

## Empire Runners Track Series

## Top Ten All Time - 07/22/09

### Open Men

#### 100 Meters (rounded to the nearest tenth)

1.	Chris Whitlock	10.5	07/08/86
2.	Cory Nelson	10.6	07/13/05
3.	Andre Hunter	10.7	06/26/91
3.	H. Radford	10.7	07/12/06
4.	Michael Jordan	10.8	06/22/88
4.	Luiz Mello	10.8	06/13/01
4.	Michael Gil	10.8	06/24/09
5.	Ben Rosales	10.9	08/07/96
5.	Darin Carter	10.9	08/07/97
5.	Warren Spikes	10.9	08/12/92
5.	Kam Jones	10.9	06/12/02
5.	Thomas Kozel	10.9	06/10/09
6.	Maurice Whitlock	11.0	06/13/07
6.	Thomas Kozel	11.0	06/24/09
7.	Jeremy Thompson	11.1	06/10/09
8.	Andrew Kozel	11.3	06/10/09
9.	Marcus Whitehead	11.8	06/10/09
9.	Gerardo Cervantez	11.8	06/10/09
10.	Tenzing Sherpa	11.9	06/10/09

#### 200 Meters (rounded to the nearest tenth)

1.	Chris Whitlock	21.3	08/03/88
2.	Walter Cranford	21.8	08/03/88
3.	Michael Jordan	21.9	06/22/88
3.	Andre Hunter	21.9	06/10/91
3.	Demario Glemen	21.9	06/29/05
4.	Cory Nelson	22.0	07/26/95
5.	Warren Spikes	22.2	08/12/92
5.	Luiz Mello	22.2	06/13/01
6.	Rudy Huber	22.3	08/12/92
6.	H. Radford	22.3	06/28/06
7.	Jeremy Thompson	22.4	06/10/09
8.	Thomas Kozel	22.5	06/24/09
9.	Michael Gil	22.9	06/24/09
10.	Marcus Whitehead	23.0	06/10/09

#### 400 Meters

1.	Chris Whitlock	48.1	06/08/86
2.	Andre Hunter	50.5	06/29/94
3.	George Cagle	50.8	06/24/92
4.	Kofi Banks	50.9	06/26/91
4.	Kurt Mellik	50.9	07/22/86
4.	Ben Rosales	50.9	07/25/90
5.	Jeff Ramsey	51.5	07/22/86
6.	Frank Stranzl	51.6	08/16/06
7.	Jeff Sorkness	51.7	06/12/90
8.	Ryan Young	51.8	06/15/94
9.	Tyler Baker	52.2	06/10/09
10.	Andrew Kozel	52.7	06/10/09

#### 800 Meters

1.	Dan Held	1:55.1	07/28/93
2.	Dan Aldridge	1:55.3	07/05/89
3.	Steve Guerrini	1:55.8	07/28/93
4.	Chris Gaston	1:56.1	06/10/98
5.	Reed Elmore	1:56.2	07/28/93
6.	George Cagle	1:56.5	07/06/88
7.	David Monroe	1:56.7	06/21/89
8.	Marc Zibblatt	1:56.9	07/19/89
9.	Steve Schram	1:57.1	07/06/88
10.	Rick Esponda	1:57.5	07/28/93

#### Mile

1.	Mike Stone	4:07.1	08/11/93
2.	John Sup	4:17.1	06/22/88
3.	Steve Guerrini	4:17.8	07/08/92
4.	Marc Zibblatt	4:18.7	08/02/89
5.	Dan Aldridge	4:19.5	06/08/88
5.	Dan Grimes	4:19.5	08/08/90
6.	Dan Held	4:20.1	06/30/93
7.	Todd Trask	4:21.2	06/30/93
8.	Eric Walker	4:22.3	06/15/94
9.	Chris Gaston	4:24.4	06/25/97
10.	Rory McLeod	4:38.7	06/10/09

## Open Men - continued

### 3000 Meters

1.	Mike Stone	8:32.9	06/28/95
2.	Dan Aldridge	8:37.9	07/22/92
3.	Eric Walker	8:42.9	08/11/93
4.	John Hake	8:46.5	08/05/98
5.	Hector Delgado	8:47.5	08/07/96
6.	Chris Gaston	8:48.0	06/29/94
7.	Steve Guerrini	8:48.4	06/28/95
8.	Dan Brecht	8:52.4	06/28/95
9.	Kenny Brown	8:53.1	08/09/95
10.	Pater Jansson	8:55.7	07/22/92

### 2 Mile

1.	Dan Aldridge	8:55.0	06/21/89
2.	Mike Stone	9:05.4	07/12/95
3.	Todd Trask	9:09.2	07/14/93
4.	Ken Keyte	9:24.6	07/13/94
5.	Kenny Brown	9:31.4	07/14/93
6.	Deva Braden	9:31.8	07/12/95
7.	Chris Gaston	9:31.9	07/13/94
8.	Ian Blair	9:32.2	07/13/94
9.	Dan Brecht	9:33.0	07/24/97
10.	Eric Walker	9:34.3	07/09/97

### 5000 Meters

1.	Jeff Johnson	14:26.2	06/14/95
2.	Mike Stone	14:28.5	06/14/95
3.	Todd Trask	14:30.1	07/28/93
4.	Eric Walker	14:58.3	07/27/94
5.	Ken Keyte	14:59.3	07/27/94
6.	Hector Delgado	15:10.2	07/26/95
7.	Dan Aldridge	15:14.0	07/08/92
8.	Jordan Kinley	15:24.6	06/24/02
9.	Scott Pierce	15:25.0	07/08/92
10.	Jerry Drew	15:27.0	07/08/97

## Empire Runners Track Series Open Women

Top Ten All Time - 07/22/09

### 100 Meters (rounded to the nearest tenth)

1.	Janice Saunders	12.0	06/27/07
2.	Sharon Polley	12.2	06/10/97
3.	Devyn Ruiz	12.3	06/24/09
4.	Alyssa Page	12.4	06/24/09
5.	Dawn Mann	12.6	08/11/04
6.	Corrie Stranzel	12.7	07/09/03
7.	Rose Criss	12.8	06/12/96
7.	Blair Gabler	12.8	06/21/00
8.	Amy Mitchell	12.9	07/06/88
8.	Melissa Guanella	12.9	08/07/96
9.	Katie Schweitzer	13.0	07/19/89
9.	Whitney Leachman	13.0	06/13/01
10.	Adrienne Lindsay	13.2	07/10/96
10.	Catrina Wagner	13.2	07/09/03
10.	Makala Keys	13.2	06/14/05

### 200 Meters (rounded to the nearest tenth)

1.	V. Demartini	25.9	06/24/92
2.	Wendi Simmons	26.0	07/08/86
3.	Rose Criss	26.1	06/12/96
4.	Alyssa Page	26.1	06/24/09
5.	Melissa Gaunella	26.4	06/12/96
5.	Blair Gabler	26.4	07/26/00
6.	W. Leachman	26.6	06/13/01
7.	Janice Saunders	27.0	06/13/07
8.	Jenna Lundgren	27.1	07/09/08
9.	LaTonia Thomas	27.2	07/10/91
10.	Researching		

### 400 Meters

1.	Wendi Simmons	58.8	06/08/86
2.	M. MacPherson	60.5	06/12/90
3.	Melissa Guanella	61.4	07/07/96
3.	Blair Gabler	61.4	07/26/00
4.	Susie Rozga	63.0	07/22/08
5.	Tiffany Fields	63.3	08/08/07
6.	Julia Stamps	64.2	06/10/98
7.	Jenny Aldridge	64.4	06/10/98
8.	Nicole Nelson	64.6	06/24/98
8.	Corrine Dressler	64.6	06/11/86
8.	Trina Cox	64.6	06/15/94
8.	Katie Schuckle	64.6	07/22/98
9.	Researching		
10.	Researching		

### 800 Meters

1.	Trish Stone	2:13.4	06/17/92
2.	S. Sweeney	2:13.8	07/17/92
3.	Julia Stamps	2:14.1	06/12/96
4.	Chris Boyd	2:14.5	07/28/93
5.	Eden Mebrahtu	2:16.6	06/10/09
6.	Nora Doyle	2:18.8	06/21/89
7.	Lisa Geoffrion	2:19.8	06/30/93
8.	E. Brennan-Erler	2:19.9	07/22/92
9.	Kristen Sanxari	2:22.6	06/27/07
10.	P. Richardson	2:24.3	06/15/94

### Mile

1.	Julia Stamps	4:46.5	06/14/95
2.	Trina Cox	4:48.9	06/14/06
3.	Chris Boyd	4:52.7	07/14/93
4.	Eden Mebrahtu	5:03.9	06/10/09
5.	Linda Gill	5:07.2	06/24/92
6.	S. Sweeney	5:07.3	06/26/96
7.	Trish Stone	5:08.9	06/24/92
8.	Lisa Geoffrion	5:09.3	07/14/93
9.	Sara Bei	5:11.5	07/08/98
10.	Cathy DuBay	5:13.0	07/12/93
11.	Researching		

### 3000 Meters

1.	Cathy DuBay	10:13.7	06/17/96
2.	Jacque Taylor	10:22.8	06/14/06
3.	Bev Parks	10:24.0	07/20/88
4.	Sara Bei	10:25.6	06/24/98
5.	Jenny Aldridge	10:26.2	06/24/98
6.	Shoshana Ziblatt	10:36.4	06/26/96
7.	Liz Mosier	10:40.0	06/08/88
8.	Phyllis Blanchard	10:41.0	07/23/03
9.	Kathy Dalton	10:48.0	07/22/86
10.	Lisa Geoffrion	10:53.0	06/10/87

## Open Women (under 40) - Continued

### 2 Mile

1.	Julia Stamps	11:01.3	07/14/93
2.	Cathy DuBay	11:05.8	07/09/97
3.	Jacque Taylor	11:08.0	06/27/07
4.	Sara Bei	11:10.7	07/08/98
5.	Trina Cox	11:22.3	07/24/96
6.	Jenny Aldridge	11:38.1	06/27/01
7.	Lisa Gay	11:45.8	07/12/95
8.	Amy Robinson	11:59.4	07/24/02
9.	Teresa Aldridge	12:02.4	07/12/95
10.	Julianne Baker	12:03.8	07/14/04

### 5000 Meters

1.	Sara Bei	17:40.5	07/22/98
2.	Cathy DuBay	17:50.9	07/21/99
3.	Phyllis Blanchard	18:44.7	06/25/03
4.	Shoshana Ziblett	18:45.3	07/10/96
5.	Valerie Randhawa	18:46.2	07/28/93
6.	Christi Holligan	18:53.7	07/28/93
7.	Val Sell	19:02.4	06/26/02
8.	Tori Meredith	19:08.0	07/28/93
9.	Melanie Lovrin	19:09.0	07/11/07
10.	Jackie Prange	19:11.5	07/26/00

## Empire Runners Track Series

## Top Ten All Time – 07/22/09

### Master Men (40-49)

#### 100 Meters (rounded to the nearest tenth)

1.	Warren Spikes	10.9	(41)	08/12/92
2.	Adrian Barr	11.3	(40)	07/26/06
3.	Matt Devine	11.4	(40)	06/13/07
4.	Ben Rosales	11.5	(41)	07/26/00
5.	Albert Higgs	11.9	(41)	06/10/09
6.	Ken Wun	12.0	(41)	07/09/97
7.	John Iervolino	12.4	(48)	06/10/09
8.	Tony Hatch	12.8	(42)	06/14/06
9.	Scott Benstock	12.9	(42)	06/29/00
10.	B. Hutchinson	13.0	(42)	08/05/86

#### 200 Meters (rounded to the nearest tenth)

1.	Warren Spikes	22.2	(41)	07/22/92
2.	Matt Devine	23.0	(40)	06/13/07
3.	Tony Noqueras	23.2	(41)	07/26/06
4.	Ben Rosales	23.8	(41)	07/26/00
5.	Ken Wun	24.8	(40)	07/09/97
6.	Adrian Barr	25.6	(41)	07/11/07
7.	Jim Gibbons	26.1	(48)	08/12/92
8.	Steve Gullikson	26.2	(43)	08/11/04
9.	John Harmon	26.3	(40)	07/10/96
10.	<a href="#">Researching</a>			

#### 400 Meters

1.	Tony Nogueras	52.4	(40)	08/17/05
2.	Ben Rosales	52.6	(40)	06/09/99
3.	Matt Devine	53.3	(40)	06/13/07
4.	Ken Wun	56.3	(41)	08/07/96
5.	Andy Howard	56.5	(46)	06/27/07
6.	Scott Benstock	57.1	(40)	08/05/98
7.	Jim Gibbons	58.5	(49)	08/11/93
8.	Ray Cataldo	58.6	(48)	06/29/94
9.	Andy Howard	59.1	(48)	06/24/09
10.	<a href="#">Researching</a>			

#### 800 Meters

1.	Ben Rosales	2:01.5	(40)	06/23/99
2.	Don Nauman	2:08.2	(40)	06/18/03
3.	Richard Flores	2:08.6	(43)	07/08/98
4.	Dave Capron	2:08.9	(41)	06/21/00
5.	Jim Gibbons	2:09.1	(48)	08/05/98
6.	Andy Howard	2:10.2	(46)	06/27/07
7.	B. Hutchinson	2:12.5	(44)	06/22/88
8.	Jon Hermstad	2:12.8	(45)	06/15/94
9.	Vince Ewing	2:13.0	(42)	06/13/07
10.	Ken Wun	2:16.2	(42)	07/23/97

#### Mile

1.	Richard Flores	4:34.6	(42)	08/06/97
2.	Chris Willis	4:40.2	(40)	07/21/99
3.	Dave Capron	4:40.3	(40)	07/22/98
4.	Jim Gibbons	4:42.9	(45)	07/18/89
5.	Don Nauman	4:45.0	(45)	06/10/09
6.	Louis Garcia	4:50.9	(40)	08/24/98
6.	Larry Meredith	4:50.9	(42)	07/21/99
7.	Jon Hermstad	4:52.7	(45)	07/13/94
8.	Chris Thomas	4:53.8	(43)	08/07/91
9.	Andy Howard	4:56.5	(46)	08/08/07
10.	<a href="#">Researching</a>			

#### 3000 Meters

1.	Richard Flores	8:57.1	(42)	08/05/96
2.	Larry Meredith	9:38.9	(42)	08/04/99
3.	B. Hutchinson	9:58.1	(42)	07/22/86
4.	Ross Bogert	10:00.1	(44)	06/27/90
5.	Tim Stewart	10:01.4	(40)	08/09/95
6.	Jim Gibbons	10:03.5	(48)	07/22/92
7.	Don Stewart	10:04.6	(46)	07/26/07
8.	Steve Cleal	10:11.6	(48)	06/14/06
9.	Lou Garcia	10:12.1	(41)	08/05/98
10.	<a href="#">Researching</a>			

#### 2 Mile

1.	Richard Flores	9:58.0	(43)	07/08/98
2.	Dan Preston	10:19.8	(48)	09/13/90
3.	Andy Howard	10:27.0	(46)	06/13/07
4.	Larry Meredith	10:32.0	(41)	07/07/99
5.	B. Hutchinson	10:49.3	(46)	06/13/90
6.	Ty Strange	10:51.0	(46)	06/27/07
7.	Jim Gibbons	10:52.2	(49)	07/14/93
8.	Jon Hermstad	10:55.3	(45)	07/13/94
9.	Tim Stewart	11:00.6	(40)	07/12/95
10.	Ray Cataldo	11:07.8	(44)	07/11/90

#### 5000 Meters

1.	Richard Flores	15:46.1	(43)	07/22/98
2.	Chris Thomas	16:36.0	(43)	08/07/91
3.	Larry Meredith	16:39.1	(41)	07/21/99
4.	Jim Gibbons	17:00.7	(49)	07/28/93
5.	Don Stewart	17:05.0	(46)	07/11/07
6.	Brian Purcell	17:24.3	(47)	07/09/03
7.	Tim Stewart	17:32.6	(40)	07/26/95
8.	Scott Ames	17:41.6	(41)	07/21/99
9.	<a href="#">Researching</a>			
10.	<a href="#">Researching</a>			

## Empire Runners Track Series

## Top Ten All Time – 07/22/09

### Master Women (40-49)

#### 100 Meters (rounded to the nearest tenth)

1.	Sue Curfman	15.3	(41)	07/26/00
2.	Cathy Fusco	15.4	(41)	07/21/99
3.	Leslie Wolcott	16.0	(47)	07/26/07
4.	Val Sell	16.5	(42)	08/16/06
5.	Shelli Gordon	16.8	(46)	07/11/07
6.	Melissa Provencia	17.1	(43)	07/26/07
7.	Judy Gottlieb	17.8	(45)	06/12/91
8.	Anna Derho	17.9	(43)	06/11/97
9.	<a href="#">Researching</a>			
10.	<a href="#">Researching</a>			

#### 200 Meters (rounded to the nearest tenth)

1.	Sue Curfman	31.2	(41)	07/26/00
2.	Val Sell	34.5	(41)	07/12/06
3.	Shelli Gordon	35.8	(46)	07/11/07
4.	Leslie Wolcott	37.1	(47)	07/26/07
5.	Anna Derho	38.3	(43)	06/11/97
6.	Judy Gottlieb	39.3	(45)	06/12/91
7.	<a href="#">Researching</a>			
8.	<a href="#">Researching</a>			
9.	<a href="#">Researching</a>			
10.	<a href="#">Researching</a>			

#### 400 Meters

1.	Val Sell	75.6	(41)	07/12/06
2.	M. Champagne	82.1	(45)	08/12/92
3.	Lisa Isabeau	83.4	(45)	06/16/04
4.	Shelli Gordon	84.0	(46)	06/13/07
5.	Joyce Bennett	84.8	(41)	07/08/86
6.	Anna Derho	85.6	(43)	06/11/97
7.	Carol DuBay	85.9	(42)	06/14/06
8.	Sherri Guinn	88.2	(44)	06/13/90
8.	A.M. Von Hoene	88.2	(49)	07/17/92
9.	<a href="#">Researching</a>			
10.	<a href="#">Researching</a>			

#### 800 Meters

1.	Val Sell	2:42.5	(41)	06/28/06
2.	Audrey Schrift	2:59.7	(46)	06/14/06
3.	Mady Stewart	3:00.0	(40)	07/12/06
4.	Carol DuBay	3:10.2	(47)	06/14/06
5.	Amy Gandy	3:12.8	(40)	06/29/94
6.	B. McIntosh-King	3:13.1	(43)	07/09/97
7.	Judy Gottlieb	3:15.0	(45)	06/12/91
8.	Shelli Gordon	3:16.0	(45)	06/28/06
9.	<a href="#">Researching</a>			
10.	<a href="#">Researching</a>			

#### Mile

1.	Cathy DuBay	5:20.1	(41)	07/13/05
2.	Christy Holligan	5:37.7	(42)	07/13/00
3.	Bev Marks	5:45.8	(42)	08/07/99
4.	Lisa Isabeau	5:47.8	(40)	07/07/99
5.	Val Sell	5:52.0	(42)	08/16/06
6.	Tori Meredith	5:56.1	(41)	08/04/99
7.	Joann Nickel	5:57.1	(41)	07/08/98
8.	Janet Feldman	6:00.0	(45)	06/18/03
9.	Lori Winkler	6:17.7	(44)	06/18/03
10.	<a href="#">Researching</a>			

#### 3000 Meters

1.	Val Sell	11:29.4	(41)	07/26/06
2.	Tori Meredith	11:38.6	(41)	08/04/99
3.	Lisa Isabeau	12:08.5	(41)	06/23/99
4.	Robin Stovall	12:13.7	(41)	08/09/00
5.	Anna Derho	13:06.6	(40)	08/10/94
6.	Lori Winkler	13:16.7	(44)	07/23/03
7.	Sherri Guinn	13:37.0	(44)	06/27/90
8.	Joy Brazil	13:59.3	(41)	07/22/09
9.	Sheila Masi	14:09.9	(43)	08/06/97
10.	Amy Gandy	14:57.9	(46)	08/09/00

#### 2 Mile

1.	Christy Holligan	12:11.8	(42)	07/13/00
2.	Val Sell	12:22.6	(41)	06/28/06
3.	Lisa Isabeau	12:47.3	(40)	07/07/99
4.	Tori Meredith	13:20.9	(41)	07/07/99
5.	Sherri Guinn	14:26.0	(44)	07/13/90
6.	Joyce Bennett	14:36.0	(45)	06/13/90
7.	Sheila Masi	14:45.8	(41)	07/24/96
8.	Anna Derho	14:55.0	(42)	07/24/96
9.	Shelli Gordon	15:14.8	(45)	06/28/06
10.	Suzanne Riera	15:35.4	(40)	07/12/95

#### 5000 Meters

1.	Cathy DuBay	18:18.0	(41)	07/13/05
2.	Val Sell	19:01.8	(41)	08/17/05
3.	Tori Meredith	19:58.7	(41)	07/21/99
4.	Cindy Scott	20:08.1	(41)	07/10/96
5.	Lisa Isabeau	20:40.0	(40)	06/09/99
6.	Robin Stovall	21:32.8	(43)	07/24/02
7.	Anna Derho	23:55.3	(40)	07/27/94
8.	Galen Erin	25:42.9	(44)	07/28/93
9.	Cathy Charles	27:45.2	(46)	07/22/98
10.	<a href="#">Researching</a>			

## Empire Runners Track Series

## Top Ten All Time – 07/22/09

### Senior Men (50-59)

#### 100 Meters (rounded to the nearest tenth)

1.	Ken Wun	12.2	(51)	2006
2.	Bo Davis	13.4	(51)	1992
2.	Ernst Bohn	13.4	(54)	1996
3.	Bob Holland	13.5	(52)	1996
3.	Don Imrie	13.5	(50)	2000
4.	Clive Egerton	13.7	(53)	1993
5.	Jim Peterson	13.9	(53)	1997
5.	David Zarate	13.9	(50)	06/24/09
6.	Paul Berg	14.3	(53)	07/09/08
7.	Scott Loube	14.5	(53)	06/24/09
8.	Terry McNeil	14.6	(50)	1993
9.	Norm Mark	15.0	(51)	1994
10.	Researching			

#### 200 Meters (rounded to the nearest tenth)

1.	Ken Wun	25.3	(51)	2006
2.	Alan Levine	26.0	(53)	1997
3.	V. Jacobson	26.8	(53)	2001
4.	Don Imrie	27.0	(50)	2000
5.	Jim Gibbons	27.1	(52)	1996
6.	Bob Holland	27.7	(53)	1997
7.	John Wright	28.0	(55)	2004
8.	Bo Davis	28.1	(51)	1992
9.	Dave Sjostedt	28.4	(50)	1997
10.	Terry McNeil	29.5	(50)	1993
10.	Jim Peterson	29.5	(52)	1995
10.	Paul Berg	29.5	(53)	08/06/08

#### 400 Meters

1.	Jim Gibbons	58.6	(56)	2000
2.	Alan Levine	59.5	(55)	1999
3.	Danny Aldridge	59.9	(52)	07/22/09
4.	Bob Holland	64.4	(55)	2000
5.	Ben Lasala	64.6	(53)	1996
6.	Jon Hermstad	65.3	(50)	2000
6.	Salvador Avelar	65.3	(53)	07/22/09
7.	B. Hutchinson	66.1	(54)	1998
8.	Dave Sjostedt	66.2	(50)	1997
9.	John Wright	66.4	(55)	2004
10.	Jim Peterson	66.5	(52)	1996

#### 800 Meters

1.	Jim Gibbons	2:09	(54)	1998
2.	B. Hutchinson	2:26	(54)	1998
3.	Chris Cole	2:27	(53)	2007
4.	Jon Hermstad	2:28	(54)	2002
5.	Salvador Avelar	2:29.0	(50)	07/22/09
6.	Dave Sjostedt	2:31	(50)	1997
7.	Terry McNeil	2:32	(50)	1993
7.	Larry Meredith	2:32	(51)	08/06/08
8.	Paul Berg	2:33.8	(53)	06/24/09
9.	Alan Levine	2:34	(59)	2003
10.	Ralph Harms	2:35	(55)	1995
10.	Ranier Pawlitzki	2:35	(57)	2002

#### Mile

1.	Jim Gibbons	4:55	(52)	1996
2.	Dan Preston	4:57	(53)	1995
3.	Frank Ruona	5:05	(52)	1998
4.	Mike Faneli	5:08	(50)	2006
5.	Chris Cole	5:09	(53)	2007
6.	Jerry Lyman	5:15	(50)	1999
7.	Doug Rustad	5:21	(52)	1993
8.	Jon Hermstad	5:22	(52)	2000
9.	Danny Aldridge	5:23	(51)	06/24/08
10.	Larry Meredith	5:27	(50)	06/11/08

#### 3000 Meters

1.	Dan Preston	9:46	(52)	1994
2.	Dan Aldridge	10:05.5	(51)	06/10/09
3.	Jerry Lyman	10:20	(50)	1999
4.	Chris Cole	10:34	(54)	07/22/08
5.	Steve Cleal	10:49	(50)	07/22/08
6.	Bob Finlay	11:03	(50)	2007
7.	John Harmon	11:08	(51)	2007
8.	Larry Meredith	11:09.9	(52)	07/22/09
9.	Frank Krebs	11:22	(53)	1996
10.	D. McCormack	11:25	(53)	1998

## Senior Men (50-59) - Continued

### 2 Mile

1.	Dan Preston	10:31	(52)	1994
2.	Jim Gibbons	10:58	(54)	1998
3.	Larry Meredith	11:44	(50)	06/24/08
4.	Jon Hermstad	11:46	(50)	1999
5.	Bob Finlay	12:13	(50)	06/27/07
6.	Ernst Bohn	12:26	(55)	1995
7.	Paul Berg	12:29	(53)	06/24/09
8.	B. Hutchinson	12:45	(58)	2002
9.	Bob Holland	12:55	(57)	2001
10.	Harald Nordvold	13:01	(53)	2001

### 5000 Meters

1.	Dan Preston	17:23	(52)	1994
2.	Chris Cole	17:38	(53)	2007
3.	Jim Gibbons	17:47	(54)	1998
4.	Bob Hope	17:50	(54)	1996
5.	Jerry Lyman	17:53	(50)	1999
6.	Larry Meredith	18:30	(50)	2007
7.	Steve Cleal	19:14	(50)	07/09/08
8.	Bob Finlay	19:22	(50)	2007
9.	Paul Berg	19:24.1	(53)	07/08/09
10.	Harald Nordvold	20:07	(53)	2001



## Empire Runners Track Series Senior Women (50-59)

## Top Ten All Time - 07/22/09

### 100 Meters (rounded to the nearest tenth)

1.	Nadine O'Conner	14.9	(50)	1992
2.	Caryl Chlan	15.5	(54)	07/22/09
3.	J. Barekman	18.2	(52)	1986
4.	Pauline Rogers	18.4	(51)	2006
5.	Lois Sauer	18.5	(54)	06/08/08
6.	Lisa Isabeau	20.3	(50)	07/08/09
7.				
8.				
9.				
10.				

### 200 Meters (rounded to the nearest tenth)

1.	Nadine O'Conner	30.4	(50)	1992
2.	Caryl Chlan	32.2	(54)	07/22/09
3.	Sharon Whitney	33.7	(51)	1993
4.	Sharon Hyde	35.4	(50)	1993
5.	Pauline Rogers	39.8	(51)	2006
6.	Anna Derho	41.0	(53)	2007
7.	Lisa Isabeau	42.3	(50)	07/08/09
8.	JC Plummer	44.3	(52)	1997
9.				
10.				

### 400 Meters

1.	Nadine O'Conner	69.3	(50)	1992
2.	J. Barekman	82.5	(52)	1986
3.	Pauline Rogers	92.0	(51)	2006
4.	JC Plummer	1:52	(52)	1997
5.				
6.				
7.				
8.				
9.				
10.				

### 800 Meters

1.	Caryl Chlan	2:49.6	(54)	07/22/09
2.	A.M. Von Hoene	2:53	(52)	1995
3.	Deb DeCarli	3:13	(54)	2006
4.	Tori Meredith	3:15	(50)	2008
5.	Lisa Isabeau	3:16.6	(50)	06/24/09
6.	Pauline Rogers	3:21	(51)	2006
7.	Patty Sanders	3:40	(56)	2006
8.				
9.				
10.				

### Mile

1.	A.M. Von Hoene	6:04	(52)	1995
2.	Lisa Isabeau	6:42.9	(50)	06/24/09
3.	Tori Meredith	6:43.2	(50)	07/22/08
4.	J. Barekman	7:04	(52)	1986
5.	Pauline Rogers	7:27	(51)	2006
6.	Cathy Goodwind	7:27.8	(53)	06/24/09
7.	Emily Deering	7:51	(51)	2005
8.	Caron Mesa	8:43	(56)	1997
9.				
10.				

### 3000 Meters

1.	Lisa Isabeau	14:04.1	(50)	06/10/09
2.	Tori Meredith	14:09.5	(51)	07/22/09
3.	Karen Kissick	14:15.0	(52)	07/22/09
4.				
5.				
6.				
7.				
8.				
9.				
10.				

### 2 Mile

1.	Karen Kissick	14:43.6	(52)	06/24/09
2.	Lisa Isabeau	15:38.0	(50)	06/24/09
3.	Cathy Goodwind	16:51.5	(53)	06/24/09
4.				
5.				
6.				
7.				
8.				
9.				
10.				

### 5000 Meters

1.	Lisa Isabeau	21:12.5	(50)	07/08/09
2.	A.M. Von Hoene	22:35	(50)	1993
3.	Karen Kissick	24:09	(52)	07/08/09
4.				
5.				
6.				
7.				
8.				
9.				
10.				

## Empire Runners Track Series Super Senior Men (60-69)

## Top Ten All Time – 07/22/09

### 100 Meters (rounded to the nearest tenth)

1.	Ted Draper	13.6	(62)	08/11/04
2.	Bob Holland	14.7	(61)	06/29/05
3.	Carl Jackson	15.9	(64)	07/09/97
4.	Dan McCormick	16.2	(60)	06/29/05
5.				
6.				
7.				
8.				
9.				
10.				

### 200 Meters (rounded to the nearest tenth)

1.	Ted Draper	29.3	(62)	07/14/04
2.	Bob Holland	30.5	(61)	07/13/05
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

### 400 Meters

1.	Bob Holland	68.8	(61)	07/27/05
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

### 800 Meters

1.	B. Hutchinson	2:34.5	(60)	08/11/04
2.	Pete Richardson	2:34.8	(66)	06/13/01
3.	Bob Holland	2:37.3	(60)	07/14/04
4.	Jim Gibbons	2:39.3	(62)	06/28/06
5.	Ralph Harms	2:39.7	(63)	06/11/97
6.	Gil Moreno	3:08.0	(65)	06/10/09
7.	Harald Nordvold	3:37.4	(61)	07/22/09
8.				
9.				
10.				

### Mile

1.	Dan Preston	5:22.0	(60)	06/12/02
2.	B. Hutchinson	5:52.0	(60)	07/28/04
3.	Bob Holland	5:58.0	(60)	06/30/04
4.	Ralph Harms	5:59.4	(61)	06/25/98
5.	Jim Gibbons	6:01.0	(61)	06/14/06
6.	Ted Draper	6:23.0	(67)	06/24/09
7.	Harald Nordvold	8:20.2	(61)	07/22/09
8.				
9.				
10.				

### 3000 Meters

1.	Bob Holland	12:10.0	(60)	06/16/04
2.	Carl Jackson	13:08.1	(65)	08/05/98
3.	Darryl Beardall	13:24.0	(65)	06/22/02
4.	Ernst Bohn	14:42.1	(69)	07/22/08
5.	Harald Nordvold	15:57.1	(61)	07/22/09
6.				
7.				
8.				
9.				
10.				

### 2 Mile

1.	B. Hutchinson	12:48.4	(60)	07/14/04
2.	Bob Holland	13:05.9	(60)	07/14/04
3.	Ernst Bohn	14:17.1	(64)	07/14/04
4.				
5.				
6.				
7.				
8.				
9.				
10.				

### 5000 Meters

1.	Bob Holland	20:40.9	(60)	06/30/04
2.	Ernst Bohn	22:06.9	(61)	06/13/01
3.	Carl Jackson	23:28.5	(65)	07/22/98
4.	Ralph Harms	24:24.1	(64)	06/13/01
5.				
6.				
7.				
8.				
9.				
10.				

**Empire Runners Track Series  
Super Senior Women (60-69)**

**Top Ten All Time – 07/22/09**

**100 Meters** (rounded to the nearest tenth)

1. Georgia Longsdon 20.1 (62) 1986
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**200 Meters** (rounded to the nearest tenth)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**400 Meters**

1. Mary Jane Wernett 1:57.6 (61) 06/11/97
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**800 Meters**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**Mile**

1. Shirley Fee 7:15.0 (68) 06/10/09
2. Edda Stickle 7:36.8 (64) 06/28/06
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**3000 Meters**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**2 Mile**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**5000 Meters**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**Empire Runners Track Series  
Veteran Men (70+)**

**Top Ten All Time – 07/22/09**

**100 Meters** (rounded to the nearest tenth)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**Mile**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**200 Meters** (rounded to the nearest tenth)

1. Carl Jackson      36.9      (71)      06/30/04
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**3000 Meters**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**400 Meters**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**2 Mile**

1. Jim Ray                      15:30.9 (78)      07/14/04
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**800 Meters**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**5000 Meters**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**Empire Runners Track Series  
Veteran Women (70+)**

**Top Ten All Time – 07/22/09**

**100 Meters** (rounded to the nearest tenth)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**Mile**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**200 Meters** (rounded to the nearest tenth)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**3000 Meters**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**400 Meters**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**2 Mile**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**800 Meters**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**5000 Meters**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.