

Courtesy of Jeffery Davison and [SHR1](#)

WEST REGION MASTERS MEET RECORDS

Dec 16, 2023

nwi = no wind indicator

WEST REGION - MASTERS MEET RECORDS (1975 to 2023) USATF Masters West Region Track & Field Championships

To be eligible for a West Region Meet Record, athlete must be registered in West Region (Arizona, California, Hawaii, Nevada, or New Mexico) during time of mark, and compete as USA at meets during time of mark.

Age Event Name Mark Year Wind

Any updates or questions can be forwarded to: Masters West Region meet director.

West Region Locations:

<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
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	June 3, 2023	Pomona Pitzer College, Claremont, CA			
	Oct 23, 2022	Chabot College, Hayward, CA			
	2021	2021: Cancelled			
	2020	2020: Cancelled			
	June 22-23, 2019	West Los Angeles College, Culver City, CA			
	July 14-15, 2018	West Los Angeles College, Culver City, CA			
	August 17-18, 2017	West Los Angeles College, Culver City, CA			
	June 18-19, 2016	Cerritos College, Norwalk, CA			
	June 20-21, 2015	Cerritos College, Norwalk, CA			
	June 21-22, 2014	Cal Tech, Pasadena, CA			
	June 15-16, 2013	Cal Tech, Pasadena, CA			
	July 21-22, 2012	Cal Tech, Pasadena, CA			
	June 11-12, 2011	Long Beach City College, CA (Throws: Citrus College, CA)			
	July 10-11, 2010	Orange Coast College, CA			
	June 20-21, 2009	Soka Univ., Aliso Viejo, CA			
	July 12-13, 2008	Cal State Univ. San Marcos, San Marcos, CA			
	July 21-22, 2007	Occidental College, Eagle Rock, CA (Select events at Citrus College)			
	July 22-23, 2006	Cal State Long Beach, Long Beach, CA			
	July 23-24, 2005	Home Depot Center, Carson, CA			
	July 24-25, 2004	Home Depot Center, Carson, CA			
	July 26-27, 2003	UC San Diego, La Jolla, CA			
	July 13-14, 2002	Saddleback College, Mission Viejo, CA			
	June 23, 2001	San Diego State Univ., San Diego, CA			
	July 8, 2000	Cerritos College, Norwalk, CA			
	June 19, 1999	UC San Diego, La Jolla, CA			
	July 18-19, 1998	Santa Barbara City College, Santa Barbara, CA			
	July 12, 1997	San Jose City College, San Jose, CA			
	July 20, 1996	Cerritos College, Norwalk, CA			
	June 24-25, 1995	Los Gatos High School, CA & San Jose CC, CA			
	July 2-3, 1994	UC Irvine, Irvine, CA			
	July 31- Aug 1, 1993	Cerritos College, Norwalk, CA			
	July 25-26, 1992	Chabot College, Hayward, CA			
	June 22-23, 1991	Cerritos College, Norwalk, CA			
	July 21, 1990	Balboa Stadium, San Diego, CA			

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
	July 8, 1989	American River College & Sacramento State Univ; Sacramento, CA			
	---	(The 1989 meet was from 6 AM to 11 PM at two locations)			
	July 16-17, 1988	Cal State Northridge, Northridge, CA			
	July 25-26, 1987	Fresno State Univ., Fresno, CA			
	July 5-6, 1986	UC Berkeley, Berkeley, CA			
	June 8, 1985	Point Loma Nazerene College, San Diego, CA			
	July 13-15, 1984	Occidental College, Eagle Rock, CA			
	August 20-21, 1983	Los Gatos High School, CA			
	June 19-20, 1982	Southwestern College, Chula Vista, CA			
	June 20-21, 1981	Los Gatos High School, CA			
	June 21-22, 1980	San Diego State Univ., San Diego, CA			
	June 23-24, 1979	Santa Ana College, Santa Ana, CA			
	June 17-18, 1978	Los Gatos High School, CA			
	June 18-19, 1977	Santa Ana College, Santa Ana, CA			
	June 19-20, 1976	Grossmont College, San Diego, CA			
	July 5-6, 1975	Laney College, Oakland, CA			

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
M25	100 Meter Dash	Deondre Spruill	10.51	2023	<1.7>
M25	200 Meter Dash	Demontez McCray	21.44	2023	0.7
M25	400 Meter Dash	Taylor Ros	48.24	2017	---
M25	Mile	Terence Galasso	4:45.95	2018	---
M25	5,000 Meter	Ari Schorr	16:32.72	2018	---
M25	110 M Hurdles (39")	Aaron Gray	16.59	2023	1.0
M25	3000 M Steeple	Terence Galasso	10:12.49	2017	---
M25	LJ	Kevin Staniszewski	6.43	2023	<0.1>
M25	TJ	Kevin Staniszewski	13.26	2022	0.0
M25	PV	Greg Woepse (Exhibition)	5.35	1983	---
M25	PV	John Besmer	5.23	1992	---
M30	100 Meter Dash	John Carlos	10.3h	1976	nwi
M30	200 Meter Dash	Carl McCullough	21.32	1985	---
M30	400 Meter Dash	Gil Roberts	47.07	2019	---
M30	400 Meter Dash	Ben Brown	48.36	1987	---
M30	400 Meter Dash	Billy Hicks	48.2h	1983	---
M30	800 Meter	Patrick Robinson	1:50.98	2000	---
M30	1500 Meter	Jim Mosher	4:00.45	1980	---
M30	Mile	Ryudo Tsukizaki	4:50.22	2017	---
M30	5,000 Meter	Ken Velasquez	14:57.5h	1993	---
M30	10,000 Meter	William (Bill) Clark	31:53.23	1978	---
M30	110 M Hurdles (39")	Peter Grimes	14.27	1991	---
M30	400 M Hurdles (36")	Peter Grimes	52.89	1993	---
M30	3000 M Steeple	Frank Bozanich	9:24.8h	1976	---
M30	HJ	Doug Nordquist	2.15	1993	---
M30	LJ	James Lofton	7.47	1991	---
M30	TJ	Lavell Davenport	14.83	1996	---
M30	PV	Paul Sinatra	4.87	1995	---
M30	SP	Dennis Desoto	17.66	1997	---
M30	DT	Tom Fahey	53.33	1982	---
M30	JT	Marvin Williams	64.12	2000	---
M30	HT	Kevin McMahon	73.13	2004	---
M30	WT	Mark Landa	17.84	2007	---
M30	Super WT	Mark Landa	12.08	2007	---
M30	Race Walk 5000 M	Dave Himmelberger	23:47.14	1978	---
M35	100 Meter Dash	Walt Butler	10.5h	1978	nwi
M35	100 Meter Dash	Stan Whitley	10.6h	1984	---
M35	100 Meter Dash	Eugene Driver	10.80	1987	---
M35	200 Meter Dash	Marion McCoy	21.88	1985	---
M35	400 Meter Dash	Lee Evans	48.5h	1983	---

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
M35	800 Meter	Ralph Lee	1:53.1h	1979	---
M35	1500 Meter	Nolan Shaheed	4:03.73	1988	---
M35	Mile	Aaron Goodall	4:48.63	2007	---
M35	5,000 Meter	Jim Murphy	14:42.7h	1977	---
M35	10,000 Meter	Frank Duarte	31:54.00	1978	---
M35	110 M Hurdles (39")	James McCraney	14.01	1991	---
M35	400 M Hurdles (36")	Hugh Adams	55.9h	1975	---
M35	3000 M Steeple	Wes Ashford	9:24.26	2000	---
M35	HJ	John Dobroth	2.02	1977	---
M35	LJ	Kevin Morning	7.07	1995	---
M35	TJ	Milan Tiff	14.84	1983	---
M35	TJ	Lavelle Davenport	14.82	1999	---
M35	PV	Mike Hogan	4.80	1990	---
M35	SP	Ron McKee	16.75	1997	---
M35	DT	Cameron E. Bolles	55.25	2000	---
M35	JT	Larry Stuart	69.31	1977	---
M35	HT	Frank Reilly	52.86	1984	---
M35	WT (35-Lb)	John Ryer	14.53	2007	---
M35	Super WT (56-Lbs)	John Ryer	9.03	2007	---
M35	Race Walk 5000 M	Roger Brandwein	23:11	1980	---
M40	100 Meter Dash	Willie Gault	10.49	2005	nwi
M40	200 Meter Dash	Willie Gault	21.49	2005	nwi
M40	400 Meter Dash	Edward Daniels	49.14	2001	---
M40	800 Meter	George Cohen	1:56.3h	1984	---
M40	1500 Meter	Harvey Franklin	4:07.1h	1983	---
M40	Mile	Jacques Sallberg	4:37.02	2019	---
M40	5,000 Meter	Dave Dobler	15:36.55	2002	---
M40	10,000 Meter	Bob Packard	33:31.9h	1980	---
M40	110 M Hurdles (39")	Willie Gault	14.39	2005	nwi
M40	400 M Hurdles (36")	Perry McBride	53.99	2017	---
M40	3000 M Steeple	Jim Shettler	9:57.1h	1975	---
M40	3000 M Steeple	Ian Cumming	9:57.4h	1993	---
M40	HJ	Tom VanZandt	2.00	2002	---
M40	LJ	Rufus Morris	6.70	1987	---
M40	TJ	Milan Tiff	15.36	1988	---
M40	TJ	Milan Tiff	14.59	1991	---
M40	PV	Bill Halverson	4.75	2000	---
M40	SP	Doug Wells	15.48	1984	---
M40	DT	Bob Humphreys	51.53	1977	---
M40	JT	Larry Stuart	67.28	1980	---
M40	HT	Kevin Eubanks	52.78	2015	---
M40	WT (35-Lb)	David Bickel	13.98	2007	---
M40	Super WT (56-Lbs)	Jeff Crothers	7.88	2003	---

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
M40	Race Walk 5000 M	Keith Ward	23:25	1990	---
M45	100 Meter Dash	Stan Whitley	11.03	1991	---
M45	200 Meter Dash	Kevin Morning	22.68	2002	---
M45	400 Meter Dash	James Lofton	51.10	2002	---
M45	800 Meter	George Cohen	1:58.76	1985	---
M45	1500 Meter	Mel Elliott	4:17.1h	1986	---
M45	Mile	Jacques Sallberg	4:38.62	2023	---
M45	5,000 Meter	Sal Vasquez	15:11.1h	1986	---
M45	10,000 Meter	Ross Smith	34:10.0	1975	---
M45	10,000 Meter	Jon Megeff	34:34.43	2012	---
M45	110 M Hurdles (39")	Walt Butler	15.0h	1989	---
M45	400 M Hurdles (36")	Ted Cain	58.68	1987	---
M45	3000 M Steeple	Darren Cox	10:39.45	2016	---
M45	HJ	Thomas VanZandt	1.95	2009	---
M45	LJ	Gregory Turner	6.72	2004	nwi
M45	TJ	Willie Banks	14.49	2004	nwi
M45	PV	Bill Halverson	4.72	2002	---
M45	SP	Mike Nash	15.45	1997	---
M45	DT	Gary Carlsen	51.17	1990	---
M45	JT	Larry Stuart	64.30	1987	---
M45	HT	David McKenzie	62.70	1997	---
M45	WT (35-Lb)	Doug Parsons	15.04	2007	---
M45	Super WT (56-Lbs)	Greg Retzer	9.55	2011	---
M45	Race Walk 5000 M	Rudy Haluza	24:00.2h	1977	---
M50	100 Meter Dash	Willie Gault	11.32	2011	0.6
M50	200 Meter Dash	Stan Whitley	23.47	1996	---
M50	400 Meter Dash	James Lofton	52.56	2006	---
M50	800 Meter	Bill Fitzgerald	2:01.8h	1975	---
M50	1500 Meter	Bill Fitzgerald	4:23.7h	1975	---
M50	1500 Meter	Tom Sturak	4:25.8h	1985	---
M50	Mile	Rob Duncanson	4:58.00	2008	---
M50	5,000 Meter	Mauro Hernandez	15:59.0h	1977	---
M50	10,000 Meter	Ulrich Kaemph	33:05.6h	1981	---
M50	100 M Hurdles (36")	Walt Butler	13.71	1991	---
M50	400 M Hurdles (33")	Hugh Adams	62.11	1990	---
M50	3000 M Steeple	Dave Stevenson	11:05.6h	1980	---
M50	HJ	Herm Wyatt	1.87	1983	---
M50	LJ	Carl Flowers	5.75	2000	---
M50	TJ	Dave Jackson	12.65	1983	---
M50	PV	Wendell Beck	4.35	2010	---
M50	SP	Lad Pataki	16.75	1997	---
M50	DT	Lad Pataki	59.12	1997	---

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M50	JT	Larry Stuart	61.18	1990	---
M50	HT	Lloyd Higgins	50.48	1992	---
M50	WT (25-Lb)	Carl Darby	16.49	2009	---
M50	Super WT (56-Lbs)	Greg Retzer	8.88	2015	---
M50	Race Walk 5000 M	John Allen	24:43.0h	1979	---
M55	100 Meter Dash	Willie Gault	11.77	2017	<neg 2.7>
M55	200 Meter Dash	Milton Nick Newton	24.89	1991	---
M55	400 Meter Dash	James Lofton	56.24	2012	---
M55	800 Meter	Nolan Shaheed	2:06.83	2004	---
M55	1500 Meter	Nolan Shaheed	4:20.76	2004	---
M55	Mile	Nolan Shaheed	4:45.90	2007	---
M55	5,000 Meter	James Oleson	17:05.7h	1977	---
M55	10,000 Meter	Jim O'Neil	36:10.8h	1982	---
M55	100 M Hurdles (36")	Walt Butler	14.63	1996	---
M55	400 M Hurdles (33")	Hugh Adams	62.58	1995	---
M55	3000 M Steeple	Greg Wilson	11:27.86	2010	---
M55	HJ	Peter Hlavin	1.74	2013	---
M55	LJ	Tom Patsalis	6.3	1977	---
M55	TJ	Dave Jackson	12.35	1988	---
M55	PV	Charles Brown	4.20	2010	---
M55	SP	Joe Keshmiri	15.54	1995	---
M55	DT	Joe Keshmiri	51.94	1995	---
M55	JT	Larry Stuart	52.64	1997	---
M55	HT	George Mathews	49.05	2003	---
M55	WT (25-Lb)	George Mathews	17.57	2003	---
M55	Super WT (56-Lbs)	George Mathews	8.34	2003	---
M55	Race Walk 5000 M	Jack Bray	25:06.9h	1992	---
M60	100 Meter Dash	Damien Leake	12.02	2015	1.5
M60	200 Meter Dash	Payton Jordan	24.9h	1977	nwi
M60	200 Meter Dash	Harold Tolson	25.08	1998	---
M60	400 Meter Dash	Larry Barnum	57.41	2005	---
M60	800 Meter	Larry Barnum	2:14.88	2005	---
M60	1500 Meter	Ray Mahannah	4:50.3h	1977	---
M60	Mile	Nolan Shaheed	5:00.54	2010	---
M60	5,000 Meter	Ed Preston	17:07.8h	1977	---
M60	10,000 Meter	Paul Reese	39:02.8h	1977	---
M60	100 M Hurdles (33")	Thad Wilson	15.27	2013	<neg.>
M60	300 M Hurdles (30")	Peter Grimes	45.72	2022	---
M60	2000 M Steeple	Dale Campbell	7:22.85	2014	---
M60	HJ	Phil Fehlen	1.67	1997	---
M60	LJ	Dick Richards	5.55	1999	---
M60	TJ	Milan Tiff	11.88	2009	---

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M60	TJ	Gregory Mimm	10.4	2010	nwi
M60	PV	Arthur Parry	3.89	2009	---
M60	SP	Quenton Torbert	16.08	2014	---
M60	DT	Lloyd Higgins	54.90	2003	---
M60	JT	Larry Stuart	64.68	1999	---
M60	HT	John Goldhammer	60.88	2015	---
M60	WT (20-Lb)	John Goldhammer	20.83	2015	---
M60	Super WT (56-Lbs)	John Goldhammer	9.84	2014	---
M60	Race Walk 5000 M	Dick Petruzzi	28:08.6	1997	---
M65	100 Meter Dash	Dick Richards	12.71	2000	aided ?
M65	100 Meter Dash	Doug Smith	13.16	2006	1.4
M65	100 Meter Dash	Doug Smith	12.90	2005	nwi
M65	200 Meter Dash	Doug Smith	26.80	2005	nwi
M65	400 Meter Dash	Larry Barnum	59.73	2009	---
M65	800 Meter	Larry Barnum	2:23.39	2009	---
M65	1500 Meter	Gary Patton	5:02.62	2012	---
M65	Mile	Frank Condon	5:12.21	2007	---
M65	5,000 Meter	Don Longenecker	18:34.8h	1982	---
M65	10,000 Meter	Don Longenecker	39:19.8h	1982	---
M65	100 M Hurdles (33")	Robert Hunt	17.5h	1989	nwi
M65	300 M Hurdles (30")	Bob Watanabe	50.74h	1991	---
M65	2000 M Steeple	Avery Bryant	9:01.9h	1993	---
M65	HJ	Phil Fehlen	1.65	2000	---
M65	LJ	Dick Richards	5.31	2000	---
M65	TJ	Phil Shipp	12.05	2002	---
M65	PV	Arthur Parry	3.66	2011	---
M65	PV	Terry Cannon	3.20	2004	---
M65	SP	Quenton Torbert	15.00	2018	---
M65	DT	F. Stewart Thomson	48.84	1998	---
M65	JT	Del Pickarts	50.14	1993	---
M65	HT	Larry Hart	56.32	2015	---
M65	WT (20-Lb)	Larry Hart	18.87	2014	---
M65	Super WT (56-Lbs)	Larry Hart	9.27	2015	---
M65	Race Walk 5000 M	Richard Campbell	29:13.05	2011	---
M70	100 Meter Dash	Payton Jordan	12.91	1991	---
M70	200 Meter Dash	Payton Jordan	27.51	1987	---
M70	400 Meter Dash	Jim Selby	61.10	1999	---
M70	800 Meter	Jim Lytjen	2:31.1h	1992	---
M70	1500 Meter	Gunnar Linde	5:19.70	1998	---
M70	Mile	Gary Patton	5:35.03	2016	---
M70	5,000 Meter	Robert Qualls	19:41.96	2022	---
M70	10,000 Meter	Mel Shine	47:39.6h	1983	---

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M70	10,000 Meter	Stan Neufeld	50:22.28	1993	---
M70	80 M Hurdles (30")	Thad Wilson	13.11	2023	---
M70	300 M Hurdles (27")	Jesse Carrington	54.93	2007	---
M70	2000 M Steeple	Avery Bryant	9:11.6h	1994	---
M70	HJ	John Dobroth	1.50	2011	---
M70	HJ	Otis Burrell	1.50	2014	---
M70	HJ	Charles Radar	1.50	2019	---
M70	LJ	Dick Richards	5.01	2005	---
M70	TJ	Tom Patsalis	9.36	1993	---
M70	PV	James (Jim) Vernon	3.09	1988	---
M70	SP	Quenton Torbert	16.09	2023	---
M70	DT	Arnie Gaynor	43.22	1998	---
M70	JT	Franklin (Bud) Held	47.70	1998	---
M70	HT	Larry Hart	58.62	2017	---
M70	WT (16-Lb)	Larry Hart	20.94	2017	---
M70	Super WT (35-Lbs)	Larry Hart	11.89	2017	---
M70	Race Walk 5000 M	Gordon Wallace	29:34	1980	---
M75	100 Meter Dash	Anthony Castro	14.2h	1986	---
M75	200 Meter Dash	Payton Jordan	29.27	1992	---
M75	400 Meter Dash	Josiah (Joe) Packard	68.64	1979	---
M75	800 Meter	Harold Chapson	2:45.6h	1979	---
M75	1500 Meter	Gary Patton	5:29.99	2023	---
M75	Mile	Gary Patton	5:52.16	2022	---
M75	5,000 Meter	Paul Spangler	22:49.7h	1977	---
M75	10,000 Meter	Paul Spangler	48:48.2h	1977	---
M75	80 M Hurdles (30")	Albert Bert Morrow	16.65	1991	---
M75	300 M Hurdles (27")	Jesse Carrington	64.78	2013	---
M75	2000 M Steeple	Jim Selby	10:14.50	2004	---
M75	HJ	Bert Bergen	1.30	2014	---
M75	LJ	Paul Osborn	3.98	2013	0.0
M75	TJ	Carl Flowers	7.94	2023	0.4
M75	PV	Franklin (Bud) Held	2.90	2004	---
M75	SP	Arnie Gaynor	12.90	2006	---
M75	DT	Larry Hart	37.80	2023	---
M75	JT	Phil Fehlen	38.79	2004	---
M75	HT	Larry Hart	47.11	2022	---
M75	WT (16-Lb)	Doug Tomlinson	14.23	2007	---
M75	Super WT	Doug Tomlinson	8.35	2007	---
M75	Race Walk 5000 M	Chesley Unruh	31:24.9h	1982	---
		---	---	---	---
M80	100 Meter Dash	Payton Jordan	14.60	1998	---
M80	200 Meter Dash	Payton Jordan	31.20	1998	---
M80	400 Meter Dash	Don Cheek	1:22.52	2012	---

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M80	800 Meter	Robert Culling	3:37.12	2015	---
M80	1500 Meter	Chick Dahlsten	6:38.67	1991	---
M80	Mile	Robert Culling	7:55.12	2015	---
M80	5,000 Meter	Gunnar Linde	25:32.16	2009	---
M80	10,000 Meter	Chick Dahlsten	52:58.6h	1991	---
M80	80 M Hurdles	Albert Bert Morrow	22.5h	1994	---
M80	2000 M Steeple	Robert Culling	11:48.11	2014	---
M80	HJ	Bert Bergen	1.20	2018	---
M80	LJ	Clarence Trahan	3.95	1996	---
M80	TJ	Win McFadden	7.40	1985	---
M80	PV	Arthur Ribbel	2.45	2022	---
M80	SP	Arnie Gaynor	13.09	2009	---
M80	DT	Arnie Gaynor	35.69	2009	---
M80	JT	Edward Chynoweth	30.14	2004	---
M80	HT	Ed Burke	46.34	2022	---
M80	WT	Arnie Gaynor	13.74	2009	---
M80	Super WT	Dave Douglas	6.65	2012	---
M80	Race Walk 5000 M	Paul Spangler	34:52.5h	1982	---
M85	100 Meter Dash	Anthony Castro	18.34	1996	---
M85	200 Meter Dash	Anthony Castro	40.40	1999	---
M85	400 Meter Dash	Vincent Malizia	1:49.32	2001	---
M85	800 Meter	Vincent Malizia	4:07.19	2001	---
M85	1500 Meter	Vincent Malizia	8:02.95	2001	---
M85	Mile	Gunnar Linde	9:09.18	2015	---
M85	5,000 Meter	Gunnar Linde	29:42.70	2014	---
M85	10,000 Meter	Gunnar Linde	1:08:44.96	2016	---
M85	80 M Hurdles (27")	Albert Bert Morrow	21.84	1999	---
M85	HJ	Leland McPhie	1.01	2003	---
M85	LJ	Clarence Trahan	2.84	2001	nwi
M85	TJ	Tom Patsalis	6.52	2008	neg.
M85	SP	Leland McPhie	8.22	1999	---
M85	DT	Burt DeGroot	23.16	1992	---
M85	JT	Leland McPhie	18.84	1999	---
M85	HT	Hugh Hackett	22.65	2006	---
M85	Race Walk 5000 M	Paul Spangler	38:25.1h	1987	---

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
M90	100 Meter Dash	Albert Bert Morrow	24.54	2004	0.8
M90	200 Meter Dash	Albert Bert Morrow	63.17	2004	neg <0.1>
M90	400 Meter Dash	Paul Spangler	2:11.9h	1989	---
M90	800 Meter	Paul Spangler	4:54.20	1989	---
M90	1,500 Meter	Gunnar Linde	8:59.83	2019	---
M90	80 M Hurdles (27", 7.0 m spacing)	Albert Bert Morrow	23.72	2003	neg <0.5>
M90	HJ	Leland McPhie	0.96	2007	---
M90	LJ	Leland McPhie	1.64	2008	nwi
M90	TJ	Leland McPhie	3.93	2008	neg.
M90	SP	Leland McPhie	6.80	2007	---
M90	DT	Leland McPhie	13.23	2007	---
M90	HT	Seymour Lampert	15.65	2010	---
M95	HJ	Leland McPhie	0.95	2009	---
M95	LJ	Leland McPhie	1.70	2009	1.3
M95	TJ	Leland McPhie	3.96	2009	0.9
M95	SP	Leland McPhie	6.30	2009	---
M95	DT	Leland McPhie	13.92	2009	---
M95	JT	Tom Lane	10.94	1990	---

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
W25	100 Meter Dash	Ky Cunningham	11.50	2023	1.7
W25	200 Meter Dash	Breanna Clark	24.10	2023	0.6
W25	400 Meter Dash	Ciara Short	53.24	2017	---
W25	800 Meter Dash	Kelsey McFaul	2:36.61	2023	---
W25	LJ	Akiba McKinney	6.46	2004	1.7
W30	100 Meter Dash	Teniko White	12.27	2003	0.5
W30	200 Meter Dash	Grace Dinkins	23.97	2000	---
W30	400 Meter Dash	Joy Eaton	56.87	2023	---
W30	400 Meter Dash	Tina Bowman (Stough)	60.8h	1986	---
W30	800 Meter	Patti Sue Plumer	2:08.86	1995	---
W30	1500 Meter	Patti Sue Plumer	4:29.9h	1995	---
W30	Mile	Chloe Anderson	5:46.84	2017	---
W30	5,000 Meter	Tania Fischer	16:35.85	2000	---
W30	10,000 Meter	Mary Vidovich	41:07.98	1998	---
W30	100 M Hurdles	Wendi Raatjes	13.93	2000	---
W30	400 M Hurdles	Joy Upshaw	64.95	1995	---
W30	HJ	Lisa Reich	1.74	2000	---
W30	LJ	Joy Upshaw	5.56	1995	---
W30	PV	Tiffany Smith	3.82	2000	---
W30	SP	Cecilia (Cel) Rutledge	14.33	1975	---
W30	SP	Amy Bublak	12.13	1995	---
W30	DT	Janet Wilson	46.17	1985	---
W30	JT	Sheila Carpenter	45.60	1988	---
W30	HT	Joan Stratton	34.76	1986	---
W30	Race Walk 5000 M	Diane Uribe	26:35	1980	---
W35	100 Meter Dash	Grace Dinkins	11.61	2002	---
W35	200 Meter Dash	Dena Birade	25.59	2007 & 2010	---
W35	400 Meter Dash	LaTanya Sheffield	53.22	2000	---
W35	800 Meter	Chestine Barnes	2:13.2h	1984	---
W35	1500 Meter	Cynthia Dalrymple	4:40.2h	1977	---
W35	Mile	Alisa Fischer	5:47.92	2016	---
W35	5,000 Meter	Cynthia Dalrymple	15:39.0h	1977	---
W35	10,000 Meter	Cynthia Dalrymple	36:25.4h	1977	---
W35	100 M Hurdles (33")	Joy Upshaw	15.23	1997	---
W35	400 M Hurdles	Natalia Gaerlan	65.38	2017	---
W35	2000 M Steeple	Kim Rupert	7:59.9h	1992	---
W35	HJ	Clare Look-Jaeger	1.65	2005	---
W35	LJ	Veronica Amarasekara	5.50	2000	---
W35	TJ	Marija Pinne (*)	11.85	2009	1.9
W35	TJ	Joy Upshaw	10.54	1997	---

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
W35	PV	Jessica Dickran	2.65	2017	---
W35	SP	Cherrie Sherrard	11.37	1977	---
W35	DT	Janet Wilson	44.92	1992	---
W35	JT	Erica Wheeler	49.87	2004	---
W35	JT	Amanda Allen	31.72	2018	---
W35	HT	Adreana Cano	32.41	2013	---
W35	WT	Adreana Cano	11.20	2014	---
W35	Super WT	Adreana Cano	6.69	2013	---
W35	Race Walk 5000 M	Kim Wilkinson	24:29.7	1997	---
W40	100 Meter Dash	Veronica Amarasekara	12.54	2002	---
W40	200 Meter Dash	Joy Sargis	26.92	2001	neg.
W40	400 Meter Dash	Vanessa Juarez	60.82	2011	---
W40	800 Meter	Marie Murphy	2:19.52	1999	---
W40	1500 Meter	Marie Murphy	4:45.84	1999	---
W40	Mile	Carmel Papworth-Barnum	5:17.91	2007	---
W40	5,000 Meter	Judy Fox	17:44.4h	1981	---
W40	10,000 Meter	Judy Fox	37:47.5h	1981	---
W40	80 M Hurdles (30")	Stephanie Thomas	11.80	2005	nwi
W40	400 M Hurdles (30")	Tina Bowman (Stough)	1:13.99	1995	---
W40	2000 M Steeple	Lisa Valle	6:52.60	2010	---
W40	HJ	Sue McDonald	1.63	2004	---
W40	LJ	Veronica Amarasekara	5.62	2002	---
W40	TJ	Veronica Amarasekara	11.17	2001	nwi
W40	PV	Sue McDonald	3.01	2004	---
W40	SP	Pat Shaw	12.08	2001	---
W40	DT	Janet Wilson	43.54	1993	---
W40	JT	Jennifer Stary	36.23	2002	---
W40	HT	Joan Stratton	37.92	1995	---
W40	WT	Trinidad Nelson	7.88	2012	---
W40	Super WT	Trinidad Nelson	4.88	2012	---
W40	Race Walk 5000 M	Therese Iknoian	26:35.7	1997	---
W45	100 Meter Dash	Irene Obera	13.33	1980	---
W45	100 Meter Dash	Cherrie Sherrard	13.2h	1984	---
W45	200 Meter Dash	Irene Obera	26.37	1979	---
W45	400 Meter Dash	Jai Black	61.00	2008	---
W45	800 Meter	Dee Dee Grafius	2:18.72	1997	---
W45	1500 Meter	Marcella Teran	5:07.90	2001	---
W45	Mile	Lesley Chaplin-Swann	5:32.11	2006	---
W45	5,000 Meter	Vicky Bigelow	18:14.0h	1981	---
W45	10,000 Meter	Vicky Bigelow	38:19.8h	1983	---
W45	80 M Hurdles (30")	Cherrie Sherrard	12.5h	1984	---
W45	400 M Hurdles	Caren Ware	76.36	2007	---

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
W45	2000 M Steeple	Joan Ottaway	7:50.2h	1992	---
W45	HJ	Sue McDonald	1.50	2012	---
W45	LJ	Veronica Amarasekara	5.13	2006	1.1
W45	PV	Alison Regan	2.80	2011	---
W45	TJ	Marija Pinne	9.83	2019	1.9
W45	SP	Joan Stratton	10.11	2001	---
W45	DT	Joan Stratton	30.89	2001	---
W45	JT	Fran Conley	30.78	1987	---
W45	HT	Joan Stratton	35.05	2001	---
W45	Race Walk 5000 M	Lori Maynard	26:20.3h	1983	---
W50	100 Meter Dash	Rita Hanscom	13.30	2005	nwi
W50	100 Meter Dash	Irene Obera	13.2h	1984	---
W50	200 Meter Dash	Rita Hanscom	27.05	2005	nwi
W50	400 Meter Dash	Rita Hanscom	64.02	2005	---
W50	800 Meter	Lynn Naftel	2:30.47	1998	---
W50	1500 Meter	Shirley Matson	5:00.7h	1992	---
W50	Mile	Debbie Lee	5:48.11	2009	---
W50	5,000 Meter	Rosalva Bonilla	19:47.12	2015	---
W50	10,000 Meter	Margaret Miller	40:13.2h	1980	---
W50	80 M Hurdles (30")	Cherrie Sherrard	14.35	1992	---
W50	300 M Hurdles (30")	Andrea Collier	54.12	2017	---
W50	HJ	Sue McDonald	1.57	2013	---
W50	HJ	Rita Hanscom	1.35	2006	---
W50	LJ	Veronica Amarasekara	4.73	2011	---
W50	TJ	Linda Cohn	8.88	2007	nwi
W50	PV	Rita Hanscom	2.90	2007	---
W50	SP	Cherrie Sherrard	10.94	1989	---
W50	DT	Linn Dunton	28.34	2011	---
W50	JT	Linda Cohn	38.48	2006	---
W50	HT	Linn Dunton	34.40	2011	---
W50	WT	Linn Dunton	10.24	2011	---
W50	Race Walk 5000 M	Joann Nedelco	28:04.2	1997	---
---	---	---	---	---	---
W55	100 Meter Dash	Kathy Bergen	13.80	1998	---
W55	200 Meter Dash	Lynn Naftel	29.94	2002	---
W55	400 Meter Dash	Lynn Naftel	67.83	2002	---
W55	800 Meter	Jutta McCormick	2:34.52	1997	---
W55	1500 Meter	Vicky Bigelow	5:23.9h	1992	---
W55	Mile	Debbie Lee	6:00.50	2012	---
W55	5,000 Meter	Debbie Lee	20:41.09	2012	---
W55	10,000 Meter	Rosalva Bonilla	43:39.65	2018	---
W55	80 M Hurdles (30")	Lynn Naftel	15.05	2002	---
W55	300 M Hurdles (30")	Lynn Naftel	53.32	2002	---

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
W55	HJ	Christel Donley (Miller)	1.22	1993	---
W55	LJ	Brenda Matthews	4.11	2006	1.0
W55	TJ	Linda Cohn	8.29	2012	0.4
W55	PV	Lynn Larsen	2.45	2023	---
W55	SP	Cherrie Sherrard	11.62	1995	---
W55	DT	Linda Cohn	26.64	2009	---
W55	JT	Linda Cohn	39.47	2009	---
W55	HT	Linn Dunton	33.23	2014	---
W55	WT	Linn Dunton	10.18	2014	---
W55	Super WT	Suzette Lee	6.15	2018	---
W55	Super WT	Linn Dunton	6.04	2014	---
W55	Race Walk 5000 M	Yoko Eichel	28:47.81	2005	---
W60	100 Meter Dash	Nadine O' Connor	13.95	2005	nwi
W60	200 Meter Dash	Nadine O' Connor	28.62	2005	nwi
W60	400 Meter Dash	Yvette LaVigne	1:12.26	2000	---
W60	800 Meter	Debbie Lee	2:50.92	2018	---
W60	1500 Meter	Sue McDonald	5:04.27	2023	---
W60	Mile	Sue McDonald	5:28.02	2023	---
W60	5,000 Meter	Shirley Matson	19:56.51	2003	---
W60	10,000 Meter	Shirley Matson	42:28.50	2002	---
W60	80 M Hurdles (27")	Joy Upshaw	13.61	2022	---
W60	300 M Hurdles	Rita Hanscom	54.99	2014	---
W60	2000 M Steeple	Gerry Martin	11:51.56	2001	---
W60	HJ	Kathy Bergen	1.32	2004	---
W60	LJ	Kathy Jager	4.03	2006	1.7
W60	TJ	Linda Cohn	8.02	2014	0.0
W60	PV	Nadine O'Connor	3.12	2006	---
W60	SP	Linda Cohn	9.74	2013	---
W60	DT	Linda Cohn	24.43	2013	---
W60	JT	Linda Cohn	37.57	2013	---
W60	HT	Joan Stratton	32.94	2014	---
W60	WT	Joan Stratton	11.85	2013	---
W60	Super WT	Joan Stratton	8.26	2013	---
W60	Race Walk 5000 M	Carol Bertino	31:18.38	2007	---
W65	100 Meter Dash	Nadine O'Connor	14.35	2007	0.9
W65	200 Meter Dash	Nadine O' Connor	29.38	2007	1.1
W65	400 Meter Dash	Kemisole Solwazi	1:14.35	2005	---
W65	800 Meter	Betty Schaeffer	3:11.72	2015	---
W65	1500 Meter	Debbie Lee	6:44.80	2023	---
W65	Mile	Debbie Lee	7:10.56	2023	---
W65	5,000 Meter	Jaclyn Caselli	22:41.7h	1986	---
W65	80 M Hurdles (27")	Brenda Matthews	18.63	2017	<neg 2.7>

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
W65	300 M Hurdles	Tina Bowman	66.33	2019	
W65	2000 M Steeple	Yolanda Holder	12:24.11	2023	---
W65	HJ	Kathy Bergen	1.30	2005	---
W65	LJ	Linda Cohn	3.79	2018	nwi
W65	LJ	Brenda Matthews	3.61	2017	nwi
W65	TJ	Linda Cohn	7.87	2018	nwi
W65	PV	Nadine O'Connor	2.92	2008	---
W65	SP	Cherrie Sherrard	9.76	2004	---
W65	DT	Nadine O'Connor	22.97	2009	---
W65	JT	Linda Cohn	34.39	2018	---
W65	HT	Linda Cohn	20.32	2018	---
W65	WT	Linda Cohn	9.78	2018	---
W65	Super WT	Linda Cohn	5.90	2018	---
W65	Race Walk 5000 M	Yoko Eichel	31:40.15	2014	---
W70	100 Meter Dash	Kathy Bergen	14.78	2013	1.0
W70	200 Meter Dash	Kathy Bergen	31.39	2012	1.2
W70	400 Meter Dash	Sumi Onodera-Leonard	1:29.61	2001	---
W70	800 Meter	Vicky Bigelow	3:15.39	2005	---
W70	1500 Meter	Vicky Bigelow	6:34.60	2005	---
W70	Mile	Sharlet Lackey Gilbert	8:10.85	2022	---
W70	5,000 Meter	Sharlet Lackey Gilbert	26:17.85	2022	---
W70	10,000 Meter	Marilla Salisbury	1:27:16.6	1980	---
W70	80 M Hurdles (27")	Johnnye Valien	21.07	1996	---
W70	2000 M Steeple	Freddie Braxton	14:24.43	2023	---
W70	HJ	Kathy Bergen	1.25	2012	---
W70	LJ	Magdalena Kuehne	2.99	2003	---
W70	TJ	Magdalena Kuehne	6.66	2002	---
W70	SP	Edith Mendyka	8.20	1982	---
W70	DT	Edith Mendyka	18.92	1982	---
W70	JT	Edith Mendyka	20.18	1984	---
W70	Race Walk 5000 M	Yoko Eichel	34:05.77	2018	---
W75	100 Meter Dash	Magdalena Kuehne	19.06	2006	---
W75	200 Meter Dash	Kathy Bergen	35.44	2018	neg <2.0>
W75	400 Meter Dash	Gerry Davidson	1:49.74	1999	---
W75	800 Meter	Bess James	3:59.81	1985	---
W75	1500 Meter	Gerry Davidson	8:27.54	2000	---
W75	Mile	---	---	---	---
W75	5,000 Meter	Juanita Gonzalez	30:09.57	2014	---
W75	2000 M Steeple	Darlene Backlund	14:00.33	2023	---
W75	HJ	Kathy Bergen	1.18	2018	---
W75	LJ	Magdalena Kuehne	3.09	2006	0.0

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
W75	TJ	Magdalena Kuehne	6.51	2006	0.0
W75	SP	Johnnye Valien	5.72	2004	---
W75	DT	Kathy Bergen	18.15	2018	---
W75	JT	Johnnye Valien	16.53	2004	---
W75	Race Walk 5000 M	Carol Dyar	37:53.66	2018	---
		---	---	---	---
W80	100 Meter Dash	Sumi Onodera-Leonard	21.33	2008	neg.
W80	200 Meter Dash	Sumi Onodera-Leonard	46.54	2008	neg.
W80	400 Meter Dash	Gerry Davidson	1:51.25	2001	---
W80	800 Meter	Gerry Davidson	4:26.01	2001	---
W80	1500 Meter	Gerry Davidson	8:35.58	2001	---
W80	Mile	---	---	---	---
W80	HJ	Johnnye Valien	0.84	2007	---
W80	LJ	Johnnye Valien	2.28	2010	---
W80	TJ	Johnnye Valien	4.44	2007	---
W80	SP	Elsbeth Padia	7.99	2022	---
W80	DT	Johnnye Valien	11.06	2007	---
W80	JT	Johnnye Valien	12.50	2009	---
W85	100 Meter Dash	Gerry Davidson	32.96	2008	neg.
W85	200 Meter Dash	Gerry Davidson	68.54	2008	neg.
W85	400 Meter Dash	Lynne Hurrell	2:10.28	2022	---
W85	800 Meter	Lynne Hurrell	5:13.16	2022	---
W85	Mile	Blanche Cummings	10:55.25	2015	---

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
<u>Relays:</u>					
Non Club (J Francis, K					
M25-29	Relay 4 x 400 Meter	Dudley, S Jones, R Mathis)	3:42.63	2017	---
M30-34	Relay 4 x 100 Meter	Maccabi	41.88	1985	---
M30-34	Relay 4 x 400 Meter	So. Cal. Striders	3:22.7h	1979	---
ARC Run Club (Geraldo					
M30-34	Relay 4 x 800 Meter	Rabelo, Rony Vega, Mark Fitzpatrick, Jonathan Tan)	8:50.19	2015	---
Nor Cal Seniors (Ray Moody,					
M30-34	Relay 4 x 800 Meter	G. Mason, A. Rogers, P. Kay)	8:13.1h	1983	---
Corona Del Mar (Henry,					
M35-39	Relay 4 x 100 Meter	Miller, Johnson, Cannon)	45.4h	1977	---
Corona Del Mar (Johnson,					
M35-39	Relay 4 x 400 Meter	Richards, Smith, Miller)	3:33.2h	1977	---
So Cal TC (Gates, Larson,					
M35-39	Relay 4 x 800 Meter	Givens, Chambers)	9:37.16	2015	
M40-44	Relay 4 x 100 Meter	So. Cal. Striders	43.8h	1981	---
Corona Del Mar (Dennis,					
M40-44	Relay 4 x 400 Meter	Knox, Henry, Miller)	3:34.18	1978	
Non-Club (Sudo, Gore,					
M40-44	Relay 4 x 800 Meter	Welzel, Velazquez)	9:14.83	2009	
Nor Cal Seniors (Sanchez,					
M45-49	Relay 4 x 100 Meter	Frederickson, Springbett, Bruhner)	46.33	1978	
Snails's Pace (Alvarado, Hood,					
M45-49	Relay 4 x 800 Meter	Connors, Magana)	9:48.15	2016	
West Valley Track Club					
M50-54	Relay 4 x 100 Meter	(Marlin, Lingel, Springbett, Sanchez)	47.01	1983	---
STC (Dawkins, Bryant,					
M50-54	Relay 4 x 400 Meter	Wagner, Kleinsasser)	3:58.9h	1978	
So. Cal. Striders (Dunton,					
M55-59	Relay 4 x 400 Meter	Culling, Withers, Atcheson)	3:51.49	1987	
So Cal Striders (R.					
M60-64	Relay 4 x 100 Meter	Richardson, J. Ruggless, B. Fitzpatrick, D. Leake)	51.06	2014	---

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
M60-64	Relay 4 x 400 Meter	G. Poloynis, Lewis, Longadala, Parks	4:59.4h	1982	
M65-69	Relay 4 x 100 Meter	Hawaii Masters (Chapson, Thompson, Dick, Deacon)	66.30	1978	
M65-69	Relay 4 x 400 Meter	Hawaii (Chapman, Bierlin, Thompson, Deacon)	5:08.14	1978	
M70-74	Relay 4 x 100 Meter	Non-Club (Jerry Harwood, Kim Pearman, Steve Ryan, Karl Thorpe)	Correction: 1:11.85	2012	---
M70-74	Relay 4 x 800 Meter	So Ca TC (Lindsley, Cash, Wigger, Talib)	11:03.46	2018	---
W30-34	Relay 4 x 100 Meter	Non-Club (M Gerard, C Sherrard, I Obera, O Parish)	50.9	1975	---
W30-34	Relay 4 x 100 Meter	San Francisco Track Club	53.35	1991	---
W30-34	Relay 4 x 400 Meter	Tigress	5:00.57	1998	---
W35-39	Relay 4 x 100 Meter	No Cal Seniors (Frederickson, Sherrard, Obera, Parish)	54.1h	1977	---
W35-39	Relay 4 x 100 Meter	CDM (Schumaker, Carter, Kinsey, Miller)	58.7h	1984	---
W35-39	Relay 4 x 400 Meter	So Cal Track Club (Diane Heil 40, Lisa Kealy 35, Debbie Lee 40, Carla Hoppe 40)	4:34.45	1998	---
W40-44	Relay 4 x 100 Meter	Nor Cal Seniors	54.06	1979	---
W40-44	Relay 4 x 400 Meter	So Cal Track Club	5:01.51	2006	---
W40-44	Relay 4 x 800 Meter	Janes Elite (Fischer, Groendaal, Leetch, Gentile)	9:53.37	2013	---
W50-54	Relay 4 x 100 Meter	Team A	57.64	2006	---
W50-54	Relay 4 x 800 Meter	So Cal Track Club	9:29.99	2006	---
W60-64	Relay 4 x 100 Meter	LEG	1:05.88	1996	---
---	Shuttle Hurdle Relay	---	---	---	---
continued next page					

WEST REGION - MASTERS MEET RECORDS (1975 to 2023)

USATF Masters West Region Track & Field Championships

To be eligible for a West Region Meet Record, athlete must be registered in West Region (Arizona, California, Hawaii, Nevada, or New Mexico) during time of mark, and compete as USA at meets during time of mark.

<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
Men's Pentathlon consist of LJ, JT, 200M, DT, and 1500 M.					
Woman's Pentathlon consist of H, HJ, SP, LJ, and 800 M.					
Note: Scores below are based on tables in year competed.					
M30	Pentathlon	Michael Kappler	2082	1997	---
M35	Pentathlon	Hugh Adams	2936	1978	---
M40	Pentathlon	Frank Reilly	3918	1991	---
M45	Pentathlon	Rob Duncanson	3228	2002	---
M50	Pentathlon	Phil Schlegel	3078	1982	---
M55	Pentathlon	Ray Spencer	2948	1981	---
M60	Pentathlon	Jock Jacoy	3118	1988	---
M65	Pentathlon	Phil Shipp	3290	2002	---
M70	Pentathlon	Ken Carnine	2372	1982	---
M80	Pentathlon	Ken Carnine	3869	1988	---
W30	Pentathlon	Remzne Huseny	213	1978	---
W35	Pentathlon	Carla Hoppie	2806	1999	---
W40	Pentathlon	Karen Vaughn	419	1998	---