

POTOMAC VALLEY GAMES

Track and Field Records

1985-2009

Updated 8/7/2010 by Jay Jacob Wind and Cindy Lea Arbelbide

Event	Men	Age	Year	Mark	Women	Age	Year	Mark
100m								
<= 14	Tyrone Simpson	14	2005	12.18	Keosha Sanders	14	1998	12.90
15-19	Troy Wilkerson II	17	2003	11.29	Erica Day	16	1999	12.71
20-24	Anthony Stuckey	20	1994	10.60	Vieoletta Wong	22	2000	12.68
25-29	Joel Mascoll	25	2000	10.40	Ali Wimbush	26	2008	11.69
30-34	Jeffrey Waldo	30	1988	10.60	Lillian Awidi	33	2001	12.44
35-39	Alfonzo Walton	35	1986	11.00	Irene Thompson	37	1991	13.10
40-44	Thomas Jones	40	1994	10.90	Kathy Pierce	41	1988	13.40
45-49	Lonnie Hooker	46	2009	11.13	Irene Thompson	46	2000	13.77
50-54	Oscar Peyton	52	2005	11.49	Marilyn Mitchell	50	1993	14.80
55-59	Oscar Peyton	57	2009	11.79	Adlin Mair	58	2000	15.26
60-64	Larry Colbert	60	1997	12.30	Audrey Lary	62	1996	16.30
65-69	James Stookey	65	1995	13.10	Audrey Lary	69	2003	15.89
70-74	Ed Matthews	71	1991/92	14.10	Audrey Lary	70	2004	16.27
75-79	John O'Neill	75	1999	14.34	Audrey Lary	75	2009	17.33
80-84	Donald Ernst	81	1990	18.20	Carla Convery	80	2000	23.80
85-89	Sam Madia	85	2009	20.71				
200m								
<= 14	Daniel Bailey	13	1999	24.48	Genamarie McCant	14	2008	26.83
15-19	Anthony Stuckey	18	1993	22.20	Erica Day	16	1999	25.30
20-24	Gerald Chervil	24	2000	21.00	Andria Smallwood	22	2009	25.16
25-29	Jah'Shawn StJulian	29	1997	20.90	Cathalina Staye	26	1998	24.92
30-34	Jeffrey Waldo	30	1988	21.90	LaTisha Moulds	31	2008	25.92
35-39	Al Walton	37	1988	22.40	Deborah Thomas	38	2001	27.11
40-44	Thomas Jones	40	1994	22.70	Kathy Pierce	41	1988	28.20
45-49	Lonnie Hooker	46	2009	23.08	Marilyn Mitchell	46	1989	28.00
50-54	Oscar Peyton	52	2005	23.29	Marilyn Mitchell	50	1993	30.60
55-59	Oscar Peyton	56	2009	24.27	Adlin Mair	58	2000	30.96
60-64	Larry Colbert	61	1998	26.48	Audrey Lary	62	1996	35.75
65-69	James Stookey	65	1995	27.80	Audrey Lary	69	2003	34.15
70-74	James Stookey	70	2000	28.77	Audrey Lary	70	2004	34.89
75-79	Ed Matthews	76	1996	32.00	Audrey Lary	75	2009	36.91
80-84	Donald Ernst	81	1990	39.60	Carla Convery	80	2000	58.42
85-89	Sam Madia	85	2009	50:39				
95-99	Everett Hosak	96	1998	85.68				
400m								
<= 14	Marcus Parker	13	1993	56.00	Genamarie McCant	13	2007	59.08
15-19	Anthony Battle	18	1995	48.50	Shawnette Adams	17	2000	60.15
20-24	Eric Schmidt	20	1995	47.60	Andria Smallwood	22	2009	56.36
25-29	Jah'Shawn StJulian	29	1997	47.90	Cathalina Staye	26	1998	56.56
30-34	Brian Freeman	30	1994	52.10	Zenia Ayrton	31	2003	57.83
35-39	Mitch Lovett	37	1998	48.81	Adina Valdez	39	2000	56.69
40-44	Archie Glaspy	43	1998	51.58	Irene Thompson	44	1998	63.98
45-49	Larry Colbert	48	1985	53.40	Julie Hayden	47	2007	66.69
50-54	Ralph Romain	54	1986	52.80	Chris Stockdale	50	1996	69.64
55-59	Larry Colbert	56	1993	54.50	Lucy Brobst	58	1991	75.00
	Ralph Romain	57	1989	54.50				
60-64	Ralph Romain	61	1993	54.20WR	Marie-L. Michelsohn	62	2004	1:19.34
65-69	Larry Colbert	65	2002	1:06.20	Marilyn Fitzgerald	65	2000	1:17.58
70-74	Larry Colbert	70	2007	1:04.73	Tami Graf	70	2006	1:45.84
75-79	Curran Tiffany	75	2001	1:19.46	Helen Schley	78	2005	2:02.22
800m								
<= 14	Pellerton Balfour	13	1992	2:13.20	Brittney Rooks	13	2007	2:29.08
15-19	Anthony Swindell	16	2009	1:57.93	Camille A. Martin	18	2001	2:20.40
20-24	Khalid Benmbarek	20	1997	1:56.50	Kelly O'Connor	21	1999	2:21.50
25-29	Darrin Johnson	25	1992	1:57.30	Nikeya Green	26	2008	2:07.23
30-34	Clint Kiser	30	1992	1:59.00	Camille V. Martin	33	2003	2:13.05
35-39	Vernon Waters	35	2008	1:58.73	Erica Nemmers	37	2009	2:20.14
40-44	Dorel Watley	42	1992	2:00.80	Lorraine Jasper	42	2004	2:23.70
45-49	Steve Nearman	47	2007	2:06.06	Julie Hayden	45	2007	2:29.43
50-54	Jim Demma	50	1989	2:12.10	Kathryn Martin	50	2002	2:25.40
55-59	Clifford Pauling	57	1991	2:13.60	Tami Graf	57	1993	3:11.10
60-64	Clifford Pauling	60	1994	2:24.50	Tami Graf	60	1996	3:12.44
65-69	John McCarthy	65	1987	2:47.90	Marilyn Fitzgerald	65	2000	3:11.17
70-74	Newlie Hewson	70	1992	3:11.80	Tami Graf	70	2006	4:10.31
75-79	Jerry Wible	76	1990	3:12.50				

1500m (last run in 1995)

<= 14	Pellerton Balfour	13	1992	5:15.70	Colleen Winzeler	10	1993	5:55.70
15-19	Kevin Jones	16	1987	4:24.50	Tanya Hecox	15	1990	5:47.90
20-24	Chris Duncan	22	1987	4:12.50	Beth Watt	23	1989	4:55.30
25-29	Jim Garster	26	1993	4:04.10	Kathy Scherer	28	1987	4:54.80
30-34	Chandra Chaudhari	31	1992	4:20.50	Vicky Aroniadou	33	1993	5:02.50
35-39	Paul Zink	39	1987	4:14.10	Bernadette Creed	35	1992	5:37.30
40-44	Bruce Hamilton	40	1995	4:15.30				
45-49	Paul Zink	45	1993	4:27.50	Cindy Dalrymple	48	1990	5:08.90
50-54	Rolland Elliot	50	1986	4:50.60	Chris Stockdale	50	1994	5:29.50
55-59	Clifford Pauling	57	1991	5:04.90	Tami Graf	57	1993	5:26.00
60-64	Larry Dickerson	64	1995	5:30.50				
65-69	Donald McCarten	65	1994	5:41.20				
70-74	Newlie Hewson	71	1993	6:43.60				
75-79	Bud Averitt	75	1995	9:13.40				

1 Mile Run (new event 1996)

<= 14	Alex Rhoads	14	2001	5:29.80	Brittney Rooks	13	2007	5:34.57
15-19	Brian Fussell	17	2003	4:35.23	Camille A. Martin	19	2002	5:01.40
20-24	Oscar Giron	21	2001	4:34.80	Sarah Spalding	24	2005	5:16.89
25-29	Tony Hatcher	28	1996	4:05.00	Bethany Huber	28	2009	5:51.85
30-34	Thomas Brooks	31	1998	4:28.61	Camille V. Martin	33	2003	5:15.36
35-39	Mark Jones	35	1996	4:34.10	Erica Nemmers	37	2009	5:01.71
40-44	Nicholas Berra	43	2009	4:35.61	Alisa Harvey	42	2008	5:04.68
45-49	Steve Nearman	46	2006	4:47.16	Lorraine Jasper	47	2009	5:27.28
50-54	Henry Wigglesworth	51	2009	4:52.34	Kathryn Martin	50	2002	5:15.54
55-59	Victor Zwolak	58	1997	5:03.40	Marie-L. Michelsohn	58	2000	6:15.71
60-64	Victor Zwolak	60	1999	5:27.10	Marie-L. Michelsohn	60	2002	5:57.42
65-69	Jim Noone	65	2009	6:00.16	Tami Graf	65	2001	7:46.10
70-74	Skip Grant	72	2008	6:32.90	Tami Graf	70	2006	8:33.03
75-79	Bill Osburn	77	2001	8:26.00				
80-84	Walt Washburn	81	2004	8:52.63				

1 Mile Race Walk (new event 1996)

<= 14	Tim Atwell	10	1997	11:02.20	Kristi Link	13	1997	10:26.90
15-19	'S' Harrison	17	1996	8:31.40	Kori Barrett	16	1999	9:51.51
30-34					Kora Boufflert	33	1999	8:08.91
35-39	Brian Allen	36	2008	9:27.53	Laura Niel	39	2003	9:03.00
40-44	Craig Balloon	43	1997	10:08.90	Donna Chamberlain	43	2000	7:53.56
45-49	John Gersh	49	1996	8:44.60	Christina Caravoulas	49	2004	12:58.09
50-54	Victor Litwinski	52	1996	8:48.50	Judy Witt	51	2000	9:11.91
55-59	James Carmines	57	2000	8:03.37				
60-64	Cedric Eustace	62	1996	9:26.00				
65-69	Victor Litwinski	65	2009	9:59.84	Mary Alice Stookey	65	1998	12:10.70
70-74	Bob Fine	71	2002	10:00.51	Terry Hamilton	72	2000	11:52.80
75-79	Charles Boyle	76	2000	11:03.42	Terry Hamilton	76	2004	13:31.97
80-84	Charles Boyle	84	2008	11:44.59	Mary Lathram	82	1997	13:45.90
85-89					Mary Lathram	87	2002	14:43.56
90-94					Mary Lathram	90	2005	15:10.39

3000 Meter Run (new event 1999)

<= 14	Joshua Chartier	14	2005	10:47.72	Brittney Rooks	13	2007	11:01.64
15-19	Brian Fussell	16	2002	9:54.45	Brianna Walker	17	2009	12:45.58
20-24	Jeremy Smith	21	2003	9:41.94				
25-29	Kareem Lanier	27	2000	8:55.10	Bevin Keen	28	2005	12:26.00
30-34	Kareem Lanier	30	2003	9:08.21	Naoko Ishibe	31	2000	9:50.20
35-39	Tim Silva	39	2001	9:30.10	Jennifer Lazio	39	2007	13:21.90
40-44	Daniel Quinn	40	1999	9:44.60	Julie Hayden	44	2004	11:12.37
45-49	Stuart Pineo	46	2007	9:42.45	Martha Merz	45	2008	10:49.81
50-54	Maurice Pointer	51	2007	9:50.46	Alison Suckling	52	2007	11:52.36
55-59	Jim Noone	59	2003	11:20.30				
60-64	Pat Griffith	60	2005	10:58.75	Marie-L. Michelsohn	62	2004	11:52.22 AR
65-69	Jim Noone	65	2009	11:49.04	Marie-L. Michelsohn	66	2008	12:50.32
70-74					Tami Graf	70	2006	16:37.2
75-79	Bill Osburn	77	2001	15:29.30				

3000 Meter Race Walk (new event 1991)

<= 14	Robert Waddle	12	1994	19:47.70	Alison Zabrenski	13	1992	16:42.10
15-19	Will Leggett	16	1992	15:22.30	Cori Colling	15	1994	16:21.80
20-24								
25-29	Dave McGovern	29	1994	11:49.80	Marykirk Cunningham	28	1994	17:04.90
30-34	Tim Good	33	1993	15:57.80	Valerie Meyer	34	1992	17:00.30
35-39	David Lawrence	39	1994	13:54.30	Valerie Meyer	35	1993	17:07.40
40-44	Warrick Yeager	43	1997	13:46.50	Donna Chamberlain	43	2000	15:34.70
45-49	Bruce Booth	49	1997	14:35.90	Rita Cronley	46	1996	18:44.20
50-54	James Carmines	50	1993	14:04.20	Nancy Whitney	54	1991	18:32.30
55-59	James Carmines	57	2000	15:35.80	Nancy Whitney	56	1992	17:53.60
60-64	Jack Ozment	61	1991	16:57.30	Pat Nesley	64	1992	19:29.60

65-69	Bill O'Reilly	66	1992	18:50.20	Pat Nesley	66	1994	19:49.40
70-74	Bob Fine	70	2002	19:41.58	Terry Hamilton	71	1999	23:22.60
75-79	Edward Seeger	76	1991	19:45.80	Mary Lathram	77	1992	23:50.50
80-84	Edward Seeger	80	1995	20:54.70	Mary Lathram	80	1995	25:22.60
85-89					Mary Lathram	86	2001	26:27.20

5000 Meter Run

<= 14	Tucker Bowen	13	1992	17:50.80	April Goode	12	1992	20:46.90
15-19	Sam Gabremariam	18	1993	16:00.70	Tanya Hecox	16	1990	20:54.00
20-24	Darryl General	24	1990	14:32.90	Anne Platt	23	1992	19:21.50
25-29	Brian Tullock	25	2007	16:02.84	Jackie Concaugh	28	2003	17:57.90
30-34	Kareem Lanier	32	2005	15:54.53	Susannah Kvasnicka	32	2004	17:14.30
35-39	Jay Wind	39	1989	15:36.40	Hilary Cairns	38	2009	18:29.47
40-44	Maurice Pointer	40	1996	16:45.10	Chris Newsham	42	2000	20:54.00
45-49	David Haaga	46	2007	16:41.01	Pamela Lovette	47	2009	20:12.04
50-54	Mark Malander	51	2009	17:26.50	Betty Dameron	53	1988	22:40.20
55-59	Larry Dickerson	58	1989	17:55.80	Betty Dameron	55	1990	23:17.60
60-64	Jim Noone	60	2004	20:10.20				
65-69	Jim Noone	65	2009	20:40.80	Tami Graf	68	2004	27:39.30
70-74	Rolland Elliot	71	2007	29:55.78	Tami Graf	71	2007	28:25.02
75-79	Bill Osburn	77	2001	28:13.90				

5000 Meter Race Walk (not held 1991-1994)

<= 14					Alison Zabrenski	11	1990	32:19.00
15-19					Margaret Mangan	18	1985	26:10.30
20-24	Richard Quinn	24	1987	22:22.00				
25-29	Richard Quinn	25	1988	21:57.00	Diane Pecinovsky	27	1988	40:11.30
30-34	Bobby Briggs	30	1987	23:03.00	Pauline Stickles	32	1988	47:00.00
35-39	Jim Wass	36	1988	25:36.00	Pat Zerfas	35	1997	30:29.00
40-44	Alan Price	40	1987	23:27.00	Laura Niel	40	2004	29:00.70
45-49	Bruce Booth	47	1995	26:07.30	Kimberly Light	47	2005	36:53.47
50-54	James Carmines	52	1995	24:40.10	Judy Witt	51	2000	30:07.40
55-59	Dave Romansky	59	1997	25:48.00	Cathy Van Brocklin	59	2005	34:19.32
60-64	Jack Ozment	60	1990	30:29.10	Lois Dicker	60	2000	31:28.90
65-69	Louie Aiello	68	1986	33:23.00	Lois Dicker	66	2006	33:02.22
70-74	Jack Starr	71	1999	30:19.00	Terry Hamilton	70	1998	40:27.70
75-79	Edward Seeger	75	1990	33:14.20	Terry Hamilton	76	2004	45:25.20
80-84	Edward Seeger	80	1995	36:22.40	Mary Lathram	80	1995	43:21.40
85-89	Edward Seeger	85	2000	43:26.70	Mary Lathram	87	2002	45:31.43
90-94					Mary Lathram	90	2005	48:02.95

10000 Meter Run (new event 1995 - not held 1999)

15-19	DelVaughn Rooks	16	2007	39:01.48				
20-24	Dustin Sweeney	20	2003	34:37.80				
25-29	Adam Condit	25	2008	32:51.00				
30-34	Kareem Lanier	31	2004	33:22.90	Antje Ekruth	30	1996	47:37.00
35-39	Ted Poulos	35	1997	34:05.90				
40-44	Bob Briggs	41	1998	35:14.00	Patricia Zerfas	41	2003	41:35.10
45-49	Ted Poulos	45	2007	35:42.26				
50-54	Maurice Pointer	52	2008	35:10.76	Cynthia Evans	54	2009	46:16.54
55-59	Jay Wind	57	2007	42:18.41	Janet Newburgh	55	1997	48:55.90
60-64	Stephen Forman	64	2004	45:47.00				
65-69					Joyce Hodges-Hite	65	2002	57:41.30
70-74	Wendell Golden	71	1996	52:46.40				
75-79	Tony Diamond	76	2005	1:00:27.00				

10000 Meter Race Walk (new track event 2003)

40-44	Tim Good	44	2004	1:00:51.00	Anne Pastorkovich	40	2005	1:24:51.36
55-59	Morris Gelman	59	2008	1:17:31.57	Donna Green	57	2009	1:14:13.76
60-64	Jim Carmines	62	2005	58:51.93	Lois Dicker	64	2004	1:13:00.00
65-69	Sheldon Contract	69	2008	1:12:37.38	Lois Dicker	67	2007	1:13:49.53
70-74	Roger Webb	70	2007	1:17:59.91				

15000 Meter Race Walk (new track event 1995, last held in 2000)

20-24					Alison Zabrenski	21	2000	1:30:19.0
30-34	Danny Fink	32	1995	1:13:35.0	Kora Boufflert	34	2000	1:28:05.0
35-39	Tim Good	38	1998	1:37:05.0	Pat Zerfas	35	1997	1:34:15.0
40-44	Steve Pecinovsky	40	1995	1:13:24.0	Donna Chamberlain	43	2000	1:24:18.0
45-49	Bruce Booth	48	1996	1:19:45.0				
50-54	Alan Price	50	1997	1:30:31.0	Joan Schindell	54	1996	2:03:58.0
55-59	Dave Romansky	59	1997	1:23:20.0				
60-64	Cedric Hustace	61	1995	1:41:02.0				
65-69								
70-74	Jack Starr	72	2000	1:38:39.0				

Hurdles (80/100/110 meters based on age)

<= 14	Darius Harrison	13	1994	17.40	Nicole James	10	1995	17.00
15-19	Vincent Brown	17	2008	14.45	Keosha Sanders	16	1998	15.32

20-24	Aaron Savage	20	1996	15.33				
25-29	Dudley Dorival	25	2000	13.56	Tamela Penny	29	1992	16.10
30-34	Mark Williamson	32	1990	14.90				
35-39	Jeremiah Lloyd	38	1996	15.31	Irene Thompson	39	1993	18.60
40-44	Jeremiah Lloyd	42	2000	15.53	Irene Thompson	44	1998	14.26
45-49	Karl Smith	49	2009	15.12	Irene Thompson	49	2003	13.80
50-54	Joe Schwieterman	50	2009	15.90				
55-59	Jack Kuhns	56	1995	19.70				
60-64	Ty Brown	64	2009	15.99				
65-69	James Stookey	68	1998	17.40	Evelyn Wright	66	2003	19.70
70-74	James Stookey	70	2000	12.90				
75-79	James Stookey	75	2005	13.62WR				

Intermediate Hurdles (3 = 300 meters; 4 = 400 meters)

<= 14	Maynard Harrison	12	1995	56.80				
15-19	Manuel Morris (4	17	2008	57.52	Shiloh Crawford (4	16	1993	82.50
	Michael Davidson(3	15	1995	46.50	Elizabeth Johnson (3	17	1995	67.60
20-24	Byron Henry	23	1987	58.90	Zenora Berry	22	2000	62.40
25-29	Fitz Allen Crick	28	2000	52.30	Deborah Yurth	26	1989	75.10
30-34	Michael A. Jackson	31	2004	57.60	Mary Ellen Malloy	34	1991	76.80
					Deborah Yurth	31	1994	76.80
35-39	Horace Hudson	39	1992	59.40	Kathy Pierce	39	1986	81.60
40-44	Keith Witherspoon	41	1994	60.10	Lizanne Stephan	42	2009	78.11
45-49	Joseph Varrone	45	2001	60.50	Irene Thompson	46	2000	73.51
50-54	Jim Bradley (3	52	1988	46.40				
	John Sloan (4	52	1992	62.10				
55-59	James Bradley (3	56	1992	52.50				
	John Sloan (4	57	1997	98.40				
60-64	Alvin Burton (3	62	1997	53.50				
65-69	James Stookey (3	68	1998	49.46				
70-74	Harold Niebel (4	70	1985	80.60				
	James Stookey (3	70	2000	49.80				

Relays mostly open

4x100	Team 2 Cobra	<= 14	2001	61.60	Knights	<= 14	2001	58.40
	Team Haiti	Open	2000	40.55	Maryland Masters	Open	2004	57.77
	Evelyn's TC	15-19	2000	51.09	Frederick+	15-19	1998	52.52
Phoenix Track Club 'B'	<= 29	2009		42.97				
	Slo & Old T.C.*	40+	2006	47.9	Masters**	40+	2008	59.24
	Frontier	50-54	2001	51.10				

* Tommy Lovelace, Skeeter Jackson, Brian Banks, and Charles Edwards

** Sandra Arnold, Monica Caldwell, Kristine Longshore, and Deeta Carnes

4x400	Glenarden	<= 14	1995	3:22.7	Knights	<= 14	2001	5:03.1
	Teen MC	15-19	1998	4:41.1	PVSTC	15-19	1995	4:43.6
DixonLeeRoperMcDonnough	40+	1999		4:05.9				
TNT Intl Racing Club 'B'	40-49	2009		4:01.70				
	PVSTC	50-54	1985	4:35.5				

Long Jump

<= 14	Trip Wilhelm	13	1995	5.48m	Meghan Walsh	13	1997	4.12m
15-19	Rodney Clark	18	1998	6.89m	Theresa Jones	18	1994	5.46m
20-24	Leon Hunt	22	2009	6.77m				
25-29	Kim Bullock	29	1994	6.79m	Tamela Penny	29	1992	5.56m
					Diana Ling	28	1999	5.87m
30-34	Keith Witherspoon	32	1985	6.76m	LaTisha Moulds	31	2008	5.17m
35-39	Kevin Lendo	35	1998	6.26m	Irene Thompson	37	1991	4.52m
40-44	Keith Witherspoon	41	1994	6.60m	Tracey Berryman	42	2009	4.67m
45-49	Charles Swindell	46	2007	5.98m	Irene Thompson	46	2000	4.21m
50-54	Robert Clark	51	2008	5.47m	Hillen Stubendorff	52	2001	3.87m
55-59	Keith Witherspoon	55	2008	5.21m	Ginny Shapiro	55	2002	2.96m
60-64	James Stookey	61	1991	4.98m	Evelyn Wright	64	2001	3.54m
65-69	James Stookey	65	1995	4.67m	Leonore McDaniels	67	1995	3.53m
70-74	James Stookey	70	2000/01	4.51m	Audrey Lary	70	2004	3.76m
75-79	James Stookey	77	2007	3.95m	Audrey Lary	75	2009	3.21m
80-84					Carla Convery	80	2000	1.60m
85-89	Jeremiah Gaines	89	2001	2.13m				

Triple Jump

<= 14	Trip Wilhelm	13	1995	11.44m	Alison Taylor	12	1997	8.64m
15-19	Rodney Clark	18	1998	14.12m	Theresa Jones	18	1994	10.9m
20-24	Jim Tymon	24	1997	13.50m				
25-29	Okinyi Ayungo	29	2004	14.21m	Robyn-Rene Edwards	25	2003	10.25m
30-34	Sam Okantey	30	2005	15.43m	Mary Ellen Malloy	34	1991	7.19m
35-39	Benedict Olusola	37	1996	13.11m	Regina Richardson	39	2004	11.63m
40-44	Charles Swindell	41	2002	13.66m	Tracey Berryman	42	2009	9.81m

45-49	Charles Swindell	47	2008	13.83m	Irene Thompson	49	2003	9.05m
50-54	Marcus Battle	50	2009	11.17m	Gloria Nash	50	2004	4.89m
55-59	Bob Rockwell	56	2005	10.69m	Susanne Magrogan	57	1998	5.65m
60-64	James Stookey	64	1994	10.44m	Evelyn Wright	61	1998	7.70m
65-69	James Stookey	66	1996	10.08m	Audrey Lary	69	2003	8.10m
70-74	James Stookey	71	2001	9.56m	Audrey Lary	71	2005	7.76m
75-79	James Stookey	75	2005	8.66m	Audrey Lary	75	2009	7.35m
80-84	Charles Irwin	80	1998	6.57m				

High Jump

<= 14	Ricky Blake	14	2005	1.56m	Nana Meriwether	13	1998	1.57m
15-19	Justin Besachio	17	1990	1.93m	Se'verine Tanic	18	2001	1.67m
	Rodney Clark	18	1998	1.93m				
20-24	Justin Besachio	20	1993	1.93m				
25-29	William Skinner	27	1991	2.10m	Monica Skinner	27	1992	1.63m
30-34	Mark Williamson	31	1989	2.13m	Monica Skinner	31	1997	1.57m
					Deborah Yurth	31	1994	1.57m
35-39	Bruce McBarnette	35	1993/96	2.03m	Lynn Davis	38	1994	1.22m
	Mark Williamson	35	1993	2.03m				
40-44	Bruce McBarnette	43	2001	2.03m				
45-49	Bruce McBarnette	45	2003	1.96m	Marlene Sachs	47	1991	1.96m
50-54	Mark Williamson	50	2008	1.83m	Hillen Stubendorff	52	2001	1.22m
55-59	Keith Mathis	56	2008	1.61m	Ashley Childs	59	2009	1.19m
60-64	J A Gillcrest	64	1990/92	1.63m	Evelyn Wright	64	2001	1.27m
65-69	James Stookey	68	1998	1.42m	Evelyn Wright	66	2003	1.31m
70-74	James Stookey	71	2001	1.37m	Wally Dashiell	71	1995	1.37m
75-79	Fred Everhart	77	2003	1.36m	Vivian Nelson	75	1988	1.36m
80-84	Charles Irwin	80	1998	1.07m				
85-89	Bob Detweiler	85	1999	0.74m				

Pole Vault (not held 1991 or 1992)

<= 14	Craig Bliley	13	1998	6'06"	1.98m	Caitlin Davis	14	2008	6'06"	1.98m
15-19	Tony Pesco	17	1998	13'06"	4.11m	Morgan Danner	17	2007	9'05½"	2.89m
15-19	Chris Stark	16	1999	13'06"	4.11m					
15-19	Brian Grubel	18	2003	13'06"	4.11m					
20-24	Dan Hall	24	2000	15'00"	4.57m					
25-29	Drew Orsinger	26	2000	16'00"	4.88m					
30-34	David Hood	32	1997	15'00"	4.57m	Cici Hall-Hamel	30	2008	8'06"	2.59m
35-39	John Finney	39	2007	14'06"	4.42m					
40-44	Jeff Kingstad	40	1993	13'00"	3.96m					
45-49	Edward Hoyle	49	1985	13'06"	4.11m					
50-54	Jerry Welbourn	53	1990	11'06"	3.51m	Hillen Stubendorff	52	2001	8'00"	2.44m
55-59	Tomlinson Rauscher	58	2004	11'00"	3.35m					
60-64	Tomlinson Rauscher	61	2007	10'06¾"	3.22m	Joy McDonald	63	2004	7'00"	2.13m
65-69	Taylor Goode	67	2003	10'06"	3.20m	Leonore McDaniels	69	1997	6'06"	1.98m
70-74	Taylor Goode	71	2007	8'11¾"	2.74m	Evelyn Wright	70	2007	4'11¼"	1.52m
75-79	James Condell	75	2007	6'11¾"	2.13m					
80-84	Clarence Larson	84	1994	2'00"	0.61m					

Discus

<= 14	Steve Huntzinger	13	1998	34.53m	Jamie Mushatt-Valrie	13	1998	23.91m
15-19	Steve Huntzinger	17	2002	52.45m	Natalie Jean Baird	17	2007	41.83m
20-24	Brian Brophy	20	1989	50.88m	Bria Johnson	20	2004	36.85m
25-29	Chris Owens	28	1998	51.18m	Michelle Jezycki	27	1994	34.31m
30-34	Warren Taylor	34	1993	50.67m	Heather Blackburn	30	2001	34.24m
35-39	Glenn Thompson	35	1998	50.52m	Joan Stratton	38	1990	34.09m
35-39					Teresa Henderson	38	1999	35.28m
40-44	Glenn Thompson	40	2003	51.32m	Kathy Pierce	42	1989	28.88m
45-49	Timothy Williams	45	1994	42.83m	Ann Marie Mushatt	46	1998	20.58m
50-54	Larry Pratt	54	1995	51.43m	Donna Barrett	52	2008	23.70m
55-59	Larry Pratt	55	1996	47.30m	Evelyn Wright	59	1996	23.80m
60-64	Larry Pratt	61	2002	56.08m	Evelyn Wright	61	1998	25.83m
65-69	Larry Pratt	66	2007	45.31m	Evelyn Wright	66	2003	21.91m
70-74	William Smith	70	2005	42.75m	Evelyn Wright	70	2007	21.59m
75-79	Harry Holm	75	2009	32.25m	Sheila Gildea	75	2005	13.26m
80-84	Charles Irwin	80	1998	24.60m	Bernie Kleinschmidt	80	2002	10.82m
85-89	Charles Pistorino	85	2008	21.28m	Carla Convery	85	2005	05.87m

Hammer (not held 1996, 1997)

<= 14	Kevin Walsh	13	1999	18.00m	Ashlen Veatch	13	2007	39.82m (3K hammer)
15-19	Nick Welihozkiy	18	1999	56.64m	Aimee Veatch	17	2007	38.52m
20-24	Adam Connolly	22	1998	70.95m	Kate Cassidy	20	1998	40.84m
25-29	Patrick Minogue	28	2003	45.21m	Tanja Umland	26	1999	19.48m
30-34	Anders Halvorsen	32	2001	63.60m	Heather Withrow	32	2008	38.25m
35-39	Anders Halvorsen	36	2005	60.99m	Joan Stratton	38	1990	37.41m
40-44	Anthony Dziepak	42	2007	45.10m	Julie Smith	40	1998	23.83m
45-49	Mike Valle	45	1986	35.97m				
50-54	Carl Shields	51	2005	48.95m				

55-59	Terry Shuman	55	2001	44.36m	Evelyn Wright	58	1995	22.94m
60-64	Bob Cahners	60	2002	44.38m	Cindy Lea Arbelbide	60	2009	28.06m
65-69	Michael Valle	66	2007	36.75m	Evelyn Wright	66	2003	23.68m
70-74	Stan Laski	70	1987	37.69m	Evelyn Wright	70	2007	23.35m
75-79	Ray Feick	75	2007	27.85m	Bernie Kleinschmidt	78	2000	13.67m
80-84	William Bergen	81	2009	22.19m				
85-89	Bob Detweiller	84	1999	14.28m				

Javelin

<= 14	Steve Huntzinger	13	1998	34.58m	Meghan Walsh	13	1997	23.68m
15-19	Will Wright	17	2008	48.96m	Meghan Walsh	16	2000	31.91m
20-24	Brian Anderson	20	1997	54.26m	Krista Link	20	2004	29.10m
25-29	Barry Flicker	26	2007	58.75m	Robin Shudak	27	2002	26.57m
30-34	Kent Hollander	33	1985	63.42m	Chris Stancliff	31	1995	51.30m
35-39	David Riess	38	1986	70.43m	Joan Stratton	38	1990	28.02m
40-44	Jim McFadyen	40	1987	46.63m	Kathy Pierce	40	1987	26.57m
45-49	Russ White	45	1989	55.27m	Lorraine Tucker	46	1993	28.96m
50-54	Russ White	51	1995	57.62m	Carmela Miller	54	1998	32.01m
55-59	Robert Kouvolio	57	2007	55.15m	Carmella Miller	55	1999	28.74m
60-64	Russell White	63	2007	48.08m	Evelyn Wright	61	1998	24.61m
65-69	Russell White	65	2009	45.29m	Evelyn Wright	66	2003	22.29m
70-74	Ezzat Pashai	72	2005	40.81m	Evelyn Wright	70	2007	19.07m
75-79	Charles Pistorino	75	1998	30.88m	Bernie Kleinschmidt	75	1997	14.16m
80-84	Charles Pistorino	80	2003	30.60m	Carla Convery	80	2000	11.10m
85-89	Charles Pistorino	86	2009	21.12m				

Shot Put

<= 14	Aaron Kinchen	13	1986	11.35m	Jamie Mushatt-Valrie	14	1999	11.36m
15-19	Steve Huntzinger	16	2001	15.11m	Natalie Jean Baird	17	2007	12.40m
20-24	John Fallone	22	2007	15.76m	Bria Johnson	20	2004	12.36m
25-29	Dennis Phillips	25	1992	13.64m	Tanja Umland	26	1999	8.11m
30-34	Glenn Thompson	30	1993	16.28m	Heather Blackburn	30	2001	10.60m
35-39	Glenn Thompson	35	1998	16.60m	Joan Stratton	38	1990	11.71m
40-44	Glenn Thompson	40	2003	17.48m	Kathy Pierce	40	1987	9.49m
45-49	Warren Taylor	45	2004	14.31m	Lorraine Tucker	46	1993	9.65m
50-54	Warren Taylor	50	2009	15.04m	Donna Barrett	52	2008	10.16m
55-59	Ed McComas	56	1990	13.08m	Evelyn Wright	59	1996	8.68m
60-64	Ken Moss	62	2009	13.07m	Cindy Lea Arbelbide	60	2009	8.83m
65-69	Gerald Vaughn	65	2002	13.33m	Evelyn Wright	66	2003	7.86m
70-74	Ezzat Pashai	70	2005	12.08m	Audrey Lary	70	2004	7.64m
75-79	William Garthune	78	1986	9.86m	Bernie Kleinschmidt	75	1997	5.07m
80-84	Charles Pistorino	80	2003	8.27m	Bernie Kleinschmidt	80	2002	4.23m
85-89	Charles Pistorino	85	2008	7.73m				

Weight Throw (new event 1996)

<= 14	Alec Cianfichi	13	1998	8.51m	Meghan Walsh	13	1997	8.63m
15-19	Nick Welihozkiy	16	1997	18.66m	Caitlyn Green	15	2004	11.00m
20-24	Nick Welihozkiy	21	2002	18.75m	Bria Johnson	20	2004	11.18m
25-29	Sean Quinn	25	2000	14.44m				
30-34	Kunle Lawson	33	2005	14.25m				
35-39	Kunle Lawson	36	2008	14.17m				
40-44	James Brown	43	2004	14.52m	Rebecca Hartley	44	2008	8.74m
45-49	John Priestly	46	1997	10.96m	Rebecca Hartley	45	2009	8.61m
50-54	Gary Sutton	51	2005	13.79m	Donna Barrett	52	2008	9.15m
55-59	Terry Shuman	55	2001	15.83m	Susanne Magrogen	55	1998	6.89m
60-64	Bob Cahners	60	2002	18.04m	Cindy Lea Arbelbide	60	2009	12.13m
65-69	Mike Valle	65	2006	14.89m	Evelyn Wright	68	2005	11.14m
70-74	Ezzat Pashai	72	2007	11.79m	Audrey Lary	70	2004	11.32m AR
75-79	Ray Feick	75	2004	11.25m	Bernie Kleinschmidt	75	1997	5.89m
80-84	Darrell Dempster	80	2009	10.48m				
85-89	Bob Detweiler	88	2002	5.35m				

Super Weight Throw (event held 2004, 2007, 2008, **2009**)

<= 14								
15-19	Matthew Feiling	17	2004	5.77m				
20-24	Beau Fay	21	2004	9.80m				
25-29								
30-34	Kunle Lawson	32	2004	8.71m				
35-39	Kunle Lawson	37	2009	9.86m	Jennifer Stephens	37	2009	6.40m
40-44	James Brown	43	2004	9.83m				
45-49	Nicholas Agoris	45	2007	5.71m				
50-54	Gary Sutton	53	2007	5.43m	Donna Barrett	52	2008	6.14m
55-59								
60-64	William Gainey	60	2007	7.88m	Cindy Lea Arbelbide	60	2009	5.95m
65-69	Michael Valle	66	2007	6.61m				
70-74	Jack Kuhns	70	2009	6.31m				
75-79	Ray Feick	75	2007	5.97m				
80-84	Darrell Dempster	80	2009	6.52m				

Steeplechase (not held after 1991)

15-19	Brian Meyer	17	1988	11:10.9				
20-24	Steve Clark	23	1988	10:03.8				
25-29	Tom Bowmaster	28	1988	9:47.8	Laurie Black	28	1991	13:33.1
35-39	Alan Price	39	1986	13:27.5				
40-44	Bob Eaheart	40	1987	12:09.7				
45-49	Thomas Sheahen	45	1986	11:27.5				
50-54	Tom Kurihara	50	1986	11:39.2				
55-59	Alan Fairbrother	55	1991	12:11.1				

Weight Pentathlon (new event **2009** over 1 day; masters age graded))

35-39	Kunle Lawson	37	2009	3036				
40-44	Anthony Dziepak	44	2009	2428				
55-59	Gary Sutton	55	2009	2836				
60-64	William Gainey	62	2009	3235	Cindy Lea Arbelbide	60	2009	3397
65-69	Michael Valle	68	2009	3672				
70-74	Jack Kuhns	70	2009	3313	Evelyn Wright	72	2009	3296
80-84	William Bergen	81	2009	2718				
	Darrell Dempster	80	2009	2718				

Special Weight Pentathlon (held 1998-2008 over 2 days; masters age-graded)

<= 14	Kevin Walsh	13	1999	1134				
15-19	Frank Nothaft	18	2007	2873	Meghan Walsh	16	2000	1923
20-24	Nick Welihozkiy	20	2001	3767	Bria Johnson	20	2004	2860
25-29	Kunle Lawson	29	2001	2849				
30-34	Kunle Lawson	32	2004	3171				
35-39	Kunle Lawson	35	2007	3169				
40-44	Tony Dziepak	42	2007	2738	Heather Scanlon	42	2005	2130
45-49	Scott Medlin	47	2002	2591				
50-54	William Walsh	54	1999	3224	Donna Barrett	52	2008	734
55-59	Terry Shuman	55	2001	4178				
60-64	Mike Valle	62	2003	3830	Evelyn Wright	62	1999	3438
65-69	Mike Valle	66	2007	3986	Evelyn Wright	67	2004	3528
70-74	Ezzat Pashai	72	2007	3898	Evelyn Wright	70	2007	4234
75-79	Ray Feick	75	2007	3385	Bernie Kleinschmidt	78	2000	2524
85-89	Bob Detweiler	85	1999	1856				

Pentathlon (new event 1999; masters age-graded)

<= 14	Ricky Blake	14	2006	2094				
15-19	Adam Markley	15	2000	1582	Kaelin Mejia	15	2001	2057
25-29	Adam Alderton	26	2000	3069				
30-34	Adam Alderton	33	2007	3014				
35-39	Leslie Young	35	2005	2826				
40-44	Robert Harding	40	2002	2762				
45-49	Frank Makozy	47	2007	2673				
50-54	Anthony Markley	52	2006	2575				
55-59	Robert Norton	55	2002	2240	Ashley Childs	59	2009	2456
60-64	Joel Liles	60	2006	2681				
65-69					Evelyn Wright	68	2005	3137
70-74	Herman Blinchikoff	70	2004	1923				
75-79	Sam Madia	76	2000	2786				
80-84	Sam Madia	82	2006	1818				

Additional club records:

- [Pentathlon records by individual event \(XLS\)](#)
| [\(PDF\)](#)
- [Decathlon records by individual event \(XLS\)](#)
| [Day 1 PDF](#)
| [Day 2 PDF](#)