

Empire Runners Summer Track Series

All Time Top Ten

August 9th 2016

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Empire Runners Track Series

Open Men

100 Meters

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
5.	Michael Jordan	10.8	06/22/88
5.	Luiz Mello	10.8	06/13/01
5.	Michael Gil	10.8	06/24/09
5.	Herbie Polk	10.8	07/09/13
9.	Thomas Kozel	10.87	06/10/09
10.	Ben Rosales	10.9	08/07/96
10.	Darin Carter	10.9	08/07/97
10.	Warren Spikes	10.9	08/12/92
10.	Kam Jones	10.9	06/12/02
10.	Hugh Pegan	10.9	06/12/12
10.	Aiden Tank	10.9	08/04/15

200 Meters

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
6.	Cory Nelson	22.0	07/26/95
7.	Warren Spikes	22.2	08/12/92
7.	Luiz Mello	22.2	06/13/01
9.	Rudy Huber	22.3	08/12/92
9.	H. Radford	22.3	06/28/06
9.	Herbie Polk	22.3	07/09/13

400 Meters

1.	Chris Whitlock	48.1	06/08/86
2.	Herbie Polk	48.3	07/12/16
3.	Isaiah Smith	49.6	06/14/16
4.	Andre Hunter	50.5	06/29/94
5.	George Cagle	50.8	06/24/92
6.	Kofi Banks	50.9	06/26/91
6.	Kurt Mellik	50.9	07/22/86
6.	Ben Rosales	50.9	07/25/90
9.	Jeff Ramsey	51.5	07/22/86
10.	Frank Stranzl	51.6	08/16/06

Top Ten All Time - 08/09/16

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.	Reese Byers	4:17.2	07/26/11
4.	Steve Guerrini	4:17.8	07/08/92
5.	Marc Zibblatt	4:18.7	08/02/89
6.	Dan Aldridge	4:19.5	06/08/88
6.	Dan Grimes	4:19.5	08/08/90
8.	Dan Held	4:20.1	06/30/93
9.	Todd Trask	4:21.2	06/30/93
10.	Brian Cole	4:21.7	07/08/14

3000 Meters

1.	Reese Byers	8:25.9	07/26/11
2.	Mike Stone	8:32.9	06/28/95
3.	Dan Aldridge	8:37.9	07/22/92
4.	Eric Walker	8:42.9	08/11/93
5.	John Hake	8:46.5	08/05/98
6.	Hector Delgado	8:47.5	08/07/96
7.	Chris Gaston	8:48.0	06/29/94
8.	Steve Guerrini	8:48.4	06/28/95
9.	Nick Spector	8:51.4	07/21/15
10.	Dan Brecht	8:52.4	06/28/95

Open Men - continued

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.	Reese Byers	9:19.60	06/28/11
5.	Ken Keyte	9:24.6	07/13/94
6.	Kenny Brown	9:31.4	07/14/93
7.	Deva Braden	9:31.8	07/12/95
8.	Chris Gaston	9:31.9	07/13/94
9.	Ian Blair	9:32.2	07/13/94
10.	Dan Brecht	9:33.0	07/24/97

5000 Meters

1.	Reese Byers	14:19.5	07/09/13
2.	Jeff Johnson	14:26.2	06/14/95
3.	Mike Stone	14:28.5	06/14/95
4.	Todd Trask	14:30.1	07/28/93
5.	Eric Walker	14:58.3	07/27/94
6.	Ken Keyte	14:59.3	07/27/94
7.	Hector Delgado	15:10.2	07/26/95
8.	Dan Aldridge	15:14.0	07/08/92
9.	Luis Luna	15:18.4	07/10/12
10.	Jordan Kinley	15:24.6	06/24/02

Empire Runners Track Series Master Men

100 Meters

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. Michael Finn	12.9	(44)	07/08/14

200 Meters

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 Gullickson	26.2	(43)	08/11/04
9. John Harmon	26.3	(40)	07/10/96
10. Scott Benstock	26.7	(45)	08/09/00

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. Sean Fitzpatrick	58.8	(40)	06/26/12
10. Estanislao Bermejo	59.2	(44)	07/12/16

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
7. Jeo Werheim	2:12.5	(41)	06/11/13
9. Jon Hermstad	2:12.8	(45)	06/15/94
10. Vince Ewing	2:13.0	(42)	06/13/07

Top Ten All Time - 08/09/16

Mile

1. Richard Flores	4:34.6	(42)	08/06/97
2. Steve Agar	4:38.8	(47)	08/04/15
3. Chris Willis	4:40.2	(40)	07/21/99
4. Dave Capron	4:40.3	(40)	07/22/98
5. Jim Gibbons	4:42.9	(45)	07/18/89
6. Matthew Hinde	4:46.8	(41)	08/09/16
7. Louis Garcia	4:50.9	(40)	08/24/98
7. Larry Meredith	4:50.9	(42)	07/21/99
9. Jon Hermstad	4:52.7	(45)	07/13/94
10. Jason Selby	4:52.7	(41)	07/12/16

3000 Meters

1. Richard Flores	8:57.1	(42)	08/05/96
2. Larry Meredith	9:38.9	(42)	08/04/99
3. Jeo Wehrheim	9:57.3	(41)	06/11/13
4. B. Hutchinson	9:58.1	(42)	07/22/86
5. Ross Bogert	10:00.1	(44)	06/27/90
6. Tim Stewart	10:01.4	(40)	08/09/95
7. Jim Gibbons	10:03.5	(48)	07/22/92
8. Don Stewart	10:04.6	(46)	07/26/07
9. Eric Downing	10:08.0	(40)	06/14/11
10. Steve Cleal	10:11.6	(48)	06/14/06

2 Mile

1. Richard Flores	9:58.0	(43)	07/08/98
2. Dan Preston	10:19.8	(48)	09/13/90
3. Kenny Brown	10:20.6	(41)	06/28/11
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. Eric Downing	11:02.2	(42)	07/23/13

5000 Meters

1. Richard Flores	15:46.1	(43)	07/22/98
2. Stephen Agar	15:58.8	(43)	07/12/11
3. Chris Thomas	16:36.0	(43)	08/07/91
4. Larry Meredith	16:39.1	(41)	07/21/99
5. Jim Gibbons	17:00.7	(49)	07/28/93
6. Don Stewart	17:05.0	(46)	07/11/07
7. Brian Purcell	17:24.3	(47)	07/09/03
8. Greg Jennings	17:29.7	(40)	07/13/10
9. Eric Downing	17:30.9	(40)	07/12/11
10. Tim Stewart	17:32.6	(40)	07/26/95

Empire Runners Track Series Senior Men

100 Meters

1.	Ken Wun	12.2	(51)	2006
2.	David Robertshaw	13.3	(50)	06/14/16
3.	Bo Davis	13.4	(51)	1992
3.	Ernst Bohn	13.4	(54)	1996
3.	Ben Rosales	13.4	(50)	08/09/09
6.	Bob Holland	13.5	(52)	1996
6.	Don Imrie	13.5	(50)	2000
6.	Ian McLeod	13.5	(50)	08/10/10
9.	Clive Egerton	13.7	(53)	1993
10.	Jim Peterson	13.9	(53)	1997
10.	David Zarate	13.9	(50)	06/24/09

200 Meters

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.	David Robertshaw	27.5	(50)	06/14/16
7.	Bob Holland	27.7	(53)	1997
7.	Dan Aldridge	27.7	(55)	06/12/12
9.	John Wright	28.0	(55)	2004
10.	Bo Davis	28.1	(51)	1992

400 Meters

1.	Andy Howard	58.09	(50)	07/12/11
2.	Jim Gibbons	58.6	(56)	2000
3.	Alan Levine	59.5	(55)	1999
4.	Bryan Porter	59.8	(50)	08/07/12
5.	Danny Aldridge	59.9	(52)	07/22/09
6.	Ian McCleod	60.7	(50)	08/10/10
7.	Guy Schott	61.7	(52)	07/07/15
8.	David Robertshaw	61.8	(50)	07/12/16
9.	Christian Oakes	62.3	(57)	07/12/16
10.	Jonathan Hayden	64.1	(53)	07/27/10

800 Meters

1.	Jim Gibbons	2:09.0	(54)	1998
2.	Doug Murdoch	2:10.9	(50)	07/07/15
3.	Andy Howard	2:13.88	(50)	06/14/11
4.	Dave White	2:15.0	(51)	07/12/16
5.	Guy Schott	2:16.5	(52)	07/07/15
6.	Bryan Porter	2:18.7	(50)	06/26/12
7.	Danny Aldridge	2:25.1	(55)	06/12/12
8.	B. Hutchinson	2:26.5	(54)	1998
9.	Chris Cole	2:27.2	(53)	2007
10.	Jon Hermstad	2:28.0	(54)	2002

Top Ten All Time - 08/09/16

Mile

1.	Doug Murdoch	4:45.9	(50)	06/09/15
2.	Dave White	4:52.3	(51)	07/12/16
3.	Jim Gibbons	4:55.9	(52)	1996
4.	Dan Preston	4:57.0	(53)	1995
5.	Andy Howard	4:59.9	(50)	08/09/11
6.	Bryan Porter	5:01.9	(50)	07/24/12
7.	Frank Ruona	5:05.8	(52)	1998
8.	Guy Schott	5:07.0	(53)	08/09/16
9.	Tim Wallen	5:07.8	(52)	08/09/16
10.	Mike Faneli	5:08.0	(50)	2006

3000 Meters

1.	Dan Preston	9:46.4	(52)	1994
2.	Dave White	9:58.4	(51)	07/26/16
3.	Dan Aldridge	10:05.5	(51)	06/10/09
4.	Jerry Lyman	10:20.0	(50)	1999
5.	Guy Schott	10:25.5	(50)	07/22/14
6.	Andy Howard	10:30.6	(50)	07/26/11
7.	Chris Cole	10:34.4	(54)	07/22/08
8.	Steve Cleal	10:49.1	(50)	07/22/08
9.	Brad Zanetti	10:55.5	(56)	06/12/11
10.	Bob Finlay	11:03.9	(50)	2007

2 Mile

1.	Doug Murdoch	10:25.3	(50)	06/23/15
2.	Dan Preston	10:31.5	(52)	1994
3.	Jim Gibbons	10:58.3	(54)	1998
4.	Dan Aldridge	11:05.9	(53)	06/29/10
5.	Jonathan Hayden	11:25.6	(54)	06/28/11
6.	Larry Meredith	11:43.8	(50)	06/24/08
7.	Guy Schott	11:46.5	(53)	07/12/16
8.	Jon Hermstad	11:46.9	(50)	1999
9.	Brad Zanetti	11:49.1	(56)	06/28/11
10.	Andy Howard	11:55.9	(54)	06/23/15
11.	Bob Finlay	12:13.0	(50)	06/27/07

5000 Meters

1.	Dan Preston	17:23.2	(52)	1994
2.	Dan Aldridge	17:30.9	(53)	07/13/10
3.	Chris Cole	17:38.0	(53)	2007
4.	Jim Gibbons	17:47.1	(54)	1998
5.	Bob Hope	17:50.5	(54)	1996
6.	Jerry Lyman	17:53.0	(50)	1999
7.	Guy Schott	17:56.9	(51)	07/08/14
8.	Larry Meredith	18:30.0	(50)	2007
9.	Brad Zanetti	18:53.5	(57)	07/12/11
10.	Andy Howard	19:07.3	(53)	07/08/14

Empire Runners Track Series Super Senior Men

100 Meters

1.	Ted Draper	13.6	(62)	08/11/04
2.	Bob Holland	14.7	(61)	06/29/05
3.	John Wright	14.9	(65)	06/24/14
4.	Mark Carroll	15.2	(60)	07/07/15
5.	Don Lindsay	15.5	(61)	07/08/14
6.	Kevin Teuscher	15.8	(60)	06/12/12
7.	Carl Jackson	15.9	(64)	07/09/97
8.	Michael Burns	15.98	(68)	08/09/11
9.	Dan McCormick	16.2	(60)	06/29/05
10.	Steve Cryer	16.9	(60)	07/10/12

200 Meters

1.	Ted Draper	29.3	(62)	07/14/04
2.	John Wright	29.8	(63)	06/12/12
3.	Bob Holland	30.5	(61)	07/13/05
4.	Larry Bulinski	31.0	(69)	08/04/15
5.	Don Lindsay	31.1	(62)	06/09/15
5.	Mark Carroll	31.1	(60)	06/09/15
7.	Paul Berg	31.5	(60)	08/04/15
8.	Michael Burns	35.2	(66)	08/09/09
9.	Steve Cryer	36.0	(61)	07/09/13
10.	Kevin Teuscher	36.4	(60)	06/12/12

400 Meters

1.	Bob Holland	68.8	(61)	07/27/05
2.	John Wright	70.4	(65)	07/08/14
3.	Don Lindsay	71.8	(62)	08/04/15
4.	Mark Carrol	71.9	(61)	07/12/16
5.	Richard Quinn	74.3	(62)	07/21/15
6.	Paul Berg	74.7	(60)	08/04/15
7.	Brian McSweeney	75.3	(61)	08/09/16
8.	Michael Burns	84.5	(66)	08/09/09
9.	Steve Cryer	85.1	(60)	07/10/12
10.	Bob Fraser	87.30	(68)	06/28/11

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.	John Harmon	2:37.5	(60)	07/12/16
5.	Jim Gibbons	2:39.3	(62)	06/28/06
6.	Ralph Harms	2:39.7	(63)	06/11/97
7.	Richard Quinn	2:41.2	(62)	07/21/15
8.	Don Lindsay	2:42.7	(62)	08/04/15
9.	Lon Wiley	2:52.8	(64)	07/09/13
10.	Steve Cryer	2:56.9	(61)	06/11/13

Top Ten All Time - 08/09/16

Mile

1.	Dan Preston	5:22.0	(60)	06/12/02
2.	Richard Quinn	5:47.9	(62)	08/04/15
3.	B. Hutchinson	5:52.0	(60)	07/28/04
4.	Bob Holland	5:58.0	(60)	06/30/04
5.	Ralph Harms	5:59.4	(61)	06/25/98
6.	Chris Cole	6:00.8	(60)	07/08/14
7.	Jim Gibbons	6:01.0	(61)	06/14/06
8.	Steve Cryer	6:04.7	(61)	07/09/13
9.	Jerry Lyman	6:07.1	(62)	08/09/11
10.	Andrew Hidas	6:13.6	(60)	06/28/11

3000 Meters

1.	Richard Quinn	11:20.9	(60)	07/22/14
2.	Paul Berg	12:06.1	(60)	07/21/15
3.	Bob Holland	12:10.0	(60)	06/16/04
4.	Steve Cryer	12:19.2	(61)	06/11/13
5.	John Harmon	12:21.8	(60)	06/14/16
6.	Carl Jackson	13:08.1	(65)	08/05/98
7.	Darryl Beardall	13:24.0	(65)	06/22/02
8.	Kevin Teuscher	14:16.9	(63)	06/09/15
9.	Ernst Bohn	14:42.1	(69)	07/22/08
10.	Harald Nordvold	15:57.1	(61)	07/22/09

2 Mile

1.	Richard Quinn	12:31.7	(62)	06/23/15
2.	B. Hutchinson	12:48.4	(60)	07/14/04
3.	Bob Holland	13:05.9	(60)	07/14/04
4.	Steve Cryer	13:16.2	(61)	07/23/13
5.	John Harmon	13:18.4	(60)	07/12/16
6.	Brad Zanetti	13:26.9	(60)	06/23/15
7.	Don Lindsay	13:27.7	(62)	06/23/15
8.	Ernst Bohn	14:17.1	(64)	07/14/04
9.	Kevin Teuscher	15:23.9	(60)	06/26/12
10.				

5000 Meters

1.	Chris Cole	19:22.4	(60)	07/07/15
2.	Bob Holland	20:40.9	(60)	06/30/04
3.	Steve Cryer	20:51.1	(61)	07/09/13
4.	Richard Quinn	21:11.7	(60)	07/08/14
5.	Paul Berg	21:13.9	(60)	07/07/15
6.	Ernst Bohn	22:06.9	(61)	06/13/01
7.	Bob Fraser	23:28.2	(68)	07/12/11
8.	Carl Jackson	23:28.5	(65)	07/22/98
9.	Ralph Harms	24:24.1	(64)	06/13/01
10.	Harold Nordvold	28:27.6	(62)	07/13/10

Empire Runners Track Series Veteran Men

100 Meters

1.	Larry Barnum	13.6	(71)	06/09/15
2.	Terry Rowan	15.4	(74)	07/07/15
3.	Bob Holland	15.8	(70)	08/05/14
4.	Rich Simmons	16.2	(73)	08/05/14
5.	Brian Shears	16.73	(74)	08/09/11
6.	William Marshall	21.0	(72)	08/07/12
7.				
8.				
9.				
10.				

200 Meters

1.	Larry Barnum	29.18	(72)	06/28/16
2.	Bob Holland	33.3	(70)	07/22/14
3.	Carl Jackson	36.9	(71)	06/30/04
4.	William Marshall	43.8	(72)	08/07/12
5.				
6.				
7.				
8.				
9.				

400 Meters

1.	Larry Barnum	63.9	(72)	07/12/16
2.	Bob Holland	77.1	(70)	08/05/14
3.	Gil Moreno	88.0	(70)	07/09/13
4.	William Marshall	94.0	(72)	08/07/12
5.				
6.				
7.				
8.				
9.				
10.				

800 Meters

1.	Bob Holland	2:57.8	(70)	06/24/14
2.	Gil Moreno	3:18.1	(70)	07/09/13
3.	Bob Frazer	3:21.6	(71)	06/24/14
4.	William Marshall	3:26.7	(72)	08/07/12
5.				
6.				
7.				
8.				
9.				
10.				

Top Ten All Time - 08/09/16

Mile

1.	Bob Holland	6:56.6	(70)	07/08/14
2.	Ernst Bohn	7:24.9	(70)	07/13/10
3.	William Marshall	7:45.7	(72)	08/07/12
4.	James Eklund	7:20.6	(79)	07/08/14
5.	Bob Frazer	7:52.5	(71)	07/08/14
6.	Elmo Shropshire	7:54.4	(78)	08/04/15
7.				
8.				
9.				
10.				

3000 Meters

1.	Bob Holland	14:12.5	(70)	07/22/14
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

2 Mile

1.	Bob Holland	15:21.6	(72)	06/28/16
2.	Jim Ray	15:30.9	(78)	07/14/04
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

5000 Meters

1.	Bob Holland	24:36.1	(70)	07/08/14
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

Empire Runners Track Series Open Women

100 Meters

1.	Janice Saunders	12.0	06/27/07
2.	Kirsten Carter	12.1	06/09/15
3.	Sharon Polley	12.2	06/10/97
4.	Devyn Ruiz	12.3	06/24/09
4.	Alyssa Page	12.3	08/09/09
6.	Angelique Lopez	12.4	07/07/15
6.	Angie Law	12.4	06/28/16
8.	Dawn Mann	12.6	08/11/04
8.	Desiree Johnson	12.6	06/12/12
10.	Corrie Stranzel	12.7	07/09/03

200 Meters

1.	Kyra Johnson	25.6	07/23/13
2.	V. Demartini	25.9	06/24/92
2.	Alyssa Page	25.9	06/15/10
4.	Wendi Simmons	26.0	07/08/86
4.	Angelique Lopez	26.0	07/07/15
6.	Rose Criss	26.1	06/12/96
7.	Melissa Gaunella	26.4	06/12/96
7.	Blair Gabler	26.4	07/26/00
7.	Nia Whitlock	26.4	07/07/15
10.	W. Leachman	26.6	06/13/01

400 Meters

1.	Nia Whitlock	56.7	07/09/13
2.	Kirsten Carter	57.3	06/09/15
3.	Sadia Ibrahim	58.1	06/11/13
4.	Wendi Simmons	58.8	06/08/86
5.	M. MacPherson	60.5	06/12/90
6.	Melissa Guanella	61.4	07/07/96
6.	Blair Gabler	61.4	07/26/00
8.	Rylee Bowen	61.8	08/04/15
9.	Nancy Duong	62.3	07/21/15
10.	Miah Moore	62.4	08/04/15

Top Ten All Time - 08/09/16

800 Meters

1.	Lea Wallace	2:01.9	07/07/15
2.	Ruriko Kubo	2:09.4	08/04/15
3.	Trish Stone	2:13.4	06/17/92
4.	S. Sweeney	2:13.8	07/17/92
5.	Julia Stamps	2:14.1	06/12/96
6.	Chris Boyd	2:14.5	07/28/93
7.	Eden Mebrahtu	2:16.6	06/10/09
8.	Nora Doyle	2:18.8	06/21/89
9.	Lisa Geoffrion	2:19.8	06/30/93
10.	E. Brennan-Erler	2:19.9	07/22/92

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

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.	Julia Mallon	10:27.1	06/14/11
7.	Shoshana Zibblatt	10:36.4	06/26/96
8.	Liz Mosier	10:40.0	06/08/88
9.	Phyllis Blanchard	10:41.0	07/23/03
10.	Erica Ruiz	10:46.0	07/21/15

Open Women - 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.	Delaney White	18:42.2	07/08/14
4.	Phyllis Blanchard	18:44.7	06/25/03
5.	Shoshana Ziblett	18:45.3	07/10/96
6.	Valerie Randhawa	18:46.2	07/28/93
7.	Christi Holligan	18:53.7	07/28/93
8.	Lisa H-Miller	18:54.9	07/08/14
9.	Val Sell	19:02.4	06/26/02
10.	Tori Meredith	19:08.0	07/28/93

Empire Runners Track Series Master Women

100 Meters

1.	Meredith Rennie	15.2	(42)	06/23/15
2.	Sue Curfman	15.3	(41)	07/26/00
3.	Cathy Fusco	15.4	(41)	07/21/99
3.	Kerry Hanlon	15.4	(44)	06/14/16
5.	Leslie Wolcott	16.0	(47)	07/26/07
6.	Shannon Dower	16.1	(41)	08/09/16
7.	Val Sell	16.5	(42)	08/16/06
8.	Shelli Gordon	16.8	(46)	07/11/07
9.	Sarah Martin	16.8	(46)	07/08/14
10.	Melissa Provencia	17.1	(43)	07/26/07

200 Meters

1.	Sue Curfman	31.2	(41)	07/26/00
2.	Kerry Hanlon	32.5	(44)	06/14/16
3.	Meredith Rennie	33.5	(42)	06/23/15
4.	Val Sell	34.5	(41)	07/12/06
4.	Sherry Glascock	34.5	(42)	07/08/14
6.	Shelli Main	35.7	(48)	08/05/09
7.	Sarah Martin	36.3	(46)	07/22/14
8.	Leslie Wolcott	37.1	(47)	07/26/07
9.	Anna Derho	38.3	(43)	06/11/97
10.	Judy Gottlieb	39.3	(45)	06/12/91

400 Meters

1.	Elizabeth Meza	72.8	(41)	06/15/10
2.	Kerry Hanlon	75.5	(43)	06/23/15
3.	Val Sell	75.6	(41)	07/12/06
4.	M. Champagne	82.1	(45)	08/12/92
5.	Lisa Isabeau	83.4	(45)	06/16/04
6.	Shelli Gordon	84.0	(46)	06/13/07
7.	Sarah Martin	84.6	(46)	07/22/14
8.	Joyce Bennett	84.8	(41)	07/08/86
9.	Sherry Glascock	84.9	(42)	07/08/14
10.	Anna Derho	85.6	(43)	06/11/97

800 Meters

1.	Carrie Joseph	2:40.8	(40)	08/10/10
2.	Val Sell	2:42.5	(41)	06/28/06
3.	Elizabeth Meza	2:48.5	(41)	06/29/10
4.	Kerry Hanlon	2:49.4	(44)	06/14/16
5.	Audrey Schriff	2:58.9	(43)	06/18/03
6.	Mady Stewart	3:00.0	(40)	07/12/06
7.	Carol DuBay	3:10.2	(47)	06/14/06
8.	Amy Gandy	3:12.8	(40)	06/29/94
9.	B. McIntosh-King	3:13.1	(43)	07/09/97
10.	Judy Gottlieb	3:15.0	(45)	06/12/91

Top Ten All Time - 08/09/16

Mile

1.	Cathy DuBay	5:20.1	(41)	07/13/05
2.	Christy Holligan	5:37.7	(42)	07/13/00
3.	Carrie Joseph	5:43.8	(41)	06/14/11
4.	Bev Marks	5:45.8	(42)	08/07/99
5.	Val Sell	5:47.7	(46)	07/12/11
6.	Lisa Isabeau	5:47.8	(40)	07/07/99
7.	Tori Meredith	5:56.1	(41)	08/04/99
8.	Joann Nickel	5:57.1	(41)	07/08/98
9.	Kerry Hanlon	5:59.4	(44)	08/09/16
10.	Janet Feldman	6:00.0	(45)	06/18/03

3000 Meters

1.	Cathy DuBay	11:08.6	(48)	06/11/13
2.	Val Sell	11:29.4	(41)	07/26/06
3.	Tori Meredith	11:38.6	(41)	08/04/99
4.	Carrie Joseph	11:51.8	(41)	07/26/11
5.	Lisa Isabeau	12:08.5	(41)	06/23/99
6.	Robin Stovall	12:13.7	(41)	08/09/00
7.	Kerry Hanlon	12:50.8	(44)	07/26/16
8.	Anna Derho	13:06.6	(40)	08/10/94
9.	Lori Winkler	13:16.7	(44)	07/23/03
10.	Sherri Guinn	13:37.0	(44)	06/27/90

2 Mile

1.	Christy Holligan	12:11.8	(42)	07/13/00
2.	Cathy DuBay	12:14.6	(48)	07/23/13
3.	Val Sell	12:22.6	(41)	06/28/06
4.	Lisa Isabeau	12:47.3	(40)	07/07/99
5.	Karen Teuscher	13:13.8	(40)	06/28/16
6.	Tori Meredith	13:20.9	(41)	07/07/99
7.	Sherri Guinn	14:26.0	(44)	07/13/90
8.	Joyce Bennett	14:36.0	(45)	06/13/90
9.	Renee Vargas	14:41.0	(49)	06/23/15
10.	Sheila Masi	14:45.8	(41)	07/24/96

5000 Meters

1.	Cathy DuBay	18:18.0	(41)	07/13/05
2.	Val Sell	19:01.8	(41)	08/17/05
3.	Carrie Joseph	19:58.0	(40)	07/13/10
4.	Tori Meredith	19:58.7	(41)	07/21/99
5.	Cindy Scott	20:08.1	(41)	07/10/96
6.	Lisa Isabeau	20:40.0	(40)	06/09/99
7.	Karen Teuscher	21:06.7	(40)	07/12/16
8.	Robin Stovall	21:32.8	(43)	07/24/02
9.	Anna Derho	23:55.3	(40)	07/27/94
10.	Galen Erin	25:42.9	(44)	07/28/93

Empire Runners Track Series Senior Women

100 Meters

1.	Kathy Kopp	14.8	(53)	07/10/12
2.	Nadine O'Conner	14.9	(50)	1992
3.	Caryl Chlan	15.2	(54)	08/09/09
4.	Krista Wigert	15.5	(50)	06/14/16
5.	Shelli Main	16.4	(53)	07/08/14
6.	Margie Al-Ghanim	16.9	(54)	07/08/14
6.	Kristina Sepetys	16.9	(53)	06/14/16
8.	Sylvia Moffett	17.3	(51)	07/24/12
9.	J. Barekman	18.2	(52)	1986
10.	Pauline Rogers	18.4	(51)	2006

200 Meters

1.	Nadine O'Conner	30.4	(50)	1992
2.	Kathy Kopp	30.7	(53)	07/24/12
3.	Caryl Chlan	32.0	(54)	08/09/09
4.	Sharon Whitney	33.7	(51)	1993
5.	Shelli Main	35.2	(53)	07/08/14
6.	Sharon Hyde	35.4	(50)	1993
7.	Margi Al-Ghanim	36.0	(54)	07/08/14
8.	Kristina Septesys	37.3	(53)	06/14/16
9.	Pauline Rogers	39.8	(51)	2006
10.	Cathy Goodwin	40.7	(54)	08/10/10

400 Meters

1.	Nadine O'Conner	69.3	(50)	1992
2.	Caryl Chlan	78.0	(58)	08/06/13
3.	Sylvia Moffett	80.9	(51)	06/12/12
4.	Krista Wigert	81.7	(50)	06/14/16
5.	J. Barekman	82.5	(52)	1986
6.	Cathy Goodwin	84.8	(54)	08/10/10
7.	Joanne Collard	87.0	(55)	06/14/16
8.	Shelli Main	87.1	(50)	07/26/11
9.	Lisa Isabeau	87.4	(51)	07/13/10
10.	Margie Al-Ghanim	88.6	(54)	07/08/14

800 Meters

1.	Caryl Chlan	2:43.7	(54)	08/09/09
2.	A.M. Von Hoene	2:53	(52)	1995
3.	Cathy DuBay	3:00.4	(50)	06/09/15
4.	Shelli Main	3:04.0	(53)	07/08/14
5.	Sylvia Moffet	3:07.5	(51)	07/24/12
6.	Deb DeCarli	3:13	(54)	2006
7.	Karen Kissick	3:13.3	(56)	08/06/13
8.	Tori Meredith	3:15	(50)	2008
9.	Cathy Goodwin	3:15.6	(54)	08/10/10
10.	Lisa Isabeau	3:16.6	(50)	06/24/09

Top Ten All Time - 08/09/16

Mile

1.	Cathy DuBay	5:59.3	(52)	07/12/16
2.	A.M. Von Hoene	6:04.0	(52)	1995
3.	Tori Meredith	6:14.6	(54)	08/07/12
4.	Val Sell	6:30.3	(51)	06/14/16
5.	Caryl Chlan	6:32.2	(58)	07/09/13
6.	Shelli Main	6:34.6	(53)	07/08/14
7.	Sylvia Moffett	6:35.8	(51)	07/24/12
8.	Karen Kissick	6:40.2	(56)	07/09/13
9.	Lisa Isabeau	6:42.9	(50)	06/24/09
10.	Nuvit Foster	6:47.9	(54)	08/04/15

3000 Meters

1.	Cathy DuBay	11:50.5	(50)	07/21/15
2.	Tori Meredith	13:07.0	(54)	07/24/12
3.	Val Sell	13:20.9	(51)	06/14/16
4.	Nuvit Foster	13:34.7	(54)	07/21/15
5.	Lisa Isabeau	13:36.1	(51)	07/27/10
6.	Sylvia Moffet	14:01.4	(51)	06/12/12
7.	Cathy Goodwin	14:02.4	(54)	07/27/10
8.	Karen Kissick	14:15.0	(52)	07/22/09
9.				
10.				

2 Mile

1.	Cathy DuBay	12:51.5	(52)	06/28/16
2.	Val Sell	13:46.9	(51)	06/28/16
3.	Tori Meredith	14:04.0	(55)	07/13/13
4.	Karen Kissick	14:43.6	(52)	06/24/09
5.	Lisa Isabeau	15:38.0	(50)	06/24/09
6.	Margie Al-Gahnim	15:50.0	(54)	06/24/14
7.	Cathy Goodwin	16:51.5	(53)	06/24/09
8.				
9.				
10.				

5000 Meters

1.	Cathy Dubay	20:34.1	(52)	07/12/16
2.	Karen Kissick	21:12.5	(52)	07/08/09
3.	A.M. Von Hoene	22:35	(50)	1993
4.	Tori Meredith	23:30.1	(55)	07/09/13
5.	Lisa Isabeau	24:09	(50)	07/08/09
6.	Cathy Goodwin	25:45	(55)	07/12/11
7.				
8.				
9.				
10.				

Empire Runners Track Series Super Senior Women

Top Ten All Time - 08/0926/16

100 Meters

1.	Sharlet Gilbert	15.3	(65)	07/12/16
2.	Caryl Chlan	16.1	(60)	06/23/15
3.	Nanci Henderson	16.6	(63)	07/12/16
4.	Diane Ventre	19.1	(62)	08/04/15
5.	Georgia Longsdon	20.1	(62)	1986
6.				
7.				
8.				
9.				
10.				

200 Meters

1.	Sharlet Gilbert	33.0	(62)	06/11/13
2.	Caryl Chlan	34.1	(60)	06/23/15
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

400 Meters

1.	Sharlet Gilbert	1:17.2	(62)	06/11/13
2.	Caryl Chlan	1:17.8	(60)	06/23/15
3.	Mary Jane Wernett	1:57.6	(61)	06/11/97
4.				
5.				
6.				
7.				
8.				
9.				
10.				

800 Meters

1.	Caryl Chlan	3:07.6	(60)	06/23/15
2.	Sharlet Gilbert	3:09.2	(62)	07/23/13
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

Mile

1.	Caryl Chlan	6:51.0	(60)	07/21/15
2.	Sharlet Gilbert	6:58.0	(62)	07/09/13
3.	Shirley Fee	7:15.0	(68)	06/10/09
4.	Edda Stickle	7:36.8	(64)	06/28/06
5.				
6.				
7.				
8.				
9.				
10.				

3000 Meters

1.	Sharlet Gilbert	14:32.3	(64)	07/21/15
2.	Dara Hill	15:03.7	(61)	07/22/14
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

2 Mile

1.	Sharlet Gilbert	15:17.7	(62)	07/23/13
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

5000 Meters

1.	Sharlet Gilbert	25:10.5	(62)	07/09/13
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

**Empire Runners Track Series
Veteran Women**

Top Ten All Time - 08/09/16

100 Meters

1. A.M. Von Hoene 27.3 (73) 06/14/16
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

200 Meters

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

400 Meters

- 1.
- 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 7:51.1 (70) 07/12/11
- 2.
- 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 Relays

Top Ten All Time - 08/09/16

Mile Relay (Male – teams with at least one male runner count as “Male” teams)

4. Sandbaggers	3:31.1	07/14/93 – D. Held, S. Fitzpatrick, C. Gaston, Miller
5. Alexander Valley Striders	3:32.6	06/29/94 – B. Rosales, A. Hunter, D. Rodriguez, J. Wilson
6. Alexander Valley Striders	3:34.1	07/19/89 – Schram, L. Rosales, M. Ziblatt, B. Rosales
7. Thirsty Boys	3:35.8	06/07/89 – McShane, Maurer, B. Rosales, T. Cummings
8. Slugs-R-Us	3:36.3	06/30/93 – D. Held, S. Fitzpatrick, T. Trask, Miller
9. Destiny Destroyers	3:36.7	06/23/15 - N. Spector, V. Ripa, L. Wallace (F), R. Byers
10. Team Hurl	3:38.1	07/08/92 – E. Bursch, G. Huber, Rathbun, Barins
11. No Hells Barred	3:38.8	06/16/93 – D.Held, M, Fink, D. Held, S. Fitzpatrick
12. Alexander Valley Striders	3:39.1	07/08/92 – Panyonouvong, Held, Rosales, Rodriguez
13. (name unrecorded)	3:39.4	07/08/09 – Kimari, Bei, Ripa, Gill
14. Golden Supermen	3:39.9	07/14/93 – E. Bursch, Bursch, P. Leonard, G. Huber
15. United Latinos	3:40.4	07/14/93 – L. Rosales, B. Rosales, D. Rodriguez, R. Esponda

Mile Relay (All Female)

1. The Under 70's	4:21.2	06/30/93 – C. Boyd, H. Cupp, J. Stamps, S. Sweeney
2. IMPSMAG	4:24.2	06/17/92 – Stone, Locke, Crowley, Sweeney
3. Sonoma Cheetahs	4:47.9	06/21/89 – Strong, Cilley, Maurer, Doyle
4. Sub 80's	4:55.3	07/14/93 – T. Nelson-Aldridge, Rosales, C. Crowley, L. Gay
5. Wild Coyotes	5:21.4	07/14/93 – J. Stamps, A. Nelson, N. Nelson, J. Aldridge
6. Nelson-Aldridge	5:27.1	06/30/93 – T. Nelson-Aldridge, A. Nelson, N. Nelson, J. Aldridge
7. Macha	5:38.7	06/12/91 – Gottlieb, Szele, Titus, Given
8. S.R. Express	5:39.0	06/15/94 – A. Nelson, N. Nelson, R. Terry, C. Allen
9. Thirsty Girls	5:50.7	06/12/90 – Roach, Bennett, Guinn, Strong
10. Christina's Team	5:53.0	06/24/92 – Stamps, A. Nelson, N. Nelson, J. Aldridge

Empire Runners Track Series Relays

Distance Medley Relay – DMR – 1200, 400, 800, 1600

Distance Medley Relay (Overall Best Times)

1. 10:36.4 08/06/13 – Run Like Hell – Matty Salazar, Vojta Ripa, Tyler Harwood, Reese Byers
2. 10:37.4 08/05/14 – Chipmonks – Christian Nazarek, Sean Rollins, Nicholas Rauch, Reese Byers
3. 10:48.0 08/07/12 – Heart of Sole – Alex Wolf-Root, Mike Wortman, Vojta Ripa, Luis Luna
4. 10:53.9 08/05/09 – No Team Name Listed - Reese Byers, Michael Gil, Vojta Ripa, Rory McLeod
5. 11:23.4 08/05/09 – No Team Name Listed - Michael Zanetti, unknown, Jaime Goldfield, Aria Kiani
6. 11:25.7 08/06/13 – This Sucks – Cristian Nazarek, Andrew Langwell, Joseph Ruiz, Mike Wortman
7. 11:25.32 08/---/08 – Heart and Sole (names not recorded, gender not recorded)
8. 11:25.6 08/05/09 – No Team Name Listed - Cameron Davis, Troy Cameron, Sean Hammett, Nick Spector
9. 11:27.33 08/---/08 – Running Divas (names not recorded, gender not recorded)
10. 11:29.9 08/08/07 – P-Pack (names not recorded, Male)

Top Ten All Time – 08/09/16

Distance Medley Relay (Known All Male Teams)

1. 10:36.4 08/06/13 – Run Like Hell – Matty Salazar, Vojta Ripa, Tyler Harwood, Reese Byers
2. 10:37.4 08/05/14 – Chipmonks – Christian Nazarek, Sean Rollins, Nicholas Rauch, Reese Byers
3. 10:48.0 08/07/12 – Heart of Sole – Alex Wolf-Root, Mike Wortman, Vojta Ripa, Luis Luna
4. 10:53.9 08/05/09 – No Team Name Listed - Reese Byers, Michael Gil, Vojta Ripa, Rory McLeod
5. 11:23.4 08/05/09 – No Team Name Listed - Michael Zanetti, unknown, Jaime Goldfield, Aria Kianire)
6. 11:25.6 08/05/09 – No Team Name Listed - Cameron Davis, Troy Cameron, Sean Hammett, Nick Spector)
7. 11:25.7 08/06/13 – This Sucks – Cristian Nazarek, Andrew Langwell, Joseph Ruiz, Mike Wortman
8. 11:29.9 08/08/07 – P-Pack (names not recorded)
9. 11:31.3 08/16/06 – The Gleeks (names not recorded)
10. 11:34.6 08/05/14 – Chinchillas – Eli Rosen-Duran, Justin Thurman, Mike Wortman, Nick Spector

Distance Medley Relay (Known All Female Teams)

1. 14:07.3 08/16/06 – Three Mini’s and a Mel
(names not recorded)
2. 15:18.5 08/05/14 – I’ll Never Give up –
Rebekah Skandera, Sarah Keys, Sarah
Skandera, Madison Denny
3. 15:35.5 08/16/06 – Runnin’ Fools (names not
recorded)
4. 16:00.2 08/05/09 – No Team Name Listed –
Connell, Matthews, Zechowy, Berg
5. 16:21.4 08/16/06 – Flamin’ Flamingos
(names not recorded)
6. 17:15.6 08/05/09 – No Team Name Listed –
Meredith, Main, Titus-Isabeau, Kissick
7. 17:16.0 08/05/09 – No Team Name Listed –
Derausseau, Ribas, Dirado, O’Leary
8. 19:13.1 08/05/09 – No Team Name Listed –
Schwartz, Hadley, Rostel, Kelleher

Distance Medley Relay (Known Co-Ed Teams)

1. 11:55.0 08/16/06 – “Empire Meet Record”
(names not recorded)
2. 12:56.7 08/07/12 – Non-Olympians – Paul
Berg, Karen Teuscher, Tori Meredith, Larry
Meredith
3. 13:24.3 08/05/09 – No Team Name Listed –
Ramirez, Aldridge(F), Sufi, Stenerson
4. 14:08.1 08/05/09 – No Team Name Listed –
Lecoeuche, Dillilio(F), Strobino, Bellow
5. 14:21.1 08/05/09 – No Team Name Listed –
Rosales, A. Mendoza, J. Mendoza(F), Silva
6. 14:23.5 08/06/13- Still Got It – Val Sell, Tori
Meredith, Dave Sell, Larry Meredith
7. 14:33.4 08/07/12 – The Bolts – Anthony
Rink, Shelli Main, Darin Marcucci, Harrison
Wistock
8. 14:34.0 08/07/12 – Team Rodriguez –
George Bratzburg, Anastasia, Madeline and
Jaun Rodriguez
9. 14:46.7 08/05/14 – 4400 – Dave Sell, Andrea
Guzman, McKenna Sell, Val Sell
10. 15:05.5 08/07/12 – Andy’s Team – Joelle,
Dave Houts, Bill Cusworth, Andy Howard