

2019 PORTLAND MASTERS TRACK CLASSIC RECORDS page 2

10,000 METERS			
M30	Anthony Miller	32:51.23	1999
M35	Dan Shie	35:07.51	2012
M40	Bob Shamrock	31:12.68	2013
M45	Richard Panches	34:39.20	2003
M50	Robert Conradt	36:40.19	2010
M55	James Skinner	41:50.88	2014
M60	Gary Hall	41:28.76	2007
M65	Jim Davis	42:33.14	2003
M70	Paul Flanagan	45:31.12	2003
W30	Julie Thomas	41:36.58	2001
W35	Wendy Terris	37:32.14	2007
W60	Zel Brook	1:12:03.00	2007
W65	Sherry Sisson	1:01:38.02	2012
W70	Joyce Bahler	1:08:16.38	2001
1 MILE RUN			
M35	Roberson	4:55.84	2014
M55	Bob Schafer	5:52.31	2014
M60	Don Cook	8:34.12	2014
M70	Stephen Peirce	8:51.86	2014
M75	Larry Wright	8:16.29	2014
80 METER HIGH HURDLES			
M70	Robert Hewitt	14.42	2006
M75	Denny Sullivan	17.00	2002
M80	Dan Bulkley	19.07	1998
W40	Stella Orechia	13.18	2001
W45	Linda Phillips	14.25	2008
W50	Karen Maxwell	14.29	2012
W55	Karen Maxwell	14.34	2018
W60	Karen Maxwell	14.56	2019
W65	Becky Sisley	17.80	2004
W70	Becky Sisley	17.52	2009
100 METERS HIGH HURDLES			
M50	Walt Butler	14.16	
M55	Joe Johnson	17.52	2003
M60	Thaddeus Wilson	15.10	2012
M65	Russell Jacquet-Acea	18.02	2018
W30	N/A		
W35	Cassandra Gulam	20.86	2016
110 METERS HIGH HURDLES			
M30	Michael Streeter	21.51	
M35	Brad Goodrich	15.40	2017
M40	Robert Buhl	17.30	
M45	R Jacquet Acea	17.60	1999
200m INTERMEDIATE HURDLES			
M80	Bob Hewitt	35.71	2014
W70	Becky Sisley	42.42	2009
300m INTERMEDIATE HURDLES			
M60	David Ortman	46.48	2013
M65	Russell Jacquet-Acea	51.95	2018
M70	Stephen Peirce	1:04.43	2015
M75	Dan Bulkley	1:02.67	
M80	Dan Bulkley	1:04.63	1998
W50	Karen Maxwell	54.50	2012
W55	Karen Maxwell	56.08	2018
W60	Karen Maxwell	58.54	2019
400m INTERMEDIATE HURDLES			
M30	Sol Sallos	57.36	2007
M35	Sol Sallos	58.58	2009
M40	Sol Sallos	59.38	2015

400m INTERMEDIATE HURDLES (cont)			
M45	James Roberson	1:01.71	2007
M50	David Ortman	1:05.15	2007
M55	David Ortman	1:03.95	2008
W40	Stella Orechia	1:14.45	2001
W45	Linda Phillips	1:18.56	2009
2000m STEEPLECHASE			
M60	David Taylor	7:32.76	2010
M65	Gayle Pfueller	9:24.20	2009
M70	John Hepner	9:10.55	2002
M75	Stephen Peirce	15:46.08	2019
W30	Andi Camp	7:30.69	2009
W45	Robin Vesey	8:25.94	2002
W50	Betsy Seth	8:51.36	2012
W60	Janelle Dickerson	10:40.69	2018
W65	n/a		
W70	Jean Moule	16:30.35	2019
3000m STEEPLECHASE			
M30	Kevin Paulk	10:06.04	
M35	Pat Wagner	10:07.74	1998
M40	David Miskinies	11:19.99	2007
M45	Frank Dauncey	11:29.22	2003
M50	Bob Prather	11:25.69	
M55	Jack Prestrud	12:28.46	2012
M60	John Hepner	12:18.74	
M65	John Hepner	12:54.51	
5000m RACEWALK			
M30	Peter Stolpe	34:31.47	2009
M35	N/A		
M40	Dave McGovern	25:01.19	2008
M45	Tommy Aunan	26:21.97	2005
M50	Pat Detloff	25:45.59	2002
M55	Bob Novak	27:11.99	1998
M60	Rob Frank	28:36.31	2013
M65	George Opsahl	29:11.60	2007
M70	Dennis Roberson	32:39.96	2017
M75	Dennis Roberson	33:03.75	2019
M80	Ron MacPike	37:39.36	2013
M85	Ron McPike	45:25.21	2018
W30	A Hartmeier-Prigg	27:17.75	2015
W35	Sue Heiser	30:12.10	
W40	K Murphey Glenn	26:24.98	2001
W45	Katie Grimes	27:10.94	2011
W50	Rebecca Stevens	28:50.82	2019
W55	Mary Snyder	29:44.76	2008
W60	Maureen Robeson	34:10.79	2011
W65	Bev Leveck	29:49.90	2003
W70	Darlene Backlund	36:32.07	2016
1 MILE RACEWALK			
M35	N/A		
M40	N/A		
M45	Tommy Aunan	7:35.65	2005
M50	Pat Detloff	7:38.92	2005
M55	Rob Frank	8:08.09	2010
M60	George Opsahl	8:16.16	2005
M65	Dennis Robeson	8:48.18	2013
M70	George Opsahl	9:17.80	2012
M75	Ron MacPike	10:48.39	2008
M80	Ron MacPike	11:35.29	2013
M85	Dick Vaughn	13:52.70	2016

1 MILE RACEWALK (cont)			
W30	Melissa Bosserman	8:36.70	2016
W35	N/A		
W40	K. Murphey Glenn	8:10.32	2001
W45	Katie Grimms	8:28.01	2012
W50	Nana Belerud	8:59.45	2010
W55	Nana Belerud	9:56.83	2016
W60	Donna Lafayette	9:54.31	2005
W65	Donna Lafayette	10:19.51	2010
W70	N/A		
W75	N/A		
W80	Marlene Knechtel	14:03.21	2016
4 x 100m RELAY			
M40-49		53.64	2015
PORTLAND MASTERS TRACK CLUB:			
	David Sarmiento		
	Guenter Schimid		
	Ron Westfall		
	Dennis Doyle		
M50-59		52.26	2009
NO NAME			
	Steve Worley		
	Art Turock		
	Scott Copeland		
	Joseph Budziszewski		
W30-39		55.85	2005
NEMESIS			
	Woolworth		
	Milligan-Jackson		
	Costello		
	Mendenhall		
4X800m RELAY			
M40-49		14:03.2	2016
RaceWalkers NorthWest			
	Ian Dees & others		
SPRINT MEDLEY RELAY			
DISTANCE MEDLEY RELAY			