

Carolinas Track & Field Club

Outdoor Events Record Holders

Last updated 7/4/2010

<u>Event</u>	<u>Name</u>	<u>Performance</u>	<u>Date</u>
100m			
W30	Anne Monsted	14.71	4/18/2009
W35	Regina Richardson	12.76	5/7/2004
W40	Toccata Murphy	13.04	5/22/2010
W45	Barbara Turkdamar	14.14 (13.87h)	5/2/2009 (7/31/2009)
W55	Marcella Hale-Hall	15.03h	7/31/2009
W70	Anne Yudell	18.60	2004
W75	Anne Yudell	20.42	2008
M30	Chris Schau	12.41 (11.83h)	4/10/2010 (7/10/2009)
M35	Rouchinet Jacobs	11.62	5/3/2008
M40	Robert Harding	11.71	2005
M45	Michael Kountze	11.80	8/5/2007
M50	Anthony Searles	11.32	5/7/2004
M55	Anthony Searles	12.11 (11.75h)	5/1/2009 (7/31/2009)
M60	Samuel Hall	12.89	2005
M65	Doug Wahlsten	15.87	5/2/2009
M70	Alfred Deans	14.61 (14.4h)	8/5/2009 (7/17/2009)
M80	Larry Greco	21.41	6/12/2010
200m			
W30	Ijnanya Brothers	27.70	8/3/2006
W35	Toccata Murphy	27.62h	7/10/2009
W40	Toccata Murphy	26.87	5/22/2010
W45	Barbara Turkdamar	29.18	5/2/2009
W55	Marcella Hale-Hall	31.18	6/14/2009
W70	Anne Yudell	41.50	2004
M30	Jason Reutter	24.25	4/8/2006
M35	Chuck Brown	24.71h	6/10/2006
M40	Robert Harding	23.23	2005
M45	Michael Kountze	24.16	8/3/2006
M50	Anthony Searles	24.17	2004
M55	Anthony Searles	25.57 (24.78h)	6/14/2009 (7/31/2009)
M60	Samuel Hall	26.53	8/3/2006
M65	Doug Wahlsten	33.02	5/2/2009

M70	Alfred Deans	30.78	8/5/2009
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400m

W30	Ilana Primus	1:05.83	8/3/2006
W35	Kris Kazebee	1:03.93	2004
W40	Barbara Turkdamar	1:02.28	8/3/2006
W55	Marcella Hale-Hall1	1:11.44 (1:11.0h)	6/14/2009 (7/10/2009)
M30	Leon Bullard	49.57	8/3/2006
M35	Rouchinet Jacobs	53.71	5/3/2008
M40	Robert Harding	52.25	2005
M45	Eddie Stone	55.93	2004
M50	Gregg Swindlehurst	58.6h	7/17/2007
M55	Robert Jackson	59.6	5/5/2006
M60	Sam Hall	1:03.0h	2005
M65	Doug Wahlsten	1:13.16	5/2/2009
M70	B. J. Kuhn	1:18.35	4/18/2009

800m

W30	Susan Smith	2:57.7h	6/10/2006
W35	Regina Richardson	3:22.13	2004
W40	Kris Kazebee	2:35.5h	7/10/2009
W80	Margaret Hagerty	5:45.50	8/3/2006
M30	Leon Bullard	2:01.23	8/3/2006
M35	Jason Reutter	2:16.14	4/19/2008
M40	Charles Washington	2:16.38	4/18/2009
M45	Paul Kinny	2:05	6/19/2003
M50	Paul Kinny	2:13.87	8/1/2007
M55	Rob Jackson	2:16.40	3/17/2006
M60	Tom Waite	2:51.52	4/18/2009

1500m

W30	Katherine Walker	4:58.65	8/2006
W35	Anne Monsted	5:59.29	5/22/2010
W40	Kay Weems	5:54.93	2005
W80	Margaret Hagerty	45:22.74	8/2006
M35	Shawn Carew	4:41.68	8/2006
M40	Chris Sarsony	5:02.74	5/23/2009
M45	Paul Kinny	4:42.84	4/8/2006
M50	Paul Kinny	4:31.03	8/5/2007
M55	Karl Fields	4:56.48	4/8/2006

M60	Karl Fields	5:24.78	5/22/2010
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Mile

M35	Chris Sarsony	5:46h	6/20/2007
M40	Paul Kinny	4:44.4	5/5/2001
M45	Paul Kinny	4:38.5	6/18/2002
M50	Paul Kinny	4:56.0	7/3/2007
M55	Karl Fields	5:17.0	5/5/2006
M60	Tom Waite	6:35.52	6/12/2010

3000m

M35	Chris Sarsony	14:21.0	5/30/2007
M40	Chris Sarsony	16:26h	6/18/2008
M45	Paul Kinny	9:38.99	3/22/2003
M55	Peter Coleman	13:50.53	6/12/2010
M60	Randy Whitt	13:00.41	4/18/2009
M65	Doug Wahlsten	14:34.99	4/18/2009

1500m SC

M45	Robert Cousar	5:58.63	5/22/2010
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3000m SC

M35	Chris Sarsony	13:44.46	8/2006
M40	Chris Sarsony	13:42.19	8/2/2007

5000m

W35	Anne Monsted	23:38.42	5/22/2010
M35	Greg Sabo	18:48.78	8/2006
M40	Larry Robinson	18:41.77	8/2006
M55	Robert Doolittle	18:35.29	8/2006
M60	Randy Whitt	23:08.84	5/2/2009

10000m

M35	Greg Sabo	40.12.99	8/2006
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1500m RW

M65	Tom Hartman	10:51.40	5/22/2010
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3200mRW

W55	Monica Moczek	21:21.93	4/18/2007
W70	Anne Yudell	25:32.00	2004

5000mRW

W35	Carmen Plemmons	41:46.21	8/2006
W70	Joan Hargett	22:30.51	4/18/2009

10000mRW

W35	Carmen Plemmons	1:17.09	8/2006
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Short Hurdles

W30	Kisha Rawlinson	16.78	2004
W35	Regina Richardson	17.56	2004
W40	Regina Richardson	12.43	6/11/2006
W45	Liz Johnson	16.73	2003
W50	Liz Johnson	38.40	7/16/2006
M40	Art Henson	15.14	4/10/2010
M45	Dave Oman	19.37	6/23/2007
M50	Mark Williamson	14.89	8/2/2009
M55	Steve Doerter	18.58h	6/10/2006
M60	Tom Waite	21.66	4/18/2009

Long Hurdles

W30	Anne Monsted	1:09.03	4/18/2009
W45	Liz Johnson	1:35.93	2003
M30	Leon Bullard	56.84	6/11/2006
M45	Jim Russ	1:03.21	2004
M50	Gregg Swindlehurst	1:05.80	5/4/2007
M55	Ken Bender	1:13.28	4/2009
M60	Tom Waite	1:02.26	5/2/2009

Long Jump

W30	Anne Monsted	4.34	4/18/2009
W35	Regina Richardson	5.60	2004
W40	Regina Richardson	5.30	4/8/2006

W45	Liz Johnson	3.29	2004
W50	Liz Johnson	3.15	7/9/2009
W65	Anne Yudell	2.59	2002
W70	Anne Yudell	2.24	2006
M30	Randolpho Sims	6.03	8/2006
M35	Jayson Gardner	5.79	7/10/2009
M40	Art Henson	6.45	5/22/2010
M45	Wayne Fisher	5.52	2003
M50	Wayne Fisher	5.63	2005
M55	Bob Rockwell	5.25	8/2//2007
M60	Terry Martin	4.50	6/23/2007
M70	Bill Gramley	2.89	7/10/2009

Triple Jump

W30	Kisha Rawlinson	9.26	8/3/2006
W35	Regina Richardson	11.79 (11.74)	2004 (AR 8/8/2003)
W40	Regina Richardson	11.54 (11.36)	2005 (AR 8/6/2005)
W45	Liz Johnson	7.61	2003
W50	Liz Johnson	6.07	7/9/2009
M30	Randolpho Sims	13.24	8/3/2006
M40	Chris Sarsony	9.55	4/19/2008
M50	Bob Rockwell	10.99	2004
M55	Bob Rockwell	11.06	8/2/2007
M60	Jeff Jenkins	6.95	4/18/2009

High Jump

W30	Maggie Martin	1.14	4/19/2008
W35	Regina Richardson	1.50	2004
W40	Regina Richardson	1.36	8/3/2006
W45	Liz Johnson	1.18	2003
W50	Liz Johnson	1.10	8/2/2007
M30	Billy Martin	1.75	4/19/2008
M35	Jayson Gardner	1.65	7/17/2009
M40	Art Henson	1.88	5/22/2010
M45	Jim Russ	1.68	2004
M50	Mark Williamson	1.87	6/27/2009
M55	Bob Rockwell	1.51	2005
M60	Terry Martin	1.42	4/14/2007
M70	Bill Gramley	1.17	6/15/2008

Pole Vault

W45	Liz Johnson	2.00	2003
W50	Liz Johnson	1.60	7/9/2009
M40	Todd Haire	3.50	8/3/2006
M45	Bill Halverson	4.42	5/5/2006
M50	Bill Halverson	4.45	6/13/2007
M55	Vince Struble	3.80	5/4/2007

Shot Put

W35	Regina Richardson	7.94	2004
W40	Regina Richardson	7.34	8/3/2006
W45	Liz Johnson	7.46	2003
W55	Marcella Hale-Hall	7.15	4/18/2009
W60	Nancy Linker	6.75	5/22/2010
W65	Rebecca Vaughn	5.97	4/10/2010
M30	Mike DeMarte	11.79	9/9/2006
M35	Mike DeMarte	12.02	5/26/2007
M40	Jay Wilkerson	11.99	4/18/2009
M45	Jim Russ	10.94	6/9/2007
M50	Bob Medlin	12.78	5/1/2009
M55	Dan Linker	12.53	6/26/2007
M60	Tom Steed	13.68	5/27/2006
M65	Glenn Sasser	14.91	5/22/2010
M70	Gerald Vaughn	15.96 (15.42)	7/15/2006 (AR 6/9/2007)

Discus

W30	Bethany Martin	16.53	6/10/2006
W45	Liz Johnson	23.64	2003
W60	Nancy Linker	15.31	6/12/2010
M30	Mike DeMarte	43.71	6/10/2006
M35	Mike DeMarte	50.92	4/12/2008
M40	Chris Sarsony	34.58	5/23/2009
M45	Jim Russ	33.73	8/3/2006
M50	Jim Russ	41.61	5/24/20087
M55	Dan Linker	38.62	2005
M60	Tom Steed	44.97	2/18/2006
M65	Tom Steed	42.64	5/26/2007
M70	Bill Gramley	40.55	2005 (M?)

Javelin

W30	Bethany Martin	19.28	6/28/2008
W40	Kris Kazebee	19.57	5/22/2010
W45	Liz Johnson	18.04	2003
W55	Marcella Hale-Hall	12.89	4/18/2009
M30	Mike DeMarte	42.56	9/9/2006
M35	Jason Reutter	39.97	6/12/2010
M40	Jeff Blondin	44.20	8/2006
M45	Daniel Alonzo	60.29	6/12/2010
M50	Ray Mushinski	51.33	5/5/2006
M55	Bob Kuovolo	57.35	6/24/2006
M60	Terry Martin	40.05	9/13/2008
M70	Bill Gramley	23.46	5/26/2007

Hammer

W45	Liz Johnson	15.20	2005
W60	Nancy Linker	17.44	6/12/2010
M35	Chris Cockerham	28.86	6/12/2010
M55	John Van Rohr	42.06	2005
M60	Lemuel Clayton	35.20	9/9/2006
M65	Tom Steed	34.19	7/14/2007
M70	Tim Twomey	41.21	6/10/2006

Weight

W45	Liz Johnson	5.73	2005
W60	Nancy Linker	7.45	5/22/2010
M35	Chris Cockerham	9.85	6/12/2010
M55	John Van Rohr	15.70	2005
M60	Tom Steed	15.65	5/27/2006
M65	Tom Steed	16.51	7/15/2006
M70	Tim Twomey	16.48	9/9/2006

Superweight

W60	Nancy Linker	4.60	5/22/2010
M35	Chris Cockerham	6.30	5/22/2010
M55	Lemuel Clayton	5.97	5/5/2006
M60	Lemuel Clayton	7.23	5/4/2007
M65	Tom Steed	7.11	7/12/2008
M70	Tim Twomey	9.39	9/9/2006

Pentathlon

W35	Regina Richardson	2565	2004
W40	Regina Richardson	2922	5/5/2006
M35	Chris Sarsony	2180	5/4/2007
M40	Chris Sarsony	2725	5/1/2009
M45	Jim Russ	3502	5/2/2003
M50	Gregg Swindlehurst	2955	5/22/2010
M55	Stefan Waltermann	2705	5/3/2008
M60	Stefan Waltermann	2829	6/11/2010

Decathlon

M50	Jim Russ	7268	9/4/2007 AR
M55	Stefan Waltermann	5015	9/4/2007

Weight Pentathlon

W45	Liz Johnson	1879	2005
M50	Jeff Elwell	1804	5/1/2009
M55	Dale Winters	2801	5/1/2009
M60	Dale Winters	3146	6/11/2010
M70	Bill Gramley	3558	5/5/2006

4 x 100m Relay

W40-49	1) Toccata Murphy 2) Lenora Adam-Tibbs 3) Kris Kazebee 4) Angela Anthony	56.64	4/10/2010
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