

Hayward Classic Meet Records – 2010

100 Meters – Women

W30	P. Farster-Gilkey	12.70	1986
W35	Phil Raschker	11.89	1983
W40	Veronica Amarasekara	12.89	2002
W45	Mary Libal	13.09	1997
W50	Irene Obera	12.80	1986
W55	Brenda Matthews	14.92	2007
W60	Marg Radcliffe	15.40	2003
W65	Josephine Kolda	16.25	
W70	Audrey Lary	15.72	2004
W75	Polly Clarke	17.07	1988
W80	Olga Kotelko	22.00	2002
W85	Olga Kotelko	21.84	2004
W90	Myra Fromme	41.06	1997

100 Meters – Men

M30	Greg Marshall	10.95	
M35	Leon Lincoln	10.80	
M40	John Norton	11.20	1987
M45	Paul Edens	11.20	1986
M50	Stephen Robbins	11.37	1993
M55	Harold Morioka	12.08	1999
M60	Stephen Robbins	12.12	2006
M65	Stephen Robbins	12.37	2008
M70	Harry Koppel	13.59	1983
M75	Anthony Castro	14.00	1986
M80	Bill Madill	15.54	2008
M85	Dan Bulkley	19.55	2004
M90	Bill Lauderback	28.32	2008

200 Meters – Women

W30	P. Farster-Gilkey	26.90	1986
W35	Phil Raschker	24.80	
W40	Jacqueline Board	27.11	1998
W45	Mary Libal	26.74	1997
W50	Irene Obera	27.70	1986
W55	Betty Vosburgh	31.93	1990
W60	Kemisole Solwazi	30.76	2000
W65	Audrey Lary	32.98	1999
W70	Audrey Lary	36.57	2005
W75	Polly Clarke	38.04	1988
W80	Olga Kotelko	49.11	2000
W85	Olga Kotelko	50.44	2004
W90	Myra Fromme	94.03	1998

200 Meters – Men

M30	Art Anderson	22.04	1997
M35	Paul Dungan	22.60	1984

Sheet1

M40	Benito Rosales	23.23	1999
M45	Paul Edens	23.20	1986
M50	Stephen Robbins	22.98	1996
M55	Harold Morioka	24.55	1999
M60	Stephen Robbins	24.79	2004
M65	Paul Edens	25.78	2006
M70	James Stookey	27.99	2000
M75	Anthony Castro	30.10	1986
M80	Bill Ballantine	41.89	2007
M85	Dan Bulkley	42.07	2004
M90	Buell Crane	45.75	1990

400 Meters - Women

W30	Catherine Seeley	01:00.67	1988
W35	Phil Raschker	56.73	1983
W40	Mary Libal	59.03	1995
W45	Mary Libal	01:00.17	1996
W50	Mary Libal	01:05.12	2000
W55	Betty Vosburgh	01:14.20	1990
W60	Kemisole Solwazi	01:11.05	2000
W65	Audrey Lary	01:19.75	1999
W70	Suzi MacLeod	01:28.67	2004
W75	Polly Clarke	01:35.70	1988
W85	Ivy Granstrom	02:26.42	1998
W90	Bertha Holt	03:45.62	1996

400 Meters - Men

M30	Curtis Wilson	49.18	1998
M35	Paul Dungan	50.40	
M40	Harold Morioka	51.36	1984
M45	Harold Morioka	51.88	1989
M50	Harold Morioka	51.70	1994
M55	Dave Walter	53.32	2000
M60	Harold Morioka	55.04	2003
M65	Don McMillan	01:03.90	2006
M70	Rodney Brown	01:06.27	1997
M75	Don Cheek	01:10.85	2006
M80	Dan Bulkley	01:22.72	1999
M85	Dan Bulkley	01:39.75	2004
M90	Daniel Bulkley	02:09.12	2010

800 Meters - Women

W30	Pam Pulice	02:18.73	1987
W35	Mary Macauley	02:19.70	2000
W40	Debbie Dove-Eerkes	02:23.76	1997
W45	Jennifer Teppo	02:30.43	2003
W50	Sharlet Gilbert	02:30.87	2002
W55	Rita Kerr	03:02.45	1993
W60	Diane Palmason	03:00.16	2002
W65	Diane Palmason	02:46.12	2003
W70	Suzi MacLeod	03:22.69	2004

Sheet1

W75	Suzi MacLeod	03:35.22	2010
W85	Ivy Granstrom	05:23.19	1998

800 Meters - Men

M30	Sean McCartin	01:57.00	1994
M35	George Mason	01:57.00	1983
M40	George Cohen	01:56.39	1983
M45	Richard Tucker	02:01.97	1990
M50	Dave Clingan	02:06.53	2005
M55	Ralph Miller	02:11.32	1988
M60	Don McMillian	02:18.37	2001
M65	Frank Condon	02:23.27	2010
M70	Jim Lytjen	02:32.74	1991
M75	Dan Bulkley	02:52.72	1992
M80	Dan Bulkley	03:26.50	1997
M85	Dan Bulkley	04:33.09	2005
M90	Paul Spangler	05:02.64	1990

1500 Meters - Women

W30	Doreen Groshan	04:49.12	1995
W35	Sue Grigsby	04:51.27	1995
W40	D. Dove-Eerkes	04:52.32	1997
W45	Carmen Ayala-Troncoso	05:00.30	2008
W50	Sharlet Gilbert	05:18.37	2002
W55	Pam Turner	05:38.90	2001
W60	M L Michelsohn	06:02.50	2002
W65	Helly Visser	06:21.66	1999
W70	Dawn Russell	07:57.56	1995
W85	Ivy Granstrom	13:06.03	2000

1500 Meters - Men

M30	Jim Hebert	04:09.20	
M35	Ed Spinney	04:00.60	1993
M40	Peter Magill	04:05.87	2004
M45	Peter Magill	04:07.58	2006
M50	Reed Miller	04:35.88	1991
M55	Michael Allison	04:43.44	2007
M60	Ralph Miller	04:59.37	1994
M65	Dan Longnecher	05:02.80	
M70	John Keston	05:24.03	1996
M75	John Keston	05:54.50	2001
M80	Dan Bulkley	07:20.62	1997
M90	Paul Spangler	11:30.00	1991

3000 Meters - Women

W30	I. McLoughlin	10:28.36	1990
W35	Terri Lee Busby	10:36.97	1991
W40	Jules Trigueiro	10:44.96	1990
W45	C. AyalaTroncoso	10:06.44	2006
W50	Denise Janneck	12:06.11	2004
W55	Joan Ottaway	11:22.39	2000

Sheet1

W60	Eileen Hotzman	14:11.46	2006
W65	M.L. Michelsohn	11:53.28	2002
W70	Pat Dixon	15:01.41	1990
W85	Ivy Granstrom	24:08.62	1998

3000 Meters - Men

M30	Jonathon Swanson	08:43.30	2002
M35	John King	09:03.24	2005
M40	Tony Young	08:23.78	2003
M45	Peter Magill	08:37.52	2006
M50	Dan Conway	09:13.28	1990
M55	Ray Hatton	09:37.88	1988
M60	Thom Weddle	10:42.49	2002
M65	Paul Heitzman	10:49.81	1998
M70	John Keston	11:45.44	1995
M75	John Keston	12:22.88	2001
M80	Bob Koch	16:00.06	2007
M90	Paul Spangler	20:46.89	1990

5000 Meters - Women

W30	Lorilynn Bloomer	05:00:11	2003
W35	Deanna O'Neil	16:51.20	2001
W40	Linda Martynen	18:42.19	1991
W45	Sharon Downing	17:58.18	2003
W50	Pam Turner	19:46.60	1996
W55	Jeanette Groesz	19:47.30	2007
W60	M.L. Michelsohn	20:22.76	2002
W65	R. Dashwood	25:18.92	1991
W70	June Machala	23:28.76	2003
W75	Susan Means	31:15.12	2010
W80	Helen Lachman	43:33.20	2005
W85	Ivy Granstrom	42:50.86	1999

5000 Meters - Men

M30	Ken Hunter	14:44.60	1986
M35	Rick Fuller	14:26.57	2002
M40	Frank Duarte	15:26.63	1983
M45	Mike Blackmore	15:48.15	2010
M50	Ray Hatton	16:31.50	1984
M55	Herb Phillips	16:59.64	1997
M60	David Pitkethly	18:22.67	1996
M65	John Keston	18:36.38	1994
M70	John Keston	19:26.98	1997
M75	John Keston	21:05.00	2001
M80	Bob Koch	26:22.55	2007
M90	Paul Spangler	45:16.35	1991

10,000 Meters - Women

W30	Jennifer Compton	36:58.72	2002
W35	C. Cottrell	38:43.38	1986
W40	C. Swanson	41:41.10	1986

Sheet1

W45	Marcella Teran	39:31.22	2001
W50	Sue Cammack	42:28.50	1996
W55	Zel Brook	67:04.34	2006
W60	Suzanne Rodkey	60:58.81	2002
W65	R. Dashwood	50:32.24	1990
W70	June Machala	48:11.29	2003

10,000 Meters - Men

M30	Ed Spinney	32:14.10	1986
M35	Joshua Gordon	32:40.60	2010
M40	Paul Raether	32:25.16	1993
M45	Otis Sanders	33:52.72	2005
M50	Ray Hatton	32:29.30	1984
M55	Dave McJunkin	36:23.96	2000
M60	Doug Winn	35:47.78	2010
M65	John Keston	37:52.75	1993
M70	John Keston	39:31.32	1996
M75	John Keston	41:59.06	2001
M80	Paul Spangler	59:57.00	1983

80 Meter Hurdles - Women

W40	V. Amarasekara	12.70	2002
W45	Liz Palmer	12.45	2010
W50	Karen Maxwell	14.48	2010
W55	Becky Sisley	16.22	1995
W60	Becky Sisley	18.10	2003
W65	Barbara Jordan	17.20	2004
W70	Barbara Jordan	17.93	2008

80 Meter Hurdles - Men

M70	Walter Dahlin	14.56	1991
M75	James Stookey	13.77	2005
M80	Dan Bulkley	17.73	1997

100 Meter Hurdles - Women

W30	Pamela Reynolds	17.05	1996
W35	Denise Foreman	15.62	1995

100 Meter Hurdles - Men

M50	DJ Dubon	14.47	2010
M55	Roger Parnell	16.22	2006
M60	Joe Johnston	16.47	2006
M65	James Stookey	16.68	1998

110 Meter Hurdles - Men

M30	Dennis Simas	15.71	1983
M35	Robert Buhl	16.40	
M40	Dee Dewitt	15.60	1983
M45	Jack Craig	16.00	1997
M50	John Hepner	19.20	1983
M55	Richard Nordquist	18.06	1983

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M60	Richard Nordquist	17.60	
M65	Robert Hunt	17.20	
M70	Bert Morrow	21.59	1983

300 Meter Hurdles - Women

W50	Karen Maxwell	54.21	2010
W55	Jeanne Moule	01:22.95	2001
W60	Becky Sisley	01:10.05	2003
W65	Barbara Jordan	01:02.49	2004

300 Meter Hurdles - Men

M50	Lew Thorne	45.11	1989
M55	Alan Maxwell	56.89	1988
M60	Harold Marioka	47.46	2003
M65	James Stookey	49.61	1998
M70	Ronald Kirkpatrick	56.14	2008
M75	James Stookey	54.17	2005
M80	Dan Bulkley	01:04.87	1999

400 Meter Hurdles - Women

W30	Kathy Kathman	01:21.65	1985
W35	Denise Foreman	01:07.10	1995
W40	Ruth Callard	01:14.38	1997

400 Meter Hurdles - Men

M30	Doug Schneebeck	57.07	1994
M35	Doug Schneebeck	57.52	1997
M40	Laurent Birada	58.54	2010
M45	David Ortman	59.06	1998
M50	Harold Marioka	59.46	1994
M55	Larry Norris	68.78	2002
M70	B.W. "Bud" Deacon	87.57	1983

2000 Meter Steeplechase - Women

W30	Lisa Nye	06:32.65	2000
W35	Lauriea Blume	08:57.43	2003
W40	Dee Ann Dougherty	07:53.99	2000
W45	Sue Grigsby	08:21.66	2002
W50	Sharlet Gilbert	08:26.95	2002
W55	Jeanne Moule	12:50.37	2001
W60	Laura Stepan	14:01.16	2003
W65	Marie-Louise Michelsohn	09:10.30	2008

2000 Meter Steeplechase - Men

M55	Wally Brawner	08:07.46	1999
M60	David Taylor	07:39.11	2010
M65	John Hepner	08:10.29	1997
M70	John Hepner	08:48.85	2002
M75	Dan Bulkley	09:28.78	1993
M80	Dan Bulkley	11:11.20	1997

Sheet1

3000 Meter Steeplechase - Men

M30	Steve Grube	09:28.78	1993
M35	Steven James	09:34.15	1996
M40	Clay Stenberg	09:34.45	1995
M45	Leonard Hill	10:17.46	2002
M50	Leonard Hill	10:10.41	2003
M55	Ken Carmen	11:12.00	1983

1 Mile Run - Women

W30	Susannah Beck	04:58.05	1998
W35	Erna Kozak	04:55.60	
W40	Carla Hervert	05:35.81	2001
W45	Carla Hervert	05:25.87	2005
W50	Dee Dee Grafius	05:36.10	2002
W55	Jeanette Groesz	05:52.29	2005
W60	M.L. Michelsohn	06:00.11	2002
W65	Diane Palmason	06:21.54	2003
W70	June Machala	07:16.12	2003
W75	Mary Harada	07:55.74	2010
W85	Ivy Granstrom	11:54.42	1998

1 Mile Run - Men

M30	Dale Londos	04:25.53	1997
M35	David Castle	04:31.18	1990
M40	Kirk Randall	04:23.08	1983
M45	Mike Manley	04:28.02	1988
M50	Dave Clingan	04:43.67	2005
M55	Herb Phillips	04:59.36	1997
M60	Dan McCormack	05:05.56	1999
M65	Paul Heitzman	05:28.77	1997
M70	John Keston	05:51.44	1997
M75	Roger Davies	06:20.01	2010
M80	Joe King	07:09.60	2008
M90	Paul Spangler	10:47.71	1990

1 Mile Race Walk - Women

W35	Teresa Aragon	07:56.07	1999
W40	Kelly Murphey-Glenn	08:01.97	2001
W45	Kathryn Grimes	08:26.65	2010
W50	Mary Snyder	08:06.22	2001
W55	Marianne Martino	08:52.53	2006
W60	D. JoAnne Parks	09:27.73	1997
W65	Rita Sinkovec	10:21.68	2008
W70	Rita Sinkovec	10:41.75	2010

1 Mile Race Walk - Men

M40	Robert Frank	07:39.98	1996
M45	Mike Blanchard	07:34.84	2006
M50	Ed Kousky	07:19.32	1995
M55	Ed Kousky	07:16.77	1996
M60	Norman Frable	08:12.66	2007

Sheet1

M65	Jack Bray	08:13.73	2002
M70	Ron MacPike	10:00.98	2003
M75	Joseph Mallon	10:52.60	1996
M80	John Besson, Jr.	11:50.65	1993

2000 Meter Race Walk - Women

W35	Daniela Hairabedian	10:43.37	1991
W40	Sue Laks	11:48.46	1992
W45	Carolyn Kortge	11:09.85	1991

2000 Meter Race Walk - Men

M35	Robert Frank	11:01.47	1992
M40	Stan Chraminski	09:47.72	1991
M45	Charles Monismith	11:45.64	1991
M50	Bob Brewer	10:05.37	1991
M60	Bill Kinder	14:09.20	1992
M65	Dick Bennett	12:17.58	1992
M70	Joseph Mallon	12:12.24	1991

3000 Meter Race Walk - Women

W30	Judy Suhanek	16:22.10	1989
W35	Donna Houle	17:16.70	1989
W40	Carole Langenbach	21:51.50	1989
W45	Carolyn Kortge	17:38.30	1989
W50	Mary Snyder	27:09.95	2001
W55	Darlene Backlund	31:40.29	2001
W60	Anne Whitaker	38:47.07	2001
W65	Peg Peters	35:55.71	2001

3000 Meter Race Walk - Men

M30	William Boyd	16:10.90	1989
M35	David McNayr	16:35.53	1988
M40	S.O. Monismith	17:09.20	1989
M45	Marvin Dunn	16:34.00	1989
M60	Bill Kinder	20:09.06	1989
M65	Bryon Krog	19:18.20	1989
M70	G. O'Neal	19:50.20	1989

5000 Meter Race Walk - Women

W30	Tami Garcia	36:31.00	1998
W35	Teresa Aragon	26:33.77	1999
W40	Teresa Aragon	27:06.36	2002
W45	Mary Snyder	27:14.89	2000
W50	Mary Snyder	27:38.14	2002
W55	S. Rademaker	28:48.24	1997
W60	Bev LaVeck	28:49.35	1997
W65	Bev LaVeck	32:33.39	2005
W70	Bev McCall	32:45.06	2006

5000 Meter Race Walk - Men

M30	John Kerfoot	23:25.60	1991
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Sheet1

M35	Edwin Thompson	31:53.18	1990
M40	Bob Novak	25:20.85	1993
M45	Stan Chraminski	25:12.26	1997
M50	Edgar Kousky	24:59.70	1995
M55	Edgar Kousky	24:30.40	1996
M60	Norman Frable	26:59.10	2007
M65	Jack Bray	26:54.98	2002
M70	Paul Johnson	28:16.82	2008
M75	Dick Vaughn	34:57.86	2006
M80	John Besson, Jr.	38:29.40	1993

High Jump - Women

W30	Martha Mendenhall	1.55	1993
W35	Martha Mendenhall	1.58	1998
W40	Martha Mendenhall	1.52	2000
W45	Debbie Brill	1.61	2002
W50	Martha Mendenhall	1.42	2010
W55	Becky Sisley	1.24	1994
W60	Marg Radcliffe	1.21	2002
W65	Linda Douglass	1.18	2010
W70	Christel Donley	1.09	2008
W75	F. McLeod-Smith	0.94	2001
W80	Olga Kotelko	0.98	2000
W85	Olga Kotelko	0.89	2004

High Jump - Men

M30	Corey Swim	2.03	2001
M35	Mike Franz	1.87	1994
M40	Keith Nelson	1.96	1997
M45	Scott Rick	1.78	2010
M50	Bruce McBarnette	1.91	2008
M55	Herm Wyatt	1.71	1989
M60	Herm Wyatt	1.60	1993
M65	Milton Newton	1.50	2001
M70	Vince Sempronio	1.40	1996
M75	Ray Propst	1.29	2004
M80	Gilbert Young	1.13	2003
M85	Loen Joslin	0.94	1997

Pole Vault - Women

W30	Pamela Reynolds	2.70	1996
W35	Cathryn Cole-Dow	3.05	1999
W40	Cathy Cole	2.90	2001
W45	Donna Schultz	2.70	2003
W50	Terri Phillips	2.20	2001
W55	Becky Sisley	2.38	1997
W60	Becky Sisley	2.30	2001
W65	Becky Sisley	2.30	2008

Pole Vault - Men

M30	Curtis Heywood	4.90	2000
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Sheet1

M35	Stephen Smith	4.91	1988
M40	Ed Lipscomb	4.70	1992
M45	Jerry Cash	4.73	1995
M50	Jerry Cash	4.20	2000
M55	Joe Johnston	3.85	1999
M55	Dennis Phillips	3.85	2006
M60	John Altendorf	4.00	2007
M65	Terry Cannon	3.20	2007
M70	Terry Cannon	3.00	2008
M75	John Cleveland	2.50	2000
M80	John Cleveland	2.20	2005

Long Jump - Women

W30	Paula Leslie	5.03	2002
W35	Phil Raschker	5.38	
W40	V. Amarasekara	5.25	2005
W45	Veronica Amarasekara	4.63	2010
W50	Irene Obera	4.09	1986
W55	Betty Vosburgh	3.91	1990
W60	Sandy Anderson	3.54	2003
W65	Barbara Jordan	3.55	2004
W70	Audrey Lary	3.76	2004
W75	Polly Clarke	2.46	1988
W80	Olga Kotelko	2.13	2002
W85	Olga Kotelko	2.01	2004

Long Jump - Men

M30	B. Sinkbeil	6.79	1989
M35	Randy Kruse	6.71	1989
M40	David Pietka	6.33	1992
M45	Bob Blackburn	5.84	2001
M50	Roger Parnell	5.74	2000
M55	Roger Parnell	5.56	2004
M60	Darwin Grimm	4.86	1994
M65	James Stookey	4.94	1998
M70	James Stookey	4.83	2000
M75	James Stookey	4.49	2005
M80	Bill Platts	3.55	2008
M85	Dan Bulkley	2.27	2006

Triple Jump - Women

W30	Kimiko Nakatake	9.48	2001
W35	Julie Toll	9.02	2001
W40	V. Amarasekara	10.31	2002
W45	Debbie Brill	9.60	2002
W50	Becky Sisley	8.55	1991
W55	Becky Sisley	7.83	1998
W60	Becky Sisley	7.40	2003
W65	Audrey Lary	7.89	1999
W70	Audrey Lary	7.96	2005
W75	Fran Styles	5.06	2004

Sheet1

W80	Frances Styles	3.86	2010
W85	Olga Kotelko	4.26	2006

Triple Jump - Men

M30	Mike Lariza	14.60	1987
M35	Mike Lariza	13.71	1991
M40	Brian Goushy	13.24	2002
M45	Mike Lariza	13.51	2001
M50	Mike Lariza	12.10	2007
M55	Donald Watson	10.43	2010
M60	Victor Chaney	9.72	2005
M65	Kermit Walker	9.87	2002
M70	James Stookey	9.93	2000
M75	James Stookey	8.95	2005
M80	Lew Leuhrs	3.80	2001

Shot Put - Women

W30	Sandra Stepp	8.91	
W35	Kathy Gelhausen	11.78	1996
W40	Joan Stratton	11.15	1993
W45	Monika Kendall	12.79	2003
W50	Monika Kendall	14.59	2007
W55	Yvonne Kirkpatrick	10.01	2010
W60	Sally Polk	8.64	1990
W65	Sherrie Sherrard	9.82	2004
W70	Christel Donley	7.22	2008
W75	Melanie Reske	5.74	1996
W80	Olga Kotelko	6.09	2002
W85	Olga Kotelko	5.77	2004

Shot Put - Men

M30	Tim Fua	16.31	2002
M35	Victor Barcot	15.05	2010
M40	Chuck Chapin	16.40	1987
M45	Richard Brown	15.11	1987
M50	Tom Gage	16.21	1995
M55	Joe Keshmiri	15.31	1997
M60	Joe Keshmiri	16.46	1998
M65	Ross Carter	13.66	1983
M70	Gerald Vaughn	15.02	2006
M75	Bob Ward	12.07	2008
M80	Ross Carter	12.27	1994
M85	Ross Carter	10.42	1999
M90	Jim Murray	6.14	2005

Discus - Women

W30	Kathy Gelhausen	47.94	1992
W35	Kathy Gelhausen	41.10	1996
W40	Joan Stratton	34.54	1993
W45	Carol Finsrud	48.74	2002
W50	Mary Jacobson	29.66	2002

Sheet1

W55	Yvonne Kirkpatrick	23.35	2010
W60	Sally Polk	23.30	1990
W65	Mavis Lorenz	21.79	1993
W70	Audrey Lary	21.32	2004
W75	Melanie Reske	13.78	1996
W80	Olga Kotelko	14.74	2002
W85	Olga Kotelko	14.83	2006

Discus - Men

M30	D. Stepens	38.82	
M35	Kevin Carr	51.88	2001
M40	Tim Fox	47.88	1997
M45	Mark Neil	46.34	1998
M50	Tom Fahey	53.04	2001
M55	Tom Fahey	51.32	2004
M60	Tom Gage	51.86	2004
M65	Ladislav Filip	46.84	1995
M70	Grove Bolles	43.34	2004
M75	Harvey Lewellen	41.58	2004
M80	Ross Carter	37.08	1994
M85	Ross Carter	30.81	2000
M90	Buell Crane	20.52	1990

Javelin - Women

W30	Laurie Tichnor	30.02	1994
W35	Arlene Platt	35.40	1989
W40	Nadine Bowers	37.08	2001
W45	Monika Kendall	38.08	2003
W50	Becky Sisley	34.42	1990
W55	Becky Sisley	32.23	1998
W60	Marg Radcliffe	33.72	2003
W65	Becky Sisley	28.06	2005
W70	Becky Sisley	22.68	2010
W75	F. McLeod-Smith	14.33	2001
W80	Olga Kotelko	18.28	2000
W85	Olga Kotelko	18.56	2004

As of 2000 New WMA Implements W50-59

W50	Monika Kendall	42.74	2007
W55	Marg Radcliffe	26.58	2001

Javelin - Men

M30	Ken Hall	63.42	1996
M35	Corey Swim	64.22	2005
M40	Hamman Stenlund	58.48	1985
M45	Gary Reddaway	53.72	1986
M50	Gary Reddaway	51.71	1993
M55	Del Pickarts	50.78	1986
M60	Doug Appel	46.50	2006
M65	Gary Stenlund	56.93	2006
M70	William Bronson	35.18	1993
M75	Hal Wallace	30.12	1999

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M80	Leon Joslin	22.06	1992
M85			

As of 2000 new WMA implements M50-59; 70+

M50	Paul Mcpherson	51.64	2005
M55	Steve Banton	40.79	2010
M70	Malcolm Russell	38.75	2007
M75	William Platts	37.94	2003
M80	Bill Platts	38.23	2008
M85	Ross Carter	16.00	2000
M90	Jim Murray	13.44	2005

Hammer - Women

W30	Sandra Stepp	31.68	
W35	Sandra Stepp	35.50	1985
W40	Joan Stratton	38.94	1993
W45	Carol Finsrud	42.02	2004
W50	Joyce Taylor	40.88	2003
W55	Joyce Taylor	37.81	2006
W60	Georgia Cutler	34.16	2004
W65	Carol Young	35.93	2005
W70	Patricia Osmon	19.04	1998
W75	Patricia Osmon	17.86	2002
W80	Olga Kotelko	17.82	2000
W85	Olga Kotelko	17.28	2004

Hammer - Men

M30	Tony Valley	21.05	1987
M35	Pat Healy	48.68	1988
M40	L. Waithe	50.00	1991
M45	Tom Gage	54.70	1991
M50	Tom Gage	61.84	1996
M55	Tom Gage	57.37	1998
M60	Tom Gage	60.44	2004
M65	George Matthews	49.41	2008
M70	Bob Ward	50.90	2004
M75	Bob Ward	51.51	2008
M80	Harvey Lewellen	39.28	2010
M85	Leon Joslin	20.95	1999
M90	Jim Murray	15.59	2005

Weight Throw - Women

W45	Carol Finsrud	14.59	2004
W50	Joyce Taylor	11.83	2002
W55	Joyce Taylor	11.29	2007
W60	Evelyn Wright	9.15	1999
W65	Audrey Lary	9.10	1999
W70	Patricia Osmon	5.76	1997
W75	Melanie Reske	5.72	2000
W80	Olga Kotelko	6.02	2000

As of 2001 New WMA Implements W60+

W60	Georgia Cutler	12.39	2004
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W65	Carol Young	12.29	2005
W70	Audrey Lary	10.56	2006
W75	Milicent Whinston	6.08	2005
W80	Olga Kotelko	7.67	2002
W85	Olga Kotelko	7.68	2004

Weight Throw - Men

M30	Bryan Payne	9.90	2004
M35	Mike Curry	12.33	2005
M40	Tim Shannon	14.41	2003
M45	Ray Burton	14.71	2005
M50	Tom Gage	17.06	1995
M55	Tom Gage	15.38	1999
M60	Richard Hotchkiss	14.04	2000
M65	Ken Weinbel	12.53	1995
M70	Ken Weinbel	11.77	1998
M75	Jim Minah	8.72	1996
M80	Leon Joslin	7.92	1994
M85	Ross Carter	6.67	1999

As of 2001 new WMA Implements M50+

M50	Tomas Meyer	18.12	2005
M55	Tom Gage	19.68	2002
M60	Tom Gage	22.28	2003
M65	George Matthews	19.90	2008
M70	Bob Ward	18.36	2006
M75	Bob Ward	18.25	2008
M80	Harvey Lewellen	15.60	2010
M85	Ross Carter	8.82	2001
M90	Jim Murray	7.70	2005

Super Weight Throw -Women

W45	Carol Finsrud	9.59	2004
W50	Joyce Taylor	8.74	2005
W55	Joyce Taylor	8.12	2007
W60	Georgia Cutler	7.00	2006
W65	Carol Young	6.96	2005
W70	Audrey Lary	6.88	2004
W75	D McLeod-Smith	3.63	2004
W80	D McLeod-Smith	4.09	2006
W85	Olga Kotelko	4.89	2007

Super Weight Throw - Men

M30	Bryan Payne	6.15	2004
M35	Mike Curry	7.61	2005
M40	Mike Curry	8.86	2008
M45	Ray Burton	9.00	2005
M50	Tim Edwards	9.37	1998
M55	Tom Gage	9.33	1998
M60	Todd Taylor	10.92	2008
M65	George Matthews	10.60	2008
M70	Harry Hawke	11.91	2000

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M75	Bob Ward	9.72	2008
M80	Harvey Lewellen #25	10.99	2010
M80	Jim Minah #35	5.61	2000
M85	Leon Joslin #35	4.82	1998
M60	Hank Konen #44	10.59	2007

4 x 100 Meter Relay - Women

W30-39	NWT (Leslie, Dewarder, Mitchell, [unknown])	54.94	2001
W40-49	OTCM (Rickson, Mitchell, Sisley, Libal)	63.19	1998
W50-59	ORAS (MacLeod, Peters, Obadal, Sisley)	80.07	
W60-69	OTCM (Rickson, String, Sisley, Pashkin)	79.9	2005

4 x 100 Meter Relay - Men

M40-49	Oregon Association A (Sanders, Marin, Bañuelos, Beller)	47.49	2010
M50-59	PNW "A" (Brocato, Lesniak, Jacobson, Lyden)	49.21	
M60-69	NW Region A (Tucker, McMillan, Hoffman, Edens)	56.01	2006
M70-79	Oregon Association A (Golly, Stepan, MacPike, Kane)	01:14.61	2010

4 x 400 Meter Relay - Women

W30-39	Team Oregon (Jones, Sims, Vesey, Jackinsky)	04:53.32	2002
W40-49	Running Unlimited (Boon, Steinberg, Wendt, Palmason)	04:58.84	2002

4 x 400 Meter Relay - Men

M30-39	NET (Janz, Sherman, Dudsman, Pearce)	04:10.52	2001
M40-49	PUHP (Londos, Prather, Whan, Podo)	03:52.51	2005
M50-59	Eugene Striders A Team (Russell, Podolski, Widoff, Maier)	04:14.79	2007

4 x 800 Meter Relay - Men

M40-44	MITM (Hinton, Poper, Paulk, Young)	07:54.17	2004
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4 x 1500 Meter Relay - Men

M40-44	MiTM (Hinton, Poper, Paulk, Young)	16:24.12	2003
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4 x Mile Relay - Men

M40-49	MiTM	17:14.31	2004
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(Magill, Pope, Hinton, Young)

4 x 1600 Meter Relay - Men

M40-49 No Name Track Club WB 17:40.63 2002
(Olds, Assum, Magill, Young)

4 x 400 Meter Racewalk Relay - Women

W40-49 Racewalkers NW 07:20.63 2002
(Mordian, Murphy-Glenn, Vermeer, Aragon)
W50-59 Racewalkers NW 07:45.85 2001
(Warberg, Whitaker, Lafayette, [unknown])

Wind-aided results are not eligible for records.

*Records updated by David Wilkins,
kuahiwi@comcast.net
June 29th, 2010*

*Becky Sisley, Sandy Pashkin and Craig Godwin
helped verify the accuracy of the updates.*