

# 2013 USATF Northwest Region Masters Track and Field Championship Meet Records

Only Athletes USATF Registered in Northwest Region 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 Mike Waller	11.41	2006
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 Don Kane	17.24	2013
85-89 Buell Crane	19.94	1985
90-94 Buell Crane	20.69	1990
95-99 Dan Bulkley	28.17	2013
100 Meters-Women		
30-34 Penny Farstar-Gilkey	13.04	1986
35-35 Dena Birades	12.57	2008
40-44 Dena Birades	12.55	2012
45-49 Mary Libal	12.84	1995
50-54 Mary Libal	14.04	2003
55-59 Karlyne Fazio	14:88	2012
60-64 Nikki Ryan	16.04	1992
65-69 Candy Puterbaugh	16.98	2013
70-74 Marie Stafford	18.78	1991
75-79 Helen Jenson	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	2006
70-74 Robert Hewitt	30.17	2004
75-79 William Platts	31.14	2004
80-84 Don Kane	37.95	2013
90-94 Dan Bulkley	50.83	2009
94-99 Dan Bulkey	1:16.66	2013
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 Karlyne Fazio	31.61	2012
60-64 Diane Palmason	33.59	1999
65-69 Suzi MacLeod	37.76	2002
70-74 Marie Stafford	41.10	1991

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	53.87	1996
55-59 Dave Walter	54.74	2000
60-64 David Ortman	58.58	2013
65-69 Robert Morris	61.74	1985
70-74 Don Kane	68.16	2003
75-79 Don Kane	1:18.90	2010
80-84 Jule Crabtree	1:11.50	1997
85-89 Dan Bulkley	1:51.66	2006
90-94 Dan Bulkley	2:09.12	2010
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 Karlyne Fazio	1:13.31	2012
60-65 Betty Schaefer	1:23.19	2009
65-69 Candy Puterbaugh	1:22.50	2013
70-74 Marie Stafford	1:33.97	1991
75-79 Suzi MacLeod	1:35.76	2010
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
80-84 Charles Milliman	4:27.42	2013
90-94 Dan Bulkley	5:26.10	2010
800 Meters-Women		
30-34 Susan Greg-Hanson	2:19.37	1994
35-39 Mary Thane	2:20.67	2000
40-44 Jules Triguiero	2:27.70	1990
45-49 Jane Treleven	2:29.11	1994
50-54 Mary Czarapata	2:47.00	1987
55-59 Judy Fisher	3:17.92	1999
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	3:35.22	2010
1500 Meters-Men		
30-34 Greg Gustafson	03:58.9	1988
35-39 Derek Waxman	4:20.57	2011
40-44 Vic Bennett	4:09.20	1983
45-49 Ray Hatton	4:13.30	1980
50-54 Ray Hatton	4:14.20	1983

60-64 Dan McCormick	4:39.47	1999
65-69 Gary Hall	5:22.67	2013
70-74 John Keston	5:15.51	1995
75-79 Paul Flanagan	6:13.97	2007
80-84 Craig McMicken	8:13.29	2006
30-34 Betsy Haydock	4:42.16	1989
1500 Meters-Women		
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 Jeannette 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
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
49-49 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	1986
65-69 Jim Davis	20:16.33	2003
70-74 John Keston	19:14:45	1995
75-79 Larry Wright	27:18.19	2013
80-84 Fred Sanday	35:46.84	1999
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	20:31.96	2003
55-59 Pam Turner	21:04.25	2003
60-64 Jeanette Groesz	20:34.89	2010
65-69 Billie Murphy	24:35.00	1994
Pat Johnson	23:34.6h	1997
70-74 June Machala	23:28.76	2003
75-79 Susan Means	32:15.12	2010
80-84 Susan Means	35:13.01	2013
10,000 Meters - Men		
30-34 Anthony Miller	32:51.23	2001
35-39 David Castle	33:07.43	1991
40-44 Ahrlin Bauman	31:12.68	2013
45-49 Mark Billet	33:55.74	1999
50-54 David McJunkin	35:01.10	1998
55-59 Larry Williams	39:41.15	1994
60-64 Doug Winn	35:47.78	2010
65-69 Larry Wright	46:48.84	2005
70-74 David Pitkethly	44:50.97	2006
80-84 Craig McMicken	1:07:10.42	2006

10,000 Meters-Women		
30-34 Julie Thomas	41.36.58	2001
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 Bob Sheedy	16.61	2011
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
70-74 Becky Sisley	17.52	2009
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-Women		
70-74 Becky Sisley	42.42	2009
300 Meter Hurdles-Men		
60-64 David Ortman	46.48	2013
65-69 Richard Nordquist	56.43	1992
70-74 Roger Vergin	1:06.69	2011
75-79 Dan Bulkley	64.80	1996
300Meter Hurdles-Women		
50-54 Karen Maxwell	56.46	2013
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 Richard Reinhart	59.05	1989
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	2008
400 Meter Hurdles-Women		
30-34 Kathy Kathman	81.65	1989
40-44 Stella Orechia	74.45	2001
Ruth Callard	71.5 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 David Taylor	7:39.11	2010
65-69 John Hepner	8:31:52	1998
70-74 Dallas Kloke	9:55.98	2010

2K Steeplechase-Women		
30-34 Lauriea Blume	8:37:92	2001
40-45 Karen Steen	7:29.44	2008
45-49 Robin Vesey	8:37:81	2001
50-54 Betsy Seth	9:02.34	2011
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 1.98	1998
35-39 Richard Teller	6-4 1.93	1988
40-44 Richard Teller	6-4 1.93	1992
45-49 Scott Rick	5-11¼ 1.81	2010
50-54 HermWyatt	5-10 1.78	1984
55-59 Al Phillips	5-3 ¾ 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
Bob Sheedy	4-4 1.32	2011
75-79 Vince Sempronio	4-2¼ 1.28	2001
80-84 Gilbert Young	3-8 ½ 1.13	2003
85-89 Buell Crane	4-2 ½ 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 Martha Mendenhall	4-11 1.50	2003
45-49 Deanna Lickey	4-6 1.37	1994
50-54 Martha Mendenhall	4-7¾ 1.42	1991
55-59 Becky Sisley	3-9¼ 1.15	1996
60-64 Becky Sisley	3-10¾ 1.19	2000
65-69 Becky Sisley	3-8 ½ 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 John Altendorf	12-2½ 3.72	2013
70-74 Don Grosh	9-6 2.90	1995
75-79 Don Grosh (tie)	7-10½ 2.40	2000
Bob Hewitt (tie)	7-10½ 2.40	2011
80-84 John Cleveland	7-¾ 2.15	2007
85-89 Dennis Sullivan	4-1¼ 1.25	2013
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	8-0¼ 2.46	2001
65-69 Becky Sisley	7-6½ 2.15	2005
70-74 Becky Sisley	7-8¼ 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 Joe Smith	19-6¼ 5.95	2002
50-54 Mike McDaniel	18-5½ 5.63	1996
55-59 Frank Struna	17-2¼ 5.24	2000
60-64 David Ortman	16-10¾ 5.14	2013
65-69 Frank Struna	15-5¼ 4.72	2007
70-74 Robert Hewitt	15-½ 4.58	2004
75-79 Norm MacLeod	13-5 4.09	2011
80-84 Buell Crane	9-11 3.02	1983
85-89 Buell Crane	8-5 2.57	2013
90-94 C. Wheeler	7-10 2.39	1983
95-99 C. Wheeler	5-10 1.78	1988
Long Jump-Women		
30-34 Monica Barnhart	15-11¼ 4.87	2013

40-44 Sheila Smith	17-0 5.20	2012
50-54 Linda Phillips	11-1½ 3.39	2013
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	39-5 12.01	2007
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 Norm MacLeod	28-3½ 8.62	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	31-8 ¾ 9.67	2008
40-44 Sheila Smith	35-5 10.79	2012
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 5.52	2010
65-69 Nancy Nelson	18-3 5.58	2013
70-74 Edythe Hulet	11-9½ 3.59	2012
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 Ross Carter	44-7 13.59	1985
75-79 Ross Carter	40-1½ 12.23	1989
80-84 Ross Carter	39-6¼ 12.05	1995
85-89 Ross Carter	33-2 10.11	1999
90-94 Dan Bulkley	18-3¾ 5.58	2011
95-99 Leon Joslin	15-6½ 4.74	2008
Shot Put-Women		
30-34 Laurie Jenkins	30-9¼ 9.39	1999
35-39 Mary Harrington	31-8 9.65	1996
40-44 Stephanie Ely	34-7 10.54	2011
45-49 Monica Kendall	41-11½ 12.79	2003
50-54 Monica Kendall	46-10¼ 14.28	2006
55-59 Monica Kendall	43-6½ 13.27	2013
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 Janice Bradley	22-4¼ 6.82	2013
80-84 Melanie Reske	15-11¼ 4.86	2002
85-59 Melanie Reske	14-7¼ 4.45	2006
As of 2010 new shot weight W75+		
85-59 Melanie Reske	12-7¾ 3.85	2010
Discus-Men		
30-34 J. Stubblefield	148-1½ 45.15	1992
35-39 Victor Barcot	157-10 48.11	2010
40-44 Tim Fox	158-2 48.20	1997
45-49 Mark Neil	152 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
75-79 Harvey Lewellen	126-9 38.65	1990

80-84	Ross Carter	112-4¾	34.25	1994
85-89	Ross Carter	97-6	29.72	1999
90-94	Buell Crane	65-6	19.96	1990
95-99	Collister Wheeler	48-7	14.81	1988

#### 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	Yvonne Kirkpatrick	92-9	28.27	2006
55-59	Yvonne Kirkpatrick	22.12		2013
60-64	Georgia Cutler	68-7	20.90	2003
65-69	Georgia Cutler	64-6	19.66	2008
70-74	Mavis Lorenz	58-11½	17.97	2000
75-79	Janice Bradley	14.56		20
80-84	Melanie Reske	36-10½	11.24	2003
85-89	Melanie Reske	30-1	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	48.22	2003
65-69	Gary Stenlund	171-1	52.14	2007
70-74	Gary Stenland	43.60		2013
75-79	Jim Backstrand	41.97		2013
80-84	Vince Sempronio	80-7¾	24.58	2006
85-89	Dennis Sullivan	21.34		2013
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+

50-54	Paul McPherson	173-11½	53.03	2004
55-59	Tom Sinclair	164-9	50.22	2012
70-74	Doug Appel	128-2	39.08	2012
75-79	William Platts	130-4	39.72	2004
80-84	Dennis Sullivan	83-9	25.54	2007
85-89	Frank Weber	46-5	14.15	2011
90-94	Dan Bulkley	40-5	12.32	2011

#### 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	124-4	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	83-3	28.68	2009
75-79	Janice Bradley	13.16		2013
80-84	Melanie Reske	33-10¼	10.32	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	Monica Kendall	125-9	38.34	2011

#### Hammer-Men

30-34	Zeb Hoffman	154-8	47.14	2011
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	128-10	39.28	2010
85-89	Leon Joslin	55-2	16.81	1997
90-94	Buell Crane	71-5 ½	21.78	1990

#### Hammer-Women

30-34	Laurie Jenkins	87-2	26.58	1999
35-39	Liz Wadsworth	61-4¼	18.70	1999
40-44	Susan Hinz	84-1½	26.54	1992
45-49	Donna Beard	49-06	15.08	2013
50-54	Joyce Taylor	134-1	42.88	2003
55-59	Joyce Taylor	124-0	31.81	2006
60-64	Georgia Cutler	111-11	34.12	2003
65-59	Georgia Cutler	94-9	28.88	2008
70-74	Frances Melzer	79-8	24.28	2012
75-79	Janice Bradley	59-03	18.05	2013
80-84	Melanie Reske	36-8¼	11.18	2002
85-89	Melanie Reske	31-6¾	9.62	2006

#### As of 2010 new Hammer implements W75+

No records

#### Weight Throw-Men

30-34	Zeb Hoffman	55-3	16.86	2011
40-44	Tim Shannon	47-3½	14.41	2003
45-49	Ray Burton	48-4	14.72	2005
50-54	George 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	George Mathews	63-7	19.38	2009
70-74	Ken Weinbel	38-7½	11.77	1998
75-79	Jim Minah	28-¾	8.55	1996
80-84	Harvey Lewellen	51-2¼	7.74	1994
85-89	Leon Joslin	22-4½	6.82	1999

#### As of 2001 new implements M50+

50-54	Ray Burton	58-6	17.83	2001
55-59	Tom Gage	67-1¼	20.45	2001
60-64	Tom Gage	73-1¼	22.28	2003
65-69	Tom Gage	60-2¼	18.32	2010
70-74	Bob Lawson	52-6¾	16.02	2006
75-79	Harvey Lewellen	50-5	15.37	2005
80-89	Harvey Lewellen	51-2¼	15.60	2010
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	31-3¼	9.54	1996
50-54	Pauline Thomas	43-5	13.23	2000
55-59	Joyce Taylor	37-1	11.30	2008
70-74	Pat Osmon	15-7½	4.77	1998
75-79	Melanie Reske	17-2¼	5.25	1998

#### As of 2001 new Weight implements W60+

60-64	Georgia Cutler	42-11½	13.09	2003
65-69	Georgia Cutler	39-10½	12.15	2008
70-74	Frances Melzer	28-10½	8.08	2012
75-79	Pat Osmon	20-2¼	6.15	2002
80-84	Melanie Reske	20-½	6.11	2002
85-89	Melanie Reske	16-7	5.05	2006

#### As of 2010 new Weight implements W75+

85-89	Melanie Reske	15-00	4.57	2010
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#### Superweight-Men

30-34	Zeb Hoffman	35-4	10.79	2011
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	G Mathews	29-11¼	9.12	1998
55-59	Tom Gage	30-7½	9.33	1998
60-64	George Mathews	34-10¼	10.62	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	Harvey Lewellen	26-9	8.15	2011
85-89	Leon Joslin	15-9¼	4.82	1998
95-99	Leon Joslin	9-3¼	2.83	2008

#### Superweight-Women

40-44	Laura Jinkins	22-3	6.78	2008
45-59	Pauline Thomas	18-10	5.74	1996
50-55	Joyce Taylor	30-2	9.19	2000
55-59	Joyce Taylor	28-1	8.56	2008
60-64	Georgia Cutler	21-½	6.41	2003
65-59	Georgia Cutler	20-7	6.27	2008
70-74	Pat Osmon	12-½	3.27	2001
75-79	Melicent Whinston	11-7	3.53	2005
80-84	Melanie Reske	13-3 ½	4.05	2002
85-89	Melanie Reske	12-7¼	3.84	2006

#### As of 2011 new Superweight W60-W74

60-64	Joyce Taylor	23-10	7.28	2011
70-74	Janice Bradley	15-7	4.77	2011

#### As of 2011 new Superweight W75+

No records

#### Mile Racewalk - Men

40-44	Tommy Aunan	8:14.50	2003
45-49	Robert Frank	7:35.45	1998
50-54	Pat Detloff	7:40.43	2005
55-59	Edgar Kousky	7:53.92	1998
60-64	George Opsahl	8:16.16	2005
65-69	George Opsahl	8:56.85	2001
70-74	Ron MacPike	10:00.98	2003
75-79	Ron MacPike	10:51.72	2009
80-84	Dick Vaughn	12:20.62	2011

#### Mile Racewalk - Women

35-39	Marie VerMeer	10:35.10	1998
40-44	K Murphey-Glenn	8:10.32	2001
45-49	Kathryn Grimes	8:26.65	2010
50-54	Janet Wiebold	11:16.86	2001
55-59	Maureen Robeson	10:15.99	2006
60-64	Donna Lafayette	10:22.82	2009

#### 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
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<b>5000m Racewalk-Men</b>		
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 Rob Frank	26:59.01	2010
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
80-84 Dick Vaughn	38:41.31	2011
<b>5000m Racewalk-Women</b>		
30-34 D Hairabedian	27:14.06	1991
35-39 Terie Taylor-Smith	28:42.1 h	1997
40-44 K. Murphey-Glenn	26:24.98	2001
45-49 K. Kathryn Grimes	27:10.94	2011
50-54 Mary Synder	27:43.28	2003
55-59 Bev LaVeck	28:52.99	1994
60-64 Bev LaVeck	29:12.74	1996
65-69 Donna Lafayette	32:45.06	2006
70-74 Bev LaVeck-McCall	32:45.1	2006
<b>10,000m Racewalk-Men</b>		
<i>Normally held in the Spring</i>		
30-34 Colin Peters	50:58	1996
35-39 Ian Whatley	48:14	1998
45-49 Stan Chraminski	51:23	1995
50-54 Stan Chraminski	54:51.8	2001
55-59 Gerry Dragomir	52:56.2	2006
60-64 Karl Johansen	57:38.40	2007
65-69 George Opsahl	59:59.1	2007
70-74 Ron MacPike	67:47.5	2004
75-79 Ron MacPike	72:19	2009
<b>10,000m Racewalk-Women</b>		
<i>Normally held in the Spring</i>		
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	60:33.0	2001

<b>4X100 Relay</b>		
<b>M40-49 OR Assc, 'A'</b>	47.49	2010
(Sanders, Martin, Banuelos, Beller)		
<b>M50-59 NW Region 'A'</b>	50.30	1998
(Edens, Schlewitz, Kane, Coy)		
<b>M60-69 PMTC</b>	59.35	2001
(Brown, Puckett, Schlewitz, Kane)		
<b>M70-79 Port. Masters T.C.</b>	<b>1:12.83</b>	<b>2011</b>
(Kane, Brock, MacLeod, Stepan)		
<b>W30-39 Holy Smokes</b>	<b>56.05</b>	<b>1999</b>
(Richardson, Clayton Dewarder, Ryan) ,		
<b>W40-49 OTCM</b>	<b>63.19</b>	<b>1998</b>
(Rickson, Mitchell, Sisley, Libal)		
<b>4X400 Relay</b>		
<b>M40-49 OTCM</b>	<b>4:07.04</b>	<b>1998</b>
(Yohn, Shelley, Hughes, Maier)		
<b>M50-59 OTCM</b>	<b>4:28.52</b>	<b>2006</b>
(Hacker, Widoff, Russell, Maier)		
<b>W40-49 Running Unlimited</b>	<b>4:59.10</b>	<b>2003</b>
(Boon, Steinber, Fazio, Palmason)		
<b>NOTE:</b> If a record does not appear for a specific age group, no member of the USATF Masters in that age group has yet competed in the Northwest Region Masters Championships or, in the case of the horizontal jumps and the sprints, performances recorded so far have been wind-aided, which are not acceptable for records.		
Rose Schlewitz, (rev3 07/16/14)		

