

# Northwest Region Masters Track & Field

## Championship Meet Records

Revised July 16, 2009

Wind aided times not eligible, only athletes USATF registered in the NW region are eligible

### 100 Meters-Men

30-34 Art Anderson	10.80	1996
35-39 Mike Waller	11.30	1996
40-44 Mike Waller	11.37	2003
45-49 Paul Edens	11.64	1986
50-54 Mike Waller	11.66	2009
55-59 Steve Robbins	11.98	2002
60-64 Steve Robbins	12.18	2003
65-59 Paul Edens	12.53	2006
70-74 Robert Hewitt	14.30	2003
75-79 William Platts	14.74	2003
80-84 Bill Ballantine	17.99	2005
85-89 Buell Crane	19.94	1985
90-94 Buell Crane	20.69	1990

### 100 Meters-Women

30-34 Penny Farstar-Gilkey	13.04	1986
35-35 Dena Birade	12.57	2008
40-44 M. Milligan-Jackson	13.68	2005
45-49 Mary Libal	12.84	1995
50-54 Mary Libal	14.04	2003
55-59 Nikki Ryan	15.32	1988
60-64 Nikki Ryan	16.04	1992
65-69 Becky Sisley	17.82	2005
70-74 Marie Stafford	18.78	1991
75-79 Helen Jensen	21.11	1994
90-94 Myra Fromme	42.13	1998

### 200 Meters-Men

30-34 Paul Scarlett	22.40	1995
Art Anderson	22.0h	1997
35-39 Paul Dungan	23.38	1982
40-44 Mike Waller	23.24	2003
45-49 Paul Edens	23.74	1986
50-54 Paul Edens	24.15	1992
55-59 Steve Robbins	24.88	1999
60-64 Paul Edens	25.22	2003
Steve Robbins	25.22	2005
65-69 Paul Edens	25.78	1998
70-74 Robert Hewitt	30.17	2004
75-79 William Platts	31.14	2004
80-84 Bill Ballantine	38.16	2005
90-94 Dan Bulkley	50.83	2009

### 200 Meters-Women

30-34 Catherine Seeley	26.84	1988
35-39 Catherine Seeley	26.34	1989
40-44 Denise Foreman	27.74	1996
45-49 Mary Libal	27.45	1998
50-54 Mary Libal	29.62	2003
55-59 Caroline Cooney	36.66	2004
60-64 Diane Palmason	33.59	1999
65-69 Suzi MacLeod	37.76	2002
70-74 Marie Stafford	41.10	1991
75-79 Helen Jensen	45.88	1994

### 400 Meters-Men

30-34 Curtis Wilson	49.18	1998
35-39 Curtis Wilson	50.44	2003
40-44 Richard Tucker	51.38	1985
45-49 Richard Tucker	53.44	1990
50-54 Steve Robbins	52.87	1996
55-59 Dave Walter	54.74	2000
60-64 Bob McGowan	58.70	1991
65-69 Robert Morris	61.74	1985
70-74 Don Kane	68.16	2003
75-79 Don Kane	1:19.04	2008
80-84 Jule Crabtree	1:11.50	1997
85-89 Dan Bulkley	1:51.66	2006
90-94 Dan Bulkley	2:18.66	2009

### 400 Meters-Women

30-34 Catherine Seeley	62.16	1988
35-39 Catherine Seeley	59.24	1989
40-44 Mary Libal	64.62	1992
45-49 Mary Libal	57.94	1995
50-54 Mary Libal	1:11.00	2007
55-59 Jane Dods	1:17.75	1991
60-65 Betty Schaefer	1:23.19	2009
65-69 Irene Crane	1:43.0h	1987
70-74 Marie Stafford	1:33.97	1991
75-79 Helen Jensen	1:58.6h	1994

### 800 Meters-Men

30-34 Mike Stepan	1:55.46	1989
35-39 Gordon Valiant	1:58.13	1988
40-44 Richard Tucker	1:58.08	1989
45-49 Richard Tucker	2:02.70	1990
50-54 Don McMillan	2:08.05	1992
55-59 Ralph Miller	2:11.65	1988
60-64 Dan McCormack	2:15.63	1999
65-69 Don McMillan	2:30.74	2006
70-74 Dan Bulkley	2:38.71	1988
75-79 Don Kane	3:10.79	2008
90-94 Dan Bulkley	5:28.71	2009

### 800 Meters-Women

30-34 Susan Greg-Hanson	2:19.37	1994
35-39 Mary Thane	2:20.67	2000
40-44 Jules Triguero	2:27.70	1990
45-49 Jane Treleven	2:29.11	1994
50-54 Mary Czarapata	2:47.00	1987
55-59 Jeanette Groesz	2:44.18	2009
60-64 Diane Palmason	2:54.61	1999
65-69 Diane Palmason	2:46.12	2003
70-74 Marie Stafford	3:41.51	1991
75-79 Suzi MacLeod	3:41.84	2009

### 1500 Meters-Men

30-34 Greg Gustafson	3:58.9	1988
40-44 Vic Bennett	4:09.20	1983
45-49 Ray Hatton	4:13.30	1980
50-54 Ray Hatton	4:14.20	1983

55-59 Ralph Miller	4:34.10	1997
60-64 Dan McCormick	4:39.47	1999
65-69 Bill McChesney	5:25.14	1995
70-74 John Keston	5:15.51	1995
75-79 Paul Flanagan	6:13.97	2007
80-84 Craig McMicken	8:13.29	2006

### 1500 Meters-Women

30-34 Betsey Haydock	4:42.16	1989
35-39 Sue Grigsby	4:54.39	1996
40-44 Linda Mantymen	5:02.44	1991
45-49 Jennifer Teppo	5:04.95	2007
50-54 Doris Heritage	5:06.14	1994
55-59 Jeanette Groesz	5:28.27	2006
60-64 Candy Puterbaugh	5:48.29	2007
65-69 Suzi MacLeod	6:42.62	2002
70-74 Jean Mitchell	8:24.59	1995
75-79 Suzi MacLeod	7:37.44	2009
80-84 Helen Lachman	15:48.78	2009

### 5000 Meters - Men

30-34 Roger Tumasonis	14:50.00	1986
35-39 Roger Tumasonis	15:11.56	1988
40-44 Mike Heffernan	15:14:50	1983
45-49 Mike Heffernan	15:35:06	1989
50-54 Ray Hatton	15:42:40	1983
55-59 Ray Hatton	16:35:56	1988
60-64 Bill Iffrig	18:22:80	1996
65-69 Jim Davis	20:16.33	2003
70-74 John Keston	19:14:45	1995
75-79 Bill Iffrig	24:25:25	2009
80-84 Craig McMicken	29:03.18	2006

### 5000 Meters - Women

30-34 Lorilynn Bloomer	17:00.11	2003
35-39 Susan Empey	18:20.19	2008
40-44 Jane Hewett	18:18.81	2005
45-49 Sharon Downing	17:58.18	2003
50-54 Jeanette Groesz	20:18.37	2003
55-59 Jeanette Groesz	21:04.25	2003
60-64 Peggy Ainslie	23:20.81	1994
65-69 Billie Murphy	24:35.00	1994
Pat Johnson	23:34.6h	1997
70-74 June Machala	23:28.76	2003
75-79 Helen Lachman	35:33.65	2001
80-84 Helen Lachman	42:52.79	2005

### 10,000 Meters - Men

30-34 Anthony Miller	32:51.23	2001
35-39 David Castle	33:07.43	1991
40-44 Bob Shorrocks	32:33.10	2001
45-49 Mark Billet	33:55.74	1999
50-54 David McJunkin	35:01.10	1998
55-59 Doug Winn	36:23.82	2009
60-64 Joe Machala	38:32.76	2003
65-69 Larry Wright	46:48.84	2005
70-74 David Pitkethly	44:50.97	2006

75-79 Bill Iffrig 47:04.94 2009

80-84 Craig McMicken 1:07:10.42 2006

### 10,000 Meters-Women

30-34 Sarah Agsten 41:26.33 2006

35-39 Wendy Terris 37:32.14 2007

40-44 Tammy Volk 45:01.8 2006

45-49 Jane Robinson 42.54.37 1994

50-54 Linda Hartman 42.55.05 2003

55-59 Judy Fisher 43.38.09 1999

60-64 Suzanne Rodkey 61.13.89 2003

65-69 Patricia Johnson 50:59.5h 1997

70-74 June Machala 48:11.29 2003

### 80 Meter Hurdles-Men

70-74 Ray Propst 20.38 2003

75-79 Albert Erikson 16.62 2008

80-84 Dennis Sullivan 23.47 2007

### 80 Meter Hurdles-Women

40-44 Stella Orechia 13.18 2001

45-49 Marsha Hamilton 13.52 2000

50-54 Becky Sisley 14.70 1991

60-64 Becky Sisley 18.10 2003

65-69 Becky Sisley 18.91 2007

### 100 Meter Hurdles-Men

50-54 Brian McKinley 14.87 2003

55-59 Frank Anderson 18.90 1994

60-64 Loren Swanson 18.54 1990

65-69 Richard Nordquist 19.08 1992

### 100 Meter Hurdles-Women

30-34 Pam Reynolds 18.4h 1997

35-39 Linda Parmele 18.11 1990

### 110 Meter Hurdles-Men

30-34 Dennis Simas 15:84 1983

35-39 Robert Buhl 16.59 1988

40-44 Bob Blackburn 18.80 2000

45-49 Brian McKinley 16.37 2002

50-54 Lew Thorne 16.00 1990

60-64 Richard Nordquist 20.34 1983

70-74 Bud Morrow 21.74 1983

### 200 Meter Hurdles

70-74 Becky Sisley 42.42 2009

### 300 Meter Hurdles-Men

60-64 Vance Jacobson 54.42 2008

65-69 Richard Nordquist 56.43 1992

70-74 Ray Propst 79.11 2003

75-79 Dan Bulkley 64.80 1996

### 300 Meter Hurdles-Women

55-59 Jean Moule 81.51 2001

60-64 Becky Sisley 70.05 2003

65-69 Becky Sisley 68.73 2004

### 400 Meter Hurdles-Men

30-34 Sol Sallos 57.36 2007

35-39 Sol Sallos 58.58 2009

40-44 David Ortman 60.04 1994

45-49 David Ortman 59.06 1998

50-54 Brian McKinley 61.87 2003

55-59 David Ortman 65.45 1983

### 400 Meter Hurdles-Women

30-34 Kathy Kathman 1:21.65 1989

40-44 Stella Orechia 1:14.45 2001

Ruth Callard 1:11.5 h 1997

### 3K Steeplechase-Men

30-34 Chris Yorges 9:35.87 1998

35-39 Barry Jahn 9:35.40 1984

40-44 C. Grenzer 9:56.94 2003

45-49 Paul Hall 10:31:60 1984

50-54 Leonard Hill 10:20.41 2003

55-59 John Hepner 11:34.80 1990

### 2K Steeplechase-Men

60-64 John Hepner 7:56:59 1993

65-69 John Hepner 8:31:52 1998

75-79 Dan Bulkley 9:28:78 1993

### 2K Steeplechase-Women

30-34 Andi Camp 7:30.69 2009

40-45 Karen Steen 7:29.44 2008

45-49 Robin Vesey 8:37:81 2001

55-59 Jean Moule 12:27:15 2001

60-64 Laura Stepan 14:01.16 2003

### High Jump - Men

30-34 David Turnbull (6-6¼) 1.93 1998

35-39 Richard Teller (6-4) 1.93 1988

40-44 Richard Teller (6-4) 1.93 1992

45-49 Rand Crippen (5-8¾) 1.75 2008

50-54 HermWyatt (5-10) 1.78 1984

55-59 Al Phillips (5-3¾) 1.62 1998

60-64 Daniel Cole (5-3) 1.60 2008

65-69 Jack Fischer (4-10½) 1.48 1998

70-74 Don Stitt (4-4) 1.32 1986

75-79 Vince Sempronio (4-2¼) 1.28 2001

80-84 Gilbert Young (3-8½) 1.13 2003

85-89 Buell Crane (4-2½) 1.28 1985

90-94 Buell Crane (3-5) 1.04 1990

### High Jump- Women

30-34 Kathy Kathman (4-1) 1.30 1988

35-39 M. Mendenhall (5-2¼) 1.58 1998

40-44 M. Mendenhall (4-11) 1.50 2003

45-49 Deanna Lickey (4-6) 1.37 1994

50-54 M. Mendenhall (4-11¾) 1.52 1991

55-59 Becky Sisley (3-9¼) 1.15 1996

60-64 Becky Sisley (3-10¾) 1.19 2000

65-69 Becky Sisley (3-8¼) 1.14 2004

70-74 Becky Sisley (3-6½) 1.08 2009

### Pole Vault-Men

30-34 Dan Umenhofer (15-8) 4.78 1991

35-39 Dan West (15-0) 4.57 1991

40-44 Mike Mikos (14-7) 4.45 1992

45-49 Louis Baucom (13-7¼) 3.96 2005

50-54 Louis Baucom (14-0) 4.27 2008

55-59 Dennis Phillips (12-7½) 3.80 2006

60-64 John Altendorf (13-2¼) 4.02 2009

65-69 James Matejka (9-10) 3.00 2003

70-74 Don Grosh (9-6) 2.90 1995

75-79 Don Grosh (7-10½) 2.40 2000

80-84 John Cleveland (7-¾) 2.15 2007

### Pole Vault-Women

30-34 Pam Reynolds (8-10) 2.69 1997

35-39 Cathy Cole-Dow (10-6) 3.20 1999

40-44 Donna Schultz (9-1¼) 2.75 2001

45-59 Donna Schultz (8-10½) 2.70 2003

50-54 Donna Schultz (10-2) 3.10 2008

55-59 Becky Sisley (7-10) 2.39 1996

60-64 Becky Sisley (8-0¾) 2.46 2001

65-69 Becky Sisley (7-6½) 2.15 2005

70-74 Becky Sisley (7-8¾) 2.36 2009

### Long Jump-Men

30-34 David Pietka (21-11½) 6.69 1982

35-39 Randy Kruse (23-¾) 7.03 1988

40-44 Aaron Sampson (21-10) 6.65 2002

45-49 Brian Coushay (19-6¼) 5.95 2009

50-54 Mike McDaniel (18-5½) 5.63 1996

55-59 David Ortman (17-8) 5.38 2009

60-64 Darwin Grimm (15-5) 4.70 1995

65-69 Frank Struna (15-5¾) 4.72 2007

70-74 Robert Hewitt (15-½) 4.58 2004

75-79 William Platts (12-1½) 3.70 2003

80-84 Buell Crane (9-11) 3.02 1983

85-89 Buell Crane (8-5) 2.57 1985

90-94 C. Wheeler (7-10) 2.39 1983

95-99 C. Wheeler (5-10) 1.78 1988

### Long Jump-Women

30-34 Penny F.-Gilkey (15-6¼) 4.73 1986

35-39 M. Mendenhall (16-2¾) 4.95 1994

40-44 Linda Ticknor (11-10) 3.61 1984

45-49 M. Hamilton (14-6½) 4.42 2000

50-54 Becky Sisley (13-5½) 4.10 1990

55-59 C. Cooney (11-¾) 3.37 2003

60-64 Becky Sisley (11-6¼) 3.51 2003

65-69 Becky Sisley (10-10) 3.30 2008

70-74 Becky Sisley (10-4) 3.15 2009

75-79 M. Whinston (6-11¾) 2.13 2003

### Triple Jump-Men

30-34 Mike Lariza (48-0) 14.63 1987

35-39 Mike Lariza (45-3) 13.79 1992

40-44 Mike Lariza (43-½) 13.12 1996

45-49 Darrell Horn (42-7) 12.98 1988

50-54 Mike Lariza (41-4½) 12.61 2009

55-59 Frank Struna (39-2½) 11.95 2000

60-96 Frank Struna (33-3¾) 10.15 2004

65-69 N. Macleod (31-4¾) 9.57 2004

70-74 Robert Hewitt (31-10¼) 9.71 2003

75-79 Ray Probst (25-10) 7.87 2005

80-84 Buell Crane (19-2) 5.84 1983

85-89 Buell Crane (19-2) 5.84 1985

90-94 Buell Crane (18-1) 5.51 1990

### Triple Jump-Women

30-34 Julie Toll (28-3½) 8.62 1999

35-39 Cherish Gortner (31-8¾) 9.67 2008

40-44 Lori Schutt (25-1) 7.65 1985

45-49 Becky Sisley (27-1) 8.26 1988

50-54 Becky Sisley (28-½) 8.55 1991

55-59 Becky Sisley (25-8¼) 7.83 1998

60-64 Becky Sisley (24-3¼) 7.40 2003

### Shot Put-Men

30-34 Matt Burks	(51-1½)	15.58	1999
35-39 Blake Surina	(47-7¼)	14.51	1995
40-44 Chuck Chapin	(54-4)	16.56	1988
45-49 Doug Smart	(54-11½)	16.75	1983
50-54 Richard Brown	(50-6)	15.39	1992
55-59 Russ Hodge	(49-10½)	15.20	1996
60-64 Tom Gage	(51-3½)	15.63	2003
65-69 Ladislav Filip	(45-4¼)	13.82	1995
70-74 Robert Ward	(47-7)	14.50	2009
75-79 Ross Carter	(40-11½)	12.23	1989
80-84 Ross Carter	(39-6¼)	12.05	1995
85-89 Ross Carter	(33-2)	10.11	1999
95-99 Leon Joslin	(15-6½)	4.74	2008

### Shot Put-Women

30-34 Laurie Jenkins	(30-9¾)	9.39	1999
35-39 Mary Harrington	(31-8)	9.65	1996
40-44 Karen Miller	(34-3½)	10.45	2004
Kam Johnson	(34-3½)	10.45	2005
45-49 Monica Kendall	(41-11½)	12.79	2003
50-54 Monica Kendall	(46-10¼)	10.51	2000
55-59 Sue Hintz	(23-4¾)	7.13	1999
60-64 Georgia Cutler	(25-10¼)	7.88	2003
65-69 Georgia Cutler	(24-1½)	7.35	2008
70-74 M. Birgenbeuer	(23-0)	7.01	2000
75-79 Melanie Reske	(18-9¾)	5.73	1998
80-84 Melanie Reske	(15-11¼)	4.86	2002
85-59 Melanie Reske	(14-7¼)	4.45	2006

### Discus-Men

30-34 J. Stubblefield	(148-1½)	45.15	1992
35-39 M. Louisiana	(153-3)	46.71	1985
40-44 Tim Fox	(158-2)	48.20	1997
45-49 Mark Neil	(152-0)	46.34	1998
50-54 Ray Burton	(159-8)	48.69	2007
55-59 Tom Gage	(155-2)	47.30	2000
60-64 Tom Gage	(167-2)	50.96	2003
65-69 Neil Saling	(143-7)	43.76	2003
70-74 Bob Lawson	(136-10)	41.70	2005

### Discus-Women

30-34 Kathy Daley	(108-1½)	32.95	2000
35-39 Liz Wadsworth	(76-7)	23.34	1999
40-44 Karen Miller	(103-10)	34.70	2004
45-49 Mary Priest	(106-11)	32.59	1989
50-54 Y. Kirkpatrick	(92-9)	28.27	2006
55-59 Sue Hinz	(69-11½)	21.32	2004
60-64 Georgia Cutler	(71-7)	21.82	2005
65-69 Pat Osmon	(46-3)	14.10	1995
70-74 Mavis Lorenz	(58-11½)	17.97	2000
75-79 Pat Osmon	(37-8¾)	11.50	2003
80-84 Melanie Reske	(36-10½)	11.24	2003
85-89 Melanie Reske	(30-11)	9.42	2006

### Javelin-Men

30-34 Ryan Weidman	(221-3)	67.44	2004
35-39 Bill Wilson	(199-7)	60.83	1988
40-44 Gary Stenlund	(202-10)	61.82	1985
45-49 Gary Reddaway	(195-11)	59.72	1986
50-54 Ralph Sutton	(161-2)	49.12	1981
55-59 Gary Reddaway	(162-4½)	49.49	1998

60-64 Gary Reddaway	(158-2)	53.44	2003
65-69 Gary Stenlund	(171-1)	52.14	2007
70-74 Hal Wallace	(95-8)	29.16	1998
75-79 Bill Bronson	(106-9½)	32.50	1998
80-84 V. Sempronio	(80-7¾)	24.58	2006
85-89 Buell Crane	(60-3)	18.36	1985
90-94 C Wheeler	(53-3)	16.23	1983
95-99 C Wheeler	(46-10)	14.27	1988

### As of 2000 new javelin M50-59 & M70-79

50-54 Paul McPherson	(173-11½)	53.03	2004
55-59 Doug Watson	(147-4)	44.92	2007
70-74 Bob Darling	(125-10)	38.38	2006
75-79 William Platts	(130-4)	39.72	2004
80-84 Dennis Sullivan	(83-9)	25.54	2007

### Javelin-Women

30-34 Laurie Ticknor	(101-7)	30.96	1995
35-39 P Reddaway	(83-3)	25.37	1984
40-44 Nadine Bowers	(127-0)	38.71	2001
45-49 Monica Kendall	(124-9)	38.08	2003
50-54 Becky Sisley	(106-9)	32.54	1991
55-59 Becky Sisley	(105-8½)	32.23	1994
60-64 Becky Sisley	(97-11½)	29.87	2000
65-69 Becky Sisley	(98-3)	29.96	2004
70-74 Becky Sisley	(93-3)	28.42	2009
75-79 Pat Osmon	(39-8½)	12.10	2003
80-84 Melanie Reske	(36-8¼)	11.18	2002
85-89 Melanie Reske	(27-7½)	8.46	2006

### As of 2000 new javelin W50-59

50-54 Monica Kendall	(137-5)	41.88	2006
55-59 Sue Hinz	(56-5¾)	17.21	2004

### Hammer-Men

30-34 Matt Burks	(143-11)	43.86	1999
35-39 Ed Buck	(209-2½)	63.77	1990
40-44 L Waithe	(164-½)	50.00	1991
45-49 Thomas Gage	(179-5½)	54.70	1991
50-54 Todd Taylor	(177-7)	52.00	2000
55-59 Tom Gage	(188-2½)	57.37	1997
60-64 Tom Gage	(196-9)	59.98	2003
65-69 Tom Gage	(157-11)	48.15	2009
70-74 Jim Minah	(143-7)	43.76	1992
75-79 Harvey Lewellen	(130-2)	39.70	2006
80-84 Harvey Lewellen	(129-6)	39.47	2009
85-89 Leon Joslin	(71-5½)	21.78	1997
90-94 Buell Crane	(55-2)	16.81	1990

### Hammer-Women

30-34 Laurie Jenkins	(87-2)	26.58	1999
35-39 Liz Wadsworth	(61-4 ¼)	18.70	1999
40-44 Susan Hinz	(84-1½)	26.54	1992
45-49 Pauline Thomas	(93-10)	28.60	1997
50-54 Joyce Taylor	(134-1)	40.88	2003
55-59 Joyce Taylor	(124-0)	37.81	2006
60-64 Georgia Cutler	(111-11)	34.12	2003
70-74 Pat Osmon	(62-5¾)	19.04	1998
75-79 Pat Osmon	(54-10¼)	16.72	2002
80-84 Melanie Reske	(36-8¼)	11.18	2002
85-89 Melanie Reske	(31-6¾)	9.62	2006

### Weight Throw-Men

30-34 Matt Burks	(48-6¼)	14.79	1999
35-39 Bryan Payne	(32-10)	10.02	2005
40-44 Tim Shannon	(47-3½)	14.41	2003
45-49 Ray Burton	(48-4)	14.72	2005
50-54 G Mathews	(46-8)	14.22	1998
55-59 Tom Gage	(52-½)	15.86	2000
60-64 F Shanaman	(36-11)	11.25	1996
65-69 Bob Lawson	(42-10 ¼)	13.06	2000
70-74 Ken Weinbel	(38-7 ½)	11.77	1998
75-79 Jim Minah	(28-¾)	8.55	1996
80-84 Leon Joslin	(25-4¾)	7.74	1994
85-89 Leon Joslin	(22-4½)	6.82	1999

### As of 2001 new implements M50+

50-54 Ray Burton	(58-6)	18.19	2009
55-59 Tom Gage	(67-1¼)	20.45	2001
60-64 Tom Gage	(73-1¼)	22.28	2003
65-69 George Mathews	(63-7)	19.38	2009
70-74 Bob Lawson	(52-6 ¾)	16.02	2006
75-79 Harvey Lewellen	(50-5)	15.37	2005
80-85 Harvey Lewellen	(50-3)	15.33	2009
95-99 Leon Joslin	(15-7)	4.75	2008

### Weight Throw-Women

30-34 Laurie Jenkins	(27-9½)	8.47	1999
35-39 M Harrington	(26-5)	8.05	1996
40-44 Carla Surina	(28-9)	8.76	2001
45-49 P Thomas	(31-3¾)	9.54	1996
50-54 Pauline Thomas	(43-5)	13.23	2000
55-59 Joyce Taylor	(33-11¼)	10.34	2006
70-74 Pat Osmon	(15-7½)	4.77	1998
75-79 Melanie Reske	(17-2¾)	5.25	1998

### As of 2001 new implements W60+

60-64 Georgia Cutler	42-11½)	13.09	2005
65-69 Georgia Cutler	39-10½)	12.15	2008
70-74 Pat Osmon	(20-7)	6.27	2001
75-79 Pat Osmon	(20-2¼)	6.15	2002
80-85 Melanie Reske	(20-½)	6.11	2002
85-89 Melanie Reske	(16-7)	5.05	2006

### Superweight-Men

30-34 Matt Burks	(31-9 ½)	9.69	1999
35-39 Bryan Payne	(19-1)	5.82	2005
40-44 Dan John	(36-2¼)	11.03	2002
45-49 Ray Burton	(30-10)	9.41	2005
50-54 George Mathews	(10-33)	10.32	2009
55-59 Tom Gage	(30-7½)	9.33	1998
60-64 Tom Gage	(28-5¾)	8.68	2003
65-69 George Mathews	(33-10)	10.32	2009
70-74 Ken Weinbel	(30-3¾)	9.24	1998
75-79 Harvey Lewellen	(28-8)	8.74	2005
80-84 Leon Joslin	(19-7 ¾)	5.99	1994
85-89 Leon Joslin	(15-9¾)	4.82	1998

### As of 2005 new implements M80+

80-84 Harvey Lewellen	(31-4)	9.57	2009
95-99 Leon Joslin	(9-3¼)	2.83	2008

### Mile Racewalk - Men

40-44 Tommy Aunan	8:14.50	2003
45-49 Robert Frank	7:35.45	1998
50-54 Pat Detloff	7:38.92	2005
55-59 Edgar Kousky	7:53.92	1998

60-64 George Opsahl	8:16.16	2005
65-69 George Opsahl	9:53.92	2009
70-74 Ron MacPike	10:00.98	2003
75-79 Ron MacPike	10:51.72	2009

**Mile Racewalk - Women**

35-39 Marie VerMeer	10:35.10	1998
40-44 K Murphey-Glenn	8:10.32	2001
45-49 Lida Smith	8:57.88	1998
50-54 Jan Wiebold	11:16.86	2001
55-59 Maureen Robeson	10:15.99	2006
60-64 Donna Lafayette	9:54.48	2005
65-69 Donna Lafayette	10:22.82	2009

**5000m Racewalk-Men**

30-34 Steve Renard	22:32.70	1992
35-39 Colin Peters	24:44.8h	1997
40-44 Stan Chraminski	25:29.88	1991
45-49 Stan Chraminski	24:45.49	1996
50-54 Ed Kousky	25:12.78	1994
55-59 Bob Novak	27:11.99	2005
60-64 George Opsahl	28:06.39	2003
65-69 George Opsahl	29:11.60	2007
70-74 Ron MacPike	33:15.15	2003
75-79 Dick Vaughn	34:57.86	2006

**5000m Racewalk-Women**

30-34 D Hairabedian	27:14.06	1991
35-39 Terie Taylor-Smith	28:42.1 h	1997
40-44 Kelly Murphey-Glenn	26:24.98	2001
45-49 Kelly Murphey-Glenn	28:34.49	2006
50-54 Mary Snyder	27:43.28	2003
55-59 Bev LaVeck	28:52.99	1994
60-64 Bev LaVeck	29:12.74	1996
65-69 Donna LayFayette	34:31.03	2009
70-74 Bev LaVeck McCall	32:45.06	2006

**10,000m Racewalk-Men**

Held in the Spring

30-34 Colin Peters	50:58	1996
35-39 Ian Whatley	48:14	1998
40-44 Mitchell Young	67:50.30	2005
45-49 Stan Chraminski	51:23	1995
50-54 Stan Chraminski	54:51.8	2001
55-59 Ed Kousky	53:39	1997
60-64 Karl Johansen	57:38.40	2007
65-69 George Opsahl	59:59.1	2007
75-79 Richard Bennett	73:57.8	2006

**10,000m Racewalk-Women**

Held in the Spring

35-39 K. Murphey-Glen	54:03.2	2000
40-44 K. Murphey-Glen	55:24.8	2001
45-49 Mary Snyder	56:33.7	2000
50-54 Mary Snyder	57:08.9	2002
55-59 Mary Snyder	60:25.3	2007
60-64 Bev LaVeck	59:26.1	2000
65-69 Bev LaVeck	60:3.0	2001

**2000m Racewalk-Men**

30-34 Michael Larsen	11:13.10	1988
35-39 Robert Korn	8:39.80	1989
40-44 Joel Estrin	9:38.00	1990
45-49 Marvin Dunn	10:00.00	1990
50-54 Bob Brewer	10:05.37	1990
55-59 Paul Kaald	10:40.5	1988
60-64 Paul Kavadas	12:36.4	1988
65-69 Joe Mallon	12:42.50	1990
70-74 Joe Mallon	13:12.24	1991

**2000m Racewalk-Women**

30-34 Julie Gebron	10:58.8	1988
35-39 D Hairabedian	10:43.4	1991
40-44 Judy Heller	11:39.4	1990
45-49 Carolyn Kortge	11:09.9	1991
50-54 Shirley Rhoads	12:02.3	1988
60-64 Dorothy Torney	14:05.4	1985

65-69 Dorothy Torney	14:42.7	1989
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**4X100 Relay**

M40-49 Northwest Ad Hoc	48.43	2006
(Blake, Sanders, Copeland, Beswick)		
M50-59 PMTC	56.34	1998
(Edens, Schlewitz, Kane, Coy)		

M60-69 Northwest Ad Hoc	56.01	2006
(Tucker, McMillan, Hoffman, Edens)		

W30-39 Nemesis	55.84	2005
(Woolworth, Milligan Jackson, Costello, Mendenhall))		

W40-49 OTCM	63.19	1998
(Rickson, Mitchell, Sisley, Libal)		

**4X400 Relay Men's**

M40-49 OTCM	4:07.04	1998
(Yohn, Shelley, Hughes, Maier)		

M50-59 OTCM	4:28.52	2006
(Hacker, Widoff, Russell, Maier)		

**4X400 Relay Women's**

W40-44	4:59.10	2003
(Kim Boon, Mary Steinberg, Christy Fazio, Diane Palmason)		

*Records are compiled by NW Region Coordinator Rose Schlewitz. For questions, Email is [rosebrierjunc2@peak.org](mailto:rosebrierjunc2@peak.org)*