)	Perth, AUS	2016-Nov-02
80 m Hurdles (27")	14.31	Nadine O'Connor (65)	Riccione, ITA	2007-Sep-14
300 m Hurdles (27")	56.11	Nadine O'Connor (67)	Santa Barbara, CA	2009-Oct-03
2,000 m Steeplechase (30")	8:52.49	Kathryn Martin (65)	Toronto, CAN	2017-Aug-12

4x100 m Relay	1:09.39	NON-CLUB : Johnnye Valien Suste A. Barnes Shirley Dietderich Sumi Onodera- Leonard	Miyazaki, JPN	1993-Oct-17
4x400 m Relay	6:01.47	NON-CLUB : Kathryn Martin Mary Trotto Sabra Harvey Coreen Steinbach	Perth, AUS	2016-Nov-06
High Jump	1.33 m (4'4¼")	Kathy Bergen (65)	Pittsburgh, PA	2005-Jun-10
Pole Vault	3.19 m (10'5½")	Nadine O'Connor (67)	San Diego, CA	2009-Jul-17
Long Jump	4.26 m (13'11¾")	Nadine O'Connor (65)	Long Beach, CA	2007-May-19
Triple Jump	8.53 m (28'0")	Audrey Lary (68)	Orono, ME	2002-Aug-11
Shot Put (3 kg)	11.15 m (36'7")	Carol Frost (67)	Lincoln, NE	2012-Jul-21
Discus Throw	31.04 m (101'10")	Carol Frost (67)	Lincoln, NE	2012-Jul-21
Hammer Throw (3 kg)	40.21 m (131'11")	Myrle Mensey (68)	Bourbonnais, IL	2017-Jun-24
Weight Throw (12 lbs.)	17.20 m (56'5")	Myrle Mensey (68)	Baton Rouge, LA	2017-Jul-15
Superweight Throw (20 lbs.)	11.95 m (39'2")	Myrle Mensey (66)	Troy, MO	2015-Aug-16
Javelin Throw (500 g)	37.32 m (122'5")	Linda Cohn (65)	Cerritos, CA	2018-Apr-13
Throws Pentathlon	4780 pts.	Myrle Mensey (67)	Lisle, IL	2016-Aug-06

Pentathlon	4497 pts.	Nadine O'Connor (67)	Oshkosh, WI	2009-Jul-09
Ultraweight Pentathlon	5822 pts.	Myrle Mensey (67)	Lisle, IL	2016-Aug-07
Heptathlon	4551 pts.	Dorothy Vander Cruyssen (65)	Sacramento, CA	2011-Jul-06
Decathlon (JV400g)	8979 pts.	Nadine O'Connor (67)	Shoreline, WA	2009-Aug-15
Decathlon (JV500g)	6996 pts.	Kay Glynn (65)	Grass Valley, CA	2018-Jun-30

Men 70-74

Event	Performance	Name	Location	Date
100 m	12.77	Bobby Whilden (70)	Pittsburgh, PA	2005-Jun-09
200 m	25.75	Charles Allie (70)	Des Moines, IA	2018-Jun-21
400 m	57.26	Charles Allie (70)	Malaga, ESP	2018-Sep-11
800 m	2:26.14	Charles Rose (70)	Eugene, OR	2003-Aug-08
1,500 m	5:04.87	Gary Patton (70)	Perth, AUS	2016-Nov-05
1 mi.	5:35.03	Gary Patton (70)	Norwalk, CA	2016-Jun-18
3,000 m	11:19.29	Gary Patton (71)	Eugene, OR	2017-Apr-30
5,000 m	18:43.61	Warren Utes (70)		1991-Jul-23
10,000 m	38:23.69	Warren Utes (70)		1991-Jul-20
80 m Hurdles (30")	12.61	Ty Brown (70)	Jacksonville, FL	2015-Jul-24
300 m Hurdles (30")	50.22	James Stookey (70)		2000-Sep-17
2,000 m Steeplechase (30")	8:39.25	Gunner Linde (71)	Gateshead, GBR	1999-Aug-08
4x100 m Relay	51.96	CLUB: Sprint Force America: Gary Sims Wayne Bennett Richard Rizzo Robert Lida	Philadelphia, PA	2008-Apr-25
4x400 m Relay	4:24.83	CLUB: Sprint Force America: Larry Colbert Mack Stewart Richard Rizzo(71) Bob Lida	Philadelphia, PA	2008-Apr-25

4x800 m Relay	10:51.08	CLUB: SoCal TC: Tim Wigger(70) Grady Cash(70) Salih Talib(72) Gary Patton(72)	Wichita, KS	2018-Sep-29
320 m Shuttle Hurdle Relay	1:10.70	CLUB: Over the Hill TC: Barry Kline John Sloan Charles Bartholomew Grover Coats	Berea, OH	2011-Jul-31
	1:07.07	NON-CLUB : Fred Niedmeyer Bob Osterhoudt Terry Pliner Terry Rowan	Lisle, IL	2012-Aug-03
High Jump	1.58 m (5'2¼")	David Montieth (70)	Grand Rapids, MI	2016-Jul-16
	1.58 m (5'2¼")	James Sauers (70)	Spokane, WA	2018-Jul-27
Pole Vault	3.49 m (11'5¼")	John Altendorf (70)	McMinnville, OR	2016-Apr-02
Long Jump	5.19 m (17'0½")	Melvin Larsen (70)	Eugene, OR	1994-Aug-12
Triple Jump	10.18 m (33'4¾")	James Stookey (70)		2000-Sep-17
Shot Put (4 kg)	15.42 m (50'7¼")	Gerald Vaughn (71)	Atlanta, GA	2007-Jun-09
Discus Throw (1 kg)	50.27 m (164'11")	Jay Silvester (70)	St. George, UT	2007-Oct-10
Hammer Throw (4 kg)	59.04 m (193'8")	Ed Burke (70)	Lisle, IL	2010-Aug-07
Weight Throw (16 lbs.)	22.33 m (73'3")	Ed Burke (72)	Los Gatos, CA	2012-Jul-19

Superweight Throw (35 lbs.)	11.67 m (38'3")	Ed Burke (74)	Worcester, MA	2014-Aug-03
Javelin Throw (500 g)	52.23 m (171'4")	Gary Stenlund (70)	Sacramento, CA	2011-Jul-12
Throws Pentathlon	4984 pts.	Bob Ward (71)	Reading, PA	2004-Aug-15
Pentathlon	3806 pts.	Sherwood Sagedahl (73)	Lisle, IL	2012-Aug-02
Ultraweight Pentathlon	5051 pts.	Ed Burke (74)	Worcester, MA	2014-Aug-03
Decathlon	7731 pts.	Phil Shipp (70)	Mayfield, OH	2005-Jul-02

Women 70-74

Event	Performance	Name	Location	Date
100 m	14.76	Kathy Bergen (70)	Walnut, CA	2010-Apr-17
200 m	31.39	Kathy Bergen (72)	Pasadena, CA	2012-Jul-22
400 m	77.92	Jeanne Daprano (70)	Riccione, ITA	2007-Sep-14
800 m	3:03.13	Jeanne Daprano (74)	Sacramento, CA	2011-Jul-11
1,500 m	6:18.18	Sharon Gerl (70)	Spokane, WA	2018-Jul-29
1 mi.	6:38.30	Sharon Gerl (70)	Eugene, OR	2018-May-06
3,000 m	14:41.60	Mary Harada (70)	Springfield, MA	2005-Jul-23
5,000 m	23:28.76	June Machala (72)	Eugene, OR	2003-Jun-22
10,000 m	46:38.5	Marie Michelsohn (70)	San Mateo, CA	2012-May-27
80 m Hurdles (27")	17.32	Becky Sisley (70)	Oshkosh, WI	2009-Jul-10
200 m Hurdles (27")	41.08	Becky Sisley (70)	Lahti, FIN	2009-Aug-02
2,000 m Steeplechase (30")	10:20.43	Marie Michelsohn (70)	Lisle, IL	2012-Aug-03
4x100 m Relay	1:10.19	NON-CLUB : Irene Obera Barbara Jordan Christel Donley Flo Meiler	Sacramento, CA	2011-Jul-17

	1:34.04	CLUB: Atlanta TC: Anne Carter Catherine Radle Jeanne Daprano Joyce Hodges-Hite	Winston- Salem, NC	2014-Jul-20
4x400 m Relay	6:26.99	NON-CLUB : Barbara Jordan Eve Pell Mary Harada Jeanne Daprano	Riccione, ITA	2007-Sep-15
	8:40.08	CLUB: Atlanta TC: Anne Carter Catherine Radle Jeanne Daprano Joyce Hodges-Hite	Winston- Salem, NC	2014-Jul-20
High Jump	1.30 m (4'3¼")	Kathy Bergen (70)	Sacramento, CA	2010-Jul-24
Pole Vault	2.95 m (9'8")	Nadine O'Connor (70)	San Diego, CA	2012-Jul-13
Long Jump	3.84 m (12'7¼")	Audrey Lary (70)	Decatur, IL	2004-Aug-06
Triple Jump	8.23 m (27'0")	Audrey Lary (74)	Spokane, WA	2008-Aug-10
Shot Put (3 kg)	10.27 m (33'8½")	Carol Frost (70)	Lincoln, NE	2015-Aug-02
Discus Throw	29.07 m (95'4")	Carol Frost (70)	Lincoln, NE	2015-Aug-02
Hammer Throw (3 kg)	29.66 m (97'3")	Carol Young (71)	Berea, OH	2011-Jul-28

Weight Throw (12 lbs.)	12.53 m (41'1")	Carol Young (70)	Lisle, IL	2010-Aug-08
Superweight Throw (20 lbs.)	7.60 m (24'11")	Carol Young (72)	Raleigh, NC	2012-May-11
Javelin Throw (400 g)	28.42 m (93'3")	Becky Sisley (70)	Gresham, OR	2009-Jun-27
Javelin Throw (500 g)	27.78 m (91'1")	Carol Frost (70)	Ames, IA	2015-Jun-21
Throws Pentathlon	4028 pts.	Cindy Wyatt (70)	Worcester, MA	2014-Aug-02
Pentathlon	3546 pts.	Christel Donley (72)	Orono, ME	2007-Aug-02
Ultraweight Pentathlon	3657 pts.	Cindy Wyatt (70)	Worcester, MA	2014-Aug-03
Heptathlon	5304 pts.	Becky Sisley (70)	Salem, OR	2009-May-30
Decathlon	4921 pts.	Barbara Warren (70)	Slippery Rock, PA	2017-Jun-24

Men 75-79

Event	Performance	Name	Location	Date
100 m	13.49	Robert Lida (75)	Lisle, IL	2012-Aug-04
200 m	27.73	Robert Lida (75)	Lisle, IL	2012-Aug-05
400 m	64.45	Robert Lida (76)	Berea, OH	2013-Jul-26
800 m	2:40.0	Harold Chapson (75)		1978-May-14
1,500 m	5:28.5	Scotty Carter (75)		1992-Jun-28
1 mi.	5:57.2	Scotty Carter (75)		1992-Jul-12
3,000 m	12:04.0	Scotty Carter (75)		1992-Jun-28
5,000 m	20:36.80	John Keston (77)	Seattle, WA	2002-Jul-27
10,000 m	43:39.4	John Keston (77)	Eugene, OR	2002-Jun-29
80 m Hurdles (30")	13.62	James Stookey (75)	McLean, VA	2005-Sep-04
300 m Hurdles (30")	53.15	James Stookey (75)	Honolulu, HI	2005-Aug-05
2,000 m Steeplechase (30")	9:48.9	Gunner Linde (75)	Sacramento, CA	2003-Aug-02
4x100 m Relay	63.00	CLUB: Houston Elite: Gary Sims Robert Cozens Wayne	Winston- Salem, NC	2014-Jul-20

		Bennett Robert Lida		
	61.12	NON-CLUB : Emil Pawlik (76) Robert Cozens (79) Robert Lida (78) Bill Kaspari (80)	Lyon, FRA	2015-Aug-16
4x400 m Relay	5:01.88	NON-CLUB : Gary Sims Sherwood Sagedahl Mack Stewart Robert Lida	Winston- Salem, NC	2014-Jul-20
High Jump	1.42 m (4'7¾")	John Dobroth (75)	Norwalk, CA	2016-May-28
Pole Vault	3.20 m (10'6")	Don Isett (75)	Dallas, TX	2014-May-31
Long Jump	4.57 m (15'0")	Dick Richards (75)	Lahti, FIN	2009-Jul-30
Triple Jump	9.30 m (30'6¼")	Edwin Lukens (77)	Gateshead, GBR	1999-Aug-04
	9.30 m (30'6¼")	James Stookey (75)	Las Vegas, NV	2005-Oct-02
Shot Put (4 kg)	13.41 m (44'0")	Gary Winters (75)	St. Paul, MN	2015-Jul-10
Discus Throw (1 kg)	43.83 m (143'9")	Roger Busch (75)	Chester, PA	2016-Jun-26
Hammer Throw (4 kg)	51.51 m (169'0")	Bob Ward (75)	Eugene, OR	2008-Aug-02
Weight Throw (16 lbs.)	19.76 m (64'10")	Ed Burke (75)	Seattle, WA	2015-Aug-29

Superweight Throw (35 lbs.)	10.42 m (34'2")	Ed Burke (75)	Seattle, WA	2015-Aug-29
Javelin Throw (500 g)	47.12 m (154'7")	Gary Stenlund (75)	Eugene, OR	2016-Apr-24
Throws Pentathlon	5020 pts.	Ed Burke (75)	Seattle, WA	2015-Aug-29
Pentathlon	4060 pts.	Sherwood Sagedahl (75)	Winston-Salem, NC	2014-Jul-17
Ultraweight Pentathlon	4853 pts.	Bob Ward (76)	Portland, OR	2009-Aug-23
Decathlon	7954 pts.	Robert Hewitt (75)	Joplin, MO	2008-Jun-21

Women 75-79

Event	Performance	Name	Location	Date
100 m	15.31	Kathy Bergen (75)	Walnut, CA	2015-Apr-18
200 m	33.79	Kathy Bergen (75)	Lyon, FRA	2015-Aug-10
400 m	82.39	Jeanne Daprano (75)	Lisle, IL	2012-Aug-03
800 m	3:07.35	Jeanne Daprano (75)	Moor Park, CA	2011-Oct-23
1,500 m	6:41.88	Jeanne Daprano (75)	Raleigh, NC	2012-May-12
1 mi.	6:58.44	Jeanne Daprano (75)	Pasadena, CA	2012-Jul-21
3,000 m	17:37.2	Bess James (75)		1985-Aug-10
5,000 m	26:55.11	Mary Harada (75)	Sacramento, CA	2010-Jul-22
10,000 m	55:26.70	Lois Gilmore (76)	Orono, ME	2007-Aug-04
80 m Hurdles (27")	18.63	Florence Meiler (75)	Oshkosh, WI	2009-Jul-09
200 m Hurdles (27")	41.71	Barbara Jordan (75)	Sacramento, CA	2011-Jul-11
2,000 m Steeplechase (30")	11:30.52	Marie-Louise Michelsohn (76)	Santa Barbara, CA	2018-Sep-30
4x100 m Relay	1:24.88	NON-CLUB : Sumi Onodera- Leonard Patricia Peterson Shirley	San Sebastian, ESP	2005-Sep-03

		Dietderich Leonore McDaniels		
4x400 m Relay	8:35.60	NON-CLUB : Patricia Peterson Nancy Smalley Louise Adams Sumi Onodera- Leonard	San Sebastian, ESP	2005-Sep-03
High Jump	1.22 m (4'0")	Kathy Bergen (75)	Pasadena, CA	2015-Jun-06
Pole Vault	2.03 m (6'7¾")	Florence Meiler (76)	Valatie, NY	2010-Jul-04
Long Jump	3.33 m (10'11¼")	Leonore McDaniels (75)	Carolina, PUR	2003-Jul-09
Triple Jump	7.43 m (24'4½")	Audrey Lary (75)	Oshkosh, WI	2009-Jul-12
Shot Put (2 kg)	8.90 m (29'2½")	Elsbeth Padia (79)	Santa Rosa, CA	2018-Jun-23
Discus Throw (.75 kg)	22.38 m (73'5")	Bergen Kathy (75)	St. Paul, MN	2015-Jul-09
Hammer Throw (2 kg)	30.53 m (100'2")	Joy Kaylor (77)	Ft Collins, CO	2015-Aug-29
Weight Throw (4 kg)	12.03 m (39'5")	Joanne Marriott (79)	Grass Valley, CA	2018-Jun-16
Superweight Throw (16 lbs.)	8.18 m (26'10")	Joanne Marriott (76)	Ft Collins, CO	2015-Aug-29
Javelin Throw (400 g)	25.61 m (84'0")	Madelaine Cazel (75)	Berea, OH	2013-Jul-24
Throws Pentathlon	3873 pts.	Joy Kaylor (75)	Ft Collins, CO	2013-Aug-25

Pentathlon	3979 pts.	Florence Meiler (75)	Oshkosh, WI	2009-Jul-09
Ultraweight Pentathlon	4009 pts.	Joanne Marriott (77)	Lisle, IL	2016-Aug-07
Heptathlon	5416 pts.	Christel Donley (75)	Joplin, MO	2010-Jun-19

Men 80-84

Event	Performance	Name	Location	Date
100 m	14.35	Payton Jordan (80)	Modesto, CA	1997-May-10
200 m	29.90	Robert Lida (80)	Toronto, CAN	2017-Aug-13
400 m	72.10	Robert Lida (80)	Toronto, CAN	2017-Aug-12
800 m	2:53.5	Harold Chapson (80)		1982-Jul-11
1,500 m	6:04.28	Ed Benham (80)	Melbourne, AUS	1987-Dec-05
1 mi.	7:09.60	Joseph King (82)	Eugene, OR	2008-Aug-02
3,000 m	13:52.63	Ed Benham (82)		1990-May-04
5,000 m	21:57.88	Ed Benham (81)		1988-Aug-06
10,000 m	44:29.26	Ed Benham (81)		1988-Aug-04
80 m Hurdles (27")	14.75	Melvin Larsen (80)	San Sebastian, ESP	2005-Aug-31
200 m Hurdles (27")	37.15	Robert Hewitt (82)	Jacksonville, FL	2015-Jul-26
2,000 m Steeplechase (30")	11:06.76	Gunner Linde (82)	Sacramento, CA	2011-Jul-17
4x100 m Relay	66.12	NON-CLUB : Melvin Larsen William Daprano Sam Hirabayashi Bill Melville	Riccione, ITA	2007-Sep-15
	80.63	CLUB: Houston Elite: Joe Summerlin(85) William Kaspari(82)	Baton Rouge, LA	2017-Jul-16

		Wayne Bennett(80) Robert Lida(80)		
4x400 m Relay	6:40.05	NON-CLUB : Albert Morrow Virgil McIntyre Robert Boal Fred White	Miyazaki, JPN	1993-Oct-17
4x800 m Relay	19:55.48	NON-CLUB : Jerry LeVasseur(80) Joe Cordero(80) William Hosken(81) Elmo Shropshire(81)	Spokane, WA	2018-Jul-28
320 m Shuttle Hurdle Relay	2:38.95	NON-CLUB : George Roudebush(93) William Jankovich(84) Robert Paulen(81) Roger Vergin(80)	Spokane, WA	2018-Jul-27
High Jump	1.37 m (4'6")	Richard Lowery (80)	Humble, TX	2011-Jun-23
Pole Vault	2.75 m (9'0¼")	Bud Held (80)	Santa Barbara, CA	2008-Oct-04
Long Jump	4.19 m (13'9")	Melvin Larsen (80)	Decatur, IL	2004-Aug-06
Triple Jump	8.34 m (27'4½")	Robert Hewitt (81)	Gresham, OR	2014-Jun-22
Shot Put (3 kg)	13.82 m (45'4¼")	Arnie Gaynor (80)	Santa Barbara, CA	2008-Oct-04
Discus Throw (1 kg)	37.08 m (121'8")	Ross Carter (80)		1994-Jun-26
Hammer Throw (3 kg)	43.11 m (141'5")	Harvey Lewellen (81)	Gresham, OR	2010-Jul-11

Weight Throw (12 lbs.)	16.88 m (55'4")	Harvey Lewellen (80)	Portland, OR	2009-Aug-22
Superweight Throw (25 lbs)	10.99 m (36'0")	Harvey Lewellen (81)	Eugene, OR	2010-Jun-27
Javelin Throw (400 g)	39.06 m (128'1")	William Platts (80)	St. George, UT	2008-Oct-07
Throws Pentathlon	4797 pts.	Harvey Lewellen (80)	Portland, OR	2009-Aug-22
Pentathlon	3471 pts.	Bill Carter (80)	Eugene, OR	2003-Aug-07
Ultraweight Pentathlon	4205 pts.	Harvey Lewellen (80)	Portland, OR	2009-Aug-23
Decathlon	8360 pts.	Robert Hewitt (80)	Charlotte, NC	2013-Jun-22

Women 80-84

Event	Performance	Name	Location	Date
100 m	16.81	Irene Obera (80)	Winston-Salem, NC	2014-Jul-19
200 m	36.80	Irene Obera (80)	Winston-Salem, NC	2014-Jul-20
400 m	1:33.94	Rose Green (80)	Malaga, ESP	2018-Sep-14
800 m	3:47.07	Jeanne Daprano (80)	Perth, AUS	2016-Oct-31
1,500 m	7:39.05	Lynne Hurrell (80)	Hayward, CA	2015-May-31
1 mi.	8:35.04	Jeanne Daprano (80)	Greenville, SC	2017-Jun-03
3,000 m	20:41.04	Gerry Davidson (83)	Long Beach, CA	2004-Oct-17
5,000 m	29:30.02	Gerry Davidson (80)	Brisbane, AUS	2001-Jul-06
10,000 m	61:22.26	Lynne Hurrell (81)	Lyon, FRA	2015-Aug-14
80 m Hurdles (27")	18.70	Irene Obera (82)	Perth, AUS	2016-Nov-04
200 m Hurdles (27")	42.24	Irene Obera (80)	Winston-Salem, NC	2014-Jul-20
2,000 m Steeplechase (30")	15:40.78	Tami Graf (81)	Worcester, MA	2018-Jul-07
4x100 m Relay	1:21.06	NON-CLUB : Christel Donley (80) Florence Meiler (81) Fei-Mei Chou (80) Irene Obera (81)	Lyon, FRA	2015-Aug-16
4x400 m Relay	7:59.18	NON-CLUB : Rose Green(80) Jeanne Daprano(81) Carolyn	Malaga, ESP	2018-Sep-16

		Langenwalter(80) Lynne Hurrell(84)		
High Jump	1.06 m (3'5¾")	Christel Donley (80)	Lyon, FRA	2015-Aug-07
Pole Vault	1.83 m (6'0")	Florence Meiler (80)	Albany, NY	2014-Jun-21
Long Jump	2.94 m (9'7¾")	Irene Obera (80)	Winston- Salem, NC	2014-Jul-19
Triple Jump	5.91 m (19'4¾")	Florence Meiler (81)	Lyon, FRA	2015-Aug-06
Shot Put (2 kg)	8.43 m (27'8")	Elsbeth Padia (80)	Hayward, CA	2018-Jul-07
Discus Throw (.75 kg)	19.29 m (63'3")	Joan Berman (80)	Baton Rouge, LA	2017-Jul-15
Hammer Throw (2 kg)	25.98 m (85'3")	Joy Kaylor (80)	Ft Collins, CO	2018-Sep-29
Weight Throw (4 kg)	9.92 m (32'6")	Mary Roman (81)	Perth, AUS	2016-Oct-28
Superweight Throw (16 lbs.)	6.28 m (20'7")	Gloria Krug (82)	Lisle, IL	2013-Aug-04
Javelin Throw (400 g)	19.58 m (64'3")	Barbara Brandt (82)	Mesa, AZ	2012-Jun-12
Throws Pentathlon	3911 pts.	Gloria Krug (80)	New London, CT	2011-Aug-13
Pentathlon	4319 pts.	Florence Meiler (80)	Winston- Salem, NC	2014-Jul-17
Ultraweight Pentathlon	4302 pts.	Gloria Krug (82)	Lisle, IL	2013-Aug-04
Heptathlon	6071 pts.	Irene Obera (82)	Perth, AUS	2016-Oct-28

Men 85-89

Event	Performance	Name	Location	Date
100 m	16.22	Roderick Parker (85)	Decatur, IL	2004-Aug-07
200 m	34.41	Roderick Parker (85)	Decatur, IL	2004-Aug-07
400 m	1:24.18	Roderick Parker (85)	Decatur, IL	2004-Aug-06
800 m	3:28.15	Alfred Funk (86)	Eugene, OR	2000-Aug-12
1,500 m	7:19.80	Alfred Funk (86)	Eugene, OR	2000-Aug-13
1 mi.	8:13.49	Gunnar Linde (86)	Santa Ana, CA	2014-Feb-16
3,000 m	16:32.0	Paul Spangler (85)		1984-May-04
5,000 m	25:47.54	Alfred Funk (86)	Eugene, OR	2000-Aug-10
10,000 m	54:19.28	Alfred Funk (86)	Eugene, OR	2000-Aug-12
80 m Hurdles (27")	20:00	Ralph Maxwell (87)	Orono, ME	2007-Aug-03
300 m Hurdles (27")	1:21.44	Ralph Maxwell (88)	Spokane, WA	2008-Aug-10
2,000 m Steeplechase (30")	12:55.75	Culling Robert (86)	Spokane, WA	2018-Jul-27
4x100 m Relay	2:01.47	NON-CLUB : Lawrence Stotter(87) Alan Smith(86) Robert Culling(85) Dixon Hemphill(92)	Baton Rouge, LA	2017-Jul-16

High Jump	1.17 m (3'10")	Bill Wambach (85)	Waukesha, WI	2011-Jul-10
Pole Vault	2.28 m (7'5¾")	Frank Dickey (85)	San Antonio, TX	2017-Apr-09
Long Jump	3.53 m (11'7")	William Platts (85)	St. George, UT	2013-Oct-07
Triple Jump	7.78 m (25'6¼")	Edwin Lukens (85)	Orono, ME	2007-Aug-05
Shot Put (4 kg)	10.42 m (34'2¼")	Ross Carter (85)		1999-Jun-19
Discus Throw (1 kg)	30.81 m (101'1")	Ross Carter (86)		2000-Jul-02
Hammer Throw (3 kg)	33.18 m (108'10")	Harvey Lewellen (86)	Gresham, OR	2015-Jun-21
Weight Throw (12 lbs.)	12.24 m (40'2")	Harvey Lewellen (85)	Gresham, OR	2014-Jun-21
Superweight Throw (25 lbs.)	7.42 m (24'4")	Harvey Lewellen (85)	Gresham, OR	2014-Jun-21
Javelin Throw (400 g)	35.64 m (116'11")	William Platts (85)	St. George, UT	2013-Oct-07
Throws Pentathlon	4357 pts.	William Platts (87)	Seattle, WA	2015-Aug-29
Pentathlon	2647 pts.	Bill Carter (85)	Spokane, WA	2008-Aug-07
Ultraweight Pentathlon	3231 pts.	Anthony Palazzo (85)	N. Chelmsford, MA	2013-Jul-06
Decathlon	5921 pts.	Denver Smith (85)	Sacramento, CA	2011-Jul-06

Women 85-89

Event	Performance	Name	Location	Date
100 m	21.80	Marjorie Fitzgerald (85)	St. George, UT	2012-Oct-09
200 m	48.96	Suzi Falco (85)	Palm Desert, CA	2019-Feb-09
400 m	2:07.79	Patricia Peterson (85)	Sacramento, CA	2011-Jul-16
800 m	5:43.32	Gerry Davidson (85)	Charlotte, NC	2006-Aug-05
1,500 m	10:55.01	Gerry Davidson (85)	Charlotte, NC	2006-Aug-06
1 mi.	10:55.25	Blanche Cummings (85)	Norwalk, CA	2015-Jun-20
5,000 m	49:08.73	Gerry Davidson (85)	Charlotte, NC	2006-Aug-03
10,000 m	1:46:57.50	Mary Haines (85)	Gateshead, GBR	1999-Aug-03
High Jump	0.90 m (2'11½")	Johnnye Valien (85)	Berea, OH	2011-Jul-31
Pole Vault	1.25 m (4'1¼")	Johnnye Valien (85)	Sacramento, CA	2011-Jul-08
Long Jump	2.21 m (7'3")	Johnnye Valien (85)	Sacramento, CA	2011-Jul-11
Triple Jump	3.77 m (12'4½")	Wally Dashiell (87)	Columbia, MD	2010-Aug-15
Shot Put (2 kg)	6.91 m (22'8")	Gloria Krug (85)	Grand Rapids, MI	2016-Jul-17

Discus Throw (.75 kg)	16.51 m (54'2")	Harriet Bloemker (85)	Lincoln, NE	2017-Jul-22
Hammer Throw (2 kg)	19.75 m (64'9")	Gloria Krug (85)	Chelmsford, MA	2016-Aug-20
Weight Throw (4 kg)	7.98 m (26'2")	Gloria Krug (85)	Chelmsford, MA	2016-Aug-20
Superweight Throw (16 lbs.)	5.83 m (19'1")	Gloria Krug (85)	Lisle, IL	2016-Aug-07
Javelin Throw (400 g)	18.79 m (61'7")	Harriet Bloemker (85)	Lincoln, NE	2017-Jul-23
Throws Pentathlon	3992 pts.	Gloria Krug (85)	Chelmsford, MA	2016-Aug-20
Ultraweight Pentathlon	4180 pts.	Gloria Krug (85)	Lisle, IL	2016-Aug-07

Men 90-94

Event	Performance	Name	Location	Date
100 m	17.83	Donald Pellmann (90)	Ft Collins, CO	2005-Sep-04
200 m	41.20	John Means (90)	Geneva, OH	2010-Jul-17
400 m	1:39.39	Bob Matteson (90)	Charlotte, NC	2006-Aug-05
800 m	4:39.59	Paul Spangler (90)		1989-Jun-10
1,500 m	9:25.2	Paul Spangler (90)		1989-Jun-10
1 mi.	10:52.98	Bill Lauderback (91)	Eugene, OR	2008-Aug-02
3,000 m	20:08.4	Paul Spangler (90)		1989-Sep-16
5,000 m	36:13.57	Roy Englert (91)	Winston-Salem, NC	2014-Jul-18
10,000 m	1:11:40.78	Paul Spangler (90)		1989-Jul-29
80 m Hurdles (27")	21.62	Ralph Maxwell (91)	Sacramento, CA	2011-Jul-07
200 m Hurdles (27")	51.31	Ralph Maxwell (90)	Ft. Collins, CO	2010-Aug-29
2,000 m Steeplechase (30")	18:54.10	Charles Ross (90)	Raleigh, NC	2013-May-18
4x100 m Relay	2:22.37	NON-CLUB : Charles Ross Orville Rogers	Winston-Salem, NC	2014-Jul-20

		Roy Englert Champion Goldy Sr		
4x400 m Relay	12:41.69	NON-CLUB : Charles Ross Orville Rogers Roy Englert Charles Boyle	Winston- Salem, NC	2014-Jul-20
4x800 m Relay	28:17.10	NON-CLUB : Charles Ross Orville Rogers Roy Englert Charles Boyle	Winston- Salem, NC	2014-Jul-20
High Jump	1.11 m (3'7¾")	Donald Pellmann (90)	St George, UT	2005-Oct-04
Pole Vault	2.05 m (6'8¾")	William Bell, Sr (91)	Olathe, KS	2013-Jul-12
Long Jump	3.26 m (10'8½")	Donald Pellmann (90)	Ft. Collins, CO	2005-Sep-04
Triple Jump	6.44 m (21'1½")	Donald Pellmann (90)	Ft. Collins, CO	2005-Sep-04
Shot Put (4 kg)	9.58 m (31'5¼")	Donald Pellmann (90)	St George, UT	2005-Oct-03
Discus Throw (1 kg)	28.49 m (93'5")	Ian Reed (90)	San Diego, CA	2017-Sep-17
Hammer Throw (3 kg)	25.28 m (82'11")	Curt Davison (92)	Birmingham, AL	2017-Jun-07
Weight Throw (12 lbs.)	9.91 m (32'6")	William Platts (90)	Spokane, WA	2018-Jul-28

Superweight Throw (25 lbs.)	5.44 m (17'10")	Antonio Palazzo (90)	Chelmsford, MA	2018-May-06
Javelin Throw (400 g)	31.46 m (103'2")	William Platts (90)	Spokane, WA	2018-Jul-27
Throws Pentathlon	3435 pts.	George Riser (90)	Kent, OH	2014-Sep-13
Pentathlon	3284 pts.	Ralph Maxwell (91)	Raleigh, NC	2011-Jun-11
Ultraweight Pentathlon	3160 pts.	Antonio Palazzo (90)	Chelmsford, MA	2018-May-06
Decathlon	7069 pts.	Ralph Maxwell (91)	Sacramento, CA	2011-Jul-06

Women 90-94

Event	Performance	Name	Location	Date
100 m	24.22	Diane Hoffman (90)	Worcester, MA	2018-Jul-07
200 m	70.99	Zora Lux (90)		1995-Jun-10
400 m	3:05.02	Betty Lindberg (92)	Decatur, GA	2017-May-09
800 m	5:44.50	Colleen Milliman (91)	Eugene, OR	2018-May-06
1,500 m	14:34.32	Dottie Gray (90)	St. Paul, MN	2015-Jul-10
1 mi.	13:26.46	Colleen Milliman (90)	Eugene, OR	2017-Apr-30
Long Jump	1.30 m (4'3¼")	Johnnye Valien (91)	Las Vegas, NV	2016-Oct-01
Triple Jump	3.07 m (10'1")	Mary Norckauer (92)	Baton Rouge, LA	2017-Jul-16
Shot Put (2 kg)	5.59 m (18'4¼")	Hazel Tresler-Campbell (90)	Berea, OH	2013-Jul-26
Discus Throw (.75 kg)	11.36 m (37'3")	Betty Jarvis (92)	Riccione, ITA	2007-Sep-09
Hammer Throw (2 kg)	12.50 m (41'0")	Wally Dashiell (93)	Columbia, MD	2017-Aug-12
Weight Throw (12 lbs.)	5.40 m (17'8")	Betty Jarvis (90)	Arlington, TX	2005-Aug-13
Superweight Throw (20 lbs.)	3.65 m (11'11")	Betty Jarvis (94)	Portland, OR	2009-Aug-23
Javelin Throw (400 g)	10.87 m (35'8")	Juanita Brookover (90)	Pittsburgh, PA	2005-Jun-11

Throws Pentathlon	3193 pts.	Margaret Evans (91)	Amant, LA	2003-Mar-15
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Men 95-99

Event	Performance	Name	Location	Date
100 m	24.14	Donald Pellmann (95)	Palo Alto, CA	2011-Mar-27
200 m	62.28	Herb Kirk (95)		1991-Jul-26
400 m	2:21.82	Orville Rogers (95)	Olathe, KS	2013-Jul-12
800 m	6:02.94	Herb Kirk (95)	Turku, FIN	1991-Jul-23
	5:58.15	Roy Englert (95)	Spokane, WA	2018-Jul-26
1,500 m	12:16.93	Roy Englert (95)	Spokane, WA	2018-Jul-29
1 mi.	14:48.2	Herb Kirk (95)		1990-Oct-06
5,000 m	50:10.56	Frank Levine (95)	Oshkosh, WI	2009-Jul-09
High Jump	0.99 m (3'3")	Donald Pellmann (95)	Palo Alto, CA	2011-Mar-27
Pole Vault	1.35 m (4'5")	William Bell, Sr (95)	Baton Rouge, LA	2017-Jul-15
Long Jump	1.94 m (6'4½")	Leland McPhie (95)	Oshkosh, WI	2009-Jul-10
Triple Jump	4.00 m (13'1½")	Leland McPhie (95)	Oshkosh, WI	2009-Jul-12
Shot Put (3 kg)	8.21 m (26'11¼")	Donald Pellmann (95)	Palo Alto, CA	2011-Mar-27
Discus Throw (1 kg)	18.92 m (62'1")	Donald Pellmann (95)	Palo Alto, CA	2011-Mar-27

Hammer Throw (3 kg)	20.15 m (66'1")	Trent Lane (96)	Charlotte, NC	2006-Aug-04
Weight Throw (12 lbs.)	7.56 m (24'9")	Trent Lane (96)	St Amant, LA	2006-Apr-29
Superweight Throw (35 lbs.)	3.63 m (11'11")	Trent Lane (96)	St Amant, LA	2006-Apr-29
Javelin Throw (400 g)	20.80 m (68'3")	Trent Lane (95)	Pittsburgh, PA	2005-Jun-11
Throws Pentathlon	3998 pts.	Trent Lane (95)	Edmonton, CAN	2005-Jul-31
Ultraweight Pentathlon	1600 pts.	Leon Joslin (96)	Seattle, WA	2008-Sep-06

Women 95-99

Event	Performance	Name	Location	Date
100 m	30.18	Diane Friedman (96)	Bedford, OH	2017-Jul-22
200 m	72.99	Diane Friedman (96)	Bedford, OH	2017-Jul-22
400 m	4:29.64	Hollyce Kirkland (97)	Birmingham, AL	2017-Jun-08
800 m	9:30.46	Hollyce Kirkland (97)	Birmingham, AL	2017-Jun-10
1,500 m	20:27.85	Hollyce Kirkland (95)	St. Paul, MN	2015-Jul-10
Shot Put (2 kg)	4.09 m (13'5")	Betty Jarvis (95)	Lisle, IL	2010-Aug-07
Discus Throw (.75 kg)	10.44 m (34'3")	Betty Jarvis (95)	Lisle, IL	2010-Aug-07
Hammer Throw (2 kg)	6.01 m (19'8")	Betty Jarvis (95)	Lisle, IL	2010-Aug-07
Weight Throw (4 kg)	5.58 m (18'3")	Betty Jarvis (95)	Lisle, IL	2010-Aug-07
Superweight Throw (20 lbs.)	3.31 m (10'10")	Betty Jarvis (95)	Lisle, IL	2010-Aug-07
Javelin Throw (400 g)	7.55 m (24'9")	Betty Jarvis (95)	Lisle, IL	2010-Aug-07
Throws Pentathlon	3765 pts.	Betty Jarvis (95)	Lisle, IL	2010-Aug-07

Men 100-104

Event	Performance	Name	Location	Date
100 m	26.99	Donald Pellmann (100)	San Diego, CA	2015-Sep-20
200 m	2:02.37	Orville Rogers (100)	Spokane, WA	2018-Jul-29
400 m	5:07.26	Orville Rogers (100)	Spokane, WA	2018-Jul-27
High Jump	.90 m (2'11½")	Don Pellmann (100)	San Diego, CA	2015-Sep-20
Long Jump	1.78 m (5'10¼")	Don Pellmann (100)	San Diego, CA	2015-Sep-20
Shot Put (3 kg)	6.56 m (21'6¼")	Don Pellmann (100)	San Diego, CA	2015-Sep-20
Discus Throw (1 kg)	14.86 m (48'9")	Don Pellmann (100)	San Diego, CA	2015-Sep-20
Hammer Throw (3 kg)	11.32 m (37'1")	Trent Lane (101)	Humble, TX	2011-Jun-21
Javelin Throw (400 g)	8.47 m (27'9")	Trent Lane (101)	Humble, TX	2011-Jun-24

Women 100-104

Event	Performance	Name	Location	Date
100 m	39.62	Julia Hawkins (101)	Birmingham, AL	2017-Jun-10

American Masters Indoor Track & Field Records

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Last updated: 03/12/2019

Men 35-39

Event	Performance	Name	Location	Date
60 m	6.50	Darvis Patton (35)	New York, NY	2013-Feb-16
200 m	21.67	Antwon Dussett (35)	Albuquerque, NM	2011-Mar-06
400 m	48.58	Mitchell Lovett (36)	Boston, MA	1998-Mar-28
800 m	1:49.79	Johnny Gray (35)		1996-Feb-19
1,500 m	3:35.49	Bernard Lagat (35)	Birmingham, GBR	2010-Feb-20
1 mi.	3:56.34	Bernard Lagat (35)	New York, NY	2010-Jan-29
3,000 m	7:34.71	Bernard Lagat (38)	Karlsruhe, GER	2013-Feb-02
60 m Hurdles	7.56	Greg Foster (35)		1994-Mar-04
4x200 m Relay	1:29.74	CLUB: Southwest Sprinters: Jassiel Torres Dedrick Clark Sean Burnett Antwon Dussett	Albuquerque, NM	2017-Feb-18
4x400 m Relay	3:22.03	NON-CLUB: George Joachim Robert Thomas Edward	Boston, MA	2006-Mar-26

		Winslow Marek Wensel		
	3:33.28	CLUB: Southwest Sprinters: Leon Bullard Robert Thomas Lyndell Pittman Antwon Dussett	Winston- Salem, NC	2015-Mar-22
4x800 m Relay	7:55.13	CLUB: Central Park TC: Andrew Hogue Rob Gill Peter Brady Jonevan Hornsby	Boston, MA	2014-Mar-02
High Jump	2.14 m (7'0¼")	Jim Barrineau (37)		1993-Mar-21
Pole Vault	5.88 m (19'3½")	Jeff Hartwig (36)	Jonesboro, AR	2004-Feb-22
Long Jump	7.07 m (23'2½")	Gregory Foster (39)	Boston, MA	2001-Mar-24
Triple Jump	15.05 m (49'4½")	Gregory Foster (39)	Boston, MA	2001-Mar-25
Shot Put (16 lbs.)	20.51 m (67'3½")	Adam Nelson (35)	Bydgoszcz, POL	2011-Feb-16
Weight Throw (35 lbs.)	23.86 m (78'3")	Lance Deal (38)		2000-Jan-22
Superweight Throw (56 lbs.)	12.97 m (42'6")	Zeb Hoffman (37)	Snohomish, WA	2016-Dec-23
Pentathlon	3623 pts.	Jeferson Souza (39)	Boston, MA	2014-Mar-14

Heptathlon	4868 pts.	Mike Kuoppamaki (39)	Kenosha, WI	2015-Mar-07
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Women 35-39

Event	Performance	Name	Location	Date
60 m	7.75	Brandi Bernert (35)	Budapest, HUN	2014-Mar-26
200 m	25.04	Alethea Morris (35)	Boston, MA	2000-Mar-26
400 m	52.21	Jearl Miles-Clark (35)	Lincoln, NE	2002-Feb-09
800 m	2:01.71	Regina Jacobs (36)	Fairfax, VA	2000-Jan-29
1,500 m	4:01.67	Regina Jacobs (39)	Birmingham, GBR	2003-Mar-16
1 mi.	4:32.13	Regina Jacobs (38)	New York, NY	2002-Mar-02
3,000 m	8:39.14	Regina Jacobs (35)	Maebashi, JPN	1999-Mar-07
60 m Hurdles	7.74	Gail Devers (36)	Boston, MA	2003-Jan-03
4x200 m Relay	1:56.53	CLUB: Nubian Striders: Josette Bedenfield Daphne Kennedy-Johnson Jacklyn Slaughter Rashida Gates	Landover, MD	2013-Mar-23
	1:48.60	NON-CLUB : Maurelhena Walles LaTisha Moulds Jennifer Burke Brandi Bernert	Budapest, HUN	2014-Mar-30

4x400 m Relay	4:05.13	CLUB: HD Masters: Julian Reynolds Katrina de Boer Nickay Panado Tyrona Heath	Albuquerque, NM	2016-Mar-06
4x800 m Relay	10:01.9	NON-CLUB : Kim Mannen Darlene Miloski Sue Pearsall Devin Martin	New York, NY	2003-Mar-22
	10:09.15	CLUB: Athena TC: Julie Hayden Joan Hunter Carrie Sherburne Charmaine Roberts	Boston, MA	2007-Mar-24
High Jump	1.84 m (6'0½")	Karol Ann Rovelto (36)	Ames, IA	2006-Feb-11
Pole Vault	4.81 m (15'9¼")	Jennifer Suhr (36)	Albuquerque, NM	2018-Feb-18
Long Jump	6.16 m (20'2½")	Willye White (36)		1975-Mar-03
Triple Jump	11.17 m (36'7¾")	Dawn Diedricksen (35)	Cambridge, MA	2016-Feb-21
Shot Put (4 kg)	12.91 m (42'4¼")	Oneithea Lewis (39)		2000-Feb-13
Weight Throw (20 lbs.)	15.35 m (50'4")	Marilyn Coleman (39)	Budapest, HUN	2014-Mar-27

Superweight Throw (35 lbs.)	8.71 m (28'7")	Marilyn Coleman (39)	Boston, MA	2014-Mar-16
Pentathlon	3499 pts.	Rachel Guest (38)	Budapest, HUN	2014-Mar-25

Men 40-44

Event	Performance	Name	Location	Date
60 m	6.90	Aaron Thigpen (41)	Boston, MA	2006-Mar-25
200 m	22.19	Bill Collins (44)	Reno, NV	1995-Feb-26
400 m	49.32	Antwon Dussett (40)	Albuquerque, NM	2016-Mar-04
800 m	1:48.81	Johnny Gray (40)	Atlanta, GA	2001-Mar-02
1,500 m	3:40.20	Bernard Lagat (40)	New York, NY	2015-Feb-14
1 mi.	3:54.91	Bernard Lagat (40)	New York, NY	2015-Feb-14
3,000 m	7:37.92	Bernard Lagat (40)	Metz, FRA	2015-Feb-25
60 m Hurdles	8.09	Derek Pye (42)	Boston, MA	2010-Mar-27
4x200 m Relay	1:31.05	CLUB: Southwest Sprinters: Edward Winslow Eric Prince Robert Thomas Khalid Mulazim	Albuquerque, NM	2011-Mar-05
4x400 m Relay	3:25.04	CLUB: Southwest Sprinters: Robert Thomas Marek Wensel Khalid Mulazim Edward Winslow	Boston, MA	2010-Mar-28
4x800 m Relay	8:07.48	CLUB: Gr Phil TC:	New York, NY	2009-Dec-27

		Scott Landis Bob McGinty Kevin Forde Nick Berra		
	7:49.90	NON-CLUB: Ed Winslow Christian Blondin Mark Williams Nick Berra	Boston, MA	2014-Mar-02
High Jump	2.10 m (6'10 ³ / ₄ "	Dwight Stones (40)	Columbia, MO	1994-Mar-25
Pole Vault	5.36 m (17'7"	Patrick Manson (40)	Reno, NV	2008-Jan-04
Long Jump	7.03 m (23'0 ³ / ₄ "	Stan Whitley (40)		1986-Feb-22
Triple Jump	16.08 m (52'9 ¹ / ₄ "	Ray Kimble (40)		1988-Mar-12
Shot Put (16 lbs.)	20.07 m (65'10 ¹ / ₄ "	Brian Oldfield (40)		1986-Jan-17
Weight Throw (35 lbs.)	22.52 m (73'10"	Ed Burke (43)		1984-Jan-08
Superweight Throw (56 lbs.)	11.52 m (37'9"	Mark Landa (41)	Boston, MA	2014-Mar-15
Pentathlon	3922 pts.	Jeferson Souza (43)	Landover, MD	2018-Mar-16
	3937 pts. (p)	Jeferson Souza (44)	Winston- Salem, NC	2019-Mar-01
Heptathlon	5253 pts.	Mike Kuoppamaki (41)	Kenosha, WI	2017-Jan-28

Women 40-44

Event	Performance	Name	Location	Date
60 m	7.78	Renee Henderson (43)	Clermont-Ferrand, FRA	2008-Mar-18
200 m	25.34	Renee Henderson (43)	Clermont-Ferrand, FRA	2008-Mar-19
400 m	57.40	Lesia Batiste (41)	Boston, MA	2003-Mar-29
800 m	2:05.75	Alisa Harvey (42)	Boston, MA	2008-Feb-24
1,500 m	4:26.18	Alisa Harvey (42)	New York, NY	2008-Feb-09
1 mi.	4:44.81	Sonja Friend-Uhl (40)	Blacksburg, VA	2012-Mar-03
3,000 m	9:50.37	Sonja Friend-Uhl (43)	Winston-Salem, NC	2015-Mar-20
60 m Hurdles	7.86	Gail Devers (40)	New York, NY	2007-Feb-02
4x200 m Relay	1:53.00	CLUB: Southwest Sprinters: Rachel Guest Ruthlyn Greenfield-Webster Danelle Readinger Cynthia Monteleone	Landover, MD	2018-Mar-17
4x400 m Relay	4:03.72	NON-CLUB : Sonja Friend-Uhl Christine Gentile Maurelhena Walles	Albuquerque, NM	2016-Mar-06

		Emmanuelle McGowan		
	4:07.66	CLUB: Southwest Sprinters: Cynthia McNamee Rachel Guest Vanessa Juarez Latrica Dendy	Albuquerque, NM	2017-Feb-19
4x800 m Relay	9:55.86	CLUB: Athena TC: Terri Cassel Mary Grene Michaeli Smith Lorraine Jasper	Boston, MA	2006-Mar-25
	9:25.49	NON-CLUB : Lisa Valle Terry Ballou Christine Olen Aeron Genet	Boston, MA	2010-Mar-27
High Jump	1.68 m (5'6")	Stacey Nieder (41)	Albuquerque, NM	2011-Mar-05
Pole Vault	3.52 m (11'6½")	Jill Starkey (41)	Reno, NV	2013-Jan-19
Long Jump	5.61 m (18'5")	Phil Raschker (40)	Madison, WI	1987-Mar-28
Triple Jump	11.80 m (38'8¾")	Regina Richardson (40)	Chapel Hill, NC	2005-Jan-29
Shot Put (4 kg)	14.68 m (48'2")	Oneithea Lewis (42)	New York, NY	2003-Feb-07
Weight Throw (20 lbs.)	17.12 m (56'2")	Oneithea Lewis (42)	Boston, MA	2003-Mar-28

Superweight Throw (35 lbs.)	10.79 m (35'4")	Oneithea Lewis (42)	Boston, MA	2003-Mar-30
Pentathlon	3737 pts.	Rachel Guest (40)	Albuquerque, NM	2016-Mar-04
Heptathlon	4547 pts.	Erika Pierce (44)	Kenosha, WI	2016-Jan-30
	4834 pts. (p)	Angela Herzner (44)	Kenosha, WI	2019-Jan-26

Men 45-49

Event	Performance	Name	Location	Date
60 m	7.02	Stan Whitley (45)	Blaine, MN	1991-Mar-23
	7.02	Aaron Thigpen (45)	Kamloops, CAN	2010-Mar-01
200 m	22.57	Bill Collins (48)		1999-Feb-14
400 m	49.89	Fred Sowerby (45)		1994-Jan-29
800 m	1:56.10	Nicholas Berra (45)	New York, NY	2014-Mar-08
1,500 m	3:57.91	Tony Young (46)	Boston, MA	2009-Mar-01
1 mi.	4:12.33	John Trautmann (46)	Boston, MA	2015-Feb-14
3,000 m	8:26.15	Brad Barton (47)	New York, NY	2005-Jan-18
60 m Hurdles	8.15	Derek Pye (49)	Albuquerque, NM	2017-Feb-18
4x200 m Relay	1:34.72	CLUB: Southwest Sprinters: John Cormier Marcus Shute James Lawson Robert Thomas	Boston, MA	2014-Mar-15
High Jump	2.04 m (6'8¼")	Dennis Lewis (47)	Ypsilanti, MI	2006-Feb-11
Pole Vault	5.14 m (16'10¼")	Paul Babits (47)	Fort Wayne, IN	2008-Feb-24
Long Jump	6.98 m (22'10¾")	Antonio Palacios (46)	Chicago, IL	2012-Dec-15
Triple Jump	14.82 m (48'7½")	Milan Tiff (46)	Reno, NV	1995-Feb-26

Shot Put (16 lbs.)	16.43 m (53'11")	Robert Otrando (45)		2002-Jan-11
Weight Throw (35 lbs.)	19.58 m (64'3")	Harold Connolly (45)		1977-Jan-08
Superweight Throw (56 lbs.)	11.38 m (37'4")	Eric Cole (46)	Albuquerque, NM	2017-Feb-19
Pentathlon	4034 pts.	Christopher Bates (46)	Albuquerque, NM	2011-Mar-04
Heptathlon	4985 pts.	Christopher Bates (49)	Kenosha, WI	2014-Mar-09

Women 45-49

Event	Performance	Name	Location	Date
60 m	7.86	Renee Henderson (45)	Boston, MA	2010-Mar-27
200 m	25.47	Renee Henderson (45)	New York, MA	2010-Mar-06
400 m	59.30	Emmanuelle McGowan (46)	Birmingham, AL	2016-Jan-24
800 m	2:14.38	Alisa Harvey (45)	Annapolis, MD	2011-Feb-10
1,500 m	4:44.00	Sonja Friend-Uhl (46)	Landover, MD	2018-Mar-17
1 mi.	4:59.72	Sonja Friend-Uhl (46)	Boston, MA	2018-Feb-25
3,000 m	9:53.04	Sonja Friend-Uhl (45)	Boston, MA	2017-Jan-27
60 m Hurdles	9.09	Joy Upshaw-Margerum (47)	Clermont-Ferrand, FRA	2008-Mar-21
4x200 m Relay	1:57.63	CLUB: Mass Velocity TC: Rebecca Connolly Beth Clark Diane Pomeroy Evelyn Konrad	Boston, MA	2014-Mar-15
High Jump	1.66 m (5'5¼")	Alison Wood (45)	Nampa, ID	2019-Feb-02
Pole Vault	3.35 m (10'11¾")	Brenda Bumgardner (46)	Pueblo, CO	2013-Feb-02
Long Jump	5.75 m (18'10½")	Phil Raschker (47)	Chicago, IL	1994-Mar-05

Triple Jump	10.82 m (35'6")	Phil Raschker (45)	Boulder, CO	1993-Mar-19
Shot Put (4 kg)	13.17 m (43'2½")	Oneithea Lewis (45)	New York, NY	2005-Dec-30
Weight Throw (20 lbs.)	16.28 m (53'5")	Oneithea Lewis (47)	Boston, MA	2008-Mar-28
Superweight Throw (35 lbs.)	10.52 m (34'6")	Oneithea Lewis (48)	Landover, MD	2009-Mar-22
Pentathlon	3930 pts.	Phil Raschker (49)	Greensboro, NC	1996-Mar-29
Heptathlon	4663 pts.	Erika Pierce (45)	Kenosha, WI	2017-Jan-28

Men 50-54

Event	Performance	Name	Location	Date
60 m	7.13	Val Barnwell (51)	Landover, MD	2009-Mar-21
200 m	22.99	Bill Collins (52)	Boston, MA	2003-Mar-30
400 m	52.02	Khalid Mulazim (50)	Albuquerque, NM	2017-Mar-03
800 m	1:59.62	Anselm Lebourne (52)	Boston, MA	2012-Jan-28
1,500 m	4:07.01	Sean Wade (50)	Boston, MA	2016-Feb-28
1 mi.	4:23.07	Sean Wade (50)	Boston, MA	2016-Feb-06
3,000 m	8:43.63	Sean Wade (50)	Boston, MA	2016-Feb-13
60 m Hurdles	8.24	Derek Pye (50)	Landover, MD	2018-Mar-17
4x200 m Relay	1:34.64	CLUB: Southwest Sprinters: James Lawson Marcus Shute Francois Boda David Jones	Albuquerque, NM	2016-Mar-06
4x400 m Relay	3:39.27	CLUB: Southwest Sprinters: James Lawson Francois Boda Marcus Shute David Jones	Albuquerque, NM	2016-Mar-06
4x800 m Relay	8:32.95	NON-CLUB: Dave Clingan James Robinson Nolan Shaheed	Nampa, ID	2005-Mar-12

		Steve Gallegos		
	9:02.56	CLUB: SAC: Daniel Kelly Tom Cawley Tony Plaster Robert Andrews	Toms River, NJ	2011-Feb-20
High Jump	1.93 m (6'4")	Bruce McBarnette (50)	Collegeville, PA	2008-Mar-08
Pole Vault	4.75 m (15'7")	Paul Babits (52)	Fort Wayne, IN	2013-Feb-23
Long Jump	6.50 m (21'4")	Antonio Palacios (50)	Albuquerque, NM	2017-Feb-18
Triple Jump	13.26 m (43'6")	Dave Quick (50)	Reno, NV	2006-Jan-28
Shot Put (6 kg)	16.65 m (54'7½")	Ron Summers (51)	Boston, MA	2004-Mar-27
Weight Throw (25 lbs.)	21.03 m (69'0")	Jim Wetenhall (51)	Allendale, MI	2006-Jan-22
Superweight Throw (56 lbs.)	10.93 m (35'10")	Tom Gage (51)	Reno, NV	1995-Feb-26
Pentathlon	4062 pts.	Damon Blakemore (51)	Budapest, HUN	2014-Mar-25
Heptathlon	5298 pts.	Bill Murray (51)	Kenosha, WI	2005-Mar-06

Women 50-54

Event	Performance	Name	Location	Date
60 m	8.03	Renee Shepherd (50)	New York, NY	2015-Mar-08
200 m	26.24	Joy Upshaw (50)	Albuquerque, NM	2011-Mar-06
400 m	62.24	Lisa Mikkelsen (51)	Providence, RI	2017-Jan-29
800 m	2:18.14	Alisa Harvey (50)	Landover, MD	2016-Feb-20
1,500 m	4:57.6	Kathryn Martin (52)	Brentwood, NY	2004-Feb-08
1 mi.	5:08.65	Monica Joyce (51)	University Ctr, MI	2010-Jan-29
3,000 m	10:12.98	Marisa Sutera Strange (51)	New York, NY	2015-Mar-09
60 m Hurdles	9.32	Liz Palmer (51)	Colorado Springs, CO	2012-Feb-12
4x200 m Relay	1:53.81	NON-CLUB : Rita Hanscom Shemayne Williams Debra Hoffman Joy Upshaw	Budapest, HUN	2014-Mar-30
	2:00.22	CLUB: Joy's Jackrabbits: Colleen Barney Amanda Clarke Jennifer Hedges Joy Upshaw	Landover, MD	2018-Mar-17
4x400 m Relay	4:26.18	CLUB: Athena TC: Debra Hoffman	New York, NY	2014-Feb-15

		Lorraine Jasper Julie Hayden Jean Hunter		
4x800 m Relay	10:38.97	CLUB: Athena TC: Kathy Haubrich Julie Hayden Cheryl Bellaire Lorraine Jasper	Bloomington, IN	2012-Mar-17
	10:24.90	NON-CLUB : Kathleen Shook Julie Hayden Claudette Groenendaal Lorraine Jasper	Boston, MA	2014-Mar-15
High Jump	1.53 m (5'0¼")	Phil Raschker (50)	Boston, MA	1997-Mar-23
	1.53 m (5'0¼")	Amy Haddad (51)	Landover, MD	2018-Mar-18
Pole Vault	3.11 m (10'2½")	Donna Schultz (50)	Seattle, WA	2008-Feb-02
Long Jump	5.45 m (17'10¾")	Joy Upshaw (50)	Albuquerque, NM	2011-Mar-05
Triple Jump	10.49 m (34'5")	Phil Raschker (50)	Boston, MA	1997-Mar-21
Shot Put (3 kg)	12.66 m (41'6½")	Joanne Grissom (51)		1990-Mar-25
Weight Throw (16 lbs.)	16.68 m (54'8")	Oneithea Lewis (50)	Albuquerque, NM	2011-Mar-06
Superweight Throw (25lbs.)	11.72 m (38'5")	Oneithea Lewis (50)	Albuquerque, NM	2011-Mar-06
Pentathlon	4028 pts.	Phil Raschker (53)	Boston, MA	2000-Mar-24

Men 55-59

Event	Performance	Name	Location	Date
60 m	7.34	Bill Collins (55)	Linz, AUT	2006-Mar-18
200 m	23.36	Bill Collins (55)	Linz, AUT	2006-Mar-16
400 m	53.20	Charles Allie (56)	New York, NY	2004-Mar-21
800 m	2:07.05	Horace Grant (57)	Boston, MA	2010-Mar-28
1,500 m	4:13.77	Anselm Lebourne (55)	Boston, MA	2015-Mar-01
1 mi.	4:42.89	Nolan Shaheed (56)	Boston, MA	2006-Mar-25
3,000 m	9:10.27	Nolan Shaheed (57)	Boston, MA	2007-Mar-23
60 m Hurdles	8.63	Courtland Gray (55)		1999-Feb-14
4x200 m Relay	1:46.81	CLUB: Mass Velocity TC: Gregory McBride Christian mcConnell Charles Kelley Ian Smith	Boston, MA	2014-Mar-15
	1:40.22	NON-CLUB: Don McGee James Chinn Ben James William Yelverton	Albuquerque, NM	2016-Mar-06
High Jump	1.88 m (6'2")	Bruce McBarnette (55)	Landover, MD	2013-Mar-23

Pole Vault	4.52 m (14'10")	Paul Babits (55)	Fort Wayne, IN	2016-Apr-09
Long Jump	6.12 m (20'1")	Brian Hankerson (56)	Gainesville, FL	2015-Jan-23
Triple Jump	12.90 m (42'4")	Anthony Bailey (55)	Albuquerque, NM	2016-Mar-06
Shot Put (6 kg)	15.74 m (51'7 ³ / ₄ ")	Joe Keshmiri (56)	Reno, NV	1995-Feb-25
Weight Throw (25 lbs.)	19.79 m (64'11")	Jim Wetenhall (55)	Toronto, CAN	2010-Feb-14
Superweight Throw (56 lbs.)	10.55 m (34'7")	Jim Wetenhall (55)	Ypsilanti, MI	2010-Mar-07
Pentathlon	4213 pts.	Damon Blakemore (55)	Landover, MD	2018-Mar-16
Heptathlon	5842 pts.	Bill Murray (55)	Kenosha, WI	2009-Mar-09

Women 55-59

Event	Performance	Name	Location	Date
60 m	8.48	Joy Upshaw (55)	Albuquerque, NM	2016-Mar-05
200 m	27.51	Joy Upshaw (55)	Albuquerque, NM	2016-Mar-06
400 m	66.79	Lorraine Jasper (55)	Albuquerque, NM	2017-Feb-17
800 m	2:31.73	Kathryn Martin (55)	Boston, MA	2007-Mar-25
	2:30.49 (p)	Sue McDonald (55)	Winston- Salem, NC	2019-Mar-02
1,500 m	4:58.7	Kathryn Martin (55)	New York, NY	2007-Feb-22
1 mi.	5:19.87	Kathryn Martin (55)	New York, NY	2007-Mar-02
3,000 m	10:35.76	Kathryn Martin (55)	Boston, MA	2007-Mar-23
60 m Hurdles	9.71	Joy Upshaw (55)	Albuquerque, NM	2016-Mar-05
	9.59 (p)	Neringa Jakstiene (55)	Winston- Salem, NC	2019-Mar-01
4x200 m Relay	2:13.82	CLUB: Athena TC: Lorraine Jasper Julie Hayden Kathy Haubrich Mary Swan	Albuquerque, NM	2017-Feb-18
	2:00.51	NON-CLUB :	Daegu, KOR	2017-Mar-25

		Cheryl Bellaire Sandra Triolo Lorraine Jasper Joy Upshaw		
High Jump	1.46 m (4'9½")	Phil Raschker (56)	Boston, MA	2003-Mar-28
	1.48 m (4'10¼") (p)	Neringa Jakstiene (55)	Winston- Salem, NC	2019-Mar-01
Pole Vault	2.98 m (9'9¼")	Kay Glynn (58)	Fort Collins, CO	2011-Aug-28
Long Jump	5.00 m (16'5")	Neringa Jakstiene (55)	Birmingham, AL	2018-Dec-29
Triple Jump	10.61 m (34'9¾")	Neringa Jakstiene (55)	Birmingham, AL	2018-Dec-29
Shot Put (3 kg)	13.04 m (42'9½")	Monica Kendall (57)	Landover, MD	2013-Mar-23
Weight Throw (16 lbs.)	15.22 m (49'11")	Oneithea Lewis (56)	Albuquerque, NM	2017-Feb-19
	15.78 m (51'9") (p)	Oneithea Lewis (58)	Winston- Salem, NC	2019-Mar-03
Superweight Throw (25 lbs.)	11.21 m (36'9")	Vanessa Hilliard (55)	Boston, MA	1997-Mar-23
Pentathlon	4747 pts.	Neringa Jakstiene (55)	Birmingham, AL	2018-Dec-29
	4894 pts. (p)	Neringa Jakstiene (55)	Winston- Salem, NC	2019-Mar-01

Heptathlon	5928 pts.	Rita Hanscom (57)	Kenosha, WI	2012-Mar-04
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Men 60-64

Event	Performance	Name	Location	Date
60 m	7.52	Oscar Peyton (60)	Landover, MD	2013-Mar-23
200 m	24.32	Bill Collins (60)	Albuquerque, NM	2011-Mar-06
400 m	55.68	Bill Collins (60)	Albuquerque, NM	2011-Mar-04
800 m	2:14.23	Horace Grant (60)	Baton Rouge, LA	2013-Mar-02
1,500 m	4:36.92	Nolan Shaheed (60)	Kamloops, CAN	2010-Mar-06
1 mi.	4:50.95	Nolan Shaheed (62)	Ithaca, NY	2012-Jan-21
3,000 m	9:48.84	Nolan Shaheed (62)	Bloomington, IN	2012-Mar-16
60 m Hurdles	8.85	Courtland Gray (60)	Sindelfingen, GER	2004-Mar-13
4x200 m Relay	1:41.53	CLUB: Houston Elite: Richard Riddle Charles Allie Leo Sanders Bill Collins	Bloomington, IN	2012-Mar-17
4x400 m Relay	3:58.03	CLUB: Houston Elite: Richard Riddle Charles Allie George Haywood Carroll Blake	Boston, MA	2014-Mar-16
4x800 m Relay	9:55.96	CLUB: Shore AC:	Toms River, NJ	2014-Feb-16

		Harry Nolan Caleb Rossiter Ronville Gravesande Tony Plaster		
	9:50.90	NON-CLUB: David Schmanski Rodney McGregor Richard Samaha Stephen Chantry	Landover, MD	2018-Mar-17
High Jump	1.76 m (5'9¼")	Bruce McBarnette (60)	Landover, MD	2018-Mar-17
Pole Vault	4.06 m (13'3¾")	Gary Hunter (60)	Fort Wayne, IN	2016-Apr-09
Long Jump	5.58 m (18'3¾")	Dick Richards (62)	Boston, MA	1997-Mar-22
Triple Jump	11.06 m (36'3½")	Edwin Lukens (63)		1985-Mar-24
Shot Put (5 kg)	16.25 m (53'3¾")	Quenton Torbert (64)	Colorado Springs, CO	2016-Feb-07
Weight Throw (20 lbs.)	22.82 m (74'10")	Tom Gage (60)	Boston, MA	2004-Mar-26
Superweight Throw (44 lbs.)	10.79 m (35'4")	Todd Taylor (64)	Albuquerque, NM	2011-Mar-04
Pentathlon	4006 pts.	Emil Pawlik (60)	Boston, MA	1999-Mar-26
Heptathlon	5519 pts.	Rodney Atherton (61)	Kenosha, WI	2018-Jan-27

Women 60-64

Event	Performance	Name	Location	Date
60 m	8.87	Phil Raschker (60)	Boston, MA	2007-Mar-24
200 m	28.94	Phil Raschker (60)	Boston, MA	2007-Mar-25
400 m	68.34	Phil Raschker (61)	Boston, MA	2008-Mar-29
800 m	2:36.57	Lesley Hinz (60)	Landover, MD	2018-Mar-18
1,500 m	5:12.2	Kathryn Martin (60)	New York, NY	2012-Feb-23
1 mi.	5:43.75	Lesley Hinz (60)	Winston-Salem, NC	2018-Mar-20
3,000 m	11:16.5	Kathryn Martin (60)	New York, NY	2012-Jan-19
60 m Hurdles	10.04	Phil Raschker (60)	Boston, MA	2007-Mar-23
4x200 m Relay	2:18.09	NON-CLUB : Kathy Bergen Jane Barnes Jeanne Bowman Brenda Matthews	Boston, MA	2014-Mar-15
	2:19.35	CLUB: SC Striders TC : Jane Barnes Brenda Matthews Betty Schaefer Pat Kelly	Winston-Salem, NC	2015-Mar-21
4x400 m Relay	5:16.99	NON-CLUB : Marie Michelsohn Lynne Ingalls Jeanne Daprano Yvonne TaskerRothenberg	Boston, MA	2004-Mar-28
	5:39.49	CLUB: SC Striders TC : Betty Schaefer	Winston-Salem, NC	2015-Mar-22

		Jeanne Bowman Rita Hanscom Pat Kelly		
4x800 m Relay	12:12.46	NON-CLUB : Barbara Broad Mary Richards Coreen Steinbach Kathryn Martin	Winston-Salem, NC	2015-Mar-21
	13:19.59	CLUB: Atlanta TC: Cynthia Lucking Nonie Hudnall Terry Ozell Paula Dickson-Taylor	Winston-Salem, NC	2015-Mar-21
High Jump	1.38 m (4'6¼")	Phil Raschker (61)	Clermont-Ferrand, FRA	2008-Mar-21
Pole Vault	3.01 m (9'10½")	Nadine O'Connor (63)	Colorado Springs, CO	2006-Feb-26
Long Jump	4.44 m (14'6¾")	Phil Raschker (62)	Kenosha, WI	2009-Mar-07
Triple Jump	9.11 m (29'10¾")	Phil Raschker (61)	Clermont-Ferrand, FRA	2008-Mar-21
Shot Put (3 kg)	12.06 m (39'6¾")	Monica Kendall (61)	Albuquerque, NM	2017-Feb-18
Weight Throw (12 lbs.)	16.64 m (54'7")	Myrle Mensey (60)	Kenosha, WI	2009-Mar-08
Superweight Throw (20 lbs.)	11.42 m (37'5")	Myrle Mensey (63)	Bloomington, IN	2012-Mar-18
Pentathlon	4546 pts.	Phil Raschker (60)	Boston, MA	2007-Mar-23
Heptathlon	6323 pts.	Phil Raschker (62)	Kenosha, WI	2009-Mar-09

Men 65-69

Event	Performance	Name	Location	Date
60 m	7.69	Bill Collins (65)	Albuquerque, NM	2016-Mar-05
200 m	24.94	Bill Collins (65)	Albuquerque, NM	2016-Mar-06
400 m	58.49	Charles Allie (65)	Winston- Salem, NC	2013-Mar-03
800 m	2:19.40	Sidney Howard (65)	New York, NY	2004-Feb-26
1,500 m	4:56.93	Sidney Howard (65)	New York, NY	2004-Mar-06
1 mi.	5:11.43	Frank Condon (65)	Boston, MA	2008-Mar-28
3,000 m	10:29.75	Doug Goodhue (66)	Boston, MA	2008-Mar-28
60 m Hurdles	9.17	Ty Brown (65)	Boston, MA	2010-Mar-27
4x200 m Relay	1:57.12	CLUB: Houston Elite: Charles Allie Douglas Spencer Mack Steward Bill Collins	Albuquerque, NM	2017-Feb-18
	1:48.58	NON-CLUB: Charles Allie Charles Powell Thaddeus Wilson Bill Collins	Daegu, KOR	2017-Mar-25
High Jump	1.62 m (5'3¾")	Jim Gilcrist (65)		1993-Mar-19

Pole Vault	3.86 m (12'8")	John Altendorf (66)	Reno, NV	2013-Jan-19
Long Jump	5.31 m (17'5¼")	Melvin Larsen (66)		1991-Jan-13
	5.31 m (17'5¼")	Dick Richards (66)	Colorado Springs, CO	2001-Feb-25
Triple Jump	10.86 m (35'7¾")	Tom Patsalis (66)	Madison, WI	1987-Mar-29
Shot Put (5 kg)	15.83 m (51'11¼")	Quenton Torbert (65)	Colorado Springs, CO	2017-Feb-05
Weight Throw (20 lbs.)	19.93 m (65'4")	George Mathews (65)	Moscow, ID	2009-Feb-06
Superweight Throw (44 lbs.)	10.51 m (34'5")	George Mathews (65)	Landover, MD	2009-Mar-22
Pentathlon	4165 pts.	Emil Pawlik (66)	Nampa, ID	2005-Mar-11
Heptathlon	5705 pts.	Emil Pawlik (67)	Kenosha, WI	2006-Mar-05

Women 65-69

Event	Performance	Name	Location	Date
60 m	9.03	Nadine O'Connor (65)	Boston, MA	2007-Mar-24
200 m	30.28	Phil Raschker (65)	Jyväskylä, FIN	2012-Apr-05
400 m	71.89	Carolyn Cappetta (65)	Boston, MA	2001-Mar-24
800 m	2:44.35	Kathryn Martin (65)	Albuquerque, NM	2017-Feb-19
1,500 m	5:25.29	Kathryn Martin (65)	Daegu, KOR	2017-Mar-25
1 mi.	5:51.74	Kathryn Martin (65)	New York, NY	2017-Mar-02
3,000 m	11:35.98	Kathryn Martin (65)	Daegu, KOR	2017-Mar-22
60 m Hurdles	10.62	Phil Raschker (65)	Jyväskylä, FIN	2012-Apr-03
4x200 m Relay	3:10.83	CLUB: So Cal TC: Yoko Eichel Marie-Louise Michelsohn Kay Carmines Darlene Backlund	Winston-Salem, NC	2015-Mar-21
High Jump	1.31 m (4'3½")	Kathy Bergen (66)	Boston, MA	2006-Mar-26
Pole Vault	2.90 m (9'6¼")	Nadine O'Connor (67)	Landover, MD	2009-Mar-21
Long Jump	4.34 m (14'3")	Phil Raschker (65)	Jyväskylä, FIN	2012-Apr-06

Triple Jump	8.76 m (28'9")	Phil Raschker (65)	Jyväskylä, FIN	2012-Apr-07
Shot Put (3 kg)	9.36 m (30'8½")	Myrle Mensey (67)	Albuquerque, NM	2016-Mar-05
Weight Throw (12 lbs.)	16.91 m (55'5")	Myrle Mensey (65)	Budapest, HUN	2014-Mar-29
Superweight Throw (20 lbs.)	11.36 m (37'3")	Myrle Mensey (67)	Champaign, IL	2017-Feb-04
Pentathlon	4713 pts.	Phil Raschker (65)	Jyväskylä, FIN	2012-Apr-03
Heptathlon	6513 pts.	Phil Raschker (65)	Kenosha, WI	2012-Mar-04

Men 70-74

Event	Performance	Name	Location	Date
60 m	8.11	Ty Brown (71)	Albuquerque, NM	2016-Mar-05
200 m	26.45	Charles Allie (70)	New York, NY	2018-Feb-24
400 m	59.43	Charles Allie (70)	New York, NY	2018-Mar-23
800 m	2:32.37	Paul Perry (71)	New York, NY	2016-Feb-04
1,500 m	5:07.11	Gary Patton (70)	New York, NY	2016-Mar-26
1 mi.	5:29.81	Gary Patton (71)	New York, NY	2017-Dec-07
3,000 m	11:09.53	Lloyd Slocum (70)	Boston, MA	2003-Mar-28
60 m Hurdles	9.44	Ty Brown (70)	Winston-Salem, NC	2015-Mar-21
4x200 m Relay	1:54.05	NON-CLUB: Larry Colbert Rich Rizzo Richard Camp Bob Lida	New York, NY	2007-Mar-03
	2:01.88	CLUB: Houston Elite: Gary Sims Wayne Bennett Robert Lida Mack Stewart	Albuquerque, NM	2011-Mar-05
4x400 m Relay	4:50.36	CLUB: Houston Elite: Robert Cozens Robert Lida	Albuquerque, NM	2011-Mar-06

		Gary Sims Mack Stewart		
	4:26.15	NON-CLUB: Noah Perlis Roger Pierce Grady Cash Charles Allie	New York, NY	2018-Feb-24
4x800 m Relay	11:33.66	NON-CLUB: Sid Howard Hal Lieberman Gerald Malacznski Maurice McDonald	Boston, MA	2014-Mar-15
	11:37.51	CLUB: SoCal TC: Salih Talib Tim Wigger Grady Cash Gary Patton	Landover, MD	2018-Mar-17
High Jump	1.53 m (5'0¼")	David Montieth (70)	Providence, RI	2016-Jan-31
Pole Vault	3.35 m (10'11¾")	Arthur Parry (70)	Ft. Collins, CO	2016-Aug-28
Long Jump	5.05 m (16'7")	Melvin Larsen (70)	Reno, NV	1995-Feb-25
Triple Jump	9.97 m (32'8½")	Edwin Lukens (70)		1993-Mar-19
Shot Put (4 kg)	15.39 m (50'6")	Gerald Vaughn (70)	Colorado Springs, CO	2006-Feb-26
Weight Throw (16 lbs.)	21.08 m (69'2")	Larry Hart (70)	Albuquerque, NM	2017-Feb-17
Superweight Throw (35 lbs.)	11.67 m (38'3")	Edward Burke (74)	Boston, MA	2014-Mar-14

Pentathlon	4140 pts.	Emil Pawlik (70)	Landover, MD	2009-Mar-20
Heptathlon	5713 pts.	Emil Pawlik (70)	Kenosha, WI	2009-Mar-09

Women 70-74

Event	Performance	Name	Location	Date
60 m	9.21	Kathy Bergen (70)	Boston, MA	2010-Mar-27
200 m	31.86	Kathy Bergen (72)	Bloomington, IN	2012-Mar-18
400 m	80.16	Marie Michelsohn (70)	New York, NY	2012-Mar-23
800 m	3:04.69	Marie Michelsohn (70)	New York, NY	2012-Feb-20
1,500 m	6:14.56	Marie Michelsohn (70)	New York, NY	2011-Dec-26
1 mi.	6:45.8	Marie Michelsohn (70)	New York, NY	2012-Feb-09
3,000 m	13:06.42	Jan Holmquist (71)	Providence, RI	2016-Jan-31
60 m Hurdles	12.83	Christel Donley (70)	Nampa, ID	2005-Mar-12
4x200 m Relay	3:09.45	NON-CLUB : Mary Robinson Angela Staab Barbara Hensley Louise Guardino	Albuquerque, NM	2016-Mar-06
	3:55.04	CLUB: Atlanta TC: Susan Aderhold Judy Melton Catherine Radle	Landover, MD	2018-Mar-17

		Jeanne Daprano		
4x400 m Relay	7:21.74	CLUB: Liberty AC: Mary Harada Elizabeth Szawlowski Carrie Parsi Sandra Hayes	Boston, MA	2010-Mar-28
High Jump	1.29 m (4'2¾")	Kathy Bergen (70)	Colorado Springs, CO	2010-Feb-14
Pole Vault	2.11 m (6'11")	Florence Meiler (72)	Hanover, NH	2007-Jan-05
Long Jump	3.60 m (11'9¾")	Audrey Lary (70)	Nampa, ID	2005-Mar-12
Triple Jump	7.90 m (25'11")	Audrey Lary (70)	Nampa, ID	2005-Mar-13
Shot Put (3 kg)	8.37 m (27'5½")	Cindy Wyatt (70)	Winston-Salem, NC	2015-Mar-21
	8.83 m (28'11¾") (p)	Myrle Mensey (70)	Winston-Salem, NC	2019-Mar-02
Weight Throw (12 lbs.)	12.30 m (40'4")	Carol Young (70)	Boston, MA	2010-Mar-26
	14.84 m (48'8") (p)	Myrle Mensey (70)	Winston-Salem, NC	2019-Mar-03
Superweight Throw (20 lbs.)	8.99 m (29'6")	Carol Young (70)	Boston, MA	2010-Mar-28
	10.28 m (33'8") (p)	Myrle Mensey (70)	Winston-Salem, NC	2019-Mar-03
Pentathlon	3642 pts.	Christel Donley (72)	Boston, MA	2007-Mar-23

Heptathlon	4472 pts.	Christel Donley (73)	Kenosha, WI	2008-Mar-10
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Men 75-79

Event	Performance	Name	Location	Date
60 m	8.44	Robert Lida (77)	Wichita, KS	2013-Jan-04
200 m	27.64	Robert Lida (75)	Jyväskylä, FIN	2012-Apr-05
400 m	63.90	Bob Lida (75)	Bloomington, IN	2012-Mar-16
800 m	2:44.24	James Sutton (75)	Collegeville, PA	2007-Mar-10
1,500 m	6:01.6	Austin Newman (75)		1991-Feb-24
1 mi.	6:22.06	James Sutton (75)	Bethlehem, PA	2007-Feb-24
	6:18.03 (p)	Doug Goodhue (77)	Winston-Salem, NC	2019-Mar-02
3,000 m	12:52.22	Paul Heitzman (75)	Boston, MA	2006-Mar-24
	12:29.32 (p)	Doug Goodhue (77)	Winston-Salem, NC	2019-Mar-01
60 m Hurdles	10.09	Melvin Larsen (76)	Ames, IA	2001-Jan-19
4x200 m Relay	2:03.45	NON-CLUB: Robert Whilden Joe Summerlin Robert Cozens Bob Lida	Bloomington, IN	2012-Mar-17
	2:14.05	CLUB: Houston Elite:	Winston-Salem, NC	2015-Mar-21

		Gary Sims William Kaspari Mack Stewart Bob Lida		
High Jump	1.39 m (4'6¾")	Curtis Morgan (75)	Landover, MD	2018-Jan-21
Pole Vault	2.91 m (9'6½")	Don Isett (75)	Winston-Salem, NC	2015-Mar-21
Long Jump	4.44 m (14'6¾")	Robert Hewitt (75)	Kenosha, WI	2009-Mar-07
Triple Jump	9.63 m (31'7¼")	Robert Hewitt (75)	Landover, MD	2009-Mar-22
Shot Put (4 kg)	13.18 m (43'3")	James Oglesby (76)	Gainesville, FL	2011-Jan-30
Weight Throw (16 lbs.)	19.38 m (63'7")	Edward Burke (76)	Albuquerque, NM	2016-Mar-04
Superweight Throw (35 lbs.)	10.59 m (34'9")	Edward Burke (76)	Albuquerque, NM	2016-Mar-04
Pentathlon	4284 pts.	Robert Hewitt (75)	Landover, MD	2009-Mar-20
Heptathlon	6011 pts.	Robert Hewitt (75)	Kenosha, WI	2009-Mar-09

Women 75-79

Event	Performance	Name	Location	Date
60 m	9.49	Kathy Bergen (76)	Albuquerque, NM	2016-Mar-05
200 m	33.06	Kathy Bergen (75)	New York, NY	2015-Mar-08
400 m	81.28	Jeanne Daprano (75)	Bloomington, IN	2012-Mar-16
800 m	3:16.21	Jeanne Daprano (75)	Jyväskylä, FIN	2012-Apr-04
1,500 m	6:48.27	Jeanne Daprano (75)	Jyväskylä, FIN	2012-Apr-08
1 mi.	7:13.51	Jeanne Daprano (75)	Bloomington, IN	2012-Mar-17
3,000 m	15:43.66	Louise Adams (75)	Boston, MA	1997-Mar-21
60 m Hurdles	13.41	Florence Meiler (76)	Albuquerque, NM	2011-Mar-04
4x200 m Relay	3:21.33	NON-CLUB : Mary Robinson Angela Staab Carolyn Langenwalter Louise Guardino	Landover, MD	2018-Mar-17
High Jump	1.25 m (4'1¼")	Kathy Bergen (76)	Albuquerque, NM	2016-Mar-05
Pole Vault	1.95 m (6'4¾")	Florence Meiler (76)	Hanover, NH	2011-Jan-09
Long Jump	3.26 m (10'8½")	Audrey Lary (76)	Albuquerque, NM	2011-Mar-05
Triple Jump	7.35 m (24'1½")	Audrey Lary (76)	Albuquerque, NM	2011-Mar-06

Shot Put (2 kg)	8.49 m (27'10¼")	Mary Roman (75)	Albuquerque, NM	2011-Mar-05
Weight Throw (4 kg)	11.77 m (38'7")	Joanne Marriott (77)	Albuquerque, NM	2016-Mar-05
Superweight Throw (16 lbs.)	7.72 m (25'4")	Joanne Marriott (77)	Albuquerque, NM	2016-Mar-05
Pentathlon	3643 pts.	Florence Meiler (76)	Albuquerque, NM	2011-Mar-04
Heptathlon	4376 pts.	Christel Donley (75)	Kenosha, WI	2011-Jan-15

Men 80-84

Event	Performance	Name	Location	Date
60 m	8.88	Melvin Larsen (80)	Ames, IA	2005-Mar-05
200 m	29.15	Robert Lida (80)	Daegu, KOR	2017-Mar-23
400 m	70.20	Bob Lida (80)	Daegu, KOR	2017-Mar-25
800 m	3:06.18	Inocencio Cantu (80)	Boston, MA	2014-Mar-16
1,500 m	6:35.4	Austin Newman (80)		1996-Feb-11
1 mi.	6:42.10	Inocencio Cantu (80)	Boston, MA	2014-Mar-15
3,000 m	13:30.77	John Keston (80)	Nampa, ID	2005-Mar-11
60 m Hurdles	11.10	Melvin Larsen (80)	Nampa, ID	2005-Mar-12
4x200 m Relay	2:11.26	CLUB: Houston Elite: Robert Whilden Jr. William Kaspari Robert Cozens Bob Lida	Albuquerque, NM	2017-Feb-18
4x400 m Relay	8:52.60	CLUB: Potomac Valley TC: Darrell Dempster Robert Gurtler Lawrence Dickerson Ino Cantu	Winston-Salem, NC	2015-Mar-22

	7:20.95	NON-CLUB: Jerry LeVasseur Joe Cordero Roger Vergin C Christopher Rush	Landover, MD	2018-Mar-18
4x800 m Relay	20:27.57	CLUB: Potomac Valley TC: John McMahon Dixon Hemphill George Yannakakis Charles Boyle	Landover, MD	2013-Mar-23
	17:52.69	NON-CLUB: Jerry LeVasseur Jim Askew Joe Cordero William Hosken	Landover, MD	2018-Mar-17
High Jump	1.25 m (4'1¼")	Tom Langenfeld (81)	Minneapolis, MN	2017-Mar-12
Pole Vault	2.75 m (9'0¼")	William Bell (80)	Boston, MA	2002-Mar-22
Long Jump	4.09 m (13'5")	Robert Hewitt (80)	Kenosha, WI	2014-Mar-08
Triple Jump	8.65 m (28'4½")	Edwin Lukens (81)	Boston, MA	2003-Mar-30
Shot Put (3 kg)	12.78 m (41'11¼")	James Oglesby (80)	Gainesville, FL	2015-Jan-23
Weight Throw (12 lbs.)	14.17 m (46'6")	William Gramley (80)	Winston- Salem, NC	2016-Feb-21
Superweight Throw (25 lbs.)	9.01 m (29'6")	Wayne Sabin (80)	Boston, MA	2014-Mar-14

Pentathlon	4349 pts.	Robert Hewitt (80)	Boston, MA	2014-Mar-14
Heptathlon	6153 pts.	Robert Hewitt (80)	Kenosha, WI	2014-Mar-09

Women 80-84

Event	Performance	Name	Location	Date
60 m	10.37	Irene Obera (80)	Boston, MA	2014-Mar-15
200 m	36.53	Irene Obera (80)	Boston, MA	2014-Mar-16
400 m	1:34.25	Irene Obera (80)	Boston, MA	2014-Mar-16
800 m	3:53.53	Jeanne Daprano (80)	Albuquerque, NM	2017-Feb-19
1,500 m	8:46.32	Jeanne Daprano (81)	Landover, MD	2018-Mar-17
1 mi.	8:52.77	Jeanne Daprano (80)	Albuquerque, NM	2017-Feb-18
3,000 m	21:27.04	Gerry Davidson (83)	Nampa, ID	2005-Mar-11
60 m Hurdles	13.76	Irene Obera (81)	Winston-Salem, NC	2015-Mar-21
High Jump	1.07 m (3'6")	Florence Meiler (80)	Hanover, NH	2015-Jan-11
Pole Vault	1.76 m (5'9¼")	Florence Meiler (80)	Hanover, NH	2016-Jan-10
Long Jump	2.81 m (9'2¾")	Florence Meiler (81)	Hanover, NH	2016-Jan-10
Triple Jump	5.77 m (18'11¼")	Christel Donley (80)	Colorado Springs, CO	2015-Mar-01

Shot Put (2 kg)	8.06 m (26'5½")	Mary Roman (80)	Hanover, NH	2016-Jan-09
Weight Throw (4 kg)	9.70 m (31'10")	Florence Meiler (80)	Hanover, NH	2015-Jan-11
Superweight Throw (16 lbs.)	6.38 m (20'11")	Mary Roman (80)	Albuquerque, NM	2016-Mar-05
Pentathlon	3817 pts.	Irene Obera (81)	Winston-Salem, NC	2015-Mar-20
Heptathlon	5183 pts.	Christel Donley (80)	Kenosha, WI	2015-Mar-07

Men 85-89

Event	Performance	Name	Location	Date
60 m	9.81	Roderick Parker (86)	Nampa, ID	2005-Mar-12
200 m	35.17	Roderick Parker (86)	Nampa, ID	2005-Mar-13
400 m	1:25.14	Roderick Parker (85)	Boston, MA	2004-Mar-27
800 m	3:46.96	Vincent Malizia (85)	Boston, MA	2000-Mar-26
	3:38.63 (p)	Inocencio Cantu (85)	Winston-Salem, NC	2019-Mar-03
1,500 m	7:51.6	Hugh Campbell (88)	Landover, MD	2013-Mar-22
1 mi.	8:33.11	Vincent Malizia (85)	Boston, MA	2000-Mar-25
	7:46.94 (p)	Inocencio Cantu (85)	Winston-Salem, NC	2019-Mar-02
3,000 m	15:46.41	Hugh Campbell (88)	Newark, DE	2013-Mar-03
60 m Hurdles	15.10	Ralph Maxwell (88)	Boston, MA	2008-Mar-28
4x200 m Relay	3:36.28	NON-CLUB: Charles Ross Ralph Maxwell John Means Orville Rogers	Bloomington, IN	2012-Mar-17

High Jump	1.11 m (3'7¾")	Bill Wambach (85)	Kenosha, WI	2011-Jan-16
	1.12 m (3'8") (p)	Robert Hewitt (85)	Winston-Salem, NC	2019-Mar-01
Pole Vault	2.44 m (8'0")	William Bell (85)	Boston, MA	2007-Mar-23
Long Jump	3.26 m (10'8½")	Edwin Lukens (86)	Boston, MA	2008-Mar-29
	3.28 m (10'9¼") (p)	Robert Hewitt (85)	Winston-Salem, NC	2019-Mar-02
Triple Jump	7.24 m (23'9")	Edwin Lukens (86)	Boston, MA	2008-Mar-30
Shot Put (3 kg)	9.82 m (32'2¾")	Philip Brusca (85)	Landover, MD	2013-Mar-23
Weight Throw (12 lbs.)	12.86 m (42'2")	John Poche (86)	Baton Rouge, LA	2015-Mar-07
Superweight Throw (25 lbs.)	6.68 m (21'11")	Antonio Palazzo (85)	Providence, RI	2010-Mar-28
Pentathlon	3112 pts.	Ralph Maxwell (88)	Boston, MA	2008-Mar-28
Heptathlon	2635 pts.	Jerry Donley (86)	Kenosha, WI	2016-Jan-30
	3919 pts. (p)	Bill Jankovich (85)	Kenosha, WI	2019-Jan-26

Women 85-89

Event	Performance	Name	Location	Date
60 m	14.32	Patricia Peterson (85)	Providence, RI	2012-Jan-29
	13.76 (p)	Irene Obera (85)	Winston-Salem, NC	2019-Mar-02
200 m	54.70	Patricia Peterson (85)	Providence, RI	2012-Jan-29
	53.61 (p)	Irene Obera (85)	Winston-Salem, NC	2019-Mar-03
400 m	2:28.76	Patricia Peterson (85)	Providence, RI	2012-Feb-29
	2:10.23 (p)	Irene Obera (85)	Winston-Salem, NC	2019-Mar-01
800 m	8:11.20	Mary Kirsling (88)	Albuquerque, NM	2011-Mar-06
3,000 m	36:24.59	Carolyn Cockey (85)	Landover, MA	2018-Mar-16
Long Jump	1.51 m (4'11½")	Gloria Krug (85)	Albuquerque, NM	2017-Feb-17
	2.04 m (6'8½") (p)	Irene Obera (85)	Winston-Salem, NC	2019-Mar-02
Triple Jump	3.41 m (11'2¼")	Gloria Krug (85)	Daegu, KOR	2017-Mar-21
Shot Put (2 kg)	6.81 m (22'4¼")	Gloria Krug (85)	Daegu, KOR	2017-Mar-25
Weight Throw (12 lbs.)	8.10 m (26'7")	Gloria Krug (85)	Daegu, KOR	2017-Mar-24
Superweight Throw (16 lbs.)	5.39 m (17'8")	Gloria Krug (85)	Albuquerque, NM	2017-Feb-18

Men 90-94

Event	Performance	Name	Location	Date
60 m	11.63	Ralph Maxwell (90)	Boston, MA	2010-Mar-27
200 m	42.10	Bob Matteson (90)	Boston, MA	2007-Mar-25
400 m	1:46.94	John Means (90)	Albuquerque, NM	2011-Mar-04
800 m	4:19.97	Orville Rogers (90)	Boston, MA	2008-Mar-30
1,500 m	10:11.48	Orville Rogers (92)	Kamloops, CAN	2011-Mar-06
1 mi.	9:56.58	Orville Rogers (90)	Boston, MA	2008-Mar-29
3,000 m	20:02.36	Roy Englert (90)	Landover, MD	2013-Mar-22
60 m Hurdles	15.84	Ralph Maxwell (90)	Boston, MA	2010-Mar-27
4x200 m Relay	5:40.82	CLUB: Potomac Valley TC: Orville Rogers Charles Ross Roy Englert Charles Boyle	Winston- Salem, NC	2015-Mar-21
4x400 m Relay	12:54.81	CLUB: Potomac Valley TC: Orville Rogers Charles Ross Dixon Hemphill Roy Englert	Winston- Salem, NC	2015-Mar-22
4x800 m Relay	29:47.68	CLUB: Potomac Valley TC: Orville Rogers Charles Ross Roy Englert Dixon Hemphill	Winston- Salem, NC	2015-Mar-21

High Jump	1.06 m (3'5¾")	Leland McPhie (91)	Nampa, ID	2005-Mar-12
Pole Vault	1.82 m (5'11½")	Donald Pellmann (90)	Ft. Collins, CO	2005-Sep-04
Long Jump	3.15 m (10'4")	Max Springer (90)	Boston, MA	2004-Mar-27
Triple Jump	6.02 m (19'9")	Ralph Maxwell (90)	Boston, MA	2010-Mar-28
Shot Put (3 kg)	8.25 m (27'0¾")	George Riser (90)	Winston- Salem, NC	2015-Mar-21
Weight Throw (12 lbs.)	10.03 m (32'11")	David Schlothauer (90)	Boston, MA	2008-Mar-28
Superweight Throw (25 lbs.)	5.88 m (19'3")	David Schlothauer (90)	Boston, MA	2008-Mar-30
Pentathlon	4030 pts.	Ralph Maxwell (92)	Bloomington, MA	2012-Mar-16

Women 90-94

Event	Performance	Name	Location	Date
60 m	16.67	Mary Norckauer (90)	Baton Rouge, LA	2015-Mar-07
200 m	82.94	Mary Norckauer (90)	Baton Rouge, LA	2015-Mar-07
	75.77 (p)	Betty Lindberg (94)	Winston-Salem, NC	2019-Mar-03
400 m	3:13.45	Mary Norckauer (90)	Baton Rouge, LA	2015-Mar-07
800 m	7:14.89	Mary Norckauer (90)	Baton Rouge, LA	2015-Mar-07
1 mi.	15:15.58 (p)	Betty Lindberg (94)	Winston-Salem, NC	2019-Mar-02
Long Jump	1.60 m (5'3")	Mary Norckauer (90)	Baton Rouge, LA	2015-Mar-07
Triple Jump	3.75 m (12'3¾")	Mary Norckauer (90)	Baton Rouge, LA	2015-Mar-07
Shot Put (2 kg)	5.24 m (17'2¼")	Mary Norckauer (90)	Baton Rouge, LA	2015-Mar-07
Weight Throw (12 lbs.)	5.45 m (17'10")	Betty Jarvis (91)	Boston, MA	2007-Mar-23
Superweight Throw (20 lbs.)	3.67 m (12'0")	Betty Jarvis (93)	Landover, MD	2009-Mar-22

Men 95-99

Event	Performance	Name	Location	Date
60 m	14.82	Orville Rogers (95)	Landover, MD	2013-Mar-23
200 m	57.88	Orville Rogers (95)	Landover, MD	2013-Mar-24
400 m	2:24.51	Orville Rogers (95)	Landover, MD	2013-Mar-22
800 m	6:03.84	Roy Englert (95)	Landover, MD	2018-Mar-18
1,500 m	12:07.63	Roy Englert (95)	Landover, MD	2018-Mar-17
1 mi.	14:39.91	Orville Rogers (95)	Landover, MD	2013-Mar-23
3,000 m	26:01.24	Roy Englert (95)	Landover, MD	2018-Mar-16
High Jump	0.96 m (3'1¾")	Leland McPhie (95)	Landover, MD	2009-Mar-22
Long Jump	1.92 m (6'3¾")	Leland McPhie (95)	Landover, MD	2009-Mar-21
Triple Jump	3.81 m (12'6")	Leland McPhie (95)	Landover, MD	2009-Mar-22
Shot Put (3 kg)	6.90 m (22'7¾")	Leland McPhie (95)	Landover, MD	2009-Mar-21
Weight Throw (12 lbs.)	7.11 m (23'4")	Trent Lane (96)	Baton Rouge, LA	2007-Feb-18
Superweight Throw (25 lbs.)	4.26 m (13'11")	Trent Lane (96)	Baton Rouge, LA	2007-Feb-18

Women 95-99

Event	Performance	Name	Location	Date
60 m	29.86	Ida Keeling (95)	New York, NY	2011-Feb-16
Shot Put (2 kg)	3.75 m (12'3¾")	Betty Jarvis (95)	Albuquerque, NM	2011-Mar-05
Weight Throw (4 kg)	5.10 m (16'8")	Betty Jarvis (95)	Albuquerque, NM	2011-Mar-06
Superweight Throw (16 lbs.)	2.99 m (9'9")	Betty Jarvis (95)	Albuquerque, NM	2011-Mar-06

Men 100-104

Event	Performance	Name	Location	Date
60 m	19.13	Orville Rogers (100)	Landover, MD	2018-Mar-17
200 m	1:40.94	Orville Rogers (100)	Landover, MD	2018-Mar-18
400 m	4:16.90	Orville Rogers (100)	Landover, MD	2018-Mar-16
800 m	9:56.44	Orville Rogers (100)	Landover, MD	2018-Mar-18
1,500 m	20:00.91	Orville Rogers (100)	Landover, MD	2018-Mar-17
Shot Put (4 kg)	3.66 m (12'0¼")	Everett Hosack (100)	Berea, OH	2002-Mar-16
Weight Throw (12 lbs.)	5.10 m (16'8")	Everett Hosack (100)	Boston, MA	2002-Mar-22
Superweight Throw (35 lbs.)	2.21 m (7'3")	Everett Hosack (100)	Boston, MA	2002-Mar-24

Women 100-104

Event	Performance	Name	Location	Date
60 m	24.79	Julia Hawkins (102)	Landover, MD	2018-Mar-17
Shot Put (2 kg)	2.77 m (9'1¼")	Julia Hawkins (102)	Landover, MD	2018-Mar-17

American Masters Road Records – Long Distance Running

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 women-only

Last updated: 05/13/2019

Men 40-44

Event	Performance	Name	Location	Date
1 mi.	4:31	John Gardiner (43)	Flint, MI	2016-Aug-26
	4:28 (p)	Nicholas Berra (44)	Pittsburgh, PA	2013-Aug-09
	4:22 (p)	Neville Davey (43)	Danville, CA	2018-May-06
5 km	13:39	Bernard Lagat (42)	Carlsbad, CA	2016-Apr-03
8 km	23:25	John Tuttle (40)	Chicago, IL	1999-Mar-28
10 km	27:48	Bernard Lagat (40)	Manchester, GBR	2015-May-09
12 km	36:06	Mbarak Hussein (42)	Spokane, WA	2007-May-06
15 km	44:23	Meb Keflezighi (40)	San Diego, CA	2015-May-31
10 mi.	47:39	Meb Keflezighi (40)	San Diego, CA	2015-May-31
20 km	59:43	Meb Keflezighi (40)	San Jose, CA	2015-Sep-27
Half-Marathon	1:02:00	Bernard Lagat (42)	Houston, TX	2018-Jan-14
25 km	1:17:12	Mbarak Hussein (40)	Grand Rapids, MI	2005-May-14
30 km	1:34:03	Meb Keflezighi (40)	Los Angeles, CA	2016-Feb-13
Marathon	2:12:20	Meb Keflezighi (40)	Los Angeles, CA	2016-Feb-13

50 km	3:00:00	Jeff Wall (40)	San Francisco, CA	1982-Nov-06
50 mi.	5:10:13	Bernd Heinrich (41)	Chicago, IL	1981-Oct-04
100 km	6:38:21	Bernd Heinrich (41)	Chicago, IL	1981-Oct-04
100 mi.	13:11:40	Mike Morton (40)	Raleigh, NC	2012-Mar-31
12 hr.	144,840 m	Roy Pirrung (40)	Queens, NY	1989-Apr-01
24 hr.	277,542 m	Mike Morton (40)	Katowice, POL	2012-Sep-09
144 hr.	886,987 m	David Johnston (44)	Phoenix, AZ	2014-Dec-28

Women 40-44

Event	Performance	Name	Location	Date
1 mi.	5:24 (f)	Renee Tolan (42)	Flint, MI	2017-Aug-25
	4:50 (f) (p)	Magdalena Lewy-Boulet (40)	Pittsburgh, PA	2013-Aug-09
5 km	15:48 (f)	Colleen De Reuck (40)	Albany, NY	2004-Jun-05
	15:48	Deena Kastor (42)	San Jose, CA	2015-Sep-26
8 km	26:19	Ruth Wysocki (40)	Newport Beach, CA	1997-Jul-12
10 km	32:21	Deena Kastor (41)	Philadelphia, PA	2014-Sep-21
12 km	40:04 (f)	Jennifer Rhines (41)	Alexandria, VA	2015-Nov-15
15 km	49:03	Deena Kastor (41)	Philadelphia, PA	2014-Sep-21
10 mi.	52:41	Deena Kastor (41)	Philadelphia, PA	2014-Sep-21
20 km	1:05:52	Deena Kastor (41)	Philadelphia, PA	2014-Sep-21
Half-Marathon	1:09:36	Deena Kastor (41)	Philadelphia, PA	2014-Sep-21
25 km	1:25:15	Colleen De Reuck (41)	Grand Rapids, MI	2005-May-14
30 km	1:45:04	Deena Kastor (42)	Chicago, IL	2015-Oct-11
Marathon	2:27:47	Deena Kastor (42)	Chicago, IL	2015-Oct-11
50 km	3:22:51	Caroline Boller (41)	Lloyd Neck, NY	2016-Mar-05
50 mi.	6:09:04	Caroline Boller (42)	Madison, WI	2017-Apr-07
100 km	7:33:58	Kami Semick (42)	Tarquinoa, ITA	2008-Nov-08
100 mi.	15:05:52	Sue Ellen Trapp (44)	Queens, NY	1990-May-05

12 hr.	128,747 m	Randi Bromka (40)	Sacramento, CA	1992-Dec-30
24 hr.	243,611 m	Pamela Smith (42)	Belfast, GBR	2017-Jul-02
48 hr.	390,024 m	Traci Falbo (42)	Anchorage, AK	2014-Aug-04
144 hr.	704,521 m	Sue Scholl (42)	Phoenix, AZ	2014-Dec-28

Men 45-49

Event	Performance	Name	Location	Date
1 mi.	4:24	Kevin Castille (45)	Flint, MI	2017-Aug-25
5 km	14:29	Kevin Castille (45)	Syracuse, NY	2017-Oct-01
8 km	24:14	Dennis Simonaitis (48)	Virginia Beach, VA	2010-Mar-20
10 km	31:06	Gary Romesser (46)	Mobile, AL	1997-Mar-22
	29:51 (p)	Kevin Castille (45)	Davie, FL	2017-Nov-19
	29:08 (p)	Kevin Castille (45)	Houston, TX	2018-Feb-24
12 km	37:17	Mbarak Hussein (47)	Spokane, WA	2012-May-06
15 km	46:34	Kevin Castille (45)	Tulsa, OK	2017-Oct-28
	46:11 (p)	Kevin Castille (45)	Utica, NY	2017-Jul-09
	45:37 (p)	Kevin Castille (46)	Utica, NY	2018-Jul-08
10 mi.	52:22	Bill Rodgers (49)	Washington, D.C.	1997-Apr-13
20 km	1:05:46	Larry Olsen (46)	New Haven, CT	1993-Sep-06
Half- Marathon	1:08:05	Bill Rodgers (45)	Kansas City, MO	1993-Jun-06
	1:05:16 (p)	Kevin Castille (45)	Akron, OH	2017-Sep-23
	1:05:11 (p)	Kevin Castille (45)	Houston, TX	2018-Jan-14
25 km	1:22:10	Dennis Simonaitis (45)	Grand Rapids, MI	2008-May-10
30 km	1:39:18	Bill Rodgers (45)	Hamilton, CAN	1993-Mar-28

Marathon	2:16:58	Mbarak Hussein (45)	Minneapolis, MN	2010-Oct-03
50 km	3:13:07	Rich Hanna (49)	Sacramento, CA	2014-Feb-01
	3:09:23 (p)	Jason Butler (45)	Ft. Worth, TX	2019-Feb-24
50 mi.	5:39:42	Kevin Setnes (46)	Pittsburgh, PA	2000-Mar-25
100 km	7:04:54	Kevin Setnes (45)	Chavagnes, FRA	1999-May-15
100 mi.	14:09:45	Olivier LeBlond (46)	Cleveland, OH	2018-Sep-22
12 hr.	136,939 m	Kevin Setnes (47)	Sylvania, OH	2001-Sep-15
24 hr.	259,201 m	Olivier LeBlond (46)	Cleveland, OH	2018-Sep-22
48 hr.	379,821 m	Joe Fejes (49)	Balaton, HUN	2015-May-06
	421,939 m (p)	Olivier LeBlond (45)	Ft. Lauderdale, FL	2017-Nov-17
144 hr.	975,654 m	Joe Fejes (49)	Balaton, HUN	2015-May-06

Women 45-49

Event	Performance	Name	Location	Date
1 mi.	5:07 (f)	Sonja Friend-Uhl (47)	Washington, D.C.	2018-Sep-30
5 km	16:14 (f)	Linda Somers-Smith (48)	San Jose, CA	2009-Nov-26
8 km	27:45	Carmen Troncoso (45)	New York, NY	2005-Mar-26
	27:12 (p)	Deena Kastor (46)	Chicago, IL	2019-Mar-24
10 km	34:42 (f)	Trina Painter (47)	Boston, MA	2012-Oct-08
12 km	43:38	Nancy Grayson (45)	Evansville, IN	1995-May-13
15 km	50:51	Colleen De Reuck (45)	Jacksonville, FL	2010-Mar-15
10 mi.	57:09	Linda Somers Smith (48)	Redding, CA	2010-Mar-06
20 km	1:09:42	Linda Somers Smith (49)	San Jose, CA	2010-Oct-03
Half-Marathon	1:13:32	Linda Somers Smith (49)	San Jose, CA	2010-Oct-03
25 km	1:31:06	Colleen De Reuck (47)	Grand Rapids, MI	2011-May-14
30 km	1:52:44 (f)	Linda Somers Smith (46)	Boston, MA	2008-Apr-20
Marathon	2:30:51	Colleen De Reuck (46)	Copenhagen, DEN	2010-May-23
50 km	3:32:34	Sandra Kiddy (47)	Tallahassee, FL	1983-Dec-17

50 mi.	6:09:09	Sandra Kiddy (47)	Columbus, OH	1984-Apr-01
100 km	7:52:21	Meghan Arbogast (47)	Tarquinoa, ITA	2008-Nov-08
100 mi.	15:12:54	Sandra Kiddy (49)	Tallahassee, FL	1985-Dec-14
12 hr.	133,881 m	Carolyn Smith (46)	Minneapolis, MN	2011-Jun-04
24 hr.	240,384 m	Connie Gardner (49)	Katowice, POL	2012-Sep-09
48 hr.	360,090 m	Sue Ellen Trapp (47)	Sacramento, CA	1993-Nov-15
144 hr.	501,712 m	Sally Middleton (45)	Sacramento, CA	1995-Nov-11
	514,990 m (p)	Ella Lombardi (45)	Augusta, NJ	2018-May-20

Men 50-54

Event	Performance	Name	Location	Date
1 mi.	4:48	Todd Straka (50)	Flint, MI	2017-Aug-25
	4:40 (p)	Alan Wells (50)	Pittsburgh, PA	2013-Aug-09
5 km	15:02	Sean Wade (50)	Bellaire, TX	2016-Apr-08
8 km	25:31	Sal Vasquez (50)	Los Altos, CA	1990-Jan-20
10 km	31:48	Ray Hatton (50)	Portland, OR	1982-May-23
12 km	39:30	Dick Buerkle (51)	Orlando, FL	1999-Feb-20
15 km	49:24	Norm Green (53)	Portland, OR	1985-Jun-30
10 mi.	52:53	Norm Green (50)	Washington, D.C.	1983-Mar-27
20 km	1:05:50	Norm Green (50)	Washington, D.C.	1983-May-29
Half-Marathon	1:09:30	Norm Green (52)	Philadelphia, PA	1984-Sep-16
25 km	1:24:12	Norm Green (51)	Washington, D.C.	1984-May-27
30 km	1:51:32	Bill Olrich (53)	Clarksburg, CA	1988-Nov-13
	1:51:09 (p)	Mike McManus (51)	Hamilton, CAN	2017-Mar-26
Marathon	2:24:08	Mbarak Hussein (50)	Minneapolis, MN	2015-Oct-04
50 km	3:16:29	Billy Mertens (50)	Sacramento, CA	2017-Feb-04
50 mi.	5:35:03	Ted Corbitt (50)	New York, NY	1970-Oct-18
100 km	7:38:32	Steven Stowers (50)	Madison, WI	2016-Apr-09

	7:31:50 (p)	Billy Mertens (52)	Madison, WI	2019-Apr-13
100 mi.	15:02:30	Brian Teason (52)	Augusta, NJ	2013-May-16
	14:47:43 (p)	Jean Pommier (54)	Henderson, NV	2019-Feb-16
200 km	19:23:53	Bob Hearn (51)	Lebanon, TN	2017-Apr-01
12 hr.	136,794 m	Jean Pommier (51)	Augusta, NJ	2015-Nov-07
24 hr.	244,869 m	Bob Hearn (51)	Lebanon, TN	2017-Apr-01
48 hr.	370,816 m	Joe Fejes (50)	Balaton, HUN	2016-May-05
	373,353 m (p)	Bob Hearn (52)	Missouri City, TX	2017-Dec-30
144 hr.	867,509 m	Joe Fejes (50)	Balaton, HUN	2016-May-10

Women 50-54

Event	Performance	Name	Location	Date
1 mi.	5:27 (f)	Marisa Sutera-Strange (53)	Flint, MI	2016-Aug-26
	5:18 (f) (p)	Doreen McCoubrie (51)	Pittsburgh, PA	2013-Aug-09
5 km	17:04	Monica Joyce (51)	Plymouth, MI	2010-Jun-20
8 km	28:55	Shirley Matson (50)	Palo Alto, CA	1991-Mar-24
10 km	35:57	Shirley Matson (50)	Orlando, FL	1991-Mar-02
12 km	44:56	Shirley Matson (52)	Spokane, WA	1993-May-02
15 km	54:34	Shirley Matson (50)	Jacksonville, FL	1991-Mar-09
10 mi.	1:00:52	Joan Samuelson (52)	Washington, D.C.	2010-Apr-11
20 km	1:17:12	Colleen De Reuck (51)	Los Angeles, CA	2016-Feb-13
Half-Marathon	1:15:18	Linda Somers Smith (50)	Los Angeles, CA	2011-Oct-30
25 km	1:36:38	Colleen De Reuck (51)	Los Angeles, CA	2016-Feb-13
30 km	1:56:43	Colleen De Reuck (51)	Los Angeles, CA	2016-Feb-13
Marathon	2:37:36 (f)	Linda Somers Smith (50)	Houston, TX	2012-Jan-14
50 km	3:48:07	Beverley Anderson-Abbs (51)	Sacramento, CA	2016-Feb-06
50 mi.	6:19:06	Meghan Arbogast (50)	Sacramento, CA	2012-Feb-04
100 km	7:41:52	Meghan Arbogast (51)	Seregno, ITA	2012-Apr-22

100 mi.	16:04:00	Connie Gardner (50)	Anchorage, AK	2014-Aug-04
12 hr.	127,138 m	Carolyn Smith (50)	Minneapolis, MN	2015-Jun-07
24 hr.	221,043 m	Sue Ellen Trapp (50)	Sylvania, OH	1996-Sep-15
48 hr.	329,915 m	Liz Bauer (51)	Augusta, NJ	2010-May-14
144 hr.	724,205 m (p)	C.Dipali Cunningham (54)	New York, NY	2013-Apr-27

Men 55-59

Event	Performance	Name	Location	Date
1 mi.	4:49	Nat Larson (55)	Flint, MI	2017-Aug-25
5 km	15:54	Nat Larson (55)	Providence, RI	2017-Sep-17
8 km	26:19	Nat Larson (55)	Philadelphia, PA	2017-Nov-18
10 km	32:27	Jim O'Neill (55)	Toledo, OH	1993-Sep-26
12 km	41:09	Brian Pilcher (55)	Spokane, WA	2012-May-06
15 km	50:45	Norm Green (55)	Washington, D.C.	1988-Mar-27
10 mi.	54:25	Jim O'Neill (56)	Washington, D.C.	1994-Apr-10
20 km	1:08:07	Norm Green (56)	Medford, OR	1989-Apr-08
Half-Marathon	1:10:23	Norm Green (55)	Philadelphia, PA	1987-Sep-20
25 km	1:32:56	Howard Rubin (56)	New York, NY	1984-Oct-07
30 km	1:46:33	Norm Green (56)	Clarksburg, CA	1988-Nov-13
Marathon	2:33:49	Norm Green (55)	Lincoln, NE	1988-May-01
50 km	3:39:48	Pete Kaplan (55)	Tallahassee, FL	2011-Dec-10
	3:32:16 (p)	Mark Murray (55)	Sacramento, CA	2018-Feb-03
50 mi.	5:53:08	Alex Ratelle (57)	Chicago, IL	1981-Oct-04
100 km	8:39:35	Roy Pirrung (58)	Winschoten, NED	2007-Sep-08
100 mi.	15:49:00	Roy Pirrung (58)	Grapevine, TX	2006-Nov-19
1,000 mi.	346:56:46	Don Winkley (59)	New York, NY	1997-Sep-26

12 hr.	126,050 m	Roy Pirrung (57)	San Diego, CA	2005-Nov-12
24 hr.	227,992 m	Roy Pirrung (57)	San Diego, CA	2005-Nov-12
48 hr.	323,478 m	Don Winkley (59)	New York, NY	1997-Sep-13
	326,213 m (p)	Jeff Hagen (56)	Houston, TX	2004-Feb-29
144 hr.	724,204 m	Don Winkley (56)	New York, NY	1994-May-14
	733,619 m (p)	Ed Ettinghausen (55)	Phoenix, AZ	2017-Dec-28

Women 55-59

Event	Performance	Name	Location	Date
1 mi.	5:33 (f)	Doreen McCoubrie (56)	Flint, MI	2018-Aug-24
5 km	18:32	Shirley Matson (56)	Carlsbad, CA	1997-Apr-13
	18:05 (f) (p)	Jenny Hitchings (55)	Sacramento, CA	2018-Aug-11
8 km	30:10	Shirley Matson (56)	Palo Alto, CA	1997-Apr-06
10 km	38:20 (f)	Joan Samuelson (57)	Boston, MA	2014-Oct-13
	37:27 (p)	Jenny Hitchings (55)	Sacramento, CA	2018-Nov-22
12 km	46:27	Joan Samuelson (57)	Alexandria, VA	2014-Nov-16
15 km	59:51	Christine Kennedy (59)	Jacksonville, FL	2014-Mar-15
10 mi.	1:01:20	Jenny Hitchings (55)	Sacramento, CA	2018-Sep-09
20 km	1:18:44	S. Rae Baymiller (55)	New Haven, CT	1998-Sep-07
Half-Marathon	1:21:14	Jenny Hitchings (55)	Sacramento, CA	2018-Oct-07
25 km	1:41:01	Shirley Matson (56)	San Diego, CA	1996-Nov-16
30 km	2:11:58	Suzanne Ray (57)	Clarksburg, CA	2009-Nov-08
Marathon	2:52:14	S. Rae Baymiller (55)	Chicago, IL	1998-Oct-11
50 km	3:56:55	Sandra Kiddy (55)	Washington, D.C.	1992-Oct-17
50 mi.	7:44:48	Mary Ann Miller (56)	Dallas, TX	1993-Jan-16
100 km	8:42:36	Sandra Kiddy (55)	Palamós, ESP	1992-Feb-16

100 mi.	18:53:03	Sue Ellen Trapp (55)	Sylvania, OH	2001-Sep-15
	18:15:45 (p)	Connie Gardner (55)	Henderson, NV	2019-Feb-17
12 hr.	112,364 m	Sue Ellen Trapp (55)	Sylvania, OH	2001-Sep-15
24 hr.	203,050 m	Sue Ellen Trapp (55)	Sylvania, OH	2001-Sep-15
48 hr.	290,585 m	Liz Bauer (57)	Phoenix, AZ	2016-Dec-28
144 hr.	764,438 m	C.Dipali Cunningham (55)	New York, NY	2014-Apr-29

Men 60-64

Event	Performance	Name	Location	Date
1 mi.	5:19	Thomas Dever (60)	Flint, MI	2017-Aug-25
	5:03 (p)	Tom McCormack (60)	Flint, MI	2014-Aug-22
5 km	16:38	Brian Pilcher (60)	Syracuse, NY	2016-Oct-02
8 km	28:07	Norm Green (60)	Virginia Beach, VA	1993-Mar-20
10 km	34:27	Jim O'Neil (60)	Alameda, CA	1998-Aug-04
12 km	42:50	Thomas McCormack (61)	Alexandria, VA	2014-Nov-16
15 km	54:20	Norm Green (60)	Tampa, FL	1993-Feb-27
10 mi.	57:48	Norm Green (60)	Washington, D.C.	1993-Apr-04
20 km	1:12:36	Doug Winn (60)	New Haven, CT	2010-Sep-06
Half- Marathon	1:16:55	Norm Green (61)	Philadelphia, PA	1993-Sep-19
	1:16:54 (p)	Brian Pilcher (60)	Chicago, IL	2016-Oct-09
25 km	1:36:20	Alex Ratelle (62)	Minneapolis, MN	1986-Sep-14
	1:31:41 (p)	Brian Pilcher (60)	Chicago, IL	2016-Oct-09
30 km	1:59:22	Patrick Devine (60)	Ventura, CA	1989-Feb-12
	1:50:53 (p)	Brian Pilcher (60)	Chicago, IL	2016-Oct-09
Marathon	2:42:44	Clive Davies (64)	Portland, OR	1979-Oct-28
	2:42:44 (p)	Brian Pilcher (60)	Chicago, IL	2016-Oct-09
50 km	3:35:51	Malcolm Gillis (61)	Dallas, TX	1995-Jan-21

50 mi.	6:39:55	Bernd Heinrich (61)	Brunswick, ME	2001-Oct-27
	6:32:37 (p)	Mark Richtman (60)	San Francisco, CA	2015-Dec-31
100 km	8:24:20	Mark Richtman (60)	San Francisco, CA	2015-Dec-31
100 mi.	15:29:44	Roy Pirrung (60)	Seoul, KOR	2008-Oct-19
1,000 mi.	384:30:19	John Wallis (63)	Jamaica, NY	2000-Jun-18
12 hr.	115,432 m	Roy Pirrung (60)	Seoul, KOR	2008-Oct-19
24 hr.	215,263 m	Roy Pirrung (60)	Seoul, KOR	2008-Oct-19
48 hr.	296,119 m (p)	John Brown (60)	Augusta, NJ	2018-May-20
144 hr.	654,286 m	Brad Compton (60)	Ft Lauderdale, FL	2014-Nov-14

Women 60-64

Event	Performance	Name	Location	Date
1 mi.	5:44 (f) (p)	Kathryn Martin (61)	Pittsburgh, PA	2013-Aug-09
	6:33 (f) (p)	Jill Miller- Robinett (63)	Danville, CA	2018-May-06
5 km	19:04 (f)	Kathryn Martin (60)	Syracuse, NY	2011-Oct-01
8 km	31:27	Christine Kennedy (60)	Brea, CA	2015-Feb-22
10 km	39:24	Christine Kennedy (60)	Dedham, MA	2015-Apr-26
12 km	48:54	Kathryn Martin (63)	Alexandria, VA	2014-Nov-16
15 km	1:00:43	Kathryn Martin (62)	Tulsa, OK	2013-Oct-26
10 mi.	1:05:27	Kathryn Martin (60)	Patchogue, NY	2012-Jan-24
20 km	1:24:54	Kathryn Martin (62)	Lloyd Neck, NY	2014-Mar-02
Half- Marathon	1:28:26	Kathryn Martin (60)	Philadelphia, PA	2011-Nov-19
25 km	1:46:38	Kathryn Martin (62)	Lloyd Neck, NY	2014-Mar-02
30 km	2:15:30	Kathryn Martin (60)	Lloyd Neck, NY	2012-Mar-04
Marathon	3:10:27	Kathryn Martin (60)	Chicago, IL	2011-Oct-09
	3:05:10 (p)	Christine Kennedy (60)	Dallas, TX	2015-Dec-13
50 km	3:58:30	Kathryn Martin (60)	Lloyd Neck, NY	2012-Mar-04
50 mi.	8:35:19	Dixie Madsen (61)	San Francisco, CA	1998-Apr-18

100 km	11:14:14	Dixie Madsen (61)	San Francisco, CA	1998-Apr-18
100 mi.	21:29:00	Pamela Chapman-Markle (61)	Daytona Beach, FL	2016-Dec-10
	20:58:24 (p)	Pamela Chapman-Markle (63)	Ottawa, KS	2018-Oct-28
12 hr.	104,929 m	Pamela Chapman-Markle (62)	Minneapolis, MN	2018-Jun-02
24 hr.	171,484 m	Maria Shields (64)	Phoenix, AZ	2014-Dec-28
	175,702 m (p)	Pamela Chapman-Markle (62)	Phoenix, AZ	2017-Dec-28
48 hr.	226,386 m	Karen Bonnett- Natraj (60)	Phoenix, AZ	2016-Dec-28

Men 65-69

Event	Performance	Name	Location	Date
1 mi.	5:18	Tom Bernhard (65)	Flint, MI	2016-Aug-26
5 km	17:31	Tom Bernhard (65)	Syracuse, NY	2016-Oct-02
8 km	29:41	Joe Fernandez (65)	Boston, MA	1994-Apr-09
10 km	37:04	Clive Davies (68)	Portland, OR	1983-Aug-12
12 km	46:58	Terry McClusky (65)	Alexandria, VA	2013-Nov-17
15 km	55:16	Clive Davies (65)	Portland, OR	1981-Jun-28
10 mi.	1:02:07	Warren Utes (69)	Park Forest, IL	1989-Sep-04
20 km	1:20:05	Doug Goodhue (68)	New Haven, CT	2010-Sep-06
Half-Marathon	1:23:50	Michael Bertolini (65)	Philadelphia, PA	1985-Sep-15
25 km	1:41:39	Alex Ratelle (66)	Minneapolis, MN	1990-Sep-16
30 km	1:58:12	Clive Davies (66)	Portland, OR	1982-Feb-06
Marathon	2:42:49	Clive Davies (66)	Eugene, OR	1981-Sep-13
50 km	3:41:41	Malcolm Gillis (65)	Saddle Brook, NJ	1998-Jun-13
50 mi.	7:27:10	Fred Nagelschmidt (65)	Fountain Valley, CA	1990-May-19
100 km	9:24:41	Ray Piva (67)	Sacramento, CA	1994-Feb-12
100 mi.	19:46:20	Zeke Zucker (65)	Raleigh, NC	2009-Apr-04
12 hr.	111,044 m	Ray Piva (67)	Sacramento, CA	1993-Nov-14
24 hr.	193,121 m	Ray Piva (67)	Sacramento, CA	1993-Nov-14

48 hr.	288,992 m	Jeff Hagen (66)	Phoenix, AZ	2014-Jan-03
	290,735 m (p)	Bill Heldenbrand (68)	Balaton, HUN	2014-May-09
144 hr.	632,182 m	Bill Heldenbrand (67)	Phoenix, AZ	2014-Jan-03

Women 65-69

Event	Performance	Name	Location	Date
1 mi.	6:06 (f)	Sabra Harvey (68)	Flint, MI	2017-Aug-25
5 km	19:57 (f)	Kathryn Martin (65)	Syracuse, NY	2016-Oct-02
8 km	35:00	Margret Betz (65)	Ithaca, NY	2001-Sep-16
	33:45 (p)	Sabra Harvey (65)	Houston, TX	2014-Mar-22
10 km	41:57	Kathryn Martin (65)	Plainview, NY	2017-Apr-01
12 km	53:46	Edie Stevenson (66)	Alexandria, VA	2015-Nov-15
15 km	1:06:42	S. Rae Baymiller (67)	New York, NY	2010-Dec-18
	1:05:04	Kathryn Martin (65)	Lloyd Neck, NY	2017-Mar-05
10 mi.	1:08:54	Kathryn Martin (65)	Patchogue, NY	2017-Jan-14
20 km	1:27:45	Kathryn Martin (65)	Lloyd Neck, NY	2017-Mar-05
Half- Marathon	1:33:37 (f)	Kathryn Martin (65)	New York, NY	2017-Apr-30
25 km	2:07:00	Sharon Dolan (66)	Grand Rapids, MI	2008-May-10
	1:50:38 (p)	Kathryn Martin (65)	Lloyd Neck, NY	2017-Mar-05
	2:03:53 (p)	Victoria Crisp (65)	Grand Rapids, MI	2018-May-12
30 km	2:27:54	Barbara Miller (65)	Clarksburg, CA	2004-Nov-14
Marathon	3:29:47	Jeannie Rice (69)	Columbus, OH	2017-Oct-15
50 km	4:50:50	Myra Rhodes (67)	Sacramento, CA	1999-Nov-13
50 mi.	9:04:31	Helen Klein (67)	San Francisco, CA	1990-Apr-21

100 km	12:09:17	Helen Klein (67)	San Francisco, CA	1990-Apr-21
100 mi.	43:02:14 (p)	Fran Libasci (66)	Augusta, NJ	2018-May-20
	31:48:20 (p)	Lynna Gilstrap (68)	Cheney, KS	2018-Jul-07
	30:41:24 (p)	Lynna Gilstrap (68)	Alcoa, TN	2019-Mar-16
12 hr.	89,455 m	Maria Shields (67)	Cleveland, OH	2018-Sep-22
24 hr.	151,922 m	Eldrith Gosney (68)	San Francisco, CA	2009-Oct-24
48 hr.	212,871 m	Jeannie McDaniel (67)	Phoenix, AZ	2016-Jan-03
144 hr.	501,767 m	Marie Boyd (67)	Phoenix, AZ	2016-Jan-03

Men 70-74

Event	Performance	Name	Location	Date
1 mi.	6:07	Gary Patton (70)	Flint, MI	2016-Aug-26
	6:07	Harold Nolan (70)	Flint, MI	2017-Aug-25
	5:43 (p)	Doug Goodhue (71)	Pittsburgh, PA	2013-Aug-09
5 km	18:01	Warren Utes (70)	Park Ridge, IL	1990-Sep-30
8 km	30:25	Warren Utes (70)	Chicago, IL	1991-Mar-10
10 km	39:02	Gene Dykes (70)	Dedham, MA	2018-Apr-29
12 km	48:38	Doug Goodhue (72)	Alexandria, VA	2014-Nov-16
15 km	1:01:50	Clive Davies (71)	Portland, OR	1987-Jun-28
	1:00:03 (p)	Gene Dykes (70)	Delaware City, DE	2018-Oct-07
10 mi.	1:02:41	Warren Utes (70)	Park Forest, IL	1990-Sep-03
20 km	1:26:27	Ron Legg (71)	Akron, OH	2016-Sep-24
Half- Marathon	1:25:05	Gene Dykes (70)	Philadelphia, PA	2018-Nov-17
25 km	1:39:59	Clive Davies (70)	Eugene, OR	1985-Sep-08
30 km	2:13:01	Clive Davies (71)	Minneapolis, MN	1986-Oct-12
Marathon	2:55:22	Gene Dykes (70)	Toronto, CAN	2018-Oct-21
	2:54:23 (p)	Gene Dykes (70)	Jacksonville, FL	2018-Dec-16
50 km	4:16:03	Joe Burgasser (73)	Tallahassee, FL	2011-Dec-10
50 mi.	7:48:58	Ray Piva (70)	Sacramento, CA	1996-Nov-16

100 km	11:51:23	Dieter Walz (70)	San Francisco, CA	2005-Apr-16
100 mi.	21:54:04	Jeff Hagen (70)	Cleveland, OH	2017-Sep-16
12 hr.	100,000 m	Dieter Walz (70)	San Francisco, CA	2005-Apr-16
24 hr.	177,338 m	Jeff Hagen (70)	Cleveland, OH	2017-Sep-16
48 hr.	274,350 m (p)	Jeff Hagen (70)	Phoenix, AZ	2017-Dec-28
144 hr.	540,980 m	Ed Rousseau (74)	Anchorage, AK	2014-Aug-04
	555,829 m (p)	Bill Heldenbrand (71)	Phoenix, AZ	2017-Dec-28

Women 70-74

Event	Performance	Name	Location	Date
1 mi.	6:37 (f)	Jeannie Rice (70)	Flint, MI	2018-Aug-24
5 km	22:14 (f)	Jan Holmquist (71)	Syracuse, NY	2015-Oct-04
	22:07 (p)	Jan Holmquist (70)	Norwell, MA	2014-May-18
	22:03 (p)	Jan Holmquist (70)	Needham, MA	2014-Jul-01
8 km	36:37	Jan Holmquist (71)	Narragansett, RI	2015-Aug-09
10 km	45:19	Jan Holmquist (70)	Dedham, MA	2015-Apr-26
12 km	58:22	June Machala (70)	Spokane, WA	2001-May-06
15 km	1:17:10	Norma Thomas (71)	Goleta, CA	2013-Jul-04
10 mi.	1:16:11	S. Rae Baymiller (70)	Bronx, NY	2013-Sep-29
20 km	1:46:21	Pat Dixon (70)	Medford, OR	1989-Apr-08
	1:34:36 (p)	Jeannie Rice (70)	Chicago, IL	2018-Oct-07
Half- Marathon	1:47:38	Barbara Miller (73)	Clarksburg, CA	2012-Nov-11
	1:44:43 (p)	Jan Holmquist (70)	New Bedford, MA	2015-Mar-15
	1:47:18 (p)	Nancy Rollins (70)	Door County, WI	2017-May-06
	1:39:53 (p)	Jeannie Rice (70)	Chicago, IL	2018-Oct-07
	1:38:42 (p)	Jeannie Rice (70)	Naples, FL	2019-Jan-19
25 km	2:18:20	Gerry Davidson (70)	San Diego, CA	1991-Nov-23
	1:58:52 (p)	Jeannie Rice (70)	Chicago, IL	2018-Oct-07

30 km	2:59:22	Ellen McCoy (70)	Duluth, MN	1991-May-25
	2:22:29 (p)	Jeannie Rice (70)	Chicago, IL	2018-Oct-07
Marathon	3:46:18	Ginette Bedard (72)	New York, NY	2005-Nov-06
	3:27:50 (p)	Jeannie Rice (70)	Chicago, IL	2018-Oct-07
50 km	5:44:04	Helen Klein (70)	Sylvania, OH	1993-Sep-19
	5:30:23 (p)	Sandra Farahani (70)	Seattle, WA	2017-Dec-10
50 mi.	9:55:09	Helen Klein (70)	Sylvania, OH	1993-Sep-19
100 km	12:50:49	Helen Klein (70)	Sylvania, OH	1993-Sep-19
100 mi.	23:29:34	Helen Klein (70)	Sylvania, OH	1993-Sep-19
12 hr.	70,811 m	Scotty Eckert (72)	Augusta, NJ	2018-Nov-10
24 hr.	165,343 m	Helen Klein (70)	Sylvania, OH	1993-Sep-19
48 hr.	143,232 m	Betty Smith (72)	Augusta, NJ	2013-May-16
	152,050 m (p)	Ila Brandli (72)	Phoenix, AZ	2017-Dec-28
	157,716 m (p)	Scotty Eckert (71)	Augusta, NJ	2018-May-20
144 hr.	300,731 m	Betty Smith (72)	Phoenix, AZ	2014-Jan-03
	373,368 m (p)	Ila Brandli (72)	Phoenix, AZ	2017-Dec-28
	389,461 m (p)	Scotty Eckert (71)	Augusta, NJ	2018-May-20

Men 75-79

Event	Performance	Name	Location	Date
1 mi.	6:17	Doug Goodhue (75)	Flint, MI	2017-Aug-25
5 km	19:24	Warren Utes (75)	Park Ridge, IL	1995-Sep-30
8 km	31:52	Warren Utes (75)	Cedar Rapids, IA	1995-Jul-04
10 km	40:12	Warren Utes (75)	Libertyville, IL	1995-Sep-17
12 km	48:57	Warren Utes (75)	Park Forest, IL	1995-Sep-04
15 km	1:01:58	Warren Utes (75)	Park Forest, IL	1995-Sep-04
10 mi.	1:06:27	Warren Utes (75)	Park Forest, IL	1995-Sep-04
20 km	1:30:10	Ed Benham (75)	Washington, D.C.	1983-May-29
Half-Marathon	1:30:19	Warren Utes (76)	Indianapolis, IN	1997-May-02
25 km	1:52:57	Warren Utes (77)	Channahon, IL	1997-Sep-14
30 km	2:28:00	Ed Benham (78)	Sugar Land, TX	1985-Dec-07
Marathon	3:18:10	Warren Utes (75)	Chicago, IL	1995-Oct-15
50 km	4:50:35	Ray Piva (75)	San Francisco, CA	2002-Apr-20
50 mi.	8:34:29	Ray Piva (75)	San Francisco, CA	2002-Apr-20
100 km	10:59:52	Ray Piva (75)	San Francisco, CA	2002-Apr-20
100 mi.	23:01:57	Ray Piva (76)	Sylvania, OH	2002-Sep-14
12 hr.	91,325 m	Dieter Walz (76)	Cleveland, OH	2011-Sep-17
24 hr.	169,013 m	Ray Piva (76)	Sylvania, OH	2002-Sep-14

48 hr.	259,104 m	Jimmy Barnes (77)	Augusta, NJ	2016-May-15
144 hr.	574,535 m	Don Winkley (77)	New York, NY	2015-Apr-29

Women 75-79

Event	Performance	Name	Location	Date
1 mi.	9:46 (f)	Ellen Nitz (76)	Flint, MI	2016-Aug-26
5 km	23:34 (f)	Libby James (75)	Albany, NY	2012-Jun-12
8 km	40:44	Hedy Marque (76)	Alexandria, VA	1993-Sep-12
10 km	50:11	Libby James (75)	Boulder, CO	2012-May-28
12 km	1:01:11	Libby James (78)	Spokane, WA	2014-May-04
15 km	1:24:55	Toshiko D'Elia (75)	Utica, NY	2005-Jul-10
	1:22:45 (p)	Sandra Folzer (75)	Delaware City, DE	2014-Oct-12
10 mi.	1:19:22	Libby James (75)	Denver, CO	2011-Sep-05
20 km	1:58:51	Toshiko D'Elia (75)	New Haven, CT	2005-Sep-05
Half-Marathon	1:45:52	Libby James (76)	Orlando, FL	2012-Jan-13
25 km	2:29:33	Toshiko D'Elia (76)	Grand Rapids, MI	2006-May-13
30 km	3:37:52	Gerry Davidson (77)	San Diego, CA	1998-May-23
	3:14:10 (p)	Joann Hall (76)	Sacramento, CA	2018-Feb-03
Marathon	4:08:31	Ginette Bedard (75)	New York, NY	2008-Nov-02
50 km	6:05:16	Helen Klein (79)	Sacramento, CA	2002-Feb-09
50 mi.	18:31:59	Mary Ann Miller (76)	Oklahoma City, OK	2012-Oct-27

100 km	23:57:38	Mary Ann Miller (78)	Anchorage, AK	2014-Aug-04
100 mi.	46:59:42	Mary Ann Miller (78)	Anchorage, AK	2014-Aug-04
12 hr.	58,317 m	Mary Ann Miller (78)	Anchorage, AK	2014-Aug-04
24 hr.	100,091 m	Mary Ann Miller (78)	Anchorage, AK	2014-Aug-04
48 hr.	161,304 m	Mary Ann Miller (78)	Anchorage, AK	2014-Aug-04
144 hr.	301,443 m (p)	Betty Smith (76)	Ft. Lauderdale, FL	2017-Nov-17

Men 80-84

Event	Performance	Name	Location	Date
1 mi.	7:44	Jim Askew (81)	Flint, MI	2017-Aug-25
	7:08 (p)	Sherwood Sagedahl (80)	Minneapolis, MN	2019-May-09
5 km	21:59	Warren Utes (81)	Flossmoor, IL	2001-Sep-15
8 km	36:35	Ed Benham (81)	Virginia Beach, VA	1989-Mar-18
10 km	45:28	Ed Benham (80)	Asbury Park, NJ	1987-Aug-08
12 km	56:42	John Keston (80)	Spokane, WA	2005-May-01
15 km	1:07:22	Ed Benham (83)	Washington, D.C.	1991-Apr-07
10 mi.	1:13:23	Ed Benham (81)	Washington, D.C.	1989-Apr-02
20 km	1:33:56	Ed Benham (81)	Medford, OR	1989-Apr-08
Half- Marathon	1:39:28	John Keston (80)	St. Cloud, MN	2005-Apr-16
25 km	2:14:36	Lloyd Young (80)	Minneapolis, MN	2003-Sep-07
30 km	3:04:59	Walt Washburn (81)	Houston, TX	2003-Dec-07
Marathon	3:59:05	Jerry Johncock (80)	Minneapolis, MN	2008-Oct-05
50 km	5:48:06	Bill Dodson (80)	Sacramento, CA	2016-Feb-06
50 mi.	10:16:17	Bill Dodson (80)	San Francisco, CA	2015-Apr-19
100 km	15:05:48	Bill Dodson (80)	Madison, WI	2015-Apr-11
100 mi.	32:09:27	Bill Dodson (81)	Manchester, TN	2016-Sep-01
12 hr.	79,728 m	Dieter Walz (81)	Cleveland, OH	2016-Sep-17

24 hr.	146,234 m	Jimmie Barnes (80)	Cleveland, OH	2018-Sep-22
48 hr.	193,121 m	Bill Dodson (81)	Manchester, TN	2016-Sep-01
	207,148 m (p)	Jimmy Barnes (80)	Alabaster, AL	2018-Nov-21
144 hr.	487,631 m	Ted Corbitt (82)	New York, NY	2001-Apr-29

Women 80-84

Event	Performance	Name	Location	Date
1 mi.	11:29 (f)	Tami Graf (81)	Flint, MI	2018-Aug-24
5 km	25:11 (f)	Libby James (80)	Syracuse, NY	2016-Oct-02
8 km	52:00	Anne Clarke (81)	Park Ridge, IL	1991-Sep-08
	42:34 (p)	Libby James (81)	Virginia Beach, VA	2018-Mar-17
10 km	55:10	Libby James (81)	Ft. Collins, CO	2017-Sep-04
	53:16 (p)	Libby James (82)	Ft. Collins, CO	2018-Sep-03
15 km	1:25:06	Libby James (80)	Tulsa, OK	2016-Oct-29
10 mi.	1:31:24	Hedy Marque (80)	Washington, D.C.	1998-Apr-05
Half-Marathon	2:21:20	Lynne Hurrell (80)	San Jose, CA	2014-Oct-05
	2:14:58 (p)	Anne Garrett (80)	Portland, ME	2014-Oct-05
	2:17:34 (p)	Ginette Bedard (81)	New York, NY	2014-Oct-05
	2:13:23 (p)	Anne Garrett (80)	Huntington Beach, CA	2015-Feb-01
25 km	3:07:41	Gerry Davidson (80)	San Diego, CA	2001-Nov-10
30 km	4:13:32	Mavis Lindgren (81)	Clarksburg, CA	1988-Nov-13
Marathon	5:10:04	Ida Mintz (80)	Chicago, IL	1985-Oct-20
50 km	10:35:12	Barbara Macklow (81)	Phoenix, AZ	2015-Dec-28

50 mi.	19:35:34	Barbara Macklow (81)	Phoenix, AZ	2015-Dec-28
100 km	26:00:28	Barbara Macklow (82)	Phoenix, AZ	2016-Dec-28
100 mi.	47:21:12	Barbara Macklow (82)	Phoenix, AZ	2016-Dec-28
24 hr.	92,920 m	Barbara Macklow (81)	Phoenix, AZ	2015-Dec-28
48 hr.	162,178 m	Barbara Macklow (82)	Phoenix, AZ	2016-Dec-28

Men 85-89

Event	Performance	Name	Location	Date
1 mi.	10:11 (p)	Louis Lodovico (89)	Pittsburgh, PA	2013-Aug-09
5 km	26:33	Hugh Campbell (88)	Haddonfield, NJ	2013-Mar-16
8 km	47:40	Hugh Campbell (88)	Philadelphia, PA	2012-Nov-17
10 km	58:50	Paul Spangler (85)	Raleigh, NC	1984-May-03
	58:49 (p)	Jerry Johncock (86)	Decatur, MI	2014-Aug-09
12 km	1:16:14	John Keston (85)	Spokane, WA	2010-May-02
15 km	1:32:00	Paul Spangler (85)	El Paso, TX	1984-Oct-13
10 mi.	1:35:10	Lou Lodovico (85)	Washington, D.C.	2009-Apr-05
Half-Marathon	2:52:26 (p)	Jerry Johncock (88)	Saginaw, MI	2016-Apr-24
25 km	2:52:55	Jerry Johncock (85)	Grand Rapids, MI	2013-May-11
30 km	3:57:20	Jerry Johncock (85)	Morganton, NC	2013-Dec-31
50 km	9:05:51	Jerry Johncock (85)	Morganton, NC	2013-Dec-31
12 hr.	60,963 m	Leo Lightner (85)	Cleveland, OH	2013-Sep-21
24 hr.	100,102 m	Leo Lightner (85)	Cleveland, OH	2013-Sep-21
144 hr.	293,964 m	Dan Baglione (85)	Phoenix, AZ	2016-Jan-03

Women 85-89

Event	Performance	Name	Location	Date
5 km	39:41	Anny Stockman (85)	Syracuse, NY	2017-Oct-01
8 km	1:07:36 (p)	Anny Stockman (85)	Delmar, NY	2018-Apr-15
10 km	1:21:34	Ginette Bedard (85)	New York, NY	2018-Oct-06
15 km	2:10:50	Anny Stockman (85)	Schenectady, NY	2017-Nov-12
10 mi.	1:57:38	Hedy Marque (87)	Washington, D.C.	2005-Apr-03
Half-Marathon	2:42:57	Margaret Davis (86)	Carlsbad, CA	2008-Nov-25
Marathon	6:53:50	Ida Mintz (85)	Chicago, IL	1990-Oct-28

Men 90-94

Event	Performance	Name	Location	Date
5 km	33:46	Henry Sypniewski (90)	Syracuse, NY	2008-Oct-05
8 km	56:10	Paul Spangler (91)	Palo Alto, CA	1990-Mar-25
10 km	1:14:49	Paul Spangler (90)	Paramount, CA	1990-Jan-20
15 km	2:35:00	Paul Spangler (91)	Portland, OR	1990-Jun-17
10 mi.	2:35:52	James Ramsey (90)	Flint, MI	1998-Aug-22
Marathon	6:46:34	Ernest Van Leeuwen (92)	Los Angeles, CA	2005-Mar-06

Women 90-94

Event	Performance	Name	Location	Date
5 km	45:41	Edith Allen (90)	Carlsbad, CA	2002-Apr-07
10 mi.	3:29:08	Ruth Rothfarb (90)	Washington, D.C.	1992-Apr-05
Marathon	8:53:08	Mavis Lindgren (90)	Portland, OR	1997-Sep-28

Men 95-99

Event	Performance	Name	Location	Date
1 mi.	13:56 (p)	Mike Fremont (96)	Des Moines, IA	2018-Apr-25
5 km	40:40	Roy Englert (95)	Syracuse, NY	2017-Oct-01
24 hr.	12,070 m (p)	Robert White (95)	Hampton, VA	2019-Apr-27

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Men 40-44

Event	Performance	Name	Location	Date
15,000 m	48:08	Earl Owens (43)	Decatur, GA	1993-Feb-06
10 mi.	51:48	Earl Owens (43)	Decatur, GA	1993-Feb-06
20,000 m	1:04:47.2	John Mitchell (40)	McMinnville, OR	2013-Sep-13
25,000 m	1:29:42.4	John Loeschhorn (41)	Norwalk, CA	1985-Dec-26
30,000 m	1:47:32.3	John Loeschhorn (41)	Norwalk, CA	1985-Dec-26
20 mi.	1:55:50	John Loeschhorn (41)	Norwalk, CA	1985-Dec-26
50,000 m	3:11:34.4	John Loeschhorn (41)	Norwalk, CA	1985-Dec-26
50 mi.	5:42:03	Peter Jeffers (40)	Hannibal, NY	1979-Jul-07
100,000 m	7:14:17	Warren Finke (41)	Gladstone, OR	1983-Sep-10
100 mi.	12:27:00	Bernd Heinrich (44)	Ottawa, CAN	1984-May-19
200,000 m	18:05:35	Roy Pirrung (43)	Portland, OR	1991-Sep-28
1 hr.	18,586 m	Earl Owens (43)	Decatur, GA	1993-Feb-06
2 hr.	33,200 m	John Loeschhorn (41)	Norwalk, CA	1985-Dec-26
12 hr.	154,000 m	Bernd Heinrich (44)	Ottawa, CAN	1984-May-19
24 hr.	252,308 m	Bernd Heinrich (43)	Brunswick, ME	1983-Sep-03

	253,615 m (p)	Jacob Jackson (41)	Phoenix, AZ	2018-Dec-09
48 hr.	372,140 m	John Geesler (43)	Dallas, TX	2002-Nov-29
144 hr.	891,576 m	George Gardiner (42)	New York, NY	1984-Jul-02

Women 40-44

Event	Performance	Name	Location	Date
15,000 m	59:46.6 (f)	Regina Loiacano (42)	Lynn, MA	2015-Aug-14
10 mi.	1:04:38.8	Karen Bestul (42)	Lincoln, NE	1984-Nov-18
20,000 m	1:25:04	Kristina Pham (44)	Phoenix, AZ	2016-Dec-10
25,000 m	1:48:40	Kristina Pham (44)	Phoenix, AZ	2016-Dec-10
30,000 m	2:12:08	Kristina Pham (44)	Phoenix, AZ	2016-Dec-10
20 mi.	2:22:12	Kristina Pham (44)	Phoenix, AZ	2016-Dec-10
50,000 m	3:47:13	Ann Trason (40)	Queen Creek, AZ	2000-Dec-31
50 mi.	6:25:16	Ann Trason (40)	Queen Creek, AZ	2000-Dec-31
100,000 m	8:22:27	Ann Trason (40)	Queen Creek, AZ	2000-Dec-31
100 mi.	15:53:11	Traci Falbo (43)	Phoenix, AZ	2014-Dec-14
	14:09:43	Pam Smith (41)	Sharon Hill, PA	2016-May-14
200,000 m	18:47:28	Pam Smith (41)	Sharon Hill, PA	2016-May-14
1 hr.	16,074 m (f)	Regina Loiacano (42)	Lynn, MA	2015-Aug-14
2 hr.	22,800 m	Kay Moore (41)	Millersville, PA	1984-Jul-21
12 hr.	142,000 m	Pam Smith (41)	Sharon Hill, PA	2016-May-14
24 hr.	237,662 m	Traci Falbo (43)	Phoenix, AZ	2014-Dec-14
48 hr.	354,669 m	Pam Reed (43)	Surgères, FRA	2004-May-28

Men 45-49

Event	Performance	Name	Location	Date
15,000 m	51:12	Paul Noreen (46)	New Hope, MN	1981-Aug-22
10 mi.	53:53	Paul Noreen (46)	New Hope, MN	1981-Aug-22
20,000 m	1:11:09.20	Dave Parsel (48)	Costa Mesa, CA	2003-Jun-08
25,000 m	1:35:28.7	William Aronson (45)	McKenzie River, OR	2017-Sep-10
30,000 m	1:56:05	Truman Clark (48)	Tucson, AZ	1983-Nov-27
20 mi.	2:09:14	Ted Corbitt (47)	Walton, GBR	1966-Oct-15
50,000 m	3:24:08	Rae Clark (45)	Sacramento, CA	1998-Jan-18
50 mi.	5:34:24	Bernd Heinrich (45)	Brunswick, ME	1985-Aug-24
100,000 m	Dixie	Bernd Heinrich (45)	Brunswick, ME	1985-Aug-24
100 mi.	14:41:09	Joe Fejes (47)	Phoenix, AZ	2012-Dec-15
200,000 m	18:40:52	Joe Fejes (47)	Phoenix, AZ	2012-Dec-15
1 hr.	17,906 m	Hal Higdon (48)	Michigan City, IN	1979-Jun-25
2 hr.	31,088 m	Truman Clark (48)	Tucson, AZ	1983-Nov-27
12 hr.	132,000 m	Joe Fejes (47)	Phoenix, AZ	2012-Dec-15
24 hr.	252,066 m	Joe Fejes (47)	Phoenix, AZ	2012-Dec-15
48 hr.	391,765 m	Roy Pirrung (48)	Surgères, FRA	1997-May-04

Women 45-49

Event	Performance	Name	Location	Date
15,000 m	1:02:37	Kristina Pham (45)	Phoenix, AZ	2017-Dec-09
10 mi.	1:07:16	Kristina Pham (45)	Phoenix, AZ	2017-Dec-09
20,000 m	1:23:35	Kristina Pham (45)	Phoenix, AZ	2017-Dec-09
25,000 m	1:46:28	Kristina Pham (45)	Phoenix, AZ	2017-Dec-09
30,000 m	2:09:59	Kristina Pham (45)	Phoenix, AZ	2017-Dec-09
20 mi.	2:19:59	Kristina Pham (45)	Phoenix, AZ	2017-Dec-09
50,000 m	3:57:18	Kristina Pham (45)	Phoenix, AZ	2017-Dec-09
50 mi.	7:39:14	Suzanna Bon (47)	Phoenix, AZ	2011-Dec-18
	7:21:28 (p)	Suzi Swinehart (46)	Phoenix, AZ	2018-Dec-09
100,000 m	9:22:33 (p)	Suzi Swinehart (46)	Phoenix, AZ	2018-Dec-09
100 mi.	16:08:55	Sue Ellen Trapp (45)	Portland, OR	1991-Sep-28
200,000 m	21:08:47	Sue Ellen Trapp (45)	Portland, OR	1991-Sep-28
1 hr.	15,728 m (f)	Sheri Piers (47)	Lynn, MA	2018-Sep-23
2 hr.	27,729 m	Kristina Pham (45)	Phoenix, AZ	2017-Dec-09
12 hr.	124,300 m	Suzanna Bon (47)	Phoenix, AZ	2011-Dec-18
	125,391 m (p)	Suzi Swinehart (46)	Phoenix, AZ	2018-Dec-09
24 hr.	219,340 m	Sue Ellen Trapp (45)	Portland, OR	1991-Sep-28

Men 50-54

Event	Performance	Name	Location	Date
15,000 m	52:15.9	Craig Godwin (50)	McKenzie River, OR	2017-Sep-10
10 mi.	55:45	Peter Mundle (50)	Los Angeles, CA	1978-Oct-01
20,000 m	1:11:13	Craig Godwin (50)	McKenzie River, OR	2017-Sep-10
25,000 m	1:30:28.9	Craig Godwin (50)	McKenzie River, OR	2017-Sep-10
30,000 m	2:00:31	Stuart Calderwood (52)	New York, NY	2009-Jun-09
20 mi.	2:15:16.7	Bob Nugent (50)	Baldwinsville, NY	2010-Oct-17
50,000 m	3:40:51	Steve Stowers (50)	Sydney, AUS	2016-Jun-18
	3:39:26 (p)	Thomas Reiss (50)	Phoenix, AZ	2018-Dec-09
50 mi.	6:09:43	Steve Stowers (50)	Sydney, AUS	2016-Jun-18
100,000 m	7:43:14	Steve Stowers (50)	Sydney, AUS	2016-Jun-18
100 mi.	13:52:29	Jay Aldous (50)	Phoenix, AZ	2011-Dec-18
200,000 m	19:37:20.5	Bob Hearn (51)	Riverbank, CA	2017-Feb-25
	19:22:08 (p)	Bob Hearn (53)	Phoenix, AZ	2018-Dec-09
1 hr.	17,314 m	Peter Mundle (50)	Los Angeles, CA	1978-Oct-01
2 hr.	29,234 m	Bob Nugent (50)	Baldwinsville, NY	2010-Oct-17
12 hr.	140,400 m	Jay Aldous (50)	Phoenix, AZ	2011-Dec-18
24 hr.	240,185 m	Bob Hearn (50)	Phoenix, AZ	2015-Dec-19
	247,921 m (p)	Bob Hearn (53)	Phoenix, AZ	2018-Dec-09

48 hr.	372,463 m	Roy Pirrung (51)	Surgères, FRA	2000-Jun-03
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Women 50-54

Event	Performance	Name	Location	Date
15,000 m	1:05:58.1	Barbara Meadows (54)	Tucson, AZ	1985-Jan-12
10 mi.	1:09:42.8	Barbara Meadows (54)	Tucson, AZ	1985-Jan-12
20,000 m	1:28:58.5	Barbara Meadows (54)	Tucson, AZ	1984-Nov-10
25,000 m	1:52:24.4	Barbara Meadows (54)	Tucson, AZ	1984-Nov-10
30,000 m	2:47:55	Beryl Skelton (54)	Rochester, NY	1983-Nov-05
20 mi.	3:02:28	Beryl Skelton (54)	Rochester, NY	1983-Nov-05
50,000 m	4:38:48	Connie Gardner (50)	Phoenix, AZ	2013-Dec-14
50 mi.	7:08:28	Sandra Kiddy (54)	Hayward, CA	1991-Aug-03
100,000 m	9:16:28	Sandra Kiddy (54)	Hayward, CA	1991-Aug-03
100 mi.	16:52:28	Debra Horn (53)	Phoenix, AZ	2012-Dec-15
200,000 m	22:04:35	Laurie Dymond (50)	Sharon Hill, PA	2016-May-14
1 hr.	14,440 m (f)	Jennifer Rapaport (50)	Lynn, MA	2014-Aug-11
2 hr.	26,609 m	Barbara Meadows (54)	Tucson, AZ	1984-Nov-10
12 hr.	123,308 m	Connie Gardner (50)	Phoenix, AZ	2013-Dec-14
24 hr.	214,000 m	Laurie Dymond (50)	Sharon Hill, PA	2016-May-14
48 hr.	377,892 m	Sue Ellen Trapp (51)	Surgères, FRA	1997-May-04
144 hr.	705,784 m	Liz Bauer (54)	Abingdon, GBR	2013-Aug-11

Men 55-59

Event	Performance	Name	Location	Date
15,000 m	52:57	Alex Ratelle (56)	New Hope, MN	1981-Aug-22
10 mi.	55:42	Alex Ratelle (56)	New Hope, MN	1981-Aug-22
20,000 m	1:14:30	Otho Perkins (56)	Upper Arlington, OH	1986-Jun-17
25,000 m	1:35:39	Otho Perkins (56)	Worthington, OH	1986-Mar-23
30,000 m	1:55:43	Otho Perkins (56)	Worthington, OH	1986-Mar-23
20 mi.	2:05:22	Otho Perkins (56)	Worthington, OH	1986-Mar-23
50,000 m	3:17:26	Otho Perkins (56)	Worthington, OH	1986-Mar-23
50 mi.	6:55:02	Fred Nagelschmidt (55)	Santa Monica, CA	1979-Oct-28
100,000 m	9:13:10	Jay Aldous (55)	Phoenix, AZ	2016-Dec-10
	9:01:41	Jay Aldous (56)	Phoenix, AZ	2017-Dec-09
100 mi.	15:37:46	Jay Aldous (55)	Phoenix, AZ	2016-Dec-10
200,000 m	21:30:55	Roy Pirrung (55)	San Diego, CA	2003-Nov-08
1 hr.	16,802 m	Jim O'Neil (56)	San Diego, CA	1981-Aug-04
2 hr.	31,090 m	Otho Perkins (56)	Worthington, OH	1986-Mar-23
12 hr.	131,129 m	Gard Leighton (57)	Hayward, CA	1991-Aug-03
24 hr.	219,723 m	Roy Pirrung (55)	San Diego, CA	2003-Nov-08
48 hr.	351,653 m	Roy Pirrung (55)	Surgères, FRA	2004-May-28

Women 55-59

Event	Performance	Name	Location	Date
15,000 m	1:06:12.5	Laura Bruess (56)	McKenzie River, OR	2017-Sep-10
10 mi.	1:11:05	Laura Bruess (56)	McKenzie River, OR	2017-Sep-10
20,000 m	1:29:22	Laura Bruess (56)	McKenzie River, OR	2017-Sep-10
25,000 m	1:54:05.7	Laura Bruess (56)	McKenzie River, OR	2017-Sep-10
30,000 m	2:55:05	Ruth Anderson (56)	Santa Rosa, CA	1986-Mar-22
20 mi.	3:15:23	Ruth Anderson (56)	Santa Rosa, CA	1986-Mar-22
50,000 m	4:43:11	Sue Ellen Trapp (56)	Dallas, TX	2002-Nov-29
	4:37:43 (p)	Connie Gardner (55)	Phoenix, AZ	2018-Dec-09
50 mi.	7:59:58	Sue Ellen Trapp (56)	Dallas, TX	2002-Nov-29
	7:48:04 (p)	Connie Gardner (55)	Phoenix, AZ	2018-Dec-09
100,000 m	10:10:21	Debra Horn (55)	Phoenix, AZ	2014-Dec-14
	9:57:09 (p)	Connie Gardner (56)	Phoenix, AZ	2018-Dec-09
100 mi.	17:31:42	Sue Ellen Trapp (56)	Dallas, TX	2002-Nov-29
200,000 m	22:26:19	Sue Ellen Trapp (56)	Dallas, TX	2002-Nov-29
1 hr.	13,889 m (f)	Laura Bruess (57)	Lynn, MA	2018-Sep-23
2 hr.	24,590 m	Ruth Anderson (56)	Santa Rosa, CA	1986-Mar-22
12 hr.	116,227 m	Debra Horn (55)	Phoenix, AZ	2014-Dec-14
	118,294 m (p)	Connie Gardner (55)	Phoenix, AZ	2018-Dec-09

24 hr.	213,930 m	Sue Ellen Trapp (56)	Dallas, TX	2002-Nov-29
48 hr.	332,653 m	Sue Ellen Trapp (55)	Surgères, FRA	2001-May-04
144 hr.	502,920 m	Myra Linden (58)	Pennsauken, NJ	1986-Jun-22

Men 60-64

Event	Performance	Name	Location	Date
15,000 m	56:27	Clive Davies (61)	Salem, OR	1976-Aug-07
10 mi.	59:24	Clive Davies (61)	Salem, OR	1976-Aug-07
20,000 m	1:23:35	Russell DeLap (60)	Phoenix, AZ	2017-Dec-09
	1:22:51 (p)	Mark Richtman (63)	Auburn, CA	2019-Jan-12
25,000 m	1:44:59	Russell DeLap (60)	Phoenix, AZ	2017-Dec-09
	1:43:45 (p)	Mark Richtman (63)	Auburn, CA	2019-Jan-12
30,000 m	2:06:53	Russell DeLap (60)	Phoenix, AZ	2017-Dec-09
	2:04:58 (p)	Mark Richtman (63)	Auburn, CA	2019-Jan-12
20 mi.	2:16:22	Russell DeLap (60)	Phoenix, AZ	2017-Dec-09
	2:14:12 (p)	Mark Richtman (63)	Auburn, CA	2019-Jan-12
50,000 m	3:34:45	Mark Richtman (60)	Phoenix, AZ	2015-Dec-19
50 mi.	6:17:24	Mark Richtman (61)	Riverbank, CA	2017-Feb-25
100,000 m	8:54:40	Mark Richtman (61)	Riverbank, CA	2017-Feb-25
100 mi.	17:35:27	Carlton Mendell (62)	Brunswick, ME	1984-Jul-01
200,000 m	23:39:47	Carlton Mendell (62)	Brunswick, ME	1984-Sep-01
1 hr.	16,277 m	Clive Davies (61)	Portland, OR	1976-Aug-07
2 hr.	28,437 m	Russell DeLap (60)	Phoenix, AZ	2017-Dec-09
	28,810 m (p)	Mark Richtman (63)	Auburn, CA	2019-Jan-12

12 hr.	111,200 m	David Lygre (60)	Queen Creek, AZ	2002-Dec-31
24 hr.	202,123 m	Carlton Mendell (62)	Brunswick, ME	1984-Sep-01
48 hr.	322,383 m	Don Winkley (60)	Surgères, FRA	1998-May-10

Women 60-64

Event	Performance	Name	Location	Date
15,000 m	1:17:21.4	Cynthia Lucking (63)	Richmond, VA	2017-Mar-24
10 mi.	1:23:25.3	Cynthia Lucking (63)	Richmond, VA	2017-Mar-24
20,000 m	1:45:39.7	Cynthia Lucking (63)	Richmond, VA	2017-Mar-25
25,000 m	2:40:01	Dixie Madsen (62)	El Cajon, CA	1999-Nov-20
30,000 m	3:14:37	Dixie Madsen (62)	El Cajon, CA	1999-Nov-20
20 mi.	3:30:07	Dixie Madsen (62)	El Cajon, CA	1999-Nov-20
50,000 m	5:40:01	Dixie Madsen (60)	Orange, CA	1997-Aug-02
50 mi.	9:46:37	Dixie Madsen (60)	Orange, CA	1997-Aug-02
100,000 m	12:56:41	Helen Klein (62)	Santa Rosa, CA	1985-Mar-16
100 mi.	22:15:26	Helen Klein (62)	Santa Rosa, CA	1985-Mar-16
1 hr.	13,075 m	Marcie Trent (62)	Anchorage, AK	1980-Jul-12
2 hr.	20,000 m	Cynthia Lucking (63)	Richmond, VA	2017-Mar-24
12 hr.	95,604 m	Betty Frankum (62)	San Diego, CA	2001-Nov-10
24 hr.	170,165 m	Helen Klein (62)	Santa Rosa, CA	1985-Mar-16
48 hr.	224,616 m	Mary Ann Miller (62)	Plano, TX	1998-Nov-28

Men 65-69

Event	Performance	Name	Location	Date
15,000 m	1:04:24	Gene Dykes (69)	Leumeah, AUS	2017-Jul-08
10 mi.	1:09:04	Gene Dykes (69)	Leumeah, AUS	2017-Jul-08
20,000 m	1:26:05	Gene Dykes (69)	Leumeah, AUS	2017-Jul-08
25,000 m	1:48:05	Gene Dykes (69)	Leumeah, AUS	2017-Jul-08
30,000 m	2:09:54	Gene Dykes (69)	Leumeah, AUS	2017-Jul-08
20 mi.	2:19:49	Gene Dykes (69)	Leumeah, AUS	2017-Jul-08
50,000 m	4:09:07	George Billingsley (67)	Sacramento, CA	1990-Jan-01
50 mi.	7:20:01	Ray Piva (65)	Hayward, CA	1991-Aug-03
100,000 m	9:30:31	Ray Piva (65)	Hayward, CA	1991-Aug-03
100 mi.	21:10:27	Roy Pirrung (65)	Phoenix, AZ	2013-Dec-14
1 hr.	15,036 m	Norman Bright (65)	Seattle, WA	1975-Jun-13
2 hr.	27,751 m	Gene Dykes (69)	Leumeah, AUS	2017-Jul-08
12 hr.	120,400 m	Ray Piva (65)	Hayward, CA	1991-Aug-03
24 hr.	180,407 m	Beacham Toler (66)	Plano, TX	1994-Nov-25
48 hr.	260,800 m	Bill Hildenbrand (65)	Abingdon, GBR	2013-Aug-11

Women 65-69

Event	Performance	Name	Location	Date
15,000 m	1:21:01	Jaclyn Caselli (65)	San Francisco, CA	1986-Aug-02
10 mi.	1:25:21	Jaclyn Caselli (65)	San Francisco, CA	1986-Aug-02
20,000 m	1:46:51	Jaclyn Caselli (65)	San Francisco, CA	1986-Aug-02
50,000 m	5:24:08	Maria Shields (65)	Sharon Hill, PA	2016-May-15
50 mi.	9:39:33	Helen Klein (68)	Santa Rosa, CA	1991-Mar-24
100,000 m	12:17:41	Helen Klein (68)	Santa Rosa, CA	1991-Mar-24
	11:58:04 (p)	Maria Shields (68)	Sharon Hill, PA	2019-May-12
100 mi.	21:03:07	Helen Klein (68)	Santa Rosa, CA	1991-Mar-24
1 hr.	11,795 m	Judi Lemaire (65)	Lynn, MA	2017-Sep-30
2 hr.	24,028 m	Jaclyn Caselli (65)	San Francisco, CA	1986-Aug-02
12 hr.	97,530 m	Maria Shields (66)	Sharon Hill, PA	2017-May-15
	100,175 m (p)	Maria Shields (68)	Sharon Hill, PA	2019-May-12
24 hr.	176,223 m	Helen Klein (68)	Santa Rosa, CA	1991-Mar-24
48 hr.	210,000 m	Mary Ann Miller (65)	Dallas, TX	2001-Nov-23

Men 70-74

Event	Performance	Name	Location	Date
15,000 m	1:07:04	William Andberg (70)	New Hope, MN	1981-Aug-22
10 mi.	1:10:36	William Andberg (70)	New Hope, MN	1981-Aug-22
20,000 m	1:43:57	Paul Reese (73)	Sacramento, CA	1991-Jan-13
25,000 m	2:13:23	Arne Johnson (71)	Tucson, AZ	1983-Nov-27
30,000 m	2:44:45	George Billingsley (72)	Sacramento, CA	1994-Jan-16
20 mi.	2:58:44	George Billingsley (72)	Sacramento, CA	1994-Jan-16
50,000 m	4:38:03	Gene Dykes (70)	Sharon Hill, PA	2018-May-12
50 mi.	8:36:02	George Billingsley (71)	Seattle, WA	1993-Jun-12
	8:23:24	Gene Dykes (70)	Sharon Hill, PA	2018-May-12
100,000 m	11:20:41	Gene Dykes (70)	Sharon Hill, PA	2018-May-12
100 mi.	22:01:34	Edson Sower (72)	Phoenix, AZ	1988-Jan-10
	21:06:07 (p)	Gene Dykes (71)	Sharon Hill, PA	2019-May-12
1 hr.	13,908 m	William Andberg (70)	Brookings, SD	1981-Oct-04
2 hr.	22,654 m	Arne Johnson (71)	Tucson, AZ	1983-Nov-27
12 hr.	104,136 m	Gene Dykes (70)	Sharon Hill, PA	2018-May-12
24 hr.	172,800 m	Edson Sower (72)	Phoenix, AZ	1988-Jan-10
	179,599 m (p)	Gene Dykes (71)	Sharon Hill, PA	2019-May-12
48 hr.	243,200 m	Aaron Goldman (70)	Dallas, TX	2002-Nov-29

Women 70-74

Event	Performance	Name	Location	Date
15,000 m	2:04:13 (p)	Janice O'Grady (70)	Auburn, CA	2019-Jan-12
10 mi.	2:16:05 (p)	Janice O'Grady (70)	Auburn, CA	2019-Jan-12
20,000 m	2:48:02 (p)	Janice O'Grady (70)	Auburn, CA	2019-Jan-12
25,000 m	3:32:29 (p)	Janice O'Grady (70)	Auburn, CA	2019-Jan-12
30,000 m	4:20:11 (p)	Janice O'Grady (70)	Auburn, CA	2019-Jan-12
20 mi.	4:38:49 (p)	Janice O'Grady (70)	Auburn, CA	2019-Jan-12
50,000 m	11:24:37	Barbara Ella (71)	Riverbank, CA	2016-Mar-16
	7:26:50 (p)	Janice O'Grady (70)	Auburn, CA	2019-Jan-12
1 hr.	12,110 m (f)	Jan Holmquist (71)	Lynn, MA	2015-Aug-14
2 hr.	9,800 m	Barbara Ella (71)	Riverbank, CA	2016-Mar-16
	14,730 m (p)	Janice O'Grady (70)	Auburn, CA	2019-Jan-12
12 hr.	52,303 m	Barbara Ella (71)	Riverbank, CA	2016-Mar-18

Men 75-79

Event	Performance	Name	Location	Date
15,000 m	1:10:13	Ed Benham (77)	Fairfax, VA	1984-Aug-05
10 mi.	1:15:53	Ed Benham (77)	Fairfax, VA	1984-Aug-05
20,000 m	1:36:13	Ed Benham (77)	Fairfax, VA	1984-Aug-05
25,000 m	3:08:00 (p)	Lynnard Phipps (75)	Auburn, CA	2019-Jan-12
30,000 m	3:49:21 (p)	Lynnard Phipps (75)	Auburn, CA	2019-Jan-12
20 mi.	4:06:31 (p)	Lynnard Phipps (75)	Auburn, CA	2019-Jan-12
50,000 m	5:43:39	George Billingsley (75)	Sacramento, CA	1997-Jan-19
50 mi.	11:55:17 (p)	Lynnard Phipps (75)	Auburn, CA	2019-Jan-12
100 mi.	21:30:25	Ray Piva (77)	San Diego, CA	2003-Nov-08
1 hr.	13,181 m	Lou Gregory (75)	Ft. Walton Beach, FL	1977-Dec-17
2 hr.	24,913 m	Ed Benham (77)	Fairfax, VA	1984-Aug-05
12 hr.	94,400 m	Ray Piva (77)	San Diego, CA	2003-Nov-08
24 hr.	176,033 m	Ray Piva (77)	San Diego, CA	2003-Nov-08
48 hr.	232,003 m	Matt Miller (76)	Dallas, TX	1995-Nov-25

Women 75-79

Event	Performance	Name	Location	Date
1 hr.	8,683 m	Tami Graf (75)	Alexandria, VA	2012-May-14

Men 80-84

Event	Performance	Name	Location	Date
20,000 m	2:24:21.3	Bill Dodson (81)	Riverbank, CA	2017-Feb-25
30,000 m	3:03:21	Bill Dodson (81)	Riverbank, CA	2017-Feb-25
50,000 m	7:36:13	Bill Dodson (81)	Riverbank, CA	2016-Mar-16
50 mi.	13:28:41 (p)	Manuel Lovorde (84)	Auburn, CA	2019-Jan-12
100,000 m	17:32:54.3	Bill Dodson (81)	Riverbank, CA	2017-Feb-25
1 hr.	12,130 m	Paul Spangler (81)	San Luis Obispo, CA	1980-Nov-01
2 hr.	16,277 m	Bill Dodson (81)	Riverbank, CA	2016-Mar-18
12 hr.	70,800 m	Bill Dodson (81)	Riverbank, CA	2016-Mar-18
	72,245 m (p)	Manuel Loverde (84)	Auburn, CA	2019-Jan-12
24 hr.	123,002 m	Bill Dodson (81)	Riverbank, CA	2017-Feb-25

Women 80-84

Event	Performance	Name	Location	Date
1 hr.	7,594 m	Tami Graf (80)	Alexandria, VA	2017-May-23

Men 85-89

Event	Performance	Name	Location	Date
1 hr.	10,087 m	Paul Spangler (85)	San Luis Obispo, CA	1984-Nov-18
2 hr.	13,673 m	Fred McWaid (86)	Riverbank, CA	2016-Mar-18
12 hr.	56,648 m	Fred McWald (86)	Riverbank, CA	2016-Mar-18

Men 90-94

Event	Performance	Name	Location	Date
1 hr.	6,248 m	Lou Peters (90)	Lynn, MA	2015-Aug-15

American Masters Road Records – Race Walking

 *pending*

 *women-only*

Last updated: 05/13/2019

Men 35-39

Event	Performance	Name	Location	Date
5 km Race Walk	20:12	Jonathan Matthews (38)	Kingsport, TN	1994-Sep-17
10 km Race Walk	42:00	Curt Clausen USA (36)	Naumburg, GER	2004-May-02
15 km Race Walk	1:03:51	Jonathan Matthews (36)	Palo Alto, CA	1993-May-23
20 km Race Walk	1:24:18	Curt Clausen USA (36)	Birštonas, LTU	2004-May-08
25 km Race Walk	2:02:40	Philip Dunn USA (36)	Cheboksary, RUS	2008-May-11
30 km Race Walk	2:19:07	Curt Clausen (36)	Chula Vista, CA	2004-Jan-11
35 km Race Walk	2:51:07	Philip Dunn USA (36)	Cheboksary, RUS	2008-May-11
40 km Race Walk	3:11:58	Curt Clausen (36)	Chula Vista, CA	2004-Feb-15
50 km Race Walk	3:58:23	Curt Clausen (36)	Chula Vista, CA	2004-Feb-15

Women 35-39

Event	Performance	Name	Location	Date
5 km Race Walk	22:39	Victoria Herazo (35)	Kingsport, TN	1994-Sep-17
	22:39	Debbi Lawrence (35)	Wilkes-Barre, PA	1997-Aug-24
10 km Race Walk	46:25	Victoria Herazo (35)	Beijing, CHN	1995-Apr-29
15 km Race Walk	1:10:21	Michelle Rohl Moving Comfort (37)	Evansville, IN	2003-Jun-01
	1:10:12	Robyn Stevens Wolfpack Running (35)	Riverside, CA	2018-May-20
20 km Race Walk	1:32:54	Joanne Dow (39)	Chula Vista, CA	2004-Jan-11
25 km Race Walk	2:13:43	Erin Taylor-Talcott Shore Athletic Club of New Jersey (38)	Santee, CA	2017-Jan-28
30 km Race Walk	2:38:01	Michelle Rohl Moving Comfort (38)	Chula Vista, CA	2004-Jan-11
35 km Race Walk	3:06:44	Erin Taylor-Talcott Shore Athletic Club of New Jersey (38)	Santee, CA	2017-Jan-28
40 km Race Walk	3:38:39	Erin Taylor-Talcott Shore Athletic Club of New Jersey (38)	Santee, CA	2017-Jan-28
50 km Race Walk	4:29:33	Erin Taylor-Talcott Shore Athletic Club of New Jersey (38)	Santee, CA	2017-Jan-28
100 km Race Walk	12:29:19	Erin Taylor-Talcott Shore Athletic Club of New Jersey (35)	Douglas, Isle of Man	2013-Aug-03
100 mi. Race Walk	23:31:05 (p)	Erin Taylor-Talcott Shore Athletic Club of New Jersey (38)	Owego, NY	2016-Sep-24

Men 40-44

Event	Performance	Name	Location	Date
5 km Race Walk	20:45	Jonathan Matthews (40)	Kingsport, TN	1996-Sep-14
10 km Race Walk	42:44	Jonathan Matthews (42)	Eugene, OR	1999-Jun-27
15 km Race Walk	1:04:02	Jonathan Matthews (42)	Eugene, OR	1999-Jun-27
20 km Race Walk	1:24:50	Jonathan Matthews (42)	Eugene, OR	1999-Jun-27
25 km Race Walk	2:01:57	Jonathan Matthews (40)	Palo Alto, CA	1997-Feb-16
30 km Race Walk	2:26:26	Jonathan Matthews (40)	Palo Alto, CA	1997-Feb-16
40 km Race Walk	3:17:12	Jonathan Matthews (40)	Palo Alto, CA	1997-Feb-16
50 km Race Walk	4:12:35	Jonathan Matthews (40)	Palo Alto, CA	1997-Feb-16

Women 40-44

Event	Performance	Name	Location	Date
5 km Race Walk	23:06	Joanne Dow (44)	Eugene, OR	2008-Jul-06
10 km Race Walk	48:30	Lyn Brubaker	Orono, ME	1998-Aug-02
15 km Race Walk	1:10:22	Joanne Dow (44)	Eugene, OR	2008-Jul-06
20 km Race Walk	1:34:15	Joanne Dow USA (44)	Beijing, CHN	2008-Aug-21
25 km Race Walk	2:37:15	Dorit Attias Walk USA (44)	Ocean Township, NJ	2006-Sep-10
	2:12:08	Susan Randall Miami Valley Track Club (40)	Valley Cottage, NY	2014-Sep-14
30 km Race Walk	2:32:56	Teresa Vaill Walk USA (44)	Hauppauge, NY	2007-Oct-28
35 km Race Walk	3:14:01	Susan Randall Shore Athletic Club of New Jersey (40)	Santee, CA	2014-Dec-14
40 km Race Walk	3:37:57	Teresa Vaill Walk USA (42)	Ocean Township, NJ	2005-Sep-11
50 km Race Walk	4:42:34	Susan Randall Shore Athletic Club of New Jersey (40)	Santee, CA	2014-Dec-14

Men 45-49

Event	Performance	Name	Location	Date
5 km Race Walk	22:18	Ray Sharp (46)	Kingsport, TN	2006-Oct-07
10 km Race Walk	45:00	Larry Walker	Walnut, CA	1990-Apr-22
15 km Race Walk	1:10:35	Ray Sharp Varsano's Chocolates Racewalking (46)	Minneapolis, MN	2006-Aug-20
20 km Race Walk	1:32:21	Don DeNoon (49)	Washington, D.C.	1993-Mar-28
25 km Race Walk	2:08:53	Dave McGovern World Class Racewalking (45)	Valley Cottage, NY	2010-Oct-31
30 km Race Walk	2:29:40	Ray Sharp (46)	Chula Vista, CA	2006-Jan-15
35 km Race Walk	3:06:35	Allen James Unattached (47)	Santee, CA	2012-Jan-22
40 km Race Walk	3:27.59	Ray Sharp (47)	Ocean Township, NJ	2007-Sep-16
50 km Race Walk	4:21:06	Ray Sharp Varsano's Chocolates Racewalking (46)	Clermont, FL	2006-Feb-12

Women 45-49

Event	Performance	Name	Location	Date
5 km Race Walk	23:06	Teresa Vaill (45)	Eugene, OR	2008-Jul-06
10 km Race Walk	46:44	Teresa Vaill (46)	Albany, NY	2009-May-31
15 km Race Walk	1:11:24	Teresa Vaill (45)	Eugene, OR	2008-Jul-06
20 km Race Walk	1:35:36	Teresa Vaill (48)	Eugene, OR	2011-Jun-26
25 km Race Walk	2:02:51	Teresa Vaill Walk USA (47)	Valley Cottage, NY	2010-Oct-31
30 km Race Walk	2:31:30	Teresa Vaill Walk USA (47)	Valley Cottage, NY	2010-Oct-31
35 km Race Walk	3:40:23	Kathryn Grimes Racewalkers Northwest (47)	Tustin, CA	2011-Jan-23
40 km Race Walk	4:12:58	Kathryn Grimes Racewalkers Northwest (47)	Tustin, CA	2011-Jan-23
50 km Race Walk	5:19:34	Sherry Brosnahan	Manassas, VA	2001-Mar-31

Men 50-54

Event	Performance	Name	Location	Date
5 km Race Walk	21:41	Don DeNoon (50)	Kingsport, TN	1993-Sep-18
10 km Race Walk	45:00	Don DeNoon (51)	Niagara Falls, NY	1994-Jul-16
15 km Race Walk	1:14:03	Mark Green Pegasus Athletic Club (50)	Minneapolis, MN	2006-Aug-20
	1:11:28	Allen James Unattached (54)	Riverside, CA	2018-May-20
20 km Race Walk	1:33:38	Don DeNoon (50)	Washington, D.C.	1994-Mar-27
25 km Race Walk	2:08:41	Dave Talcott Shore Athletic Club of New Jersey (54)	Valley Cottage, NY	2014-Sep-14
30 km Race Walk	2:37:28	Jonathan Matthews (53)	Surprise, AZ	2010-Feb-07
35 km Race Walk	3:02:56	Jonathan Matthews (53)	Surprise, AZ	2010-Feb-07
40 km Race Walk	3:29:04	Jonathan Matthews (53)	Surprise, AZ	2010-Feb-07
50 km Race Walk	4:23:15	Jonathan Matthews (53)	Surprise, AZ	2010-Feb-07
100 km Race Walk	11:28:10	Dave Talcott Shore Athletic Club of New Jersey (53)	Douglas, Isle of Man	2013-Aug-03

Women 50-54

Event	Performance	Name	Location	Date
5 km Race Walk	26:21	Gayle Johnson (51)	Kingsport, TN	2000-Oct-14
	23:37	Teresa Vaill Pegasus Athletic Club (50)	Albany, NY	2013-Jun-01
10 km Race Walk	54:18	Gayle Johnson (52)	Kenosha, WI	2001-May-12
15 km Race Walk	1:26:23	Gayle Johnson (51)	Kenosha, WI	2000-Jun-25
20 km Race Walk	1:41:05	Teresa Vaill Pegasus Athletic Club (50)	Huntington Beach, CA	2013-Mar-17
25 km Race Walk	2:33:15	Kathryn Grimes Racewalkers Northwest (50)	Santee, CA	2014-Dec-14
30 km Race Walk	3:05:23	Kathryn Grimes Racewalkers Northwest (50)	Santee, CA	2014-Dec-14
35 km Race Walk	3:39:42	Kathryn Grimes Racewalkers Northwest (50)	Santee, CA	2014-Dec-14
40 km Race Walk	4:15:18	Sherry Brosnahan Shore Athletic Club of New Jersey	Ocean Township, NJ	2002-Sep-02
50 km Race Walk	5:10:52	Teresa Vaill Pegasus Athletic Club (54)	Santee, CA	2017-Jan-28
100 km Race Walk	20:39:48 (p)	Pamela Allie-Morrill Fleet Feet Albany Racing (54)	Owego, NY	2017-Sep-23

Men 55-59

Event	Performance	Name	Location	Date
5 km Race Walk	23:32	Don DeNoon (55)	Kingsport, TN	1998-Sep-12
10 km Race Walk	46:56	Jonathan Matthews USA (55)	Sacramento, CA	2011-Jul-12
15 km Race Walk	1:11:22	Jonathan Matthews World Class Racewalking (55)	Valley Cottage, NY	2011-Oct-30
20 km Race Walk	1:35:14	Jonathan Matthews World Class Racewalking (55)	Valley Cottage, NY	2011-Oct-30
25 km Race Walk	2:02:19	Jonathan Matthews World Class Racewalking (55)	Valley Cottage, NY	2011-Oct-30
30 km Race Walk	2:32:43	Jonathan Matthews World Class Racewalking (55)	Valley Cottage, NY	2011-Oct-30
35 km Race Walk	3:08:58	Ray Sharp Pegasus Athletic Club (55)	Santee, CA	2014-Dec-14
40 km Race Walk	3:41:42	Ray Sharp Pegasus Athletic Club (55)	Santee, CA	2014-Dec-14
50 km Race Walk	4:44:10	Nick Bdera (55)	Hauppauge, NY	2003-Oct-19
100 km Race Walk	11:28:21 (p)	Dave Talcott Shore Athletic Club of New Jersey (57)	Owego, NY	2017-Sep-23
100 mi. Race Walk	18:53:10 (p)	Dave Talcott Shore Athletic Club of New Jersey (57)	Owego, NY	2017-Sep-23

Women 55-59

Event	Performance	Name	Location	Date
5 km Race Walk	28:00	Lynn Tracy	Kingsport, TN	2007-Oct-06
10 km Race Walk	56:59	JoAnn Nedelco	Gateshead, GBR	1999-Jul-24
15 km Race Walk	1:27:18	JoAnn Nedelco	Elk Grove, IL	1999-May-23
20 km Race Walk	1:58:41	Joanne Nedelco	Sacramento, CA	1999-Feb-14
25 km Race Walk	2:38:41	Bev LaVeck	Palo Alto, CA	1994-Mar-13
30 km Race Walk	3:11:35	Elton Richardson	Ft. Monmouth, NJ	1994-Sep-11
40 km Race Walk	4:28:40	Elton Richardson	Ft. Monmouth, NJ	1994-Sep-11
50 km Race Walk	6:31:52	Cathy Mayfield (56)	Houston, TX	2008-Jan-06

Men 60-64

Event	Performance	Name	Location	Date
5 km Race Walk	25:08	Christoph Schmid World Class Racewalking (64)	Kingsport, TN	2011-Oct-01
10 km Race Walk	50:05	Dave Romansky	Niagara Falls, NY	1998-Jul-13
15 km Race Walk	1:19:36	Christoph Schmid World Class Racewalking (63)	Riverside, CA	2010-May-16
20 km Race Walk	1:46:22	Leon Jasionowski Pegasus Athletic Club	Clermont, FL	2005-Nov-13
25 km Race Walk	2:17:27	Christoph Schmid World Class Racewalking (63)	Valley Cottage, NY	2010-Oct-31
30 km Race Walk	2:48:04	Christoph Schmid World Class Racewalking (63)	Valley Cottage, NY	2010-Oct-31
40 km Race Walk	3:53:14	Christoph Schmid World Class Racewalking (63)	Ocean Township, NJ	2010-Sep-12
50 km Race Walk	5:04:46	Christoph Schmid World Class Racewalking (63)	Surprise, AZ	2010-Feb-07

Women 60-64

Event	Performance	Name	Location	Date
5 km Race Walk	29:02	Ruth Eberle	Bridgeton, MO	1993-Aug-29
	30:20.1	Maryanne Daniel Connecticut Racewalkers (60)	Whiting, NJ	2018-Sep-23
10 km Race Walk	59:30	Beverly LaVeck	Eugene, OR	1996-Aug-23
15 km Race Walk	1:33:38	Marianne Martino High Altitude Racewalk Team (HART) (60)	Riverside, CA	2011-May-15
20 km Race Walk	2:07:50	Debbie Topham Pegasus Athletic Club (62)	Whiting, NJ	2015-Apr-12
25 km Race Walk	2:43:43	Bev LaVeck	Sacramento, CA	1998-Apr-05
30 km Race Walk	3:24:08	Bev LaVeck	Palo Alto, CA	1998-Feb-08
40 km Race Walk	4:54:50	Cathy Mayfield Pegasus Athletic Club (60)	Ocean Township, NJ	2012-Sep-09
50 km Race Walk	6:20:49	Cathy Mayfield (62)	Coconut Creek, FL	2013-Nov-24

Men 65-69

Event	Performance	Name	Location	Date
5 km Race Walk	25:05	Christoph Schmid World Class Racewalking (65)	Kingsport, TN	2012-Sep-29
10 km Race Walk	52:35	Christoph Schmid World Class Racewalking (65)	Lisle, IL	2012-Aug-05
15 km Race Walk	1:19:16	Christoph Schmid World Class Racewalking (65)	Riverside, CA	2012-May-20
20 km Race Walk	1:51:52	Christoph Schmid World Class Racewalking (65)	Coconut Creek, FL	2012-Nov-11
25 km Race Walk	2:27:34	Leon Jasionowski Pegasus Athletic Club (66)	Valley Cottage, NY	2010-Oct-31
30 km Race Walk	2:57:12	Christoph Schmid World Class Racewalking (65)	Ocean Township, NJ	2012-Sep-09
35 km Race Walk	3:29:21	Christoph Schmid World Class Racewalking (65)	Ocean Township, NJ	2012-Sep-09
40 km Race Walk	4:02:10	Christoph Schmid World Class Racewalking (65)	Ocean Township, NJ	2012-Sep-09
50 km Race Walk	5:11:22	Leon Jasionowski Pegasus Athletic Club (65)	Surprise, AZ	2010-Feb-07

Women 65-69

Event	Performance	Name	Location	Date
5 km Race Walk	30:28 (f)	Marianne Martino High Altitude Racewalk Team (HART) (65)	Kingsport, TN	2015-Oct-03
	30:20.1	Marianne Martino High Altitude Racewalk Team (HART) (67)	St. George, UT	2018-Oct-15
10 km Race Walk	1:00:59 (f)	Marianne Martino Team USA (65)	Lyon, FRA	2015-Aug-10
15 km Race Walk	1:36:46	Marianne Martino High Altitude Racewalk Team (HART) (65)	Riverside, CA	2016-May-15
20 km Race Walk	2:07:40 (f)	Marianne Martino Team USA (65)	Lyon, FRA	2015-Aug-14
25 km Race Walk	2:57:47	Ruth Leff	Kenosha, WI	1994-Oct-16
30 km Race Walk	3:29:41	Ruth Leff	Kenosha, WI	1992-Oct-18
35 km Race Walk	4:35:26	Darlene Backlund So Cal Track Club (67)	Ocean Township, NJ	2012-Sep-09
40 km Race Walk	5:09:46	Darlene Backlund So Cal Track Club (65)	Ocean Township, NJ	2010-Sep-12
50 km Race Walk	6:26:44	Darlene Backlund So Cal Track Club (65)	Ocean Township, NJ	2010-Sep-12
100 km Race Walk	19:09:09 (p)	Sunyana Graef Unattached (69)	Owego, NY	2017-Sep-23

Men 70-74

Event	Performance	Name	Location	Date
5 km Race Walk	28:05	Jack Bray (70)	Kingsport, TN	2003-Sep-20
10 km Race Walk	58:14	Max Green	Dearborn, MI	2003-Oct-26
15 km Race Walk	1:31:37	Max Green	Lincoln, RI	2004-Jun-13
20 km Race Walk	2:04:39	Leon Jasionowski Pegasus Athletic Club (70)	Whiting, NJ	2015-Apr-12
25 km Race Walk	2:39:15	Robert Mimm	Albany, NY	1995-May-21
30 km Race Walk	3:15:22	Max Green	Chula Vista, CA	2001-Jan-11
35 km Race Walk	3:55:04	Max Walker Pegasus Athletic Club (70)	Ocean Township, NJ	2016-Oct-09
40 km Race Walk	4:32:46	Max Walker Pegasus Athletic Club (70)	Ocean Township, NJ	2016-Oct-09
50 km Race Walk	5:52:48	Max Walker Pegasus Athletic Club (70)	Ocean Township, NJ	2016-Oct-09

Women 70-74

Event	Performance	Name	Location	Date
5 km Race Walk	32:33	Bev McCall (70)	Kingsport, TN	2006-Oct-07
10 km Race Walk	1:03:44	Lousie Walters	Sacramento, CA	2010-Jul-25
15 km Race Walk	1:39:11	Louise Walters Sierra Racewalkers (70)	Riverside, CA	2010-May-16
20 km Race Walk	2:12:27	Louise Walters Sierra Racewalkers (70)	Surprise, AZ	2010-Feb-07
25 km Race Walk	3:18:25	Darlene Backlund So Cal Track Club (70)	Ocean Township, NJ	2015-Sep-13
30 km Race Walk	3:58:28	Darlene Backlund So Cal Track Club (70)	Ocean Township, NJ	2015-Sep-13
35 km Race Walk	4:38:52	Darlene Backlund So Cal Track Club (70)	Ocean Township, NJ	2015-Sep-13
40 km Race Walk	5:18:34	Darlene Backlund So Cal Track Club (70)	Ocean Township, NJ	2015-Sep-13
50 km Race Walk	6:50:24	Darlene Backlund So Cal Track Club (71)	Santee, CA	2017-Jan-28

Men 75-79

Event	Performance	Name	Location	Date
5 km Race Walk	31:22	Jack Starr	Kingsport, TN	2004-Oct-09
10 km Race Walk	1:05:10	Jack Starr	Eugene, OR	2003-Aug-10
15 km Race Walk	1:39:12	Jack Starr Phast	Lincoln, RI	2004-Jun-13
20 km Race Walk	2:14:01	Giulio DePetra	Eugene, OR	1987-Aug-16
25 km Race Walk	3:10:56	Harry Drazin	Atlanta, GA	1989-Mar-05
30 km Race Walk	3:40:28	Jack Starr	Ocean Township, NJ	2003-Sep-14
40 km Race Walk	5:01:25	Jack Starr	Ocean Township, NJ	2003-Sep-14
50 km Race Walk	7:07:22	Ed Gawinski (75)	Hauppauge, NY	2002-Nov-10

Women 75-79

Event	Performance	Name	Location	Date
5 km Race Walk	35:33	Jane Dana	Long Beach, CA	1997-Mar-16
10 km Race Walk	1:12:05	Miriam Gordon	Eugene, OR	2000-Aug-13
15 km Race Walk	1:59:50	Carol Dyar Unattached (76)	Riverside, CA	2017-May-21
	1:59:46	Carol Dyar Unattached (77)	Riverside, CA	2018-May-20
20 km Race Walk	2:49:18	Adeline Crocker	Eugene, OR	1987-Aug-16

Men 80-84

Event	Performance	Name	Location	Date
5 km Race Walk	32:43	Jack Starr Florida Athletic Club	Kingsport, TN	2008-Oct-04
10 km Race Walk	1:10:11	Max Green Pegasus Athletic Club (80)	Lisle, IL	2012-Aug-05
15 km Race Walk	1:45:29	Max Green Pegasus Athletic Club (80)	Riverside, CA	2012-May-20
20 km Race Walk	2:26:47	Jack Starr	Ocean Township, NJ	2008-Sep-14
25 km Race Walk	3:13:18	Jack Starr Philadelphia Masters (82)	Valley Cottage, NY	2010-Oct-31
30 km Race Walk	3:53:18	Jack Starr Philadelphia Masters (82)	Valley Cottage, NY	2010-Oct-31
40 km Race Walk	5:28:26	Jack Starr Philadelphia Masters (82)	Ocean Township, NJ	2010-Sep-12

Women 80-84

Event	Performance	Name	Location	Date
5 km Race Walk	37:28	Jane Dana	Kingsport, TN	2001-Sep-22
10 km Race Walk	1:17:08	Jane Dana	Orono, ME	2002-Aug-11
15 km Race Walk	1:58:42	Jane Dana	Riverside, CA	2002-May-19

Men 85-89

Event	Performance	Name	Location	Date
5 km Race Walk	36:48	Sam Gadless	Lake Worth, FL	1992-Mar-28
10 km Race Walk	1:14:06	Jack Starr Philadelphia Masters (85)	Winston-Salem, NC	2014-Jul-19
15 km Race Walk	1:55:23	Jack Starr Philadelphia Masters (85)	Riverside, CA	2014-May-18
20 km Race Walk	2:38:41	William Moremen (86)	Huntington Beach, CA	2013-Mar-17

Women 85-89

Event	Performance	Name	Location	Date
5 km Race Walk	46:57	Anna Ward	Liverpool, NY	1991-Jul-01
10 km Race Walk	1:28:23	Miriam Gordon	Sacramento, CA	2010-Jul-25

Men 90-94

Event	Performance	Name	Location	Date
10 km Race Walk	1:29:56	George Conway New England Walkers (90)	Niagara Falls, NY	1993-Jul-10
	1:20:29	Jack Starr USA (90)	Malaga, ESP	2018-Sep-10

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Men 35-39

Event	Performance	Name	Location	Date
3,000 m Race Walk	11:26.7	Jonathan Matthews (36)	San Francisco, CA	1993-May-15
5,000 m Race Walk	20:07.6	Jonathan Matthews (37)	San Jose, CA	1994-May-28
10,000 m Race Walk	41:59.91	Jonathan Matthews (37)	Philadelphia, PA	1994-Apr-30
15,000 m Race Walk	1:04:25	Jonathan Matthews (37)	Bergen, NOR	1994-May-07
20,000 m Race Walk	1:26:30.6	Curt Clausen (35)	Palo Alto, CA	2003-Jun-20
30,000 m Race Walk	2:15:55.9	Curt Clausen (35)	Chula Vista, CA	2003-Jun-08
1 hr. Race Walk	14,058 m	Jonathan Matthews (37)	Los Altos Hills, CA	1993-Nov-14

Women 35-39

Event	Performance	Name	Location	Date
3,000 m Race Walk	13:56.72	Erin Taylor-Talcott Shore Athletic Club of New Jersey (38)	Auckland, NZL	2016-Nov-26
5,000 m Race Walk	22:49.79 (f)	Victoria Herazo (37)	Philadelphia, PA	1997-Apr-26
10,000 m Race Walk	45:52.63	Victoria Herazo (36)	Sacramento, CA	1995-Jun-17
15,000 m Race Walk	1:10:14.0	Michelle Rohl Moving Comfort (37)	Palo Alto, CA	2003-Jun-21
20,000 m Race Walk	1:34:31.06	Michelle Rohl Moving Comfort (37)	Palo Alto, CA	2003-Jun-21
25,000 m Race Walk	2:16:54.9	Erin Taylor-Talcott Shore Athletic Club of New Jersey (35)	Banks, OR	2014-Mar-09
30,000 m Race Walk	2:44:14.2	Erin Taylor-Talcott Shore Athletic Club of New Jersey (35)	Banks, OR	2014-Mar-09
35,000 m Race Walk	3:11:49.4	Erin Taylor-Talcott Shore Athletic Club of New Jersey (35)	Banks, OR	2014-Mar-09
40,000 m Race Walk	3:39:32.0	Erin Taylor-Talcott Shore Athletic Club of New Jersey (35)	Banks, OR	2014-Mar-09
50,000 m Race Walk	4:34:46.5	Erin Taylor-Talcott Shore Athletic Club of New Jersey (35)	Banks, OR	2014-Mar-09
1 hr. Race Walk	12,891 m (f)	Joanne Dow (37)	Worcester, MA	2001-Oct-07

Men 40-44

Event	Performance	Name	Location	Date
3,000 m Race Walk	12:06.24	Tim Seaman NYAC (40)	Cuyamaca College, CA	2013-Feb-17
	11:42.08	Tim Seaman NYAC (41)	San Diego, CA	2014-Jan-25
5,000 m Race Walk	20:23.25	Tim Seaman NYAC (40)	Cuyamaca College, CA	2013-Feb-17
10,000 m Race Walk	42:13.4	Tim Seaman NYAC (40)	Walnut, CA	2013-Apr-14
15,000 m Race Walk	1:04:36.1	Tim Seaman NYAC (40)	Eugene, OR	2012-Jun-30
20,000 m Race Walk	1:27:29.5	Tim Seaman NYAC (40)	Eugene, OR	2012-Jun-30
30,000 m Race Walk	2:45:54	Stan Chraminski	Bellevue, WA	1991-Sep-07
40,000 m Race Walk	3:58:49	Stan Chraminski	Seattle, WA	1989-Oct-29
50,000 m Race Walk	5:03:10	Stan Chraminski	Bellevue, WA	1989-Oct-29
1 hr. Race Walk	13,367 m	Ian Whatley (41)	Greenville, SC	2000-Nov-18

Women 40-44

Event	Performance	Name	Location	Date
3,000 m Race Walk	14:52.67 (f)	Erin Taylor-Talcott Shore Athletic Club of New Jersey (40)	Malaga, ESP	2018-Sep-04
	15:34.63	Donna Chamberlain (43)	Alexandria, VA	2000-Sep-03
5,000 m Race Walk	22:54.73 (f)	Joanne Dow (41)	New York, NY	2005-Jul-15
10,000 m Race Walk	49:14.9	Viisha Sedlak (41)	Norwalk, CA	1990-Jun-16
15,000 m Race Walk	1:09:14.7	Teresa Vaill (42)	Carson, CA	2005-Jun-25
20,000 m Race Walk	1:33:28.15	Teresa Vaill (42)	Carson, CA	2005-Jun-25
25,000 m Race Walk	2:56:22	Erin Taylor-Talcott Shore Athletic Club of New Jersey (40)	Douglas, Isle of Man	2018-Aug-18
30,000 m Race Walk	3:02:30.4	Heidi Hauch New Balance	Chula Vista, CA	2003-Jan-25
35,000 m Race Walk	4:05:52	Erin Taylor-Talcott Shore Athletic Club of New Jersey (40)	Douglas, Isle of Man	2018-Aug-18
40,000 m Race Walk	4:41:39	Erin Taylor-Talcott Shore Athletic Club of New Jersey (40)	Douglas, Isle of Man	2018-Aug-18
50,000 m Race Walk	5:29:03.3	Anne Vanderhoff	Seattle, WA	1980-Feb-10
100,000 m Race Walk	14:36:14	Erin Taylor-Talcott Shore Athletic Club of New Jersey (40)	Douglas, Isle of Man	2018-Aug-18
1 hr. Race Walk	12,698 m (f)	Teresa Vaill Walk USA (43)	Waltham, MA	2006-Oct-15
2 hr. Race Walk	16,800 m	Erin Taylor-Talcott Shore Athletic Club of New Jersey (40)	Douglas, Isle of Man	2018-Aug-18

Men 45-49

Event	Performance	Name	Location	Date
3,000 m Race Walk	13:49.38	David Swarts Pegasus Athletic Club (49)	Winston-Salem, NC	2015-Jul-17
5,000 m Race Walk	21:27.0	Larry Walker	Los Angeles, CA	1988-Jun-18
10,000 m Race Walk	45:26.73	Allen James Bond Lake AC (45)	Philadelphia, PA	2009-Apr-25
15,000 m Race Walk	1:13:28.7	Dave McGovern World Class Racewalking (45)	Waltham, MA	2010-Oct-03
20,000 m Race Walk	1:35:18.5	Ray Sharp (45)	Carson, CA	2005-Jun-26
30,000 m Race Walk	2:46:27.2	Robert Keating New England Walkers (48)	Alexandria, VA	1995-Nov-11
40,000 m Race Walk	3:50:00.1	Robert Keating New England Walkers (48)	Alexandria, VA	1995-Nov-11
50,000 m Race Walk	4:58:39.7	Robert Keating New England Walkers (48)	Alexandria, VA	1995-Nov-11
1 hr. Race Walk	12,773 m	Robert Keating New England Walkers (45)	Cambridge, MA	1992-Oct-18

Women 45-49

Event	Performance	Name	Location	Date
3,000 m Race Walk	14:19.82 (f)	Joanne Dow Unattached (48)	Eugene, OR	2012-Jul-01
5,000 m Race Walk	23:17.33 (f)	Joanne Dow Unattached (45)	Philadelphia, PA	2009-Apr-25
10,000 m Race Walk	47:59.10	Joanne Dow Unattached (48)	Eugene, OR	2012-Jan-01
15,000 m Race Walk	1:12:43.2 (f)	Joanne Dow Unattached (48)	Eugene, OR	2012-Jul-01
20,000 m Race Walk	1:38:20.20 (f)	Joanne Dow Unattached (48)	Eugene, OR	2012-Jul-01
50,000 m Race Walk	5:31:54.0	Beverly LaVeck	Arlington, VA	1983-Nov-05
1 hr. Race Walk	12,813 m (f)	Teresa Vaill Walk USA (47)	Waltham, MA	2010-Oct-03

Men 50-54

Event	Performance	Name	Location	Date
3,000 m Race Walk	12:58.9	Don DeNoon (50)	Cerritos, CA	1993-Jun-27
5,000 m Race Walk	22:02.3	Donald DeNoon (50)	Cerritos, CA	1993-Jun-27
10,000 m Race Walk	45:03.4	Donald DeNoon (51)	Edwardsville, IL	1994-Jul-10
15,000 m Race Walk	1:08:54.1	Donald DeNoon (51)	Edwardsville, IL	1994-Jul-10
20,000 m Race Walk	1:33:28.0	Don DeNoon (51)	Edwardsville, IL	1994-Jul-09
25,000 m Race Walk	2:14:25.4	Ray Sharp Pegasus Athletic Club (54)	Banks, OR	2014-Mar-09
30,000 m Race Walk	2:41:11.4	Ray Sharp Pegasus Athletic Club (54)	Banks, OR	2014-Mar-09
35,000 m Race Walk	3:08:29.0	Ray Sharp Pegasus Athletic Club (54)	Banks, OR	2014-Mar-09
40,000 m Race Walk	3:56:27	Ray McKinnis	Durham, NC	1990-Feb-25
	3:38:29.6	Ray Sharp Pegasus Athletic Club (54)	Banks, OR	2014-Mar-09
50,000 m Race Walk	4:41:46.5	Ian Whatley World Class Racewalking (54)	Banks, OR	2014-Mar-09
1 hr. Race Walk	12,503 m	Ian Whatley World Class Racewalking (52)	Banks, OR	2012-May-06

Women 50-54

Event	Performance	Name	Location	Date
3,000 m Race Walk	15:40.79	Gayle Johnson (52)	Edwardsville, IL	2001-Aug-10
5,000 m Race Walk	26:25.52 (f)	Maryanne Daniel Connecticut Racewalkers (52)	Philadelphia, PA	2011-Apr-30
10,000 m Race Walk	57:08.9	Mary Snyder	Seattle, WA	2002-Apr-20
20,000 m Race Walk	2:04:39.7	Katie Grimes Racewalkers Northwest (50)	Banks, OR	2014-May-04
1 hr. Race Walk	10,484 m (f)	Debbie Topham	Royal Oak, MI	2003-Sep-29

Men 55-59

Event	Performance	Name	Location	Date
3,000 m Race Walk	14:19.0	Dave Talcott Shore Athletic Club of New Jersey (56)	Ottawa, CAN	2017-Feb-05
5,000 m Race Walk	22:33.47	Jonathan Matthews USA (55)	Sacramento, CA	2011-Jul-08
10,000 m Race Walk	49:20.3	Dave Talcott Shore Athletic Club of New Jersey (57)	Ottawa, CAN	2017-Mar-26
15,000 m Race Walk	1:16:26.4	Jonathan Matthews Shore Athletic Club of New Jersey (56)	Eugene, OR	2012-Jun-30
20,000 m Race Walk	1:43:22.9	Jonathan Matthews Shore Athletic Club of New Jersey (56)	Eugene, OR	2012-Jun-30
25,000 m Race Walk	2:17:26	Ian Whatley Warriors Track Club (56)	Greenville, SC	2016-Mar-19
30,000 m Race Walk	2:45:02	Ian Whatley Warriors Track Club (56)	Greenville, SC	2016-Mar-19
35,000 m Race Walk	3:13:31	Ian Whatley Warriors Track Club (56)	Greenville, SC	2016-Mar-19
40,000 m Race Walk	3:44:04	Ian Whatley Warriors Track Club (56)	Greenville, SC	2016-Mar-19
50,000 m Race Walk	4:48:36	Ian Whatley Warriors Track Club (56)	Greenville, SC	2016-Mar-19
100,000 m Race Walk	11:27:37	Dave Talcott Shore Athletic	Douglas, Isle of Man	2018-Aug-18

		Club of New Jersey (58)		
100 mi. Race Walk	18:55:41	Dave Talcott Shore Athletic Club of New Jersey (58)	Douglas, Isle of Man	2018-Aug-18
1 hr. Race Walk	12,113 m	Dave Talcott Shore Athletic Club of New Jersey (57)	Ottawa, CAN	2017-Mar-26
2 hr. Race Walk	22,172 m	Dave Talcott Syracuse Chargers Track Club (55)	Owego, NY	2015-Jun-13

Women 55-59

Event	Performance	Name	Location	Date
3,000 m Race Walk	16:22.8	Maryanne Daniel Connecticut Racewalkers (55)	Albany, NY	2014-Jun-21
5,000 m Race Walk	27:20.85 (f)	Maryanne Daniel Connecticut Racewalkers (55)	Philadelphia, PA	2014-Apr-26
	27:29.68	Elton Richardson	Eugene, OR	1994-Aug-12
10,000 m Race Walk	59:08.2	Joyce Decker	Kenosha, WI	1993-Sep-19
15,000 m Race Walk	1:35:37.9	Janet Higbie	New London, CT	1999-Oct-16
20,000 m Race Walk	2:09:17.1	Janet Higbie	New London, CT	1999-Oct-16
1 hr. Race Walk	10,282 m (f)	Beverly LaVeck	Edmonds, WA	1993-Nov-20

Men 60-64

Event	Performance	Name	Location	Date
3,000 m Race Walk	15:06.3	Christoph Schmid World Class Racewalking (64)	Berea, OH	2011-Jul-29
5,000 m Race Walk	24:11.9	Dave Romansky	Piscataway, NJ	1998-Jun-06
10,000 m Race Walk	49:41.48	Dave Romansky	Philadelphia, PA	1998-Apr-25
15,000 m Race Walk	1:18:07.2	Christoph Schmid World Class Racewalking (63)	Waltham, MA	2010-Oct-03
20,000 m Race Walk	1:51:17.6	Dave Romansky	New London, CT	1999-Oct-16
1 hr. Race Walk	11,678 m	Christoph Schmid World Class Racewalking (63)	Waltham, MA	2010-Oct-03

Women 60-64

Event	Performance	Name	Location	Date
3,000 m Race Walk	16:51.1	Bev LaVeck	Seattle, WA	1996-May-11
5,000 m Race Walk	28:49.35	Beverly LaVeck	Eugene, OR	1997-Jun-28
10,000 m Race Walk	59:26.1	Bev LaVeck	Seattle, WA	2000-Apr-22
20,000 m Race Walk	2:14:52.0	Janet Higbie	Pt. Pleasant, NJ	2003-May-18
1 hr. Race Walk	9,701 m	Ruth Eberle	Clayton, MO	1992-Oct-18

Men 65-69

Event	Performance	Name	Location	Date
3,000 m Race Walk	15:08.7	Christoph Schmid World Class Racewalking (65)	Lisle, IL	2012-Aug-03
5,000 m Race Walk	25:31.23	Christoph Schmid World Class Racewalking (65)	Lisle, IL	2012-Aug-03
10,000 m Race Walk	52:25.1	Christoph Schmid World Class Racewalking (65)	Waltham, MA	2012-Oct-07
15,000 m Race Walk	1:47:34.8	William Mathews	Atlanta, GA	1995-Oct-15
20,000 m Race Walk	2:03:45.0	Jack Starr	Alexandria, VA	1996-Nov-03
1 hr. Race Walk	11,460 m	Christoph Schmid World Class Racewalking (65)	Waltham, MA	2012-Oct-07

Women 65-69

Event	Performance	Name	Location	Date
3,000 m Race Walk	17:56.13 (f)	Marianne Martino High Altitude Racewalk Team (HART) (65)	Allendale, MI	2016-Jul-15
5,000 m Race Walk	29:29.72	Beverly LaVeck	Brisbane, AUS	2001-Jul-05
10,000 m Race Walk	1:00:33.0	Beverly LaVeck	Seattle, WA	2001-Apr-22
15,000 m Race Walk	1:39:58.0	Ruth Leff	Kenosha, WI	1993-Sep-19
20,000 m Race Walk	2:35:26	S. Kay Carmines So Cal Track Club (69)	Owego, NY	2015-Jun-13
1 hr. Race Walk	9,271 m	Ruth Leff	Kenosha, WI	1992-Jun-06
2 hr. Race Walk	15,604 m	S. Kay Carmines So Cal Track Club (69)	Owego, NY	2015-Jun-13

Men 70-74

Event	Performance	Name	Location	Date
3,000 m Race Walk	17:26.9	James Beckett Marin Race Walkers (70)	Reno, NV	2009-Aug-22
5,000 m Race Walk	27:35.90	Jack Bray (71)	Decatur, IL	2004-Aug-06
10,000 m Race Walk	1:00:00.0	Paul Johnson Florida Athletic Club (70)	Waltham, MA	2007-Oct-14
15,000 m Race Walk	1:38:59.0	Jack Starr	Alexandria, VA	2000-Sep-02
20,000 m Race Walk	2:28:24	James Carmines So Cal Track Club (72)	Owego, NY	2015-Jun-13
1 hr. Race Walk	10,250 m	Paul Johnson Florida Athletic Club (70)	Waltham, MA	2007-Oct-14
2 hr. Race Walk	16,348 m	James Carmines So Cal Track Club (72)	Owego, NY	2015-Jun-13

Women 70-74

Event	Performance	Name	Location	Date
3,000 m Race Walk	18:40.1	Louise Walters	Reno, NV	2010-Aug-14
5,000 m Race Walk	30:42.96 (f)	Louise Walters	Sacramento, CA	2010-Jul-23
10,000 m Race Walk	1:07:39.1	Bev McCall	Seattle, WA	2006-Apr-22
1 hr. Race Walk	9,393 m	Louise Walters Sierra Racewalkers (70)	Banks, OR	2010-Oct-17

Men 75-79

Event	Performance	Name	Location	Date
3,000 m Race Walk	17:40.6	Jack Bray (75)	Reno, NV	2008-Aug-16
5,000 m Race Walk	30:29.17	Jack Bray Marin Race Walkers (75)	Spokane, WA	2008-Aug-08
10,000 m Race Walk	1:11:11.2	Carl Acosta (78)	Walnut, CA	2012-Apr-15
20,000 m Race Walk	2:19:37.5	Bob Mimm	Pt. Pleasant, NJ	2001-May-20
1 hr. Race Walk	9,197 m	Jack Starr (78)	Waltham, MA	2006-Oct-15

Women 75-79

Event	Performance	Name	Location	Date
3,000 m Race Walk	20:41.0	Miriam Gordon	Miami, FL	2000-Sep-10
5,000 m Race Walk	34:34.60 (f)	Shirley Dockstader Marin Race Walkers	Oshkosh, WI	2009-Jul-10
10,000 m Race Walk	1:14:15.4	Jane Dana	Walnut, CA	1999-Apr-11
1 hr. Race Walk	8,140 m	Miriam Gordon	Plantation, FL	2000-Oct-07

Men 80-84

Event	Performance	Name	Location	Date
3,000 m Race Walk	20:24.8	Jack Starr Florida Athletic Club	St. George, UT	2009-Oct-10
5,000 m Race Walk	33:50.70	William Moremen Southern Cal Walkers (81)	Pasadena, CA	2009-Jun-06
10,000 m Race Walk	1:09:57.7	William Moremen (80)	Walnut, CA	2008-Apr-06
1 hr. Race Walk	8,781 m	Jack Starr	Waltham, MA	2008-Oct-12

Women 80-84

Event	Performance	Name	Location	Date
3,000 m Race Walk	24:03	Miriam Gordon	Plantation, FL	2006-Oct-22
5,000 m Race Walk	37:10.27	Miriam Gordon Florida Athletic Club	San Sebastian, ESP	2005-Aug-26
10,000 m Race Walk	1:15:41.7	Jane Dana	Walnut, CA	2002-Apr-14
1 hr. Race Walk	7,819 m	Miriam Gordon	Ft. Lauderdale, FL	2005-Sep-25

Men 85-89

Event	Performance	Name	Location	Date
3,000 m Race Walk	21:44.34	William Moremen (86)	San Diego, CA	2014-Jan-25
5,000 m Race Walk	36:16.84	Jack Starr Philadelphia Masters (85)	Winston- Salem, NC	2014-Jul-17
10,000 m Race Walk	1:15:29.9	William Moremen Unattached (85)	Walnut, CA	2013-Apr-14
1 hr. Race Walk	8,009 m	Jack Starr Philadelphia Masters (86)	Gloucester, MA	2014-Aug-10

Women 85-89

Event	Performance	Name	Location	Date
3,000 m Race Walk	27:14.0	Fan Benno-Caris	Coppell, TX	2004-Jun-18
5,000 m Race Walk	44:43.85	Dorothy Roberts	Buffalo, NY	1995-Jul-21

Men 90-94

Event	Performance	Name	Location	Date
5,000 m Race Walk	43:51.0	Paul Spangler	Eugene, OR	1989-Aug-05
	29:14.81	Jack Starr USA (90)	Malaga, ESP	2018-Sep-04
1 hr. Race Walk	6,797 m	George Conway New England Walkers (90)	Cambridge, MA	1993-Oct-03
	6,809 m	Jack Starr Philadelphia Pacers (90)	Greenville, SC	2018-Oct-28

Women 90-94

Event	Performance	Name	Location	Date
3,000 m Race Walk	29:19.05	Phyllis Karsten Unattached (92)	Concord, CA	2017-Apr-23

American Masters Indoor Track & Field Records – Race Walking

pending

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Men 35-39

Event	Performance	Name	Location	Date
3,000 m Race Walk	11:29.87	Jonathan Matthews (37)	Boston, MA	1994-Jan-22
2 mi. Race Walk	12:44.43	John Nunn US Army (36)	Boston, MA	2015-Feb-28
5,000 m Race Walk	19:59.06	Tim Seaman NYAC (36)	Boston, MA	2009-Feb-28

Women 35-39

Event	Performance	Name	Location	Date
1 mi. Race Walk	7:10.04 (f)	Susan Randall Miami Valley Track Club (38)	New York, NY	2013-Feb-16
3,000 m Race Walk	12:36.76	Joanne Dow (39)	New York, NY	2004-Feb-29
2 mi. Race Walk	15:35.54 (f)	Erin Taylor-Talcott Shore Athletic Club of New Jersey (36)	Boston, MA	2015-Mar-01
10,000 m Race Walk	49:14.83 (f) (p)	Erin Taylor-Talcott Shore Athletic Club of New Jersey (38)	Rochester, NY	2016-Dec-31

Men 40-44

Event	Performance	Name	Location	Date
3,000 m Race Walk	11:40.75	Tim Seaman NYAC (41)	Albuquerque, NM	2014-Feb-23
5,000 m Race Walk	20:43.20	Jonathan Matthews (41)	Atlanta, GA	1998-Feb-28

Women 40-44

Event	Performance	Name	Location	Date
1 mi. Race Walk	8:11.5 (p)	Erin Taylor-Talcott Shore Athletic Club of New Jersey (40)	Rochester, NY	2018-Dec-29
3,000 m Race Walk	12:45.05 (f)	Joanne Dow Adidas (41)	Boston, MA	2006-Feb-26
2 mi. Race Walk	16:42.3 (p)	Erin Taylor-Talcott Shore Athletic Club of New Jersey (40)	Rochester, NY	2018-Dec-29
5,000 m Race Walk	25:57.67 (p)	Erin Taylor-Talcott Shore Athletic Club of New Jersey (40)	Rochester, NY	2018-Dec-29

Men 45-49

Event	Performance	Name	Location	Date
1 mi. Race Walk	6:52.41	David Swarts Pegasus Athletic Club (49)	New York, NY	2015-Feb-14
3,000 m Race Walk	12:38.71	Don DeNoon (49)	Hillside, IL	1993-Feb-20
2 mi. Race Walk	14:54.49	David Swarts Pegasus Athletic Club (49)	Ann Arbor, MI	2015-Mar-16
5,000 m Race Walk	23:13.02	Allen James Bond Lake AC (48)	Henrietta, NY	2012-Dec-29
10,000 m Race Walk	48:56.74	David Swarts Pegasus Athletic Club (49)	Rochester, NY	2014-Dec-27

Women 45-49

Event	Performance	Name	Location	Date
1 mi. Race Walk	6:52.54	Teresa Vaill Walk USA	New York, NY	2010-Jan-29
3,000 m Race Walk	13:08.40 (f)	Teresa Vaill (45)	Boston, MA	2008-Feb-24
2 mi. Race Walk	18:05.32	Zofia Jacobsen Unattached (48)	Ann Arbor, MI	2015-Mar-16
5,000 m Race Walk	29:52.04	Rebecca Benjamin Pegasus Athletic Club (49)	Rochester, NY	2014-Dec-27

Men 50-54

Event	Performance	Name	Location	Date
1 mi. Race Walk	6:53.16	David Swarts Pegasus Athletic Club (51)	New York, NY	2017-Feb-11
3,000 m Race Walk	12:34.9	Don DeNoon (50)	Carbondale, IL	1994-Feb-04
2 mi. Race Walk	14:16.00	Zbigniew Sadlej Pegasus Athletic Club (53)	Ann Arbor, MI	2015-Mar-16
5,000 m Race Walk	21:42.71	Donald DeNoon (50)	Atlanta, GA	1994-Mar-05
10,000 m Race Walk	46:46.91	Zbigniew Sadlej Pegasus Athletic Club (53)	Rochester, NY	2014-Dec-27

Women 50-54

Event	Performance	Name	Location	Date
1 mi. Race Walk	7:52.06	Maryanne Daniel Connecticut Racewalkers (52)	Hanover, NH	2011-Jan-09
3,000 m Race Walk	15:04.35 (f)	Gayle Johnson (52)	Parkside, WI	2001-Feb-10
5,000 m Race Walk	31:13.23 (f)	Rebecca Benjamin Pegasus Athletic Club (50)	Rochester, NY	2015-Dec-27

Men 55-59

Event	Performance	Name	Location	Date
1 mi. Race Walk	7:06.68	Dave Talcott Shore Athletic Club of New Jersey (56)	New York, NY	2017-Feb-11
3,000 m Race Walk	13:09.0	Don DeNoon (55)	Carbondale, IL	1999-Feb-13
2 mi. Race Walk	18:01.7 (p)	Dave Talcott Shore Athletic Club of New Jersey (57)	Rochester, NY	2017-Dec-30
5,000 m Race Walk	25:05.19	Dave Talcott Shore Athletic Club of New Jersey (55)	Henrietta, NY	2015-Dec-27
10,000 m Race Walk	51:32.97 (p)	Dave Talcott Shore Athletic Club of New Jersey (56)	Rochester, NY	2016-Dec-31

Women 55-59

Event	Performance	Name	Location	Date
3,000 m Race Walk	16:14.01 (f)	Maryanne Daniel Connecticut Racewalkers (55)	Boston, MA	2014-Mar-16
5,000 m Race Walk	29:46.19	Carol Bendall Fleet Feet Albany Racing (56)	Rochester, NY	2014-Dec-27

Men 60-64

Event	Performance	Name	Location	Date
1 mi. Race Walk	7:52.04	Bob Keating New England Walkers (63)	Hanover, NH	2011-Jan-09
3,000 m Race Walk	14:20.64	Chris Schmid World Class Racewalking	Boston, MA	2010-Mar-28
2 mi. Race Walk	19:58.9 (p)	Vincent Peters Chicago Walkers (63)	Rochester, NY	2017-Dec-30
5,000 m Race Walk	28:09.35	Vincent Peters Unattached (61)	Kenosha, WI	2015-Mar-08

Women 60-64

Event	Performance	Name	Location	Date
1 mi. Race Walk	9:16.94	Elilizabeth Pasquale Park Racewalkers USA (63)	Brentwood, NY	2016-Feb-07
	8:58.44 (f) (p)	Maryanne Daniel Connecticut Racewalkers (60)	Winston- Salem, NC	2019-Mar-01
3,000 m Race Walk	17:15.24	Elton Richardson	New York, NY	2000-Feb-20
2 mi. Race Walk	20:09.44	Debbie Topham Pegasus Athletic Club (62)	Ann Arbor, MI	2015-Mar-16
5,000 m Race Walk	29:50.34	Debbie Topham Pegasus Athletic Club (61)	Rochester, NY	2014-Dec-27

Men 65-69

Event	Performance	Name	Location	Date
3,000 m Race Walk	15:30.50	Paul Johnson	Boston, MA	2003-Mar-30
2 mi. Race Walk	22:24.41	Thomas Belford Jr. Pegasus Athletic Club (66)	Ann Arbor, MI	2015-Mar-16
5,000 m Race Walk	29:42.74	James Miner Syracuse Track Club (65)	Rochester, NY	2013-Dec-28

Women 65-69

Event	Performance	Name	Location	Date
1 mi. Race Walk	9:49.09 (f)	Karen Swisher Unattached (65)	Albuquerque, NM	2017-Feb-17
	9:46.61 (f) (p)	Karen Swisher Heatland Racewalkers (67)	Winston- Salem, NC	2019-Mar-01
3,000 m Race Walk	17:46.25	Ruth Eberle	Carbondale, IL	1997-Feb-08
2 mi. Race Walk	20:27.6 (p)	Marianne Martino High Altitude Racewalk Team (HART) (67)	Rochester, NY	2017-Dec-30
5,000 m Race Walk	37:06.98	S. Kay Carmines Unattached (67)	Rochester, NY	2013-Dec-28
	32:02.67 (p)	Marianne Martino High Altitude Racewalk Team (HART) (67)	Rochester, NY	2017-Dec-30

Men 70-74

Event	Performance	Name	Location	Date
1 mi. Race Walk	9:24.53	Norman Frable So Cal Track Club (71)	Albuquerque, NM	2017-Feb-17
	9:13.2 (p)	Robert Keating New England Walkers (71)	Rochester, NY	2018-Dec-29
	9:18.61 (p)	Richard Campbell So Cal Track Club (73)	Winston- Salem, NC	2019-Mar-01
3,000 m Race Walk	16:07.46	Jack Bray (70)	Boston, MA	2003-Mar-30
2 mi. Race Walk	28:11.03	Russell Vail (74)	Ann Arbor, MI	2015-Mar-16
	22:22.6 (p)	Joel Dubow Atlanta Track Club (74)	Rochester, NY	2017-Dec-30
	19:04.8 (p)	Robert Keating New England Walkers (71)	Rochester, NY	2018-Dec-29
	21:49.4 (p)	Joel Dubow Atlanta Track Club (75)	Rochester, NY	2018-Dec-29
5,000 m Race Walk	30:10.83	Leon Jasionowski Pegasus Athletic Club (71)	Rochester, NY	2015-Dec-27

Women 70-74

Event	Performance	Name	Location	Date
1 mi. Race Walk	10:56.93 (f)	Kathleen Frable So Cal Track Club (71)	Albuquerque, NM	2017-Feb-17
3,000 m Race Walk	19:08.86 (f)	Shirley Dockstader	Boston, MA	2003-Mar-30
	19:02.02 (f)	Kathy Frable So Cal Track Club (71)	Daegu, KOR	2017-Mar-19
5,000 m Race Walk	38:04.24 (p)	Kay Carmines So Cal Track Club (70)	Rochester, NY	2016-Dec-31

Men 75-79

Event	Performance	Name	Location	Date
1 mi. Race Walk	11:18.12	James Veenstra Unattached (79)	Albuquerque, NM	2017-Feb-17
	10:39.8 (p)	Joel Dubow Atlanta Track Club (75)	Rochester, NY	2018-Dec-29
	10:16.23 (p)	Gerard Miller Atlanta Track Club (76)	Winston- Salem, NC	2019-Mar-01
3,000 m Race Walk	17:12.80	Jack Bray (75)	Boston, MA	2008-Mar-30

Women 75-79

Event	Performance	Name	Location	Date
3,000 m Race Walk	20:50.00 (f)	Kate Marrs	Boston, MA	2004-Mar-28

Men 80-84

Event	Performance	Name	Location	Date
1 mi. Race Walk	11:07.30	Alan Poisner Heartland Racewalkers (82)	Albuquerque, NM	2017-Feb-17
3,000 m Race Walk	20:02.8	Max Green Pegasis Athletic Club (80)	Bloomington, IN	2012-Mar-16
2 mi. Race Walk	24:18.23	Max Green Pegasus Athletic Club (83)	Ann Arbor, MI	2015-Mar-16

Women 80-84

Event	Performance	Name	Location	Date
3,000 m Race Walk	23:08.58 (f)	Mirian Gordon Florida Athletic Club, Inc. (80)	Boston, MA	2006-Mar-26

Men 85-89

Event	Performance	Name	Location	Date
3,000 m Race Walk	22:26.55	Charles Boyle Potomac Valley TC (85)	Landover, MD	2009-Feb-28
5,000 m Race Walk	45:12.57	Charles Boyle Potomac Valley Track Club (89)	Rochester, NY	2012-Dec-29

Women 85-89

Event	Performance	Name	Location	Date
3,000 m Race Walk	27:11.02 (f)	Fan Benno-Caris	Boston, MA	2004-Mar-28

Men 90-94

Event	Performance	Name	Location	Date
1 mi. Race Walk	12:45.82 (p)	John 'Jack' Starr Philadelphia masters (90)	Winston- Salem, NC	2019-Mar-01
3,000 m Race Walk	30:21.93	Charles Boyle Potomac Valley TC (90)	Boston, MA	2014-Mar-16
	24:38.97 (p)	John 'Jack' Starr Philadelphia Masters (90)	Winston- Salem, NC	2019-Mar-03

All-time American Masters Age Graded Road List – 5 km Women

Name	Age	Time	Race	Race Location	Race Date	AgeGrade
Sabra Harvey	65	19:27	Shamrock Sprint 5K	Ft. Hood, TX	3/15/2014	101.50%
Kathryn Martin	64	19:24	USATF Masters 5 km Championships	Syracuse, NY	10/4/2015	100.46%
Sabra Harvey	67	20:15	Heights Run 5K	Houston, TX	6/4/2016	100.08%
Linda Somers			Silicon Valley Turkey Trot	San Jose, CA	11/26/2009	
Smith Kathryn	48	16:14	USATF Masters 5 km Championships	Syracuse, NY	10/6/2013	99.62%
Martin Kathryn	62	19:06	USATF Master's 5 km Championships	Syracuse, NY	10/1/2017	99.48%
Sabra Harvey	68	20:44	Heights Fun Run 5K	Houston, TX	6/7/2014	99.07%
Sabra Harvey	65	19:57	USATF Masters 5 km Championships	Syracuse, NY	10/2/2016	98.96%
Kathryn Martin	65	19:57	USATF Masters 5 km Championships	Syracuse, NY	10/5/2014	98.96%
Libby James	78	24:00	USATF Masters 5 km Championships	Syracuse, NY	10/5/2014	98.95%
Sabra Harvey	67	20:32	Bellaire Trolley Run 5K	Bellaire, TX	4/9/2016	98.70%
Kathryn Martin	65	20:07	Elizabeth T. McNamee Memorial 5K	West Islip, NY	5/14/2017	98.14%
Jan Holmquist	73	22:27	USATF Master's 5 km Championships	Syracuse, NY	10/1/2017	98.13%
Monica Joyce	51	17:04	Plymouth YMCA Father's Day	Plymouth, MI	6/20/2010	97.88%
Sabra Harvey	61	19:14	Heights Fun Run	Houston, TX	6/5/2010	97.57%
Libby James	80	25:11	USATF Masters 5 km Championships	Syracuse, NY	10/2/2016	97.52%
Libby James	77	23:59	Colorado Run	Ft. Collins, CO	9/2/2013	97.50%
Kathryn Martin	60	19:04	USATF Masters 5 km Championships	Syracuse, NY	10/2/2011	97.22%
Deena Kastor	42	15:48	Rock 'n' Roll Half Marathon San Jose 5K	San Jose, CA	9/27/2015	97.19%

Kathryn Martin Sabra Harvey Joan Samuelson Jan Holmquist Libby James Christine Kennedy Joan Samuelson	65 61 53 68 78 60 52	20:23 19:23 17:39 21:14 24:33 19:10 17:28	Percy Sutton Harlem 5K Run Polish Pickle Run CVS Caremark Downtown 5k Run for All Ages Freihofer's Run For Women 5K Carlsbad 5000 Freihofer's Run for Women	New York, NY Bremond, TX Providence, RI Wakefield, MA Albany, NY Carlsbad, CA Albany, NY	8/26/2017 6/26/2010 9/19/2010 11/3/2012 5/30/2015 3/29/2015 5/30/2009	96.85% 96.81% 96.78% 96.74% 96.73% 96.72% 96.70%
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Men

Name	Age	Time	Race	Race Location	Race Date	AgeGrade
Bernard Lagat	41	13:38	Carlsbad 5000	Carlsbad, CA	4/3/2016	101.27%
Hugh Campbell	88	26:33	Haddonfield Adrenaline 5K	Haddonfield, NJ	3/16/2013	100.23%
Bernard Lagat	40	13:41	Carlsbad 5000	Carlsbad, CA	3/29/2015	100.18%
Hugh Campbell	88	26:42	USATF Masters 5 km Championships	Syracuse, NY	9/30/2012	99.67%
Peter Magill	51	15:05	Magic Shoe 5K	Newport Beach, CA	5/19/2012	98.55%
Peter Magill	50	15:02	Northgate Anaheim 5K	Anaheim, CA	6/9/2012	98.13%
Sean Wade	50	15:02	Bellaire Trolley Run 5K	Bellaire, TX	4/9/2016	98.13%
Kevin Castille	45	14:29	USATF Master's 5 km Championships	Syracuse, NY	10/1/2017	98.12%
Kevin Castille	43	14:18	Hopefest 5K	Lafayette, LA	3/29/2015	97.94%
Dennis Simonaitis	47	14:45	Carlsbad 5000	Carlsbad, CA	4/11/2010	97.78%
Hugh Campbell	88	27:16	Miles for Melanoma 5 km	Wilmington, DE	9/16/2012	97.59%
Hugh Campbell	88	27:18	Leprechaun Leap 5k	Wilmington, DE	3/9/2013	97.47%
Alan Newton	47	14:49	Silicon Valley Turkey Trot	San Jose, CA	11/25/2010	97.34%
Peter Magill	49	15:03	Southern California 5k	Irvine, CA	1/8/2011	97.28%
Bill Stewart	54	15:39		IN	6/6/1998	97.22%
Warren Utes	76	19:40	Alden/Norsom	Naperville, IL	10/5/1996	97%
Warren Utes	70	18:01	Park Ridge Charity Classic	Park Ridge, IL	9/30/1990	96.95%
Warren Utes	77	20:03	Chicago Distance Classic	Chicago, IL	7/20/1997	96.94%
Peter Magill	48	15:00	USATF Masters 5 km Championships	Syracuse, NY	10/4/2009	96.87%
Jack Nelson	59	16:21	Run By The River	Clarksville, TN	9/12/1998	96.86%

Doug Bell	44	14:34	New Times Phoenix 5K	Phoenix, AZ	11/12/1995	96.85%
Dennis Simonaitis	50	15:14	Silicon Valley Turkey Trot	San Jose, CA	11/22/2012	96.84%
Chris Juarez	41	14:16	Move 4 Mobility	Washington, D.C.	4/12/2012	96.77%
Warren Utes	81	21:59	Flossmoor Fest	Flossmoor, IL	9/15/2001	96.63%
Warren Utes	75	19:24	Park Ridge Charity Classic	Park Ridge, IL	9/30/1995	96.63%

All-time American Masters Age Graded Road List – 8 km Women

Name	Age	Time	Race	Race Location	Race Date	AgeGrade
Sabra Harvey	68	33:59	Law Week 8k USATF Masters	Houston, TX	3/11/2017	100.54%
Libby James	81	42:51	Championships Philadelphia	Virginia Beach, VA	3/17/2018	99.02%
Kathryn Martin	63	32:20	Marathon, 8K USATF Masters	Philadelphia, PA	11/22/2014	98.50%
Christine Kennedy	60	31:27	Championships	Brea, CA	2/22/2015	97.30%
Sabra Harvey	65	33:45	Law Week 8k USATF Masters	Houston, TX	3/22/2014	97%
Christine Kennedy	59	31:10	Championships	Brea, CA	2/23/2014	96.92%
Hedy Marque	74	38:46	Nike Women's Race USATF	Alexandria, VA	5/10/1992	96.58%
Monica Joyce	50	28:04	Women's 8 km Championship	Akron, OH	9/27/2008	96.45%
Shirley Matson	56	30:10	Fifty Plus 8K	Palo Alto, CA	4/6/1997	96.42%
Marie-Louise Michelsohn	67	35:03	Elite Sports Medicine 8K USATF Masters	NY	10/12/2008	96.09%
Sabra Harvey	62	32:43	Championships	Williamsburg, VA	5/21/2011	96.04%
Shirley Matson	57	30:42	Fifty Plus 8K	Palo Alto, CA	3/29/1998	95.93%
Shirley Matson	61	32:31	Shriners 8K	Sacramento, CA	6/22/2002	95.36%
Shirley Matson	62	32:58	Shriners 8K USATF Masters	Sacramento, CA	6/21/2003	95.31%
Edie Stevenson	67	35:25	Championships	Virginia Beach, VA	3/18/2017	95.09%

Sabra Harvey	60	32:11	John Eikenburg Law Week Run	Houston, TX	3/28/2009	95.08%
Kathryn Mastin	64	34:00	France Run 8K	New York, NY	8/21/2016	94.96%
Hedy Marque	76	40:44	Central Fidelity Women's	Alexandria, VA	9/12/1993	94.95%
Marie-Louise Michelsohn	65	34:30	Elite 8 Championships	Ronkonkoma, NY	10/22/2006	94.89%
Sabra Harvey	62	33:11	John Eikenburg Law Week Run	Houston, TX	3/26/2011	94.69%
Hedy Marque	73	38:59	Nike Women's Race	Washington, D.C.	5/12/1991	94.53%
Shirley Matson	51	28:59	Fujitsu Run For The Kids	San Jose, CA	6/20/1992	94.49%
Marie-Louise Michelsohn	64	34:10	Poland Spring	New York, NY	10/30/2005	94.49%
Shirley Matson	64	34:13	Shriners 8K	Sacramento, CA	6/25/2005	94.36%
USATF Masters			8 km	Williamsburg, VA	6/1/2013	
Sabra Harvey	64	34:15	Championships			94.26%

Men

Name	Age	Time	Race	Race Location	Race Date	AgeGrade
Ed Benham	84	37:56	Shamrock Sportsfest	Virginia Beach, VA	3/21/1992	100.05%
Ed Benham	82	36:43	ICI/USATF TAC National	Naples, FL	1/13/1990	97.48%
Jim O'Neill	54	25:38	Playmakers Autumn Classic	Haslett, MI	9/20/1992	96.52%
Warren Utes	75	31:52	Fifth Season 8k	Cedar Rapids, IA	7/4/1995	96.43%
Dennis Simonaitis	47	24:14	Shamrock 8K	Virginia Beach, VA	3/20/2010	96.40%
Jim O'Neill	53	25:31		MI	8/2/1991	96.15%
Jim O'Neill	52	25:23	Allen Park Street Fair	Allen Park, MI	8/3/1990	95.85%
Ed Benham	81	36:35	Shamrock Sportsfest	Virginia Beach, VA	3/18/1989	95.28%
Warren Utes	77	33:27	Pacificare Bastille Day	Newport Beach, CA	7/12/1997	95.26%
Ray Hatton	51	25:25		Eugene, OR	6/5/1983	94.93%
Dennis Simonaitis	44	24:04	Shamrock 8K	Virginia Beach, VA	3/17/2007	94.80%
Jack Nelson	59	27:15	Richmond Marathon - 8K	Richmond, VA	11/7/1998	94.78%
Jim O'Neill	52	25:41		MI	7/28/1990	94.73%
Ed Benham	78	34:21	National TAC Masters	Liverpool, NY	9/29/1985	94.66%
Norm Green	52	25:42		PA	6/27/1984	94.66%
John Tuttle	40	23:24	Shamrock 8K	Virginia Beach, VA	3/20/1999	94.56%
Richard Buerkle	51	25:32	Shamrock Shuffle	Chicago, IL	3/28/1999	94.50%
John Tuttle	40	23:25	Shamrock Shuffle	Chicago, IL	3/28/1999	94.49%
Warren Utes	74	32:00	Fifty Plus	Stanford, CA	4/2/1995	94.48%
Jim O'Neill	52	25:45		MI	6/15/1990	94.48%

Warren Utes	78	34:26		Newport Beach, CA	7/18/1998	94.43%
Ray Hatton	52	25:46		OR	7/22/1984	94.42%
Warren Utes	76	33:08	Shamrock Shuffle	Chicago, IL	3/23/1997	94.39%
Peter Magill	48	24:57	Shriners 8k	Sacramento, CA	6/20/2009	94.38%
Brian Pilcher	56	26:40	Marin Memorial Day 10K (8K split)	Kentfield, CA	5/27/2013	94.37%

All-time American Masters Age Graded Road List – 10 km Women

Name	Age	Time	Race	Race Location	Race Date	AgeGrade
Sabra Harvey	68	41:48	Bayou City Classic 10K	Houston, TX	3/18/2017	104.26%
Sabra Harvey	68	42:05	USATF Masters 10 km Championships	Dedham, MA	4/30/2017	103.56%
James Libby	81	53:16	Fortitude 10K Double Road	Fort Collins, CO	9/3/2018	102.55%
James Libby	77	49:43	Race	Denver, CO	7/21/2013	101.43%
Linda Somers Smith	49	33:39	Heritage Oaks Bank 10K	Paso Robles, CA	9/26/2010	100.66%
Jan Holmquist	71	45:22	USATF Masters 10 km Championships	Dedham, MA	4/26/2015	100.62%
Linda Somers Smith	50	34:14	Heritage Oaks Bank 10K	Paso Robles, CA	9/25/2011	100.12%
Kathryn Martin	66	42:18	Grete's Great Gallop 10K	New York, NY	10/1/2017	100.01%
Kathryn Martin	62	40:10	USATF Masters 10 km Championships	Denham, MA	4/27/2014	99.50%
Kathryn Martin	65	41:57	Aspire 10K	Plainview, NY	4/1/2017	99.39%
Kathryn Martin	62	40:17	Beach to Beacon	Cape Elizabeth, ME	8/2/2014	99.21%
James Libby	81	55:10	FORTitude 10K	Fort Collins, CO	9/4/2017	99.02%
Joan Samuelson	60	39:19	Beach to Beacon 10K	Cape Elizabeth, ME	8/5/2017	98.91%
Christine Kennedy	60	39:26	USATF Masters 10 km Championships	Dedham, MA	4/26/2015	98.62%
Kathryn Martin	63	41:08	ASPIRE 10K	Plainview, NY	3/2/2015	98.52%
Joan Samuelson	58	38:30	LL Bean 10K	Freeport, ME	7/4/2015	98.36%

Monica Joyce Jan Holmquist	50	34:53	Meteor 10K	Dearborn, MI	4/4/2009	98.26%
Monica Joyce Libby	70	45:45	Lone Gull 10k	Gloucester, MA	9/14/2014	98.23%
James Monica Joyce	49	34:32	Meteor 10K	Dearborn, MI	4/5/2008	98.09%
Sabra Harvey Libby	77	51:26	Bolder Boulder Oktoberfest	Boulder, CO	5/26/2014	98.05%
James Shirley Matson Linda Somers Smith	53	36:16	10k USATF Masters 10 km	Minster, OH	10/2/2011	98%
James Shirley Matson Linda Somers Smith	65	42:37	Championships	Denham, MA	4/27/2014	97.84%
James Shirley Matson Linda Somers Smith	76	50:43	Bolder Boulder Heritage Oaks	Boulder, CO	5/27/2013	97.73%
James Shirley Matson Linda Somers Smith	61	40:20	Bank 10K	Paso Robles, CA	9/29/2002	97.73%
James Shirley Matson Linda Somers Smith	51	35:32	Heritage Oaks Bank 10K	Paso Robles, CA	9/30/2012	97.62%

Men

Name	Age	Time	Race	Race Location	Race Date	AgeGrade
Bernard Lagat	42	28:13	Great Manchester Run 10K	Manchester, GBR	5/28/2017	99.76%
Bernard Lagat	40	27:48	Great Manchester Run 10K	Manchester, GBR	5/10/2015	99.69%
Kevin Castille	46	29:14	Crescent City Classic 10K	New Orleans, LA	3/31/2018	99.42%
Kevin Castille	45	29:08	Rodeo Run 10K	Houston, TX	2/24/2018	98.96%
Bernard Lagat	43	28:45	Peachtree 10K	Atlanta, GA	7/4/2018	98.68%
Bernard Lagat	42	28:42	Peachtree 10K	Atlanta, GA	7/4/2017	98.08%
Ed Benham	84	48:57	Fritzbe's Runfest	Rockville, MD	3/29/1992	97.87%
Dennis Simonaitis	42	28:56	Deseret News	Salt Lake City, UT	7/24/2004	97.29%
Norm Green	57	32:53		PA	9/24/1989	97.08%
Fay Bradley	59	33:33		PA	9/28/1997	96.88%
Kevin Castille	45	29:46	Crescent City Classic 10K	New Orleans, LA	4/1/2017	96.85%
Mbarak Hussein	45	29:47	Peachtree Road Race	Atlanta, GA	7/4/2010	96.80%
Clive Davies	66	35:52	Viking Classic	Portland, OR	5/23/1982	96.79%
Jim O'Neill	55	32:27	Blade Run	Toledo, OH	9/26/1993	96.64%
Kevin Castille	45	29:50	The Great Cow Harbor 10K	Northport, NY	9/16/2017	96.64%
Kevin Castille	46	30:06	Peachtree 10K	Atlanta, GA	7/4/2018	96.56%
Warren Utes	75	40:12	Condell Distance Classic	Libertyville, IL	9/17/1995	96.43%
Mbarak Hussein	45	29:55	Beach to Beacon	Cape Elizabeth, ME	8/7/2010	96.37%

Jim O'Neill	55	32:33	Oktoberfest 10k Cypress Community	Minster, OH	10/3/1993	96.35%
Peter Magill	50	31:11	10K	Cypress, CA	7/23/2011	96.34%
Abdi Abdirahman Warren	40	28:46	Beach to Beacon 10K Heritage	Cape Elizabeth, ME	8/5/2017	96.34%
Utes	74	39:40	Run	Rockford, IL	4/23/1995	96.15%
Jim O'Neill	56	32:59	Blade Run	Toledo, OH	9/25/1994	95.93%
Mbarak Hussein	42	29:21	Peachtree Road Race	Atlanta, GA	7/4/2007	95.91%
Abdi Abdirahman	40	28:54	Peachtree 10K	Atlanta, GA	7/4/2017	95.90%

All-time American Masters Age Graded Road List – 15 km Women

Name	Age	Time	Race	Race Location	Race Date	AgeGrade
Kathryn Martin	62	1:00:43	USATF Masters 15 km Championships	Tulsa, OK	10/26/2013	100.39%
Monica Joyce	50	52:38	Gate River Run	Jacksonville, FL	3/14/2009	99.21%
Sabra Harvey	68	1:07:24	USATF Master's 15 km Championships	Tulsa, OK	10/28/2017	98.69%
Rae Baymiller	68	1:07:36	Colon Cancer	New York, NY	4/1/2012	98.40%
Rae Baymiller	67	1:06:42	Ted Corbitt 15k	New York, NY	12/19/2010	98.23%
Kathryn Martin	65	1:05:04	Caumsett Park 50K (15K enroute)	Lloyd Neck, NY	3/5/2017	97.77%
Christine Kennedy	59	59:51	Gate River Run	Jacksonville, FL	3/15/2014	97.76%
Edie Stevenson	68	1:08:26	USATF Master's 15 km Championships	Tulsa, OK	10/28/2017	97.20%
Colleen De Reuck	45	50:51	Gate River Run	Jacksonville, FL	3/13/2010	97.17%
Hedy Marke	77	1:19:44	George Washington Parkway Classic	Alexandria, VA	4/23/1995	96.69%
Libby James	80	1:25:06	USATF Masters 15 km Championships	Tulsa, OK	10/29/2016	96.57%
Kathryn Martin	60	1:01:25	Ted Corbitt 15k	New York, NY	12/17/2011	96.56%
Sandra Baker	73	1:14:39	Gasparilla Distance Classic, 15K	Tampa, FL	2/25/2017	96.44%
Hedy Marke	80	1:25:15	George Washington Parkway Classic	Alexandria, VA	4/19/1998	96.40%
Hedy Marke	81	1:27:30	George Washington Parkway Classic	Alexandria, VA	4/18/1999	96.34%
Jeannie Rice	69	1:10:09	USATF Master's 15 km Championships	Tulsa, OK	10/28/2017	96.29%
Colleen De Reuck	44	50:52	Gate River Run	Jacksonville, FL	3/14/2009	96.26%

Sabra Harvey Monica Joyce	64	1:05:09	USATF Masters 15 km Championships	Tulsa, OK Jacksonville, FL	10/26/2013 3/8/2008	96.24% 96.19%
Sabra Harvey Shirley Matson Shirley Matson Shirley Matson	66	1:07:12	USATF Masters 15km Championships	Tulsa, OK Portland, OR	10/31/2015 6/27/1993	96.06% 95.84%
Shirley Matson	52	55:49	Cascade Run Off	Portland, OR	6/27/1993	95.84%
Shirley Matson	52	55:49	Cascade Run Off	Portland, OR	6/27/1993	95.84%
Shirley Matson	50	54:33	Gate River Run	Jacksonville, FL	3/9/1991	95.73%
Shirley Matson	50	54:34	Gate River Run	Jacksonville, FL	3/9/1991	95.70%
Hedy Marque	74	1:16:35	George Washington Parkway Classic	Alexandria, VA	4/26/1992	95.58%

Men

Name	Age	Time	Race	Race Location	Race Date	AgeGrade
Ed Benham	83	1:07:22	Cherry Blossom 10 Mile (15K split)	Washington, D.C.	4/7/1991	105.15%
Ed Benham	81	1:07:00	Great Allegany Delaware Dist Classic	Cumberland, MD Wilmington, DE	10/8/1988 10/1/1989	100.10% 98.42%
Ed Benham	84	1:14:38	Tulsa Run	Tulsa, OK	11/2/1991	97.85%
Ed Benham	81	1:08:37	Cherry Blossom 10 Mile (15K split)	Washington, D.C.	4/2/1989	97.74%
Ed Benham	83	1:12:43		MN	9/23/1990	97.42%
Kevin Castille	46	45:37	Utica Boilermaker 15K	Utica, NY	7/8/2018	97.13%
Ed Benham	80	1:08:09	Gasparilla Distance Classic		2/13/1988	96.02%
Mbarak Hussein	50	47:49	Mountain to Fountain 15K	Tampa, FL Fountain Hills, AZ	3/8/2015	95.83%
Mbarak Hussein	45	45:56	Utica Boilermaker	Utica, NY	7/11/2010	95.67%
Warren Utes	75	1:01:58	Park Forest Scenic Split	Park Forest, IL	9/4/1995	95.54%
Norm Green	53	49:24	Cascade Run Off	Portland, OR	6/30/1985	95.20%
Kevin Castille	45	46:10	Utica Boilermaker 15K	Utica, NY	7/9/2017	95.19%
Clive Davies	65	55:16	Cascade Run Off	Portland, OR	6/28/1981	95.14%
Norm Green	57	51:18	Cherry Blossom 10 Mile - split	Washington, D.C.	4/1/1990	95.02%
Clive Davies	66	55:53	Cascade Run Off	Portland, OR	6/27/1982	95.01%
Warren Utes	70	58:13	Michigan City	Michigan City, IN	6/23/1991	94.99%
Mbarak Hussein	48	47:27	Mountain to Fountain 15K	Fountain Hills, AZ	3/9/2013	94.95%
Alex Ratelle	56	50:57	Minnesota Masters/Dannon	Minneapolis, MN	8/29/1981	94.81%
Norm Green	54	50:07	Gasparilla Distance Classic	Tampa, FL	2/7/1987	94.68%

Clive Davies	64	55:09	Cascade Run Off	Portland, OR	6/29/1980	94.40%
Norm Green	55	50:45	Cherry Blossom 10 Mile - split	Washington, D.C.	3/27/1988	94.33%
Kevin Castille	45	46:36	USATF Master's 15 km Championships	Tulsa, OK	10/28/2017	94.30%
Norm Green	57	51:45		DE	10/1/1989	94.19%
Kevin Castille	44	46:21	Gate River Run 15K	Jacksonville, FL	3/11/2017	94.04%

All-time American Masters Age Graded Road List – 10 mi.
Women

Name	Age	Time	Race	Race Location	Race Date	AgeGrade
Libby James Sabra Harvey	75	1:19:22	Park To CRIM 10 Mile	Denver, CO	9/5/2011	100.81%
Kathryn Martin	68	1:11:55	Sayville Brewery 10 Mile	Flint, MI	8/26/2017	99.41%
Jeannie Rice	65	1:08:54	CRIM 10 Mile	Patchogue, NY	1/14/2017	99.23%
Jeanie Rice	69	1:13:31	CRIM 10 Mile	Flint, MI	8/26/2017	98.75%
Joan Samuelson HEDY MARQUE	70	1:14:47	Crim 10 Mile	Flint, MI	8/25/2018	98.60%
Libby James Kathryn Martin	59	1:03:55	Cherry Blossom 10 Miler	Washington, D.C.	4/2/2017	98.38%
Libby James Kathryn Martin	74	1:20:33	Army 10- Miler	Washington, D.C.	10/13/1991	97.67%
Libby James Kathryn Martin	77	1:24:53	Kaiser Permanente Colfax 10 Miler	CO	5/18/2014	97.65%
Jenny Hitchings Shirley Matson Hedy Marque	60	1:05:27	Sayville Brewery Buffalo	Patchogue, NY	1/24/2012	97.38%
Jenny Hitchings Shirley Matson Hedy Marque	55	1:01:20	Stampede 10 Mile	Sacramento, CA	9/9/2018	97.32%
Jenny Hitchings Shirley Matson Hedy Marque	62	1:07:31	California 10	Stockton, CA	1/12/2003	97.03%
Hedy Marque Rae Baymiller	75	1:22:34	Army 10 Miler	Washington, D.C.	10/11/1992	96.90%
Hedy Marque Rae Baymiller	80	1:31:24	Cherry Blossom 10 Mile	Washington, D.C.	4/5/1998	96.78%
Kathryn Martin	70	1:16:11	Bronx 10 Mile	Bronx, NY	9/29/2013	96.78%
Kathryn Martin	63	1:09:01	10 Mile Run to the Brewery	Patchogue, NY	1/17/2015	96.26%

Hedy Marque	77	1:26:12	Cherry Blossom 10 Mile	Washington, D.C.	4/9/1995	96.15%
Edie Stevenson	67	1:13:23	Cherry Blossom 10 Miler	Washington, D.C.	4/2/2017	95.96%
Christine Kennedy	58	1:04:41	NorCal John Frank Memorial 10-mile	Redding, CA	3/2/2013	95.93%
Linda Somers Smith	48	57:09	NorCal John Frank Memorial 10-mile	Redding, CA	3/6/2010	95.91%
Hedy Marque	76	1:24:54	Army 10 Miler	Washington, D.C.	10/17/1993	95.87%
Rae Baymiller	55	1:02:39	CRIM 10 Mile	Flint, MI	8/22/1998	95.27%
Joan Samuelson	52	1:00:32	CRIM 10 Mile	Flint, MI	8/22/2009	94.98%
Shirley Matson	50	59:08		CA	2/16/1991	94.91%
Jeannie Rice	67	1:14:13	20 Mile/10 Mile Drop, 10 Mie	Fairport Harbor, OH	4/12/2015	94.88%
Debra Wagner	55	1:02:56	Randy's Festival	Monclova, OH	11/4/2006	94.84%

Men

Name	Age	Time	Race	Race Location	Race Date	AgeGrade
Ed Benham	81	1:13:23	Cherry Blossom 10 Mile	Washington, D.C.	4/2/1989	98.20%
Kevin Castille	45	49:03	CRIM 10 Mile	Flint, MI	8/26/2017	96.26%
Warren Utes	75	1:06:27	Park Forest Scenic 10 Mile	Park Forest, IL	9/4/1995	95.76%
Warren Utes	73	1:04:35	Park Forest Scenic 10 Mile	Park Forest, IL	9/6/1993	95.55%
Norm Green	57	54:53	Cherry Blossom 10 Mile	Washington, D.C.	4/1/1990	95.45%
Jim O'Neill	56	54:25	Cherry Blossom 10 Mile	Washington, D.C.	4/10/1994	95.41%
Norm Green	56	54:40	Cherry Blossom 10 Mile	Washington, D.C.	4/2/1989	94.97%
Warren Utes	70	1:02:41	Park Forest Scenic 10 Mile	Park Forest, IL	9/3/1990	94.84%
Jim O'Neill	56	54:46		MI	8/27/1994	94.80%
Warren Utes	69	1:02:07	Park Forest Scenic 10 Mile	Park Forest, IL	9/4/1989	94.72%
Warren Utes	79	1:12:36	Park Forest Scenic 10 Mile	Park Forest, IL	9/6/1999	94.65%
Norm Green	55	54:28	Cherry Blossom 10 Mile	Washington, D.C.	3/27/1988	94.46%

Norm Green	55	54:28	Cherry Blossom 10 Mile Broad Street Run	Washington, D.C.	3/27/1988	94.46%
Gene Dykes	70	1:03:01	Annapolis Run	Philadelphia, PA	5/6/2018	94.34%
Ed Benham	84	1:23:11	Annapolis Run	Annapolis, MD	8/25/1991	94.30%
Ed Benham	84	1:23:11	Annapolis Run	Annapolis, MD	8/25/1991	94.30%
Warren Utes	77	1:09:56	Park Forest Scenic 10 Mile	Park Forest, IL	9/1/1997	94.29%
Mbarak Hussein	49	51:48	CRIM 10 Mile	Flint, MI	8/22/2014	94.25%
Jim O'Neill	54	54:07	CRIM 10 Mile	Flint, MI	8/22/1992	94.22%
Mbarak Hussein	42	48:57	Medtronic TC 10 Mile	Saint Paul, MN	10/7/2007	94.13%
Brian Pilcher	55	54:42	Sactown Ten Mile Run	Sacramento, CA	4/1/2012	94.06%
Norm Green	52	53:18	Cherry Blossom 10 Mile	Washington, D.C.	3/31/1985	94%
Norm Green	54	54:18	Cherry Blossom 10 Mile	Washington, D.C.	4/5/1987	93.91%
Warren Utes	78	1:11:39	CRIM 10 Mile	Flint, MI	8/22/1998	93.87%
Warren Utes	80	1:14:57	Park Forest Scenic 10 Mile	Park Forest, IL	9/4/2000	93.81%

All-time American Masters Age Graded Road List – Half Marathon

Women

Name	Age	Time	Race	Race Location	Race Date	AgeGrade
Libby James	76	1:45:52	Disney Princess Half Marathon	Lake Buena Vista, FL	1/12/2013	101.65%
Linda Somers Smith	49	1:13:32	Rock 'n' Roll San Jose Half Marathon	San Jose, CA	10/3/2010	99.65%
Rae Baymiller	67	1:33:43	Hilton Head Half Marathon	Hilton Head, SC	2/12/2011	99.27%
Jeannie Rice	69	1:37:12	Naples Daily News Half Marathon	Naples, FL	1/14/2018	98.67%
Colleen De Reuck	46	1:11:51	Rock 'n' Roll Philadelphia Half Marathon	Philadelphia, PA	9/19/2010	98.62%
Rae Baymiller	67	1:34:28	Healthy Kidney 10K	New York, NY	3/20/2011	98.49%
Linda Somers Smith	50	1:15:18	Dodge Rock & Roll Half Marathon	Los Angeles, CA	10/30/2011	98.47%
Linda Somers Smith	49	1:14:45	LA Half Marathon	Los Angeles, CA	10/24/2010	98.03%
Libby James	78	1:54:30	Carlsbad Marathon & Half Marathon	Carlsbad, CA	1/18/2015	97.87%
Deena Kastor	41	1:09:36	Rock 'n' Roll Philadelphia Half Marathon	Philadelphia, PA	9/20/2014	97.56%

Jeannie Rice	70	1:39:53	Chicago Marathon split	Chicago, IL	10/7/2018	97.53%
Jenny Hitchings	55	1:21:18	Urban Cow Half Marathon	Sacramento, CA	10/7/2018	97%
Colleen De Reuck	51	1:17:25	Houston Marathon, Half	Houston, TX	1/17/2016	96.94%
Kathryn Martin	63	1:30:36	United Airlines NYC Half	New York, NY	3/15/2015	96.88%
Kathryn Martin	62	1:29:23	MORE Half Marathon	New York, NY	4/13/2014	96.83%
Rae Baymiller	68	1:37:48	Paris Half Marathon	Paris, FRA	3/4/2012	96.58%
Colleen De Reuck	44	1:12:03	NYC Half Marathon	New York, NY	7/27/2008	96.49%
Kathryn Martin	65	1:33:47	SHAPE Women's Half Marathon	New York, NY	4/30/2017	96.32%
Christine Kennedy	60	1:27:26	Big Sur Half-Marathon	Monterey, CA	11/8/2015	96.31%
Libby James	77	1:53:59	Equinox Half Marathon	Ft. Collins, CO	5/26/2014	96.27%
Marion Irvine	62	1:29:57	Humboldt Redwoods Half Marathon	Weott, CA	10/20/1991	96.22%
Stephanie Herbst-Lucke	44	1:12:16	Rock 'n' Roll Philadelphia Half Marathon	Philadelphia, PA	9/19/2010	96.21%
Colleen De Reuck	44	1:12:16	Houston Half Marathon	Houston, TX	1/18/2009	96.21%
Kathryn Martin	59	1:26:31	NYC Half Marathon	New York, NY	3/20/2011	96.03%

Melody Anne Schultz	62	1:30:32	Humboldt Redwoods Half Marathon	Weott, CA	10/19/2003	95.60%
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Men

Name	Age	Time	Race	Race Location	Race Date	AgeGrade
Bernard Lagat	43	1:02:00	Houston Half Marathon	Houston, TX	1/14/2018	99.06%
Bernard Lagat	43	1:02:16	IAAF World Half Marathon Championships	Valencia, ESP	3/27/2018	98.64%
Jim O'Neill	55	1:09:17	Garry Bjorklund Half Marathon	Dayton, OH	10/17/1993	98.31%
Kevin Castille	46	1:04:03	Gary Bjorklund Half Marathon	Duluth, MN	6/16/2018	98.30%
Kevin Castille	45	1:03:58	Philadelphia Philadelphia	Duluth, MN Philadelphia, PA	6/17/2017	97.62%
Norm Green	55	1:10:23	Great North Run Half Marathon	Newcastle upon Tyne, GBR	9/20/1987	96.77%
Bernard Lagat	42	1:03:02	DeLeon Springs USATF Masters Half Marathon	DeLeon Springs, FL	9/10/2017	96.64%
Ed Benham	84	1:47:33	Akron Marathon, Half Marathon	San Diego, CA	1/12/1992	96.42%
Meb Keflezighi	40	1:02:26	Houston Half Marathon	Akron, OH	5/31/2015	96.16%
Meb Keflezighi	41	1:03:02	Akron Half Marathon	Akron, OH	9/24/2016	95.90%
Kevin Castile	45	1:05:11	Philadelphia Philadelphia	Houston, TX	1/14/2018	95.79%
Kevin Castille	45	1:05:16	Rock 'n' Roll Half Marathon	Akron, OH	9/23/2017	95.67%
Norm Green	52	1:09:30	Gasparilla Distance Classic, Half Marathon	Philadelphia, PA	9/16/1984	95.39%
Meb Keflezighi	40	1:03:02	San Jose Gasparilla Distance Classic, Half Marathon	San Jose, CA	9/27/2015	95.24%
Meb Keflezighi	41	1:03:30	Jacksonville Bank Marathon, Half Marathon	Tampa, FL	2/26/2017	95.20%
Kevin Castille	43	1:04:33	Jacksonville Bank Marathon	Jacksonville, FL	1/3/2016	95.15%

Norm Green	56	1:12:15	Philadelphia Distance Run	Philadelphia, PA	9/18/1988	95.12%
Warren Utes	76	1:30:19	500 Festival	Indianapolis, IN	5/2/1997	94.88%
Ed Benham	81	1:40:30	Citrus Bowl	Orlando, FL	12/10/1988	94.83%
Kevin Castille	43	1:04:47	USATF Masters Half Marathon Championships	San Diego, CA	5/31/2015	94.80%
Abdi Abdirahman	40	1:03:22	United Airlines NYC Half	New York, NY	3/19/2017	94.74%
Mbarak Hussein	40	1:03:23	Philadelphia Distance Run	Philadelphia, PA	9/18/2005	94.72%
Norm Green	56	1:12:41		Orlando, FL	12/10/1988	94.56%
Bill Rodgers	43	1:05:06		TX	1/6/1991	94.34%
Abdi Abdirahman	41	1:04:06	Rock 'n' Roll Philadelphia Half Marathon	Philadelphia, PA	9/16/2018	94.31%

All-time American Masters Age Graded Road List –
Marathon
Women

Name	Age	Time	Race	Race Location	Race Date	AgeGrade
Harriet Thompson	92	7:24:36	Rock 'n' Roll Marathon San Diego	San Diego, CA	5/31/2015	105.76%
Harriett Thompson	91	7:07:42	Rock 'n' Roll San Diego Marathon	San Diego, CA	6/1/2014	101.16%
Jeanie Rice	70	3:27:50	Chicago Marathon	Chicago, IL	10/7/2018	98.78%
Christine Kennedy	58	2:55:01	Boston Marathon	Boston, MA	4/15/2013	97.74%
Linda Somers			US Olympic Marathon		1/14/2012	
Smith	50	2:37:36	Trials Boston	Houston, TX		97.69%
Christine Kennedy	59	2:57:44	Marathon	Boston, MA	4/21/2014	97.61%
Colleen De Reuck	46	2:30:51	Copenhagen Marathon	Copenhagen, DEN	5/23/2010	97.33%
Joan Samuelson	57	2:54:03	Boston Marathon	Boston, MA	4/20/2015	96.94%
Joan Samuelson	56	2:52:10	Boston Marathon	Boston, MA	4/21/2014	96.67%
Christine Kennedy	59	2:59:43	USATF Masters Marathon Championships	Minneapolis, MN	10/5/2014	96.53%
Joan Samuelson	55	2:50:29	Boston Marathon	Boston, MA	4/15/2013	96.33%
Jeannie Rice	69	3:29:41	Columbus Marathon	Columbus, OH	10/15/2017	96.30%
Linda Somers				Los Angeles, CA	3/21/2010	
Smith	48	2:36:39	LA Marathon	CA		95.88%
Christine Kennedy	57	2:56:04	Chicago Marathon	Chicago, IL	10/7/2012	95.83%
Deena Kastor	42	2:27:47	Chicago Marathon	Chicago, IL	10/11/2015	95.80%
Christine Kennedy	58	2:58:34	USATF Masters Marathon Championships	Minneapolis, MN	10/6/2013	95.80%

Colleen De Reuck	49	2:39:23	Indianapolis Monumental Marathon	Indianapolis, IN	11/2/2013	95.40%
Rae Baymiller	55	2:52:14	Chicago Marathon	Chicago, IL	10/11/1998	95.35%
Joan Samuelson	53	2:47:50	Chicago Marathon	Chicago, IL	10/10/2010	95.30%
Colleen De Reuck	46	2:34:12	Chicago Marathon	Chicago, IL	10/10/2010	95.22%
Colleen De Reuck	45	2:32:37	USATF Masters Marathon Championships	St Paul, MN	10/4/2009	95.22%
Christine Kennedy	60	3:05:10	Dallas Marathon	Dallas, TX	12/13/2015	95.03%
Judy Fisher	71	3:39:58	Portland Marathon	Portland, OR	10/5/2014	94.92%
Marion Irvine	54	2:51:01	California International Marathon	Sacramento, CA	12/4/1983	94.76%
Linda Somers Smith	49	2:40:46	NYC Marathon	New York, NY	11/7/2010	94.58%

Men

Name	Age	Time	Race	Race Location	Race Date	AgeGrade
Clive Davies	66	2:42:49	Nike/OTC Marathon	Eugene, OR	9/13/1981	97.85%
Norm Green	55	2:27:42	Twin Cities Marathon	Saint Paul, MN	10/11/1987	97.11%
Clive Davies	65	2:43:57	Boston Marathon	Boston, MA	4/20/1981	96.22%
Mbarak Hussein	48	2:20:20	USATF Masters Marathon	Minneapolis, MN	10/6/2013	96.10%
Alex Ratelle	56	2:30:41	Grandma's Marathon	Duluth, MN	6/20/1981	96.05%
Mbarak Hussein	45	2:16:58	USATF Masters Marathon	Saint Paul, MN	10/3/2010	96.01%
Clive Davies	64	2:42:44	Portland Marathon	Portland, OR	10/28/1979	95.98%
Norm Green	52	2:25:51	Wigal Champ	San Diego, CA	12/2/1984	95.73%
Norm Green	52	2:26:06	Twin Cities Marathon	Saint Paul, MN	9/30/1984	95.57%
Meb Keflezighi	40	2:12:20	U.S. Olympic Team Trials Marathon	Los Angeles, CA	2/13/2016	95.54%
Mbarak Hussein	49	2:22:27	USATF Masters Marathon	Minneapolis, MN	10/5/2014	95.49%
Norm Green	57	2:33:12	USATF Masters Marathon	Saint Paul, MN	10/8/1989	95.35%
Abdi Abdirahman	40	2:12:45	Boston Marathon	Boston, MA	4/17/2017	95.24%
Abdi Abdirahman	40	2:12:48	New York City Marathon	New York, NY	11/5/2017	95.20%
Mbarak Hussein	50	2:24:08	USATF Masters Marathon	Minneapolis/St. Paul, MN	10/4/2015	95.19%
Mbarak Hussein	40	2:12:53		Seoul, KOR	3/12/2006	95.14%
Mbarak Hussein	41	2:13:51	USATF Masters Marathon	Saint Paul, MN	10/1/2006	95.11%

Tim Freeman	64	2:44:48	California International Marathon WMA Marathon	Sacramento, CA	12/8/2013	94.77%
Gene Dykes Thomas	70	2:55:18	Championships	Toronto, CAN	10/21/2018	94.72%
Kempf Meb	56	2:32:49		Gage, OK	5/23/1981	94.71%
Keflezighi Meb	42	2:15:29	New York City Marathon	New York, NY	11/5/2017	94.69%
Keflezighi	40	2:13:32	NYC Marathon	New York, NY	11/1/2015	94.68%
Alex Ratelle Clive	58	2:35:51	Twin Cities Marathon	Saint Paul, MN	10/3/1982	94.60%
Davies	69	2:53:42	Twin Cities Marathon	Saint Paul, MN	9/30/1984	94.59%
Doug Kurtis	42	2:15:48	Boston Marathon	Boston, MA	4/18/1994	94.47%

