

WEST ALBANY STRIDERS--HUDSON MOHAWK ROAD RUNNERS CLUB-TUESDAY NITE TRACK MEETS

ALL-TIME BESTS - 1969-2015

100 Yard Dash-Men

1	Allen, A.	1979	9.8
1	Paquette	1977	9.8
3	Allen, A.	1981	9.9
3	Ned, D.	1977	9.9
3	Smith, J.	1974	9.9
3	Williams, D.	1974	9.9
3	Stone, D.	1972	9.9
3	Gansle, B.	1972	9.9

100M Dash-Men

1	McCrosen, T.	1987	10.4
1	Allen, A.	1982	10.4
1	Gilmore, K.	1996	10.4
4	Edwards	1997	10.5
4	Gilmore, K.	1996	10.5
6	Burnett	2010	10.5
7	McCrosen, T.	1994	10.6
7	Wright	1986	10.6
7	York	2000	10.6
7	Burnett	2010	10.6

200M Dash-Men

1	McCrosan, T.	1987	21.4
2	Gilmore, K.	1996	21.6
3	Santana, R.	2012	21.6
4	Greene, J.	2008	21.7
4	Smith, J.	1974	21.7
4	Gilmore, K.	1996	21.7
4	Burnett	2010	21.7
8	Karam	2011	21.9
8	Pompey, K.	1992	21.9
8	Smith, J.	1974	21.9
8	Edwards, D.	1997	21.9
8	English, A.	2004	21.9
8	Melchionni	2015	21.9

400M Dash-Men

1	Greene, J.	2009	46.1
2	Beauvais	2009	47.6
3	Greene, J.	2008	48.2
3	Coleman, E.	2005	48.2
5	Edwards, D.	1998	48.5
6	Sellers, H.	1990	48.6
6	Novenche, M.	1993	48.6
6	Mans, A.	2005	48.6
6	Santana, R.	2012	48.6
6	Becker	2012	48.6
11	Edwards, D.	1997	48.8
11	Wollkind, D.	1972	48.8
11	Gomez, S.	1974	48.8

800M Run-Men

1	Burns, G.	2007	1:48.9
2	Moore, J.	2007	1:49.9
3	Brown, B.	1969	1:51.1
4	Ohlsson, B.	2001	1:51.2
5	Moore, J.	2006	1:51.5
6	Bradt, D.	1969	1:51.9
7	Lupi, P.	1992	1:52.4
7	Gregory, M.	1987	1:52.4
9	Gregory, M.	1987	1:52.5
9	Ohlsson, B.	1998	1:52.5
11	Ohlsson, B.	2001	1:52.5
12	Ohlsson, B.	1998	1:52.6

1 Mile Run-Men

1	Brown, B.	1969	4:10.5
2	Kunyiha, Z.	1994	4:11.6
3	Scheuer, K.	1979	4:12.9
4	Cloutier, R.	2005	4:13.6
5	Brown, B.	1969	4:13.8
6	Kunyiha, Z.	1994	4:14.3
7	Conway, N.	2003	4:14.3
8	Orvis, T.	1989	4:14.6
9	Mbiu, F.	1994	4:15.0

1 Mile Run-Submaster's Men

1	Brown, B.	1981	4:13.5
2	Brown, B.	1975	4:14.4
3	Brown, B.	1977	4:15.3
4	Brown, B.	1977	4:18.2
5	Brown, B.	1974	4:18.3
6	Brown, B.	1979	4:10.6
7	Coughlin, R.	1990	4:19.7
8	Brown, B.	1983	4:20.6
9	Dalton, T.	1989	4:21.2

1 Mile Run-Masters's Men

1	Brown, B.	1988	4:24.6
2	Robinson, B.	1986	4:27.9
3	Robinson, B.	1989	4:28.4
4	Robinson, B.	1989	4:29.5
5	Robinson, B.	1987	4:32.2
6	Brown, B.	1987	4:32.6
7	Robinson, B.	1987	4:32.7
8	Robinson, B.	1987	4:32.9
9	Brown, B.	1991	4:35.0
9	Bulger, T.	1994	4:35.0

2 Mile Run-Men

1	Curtin, J.	1988	8:58.5
2	Kogo, S.	1986	9:05.7
3	Brown, B.	1984	9:06.5
4	Dalton, T.	1987	9:06.8
5	Dalton, T.	1987	9:08.0
6	Dalton, T.	1991	9:10.8
7	Barsalow, D.	1980	9:11.4
8	Brown, B.	1975	9:11.5
9	Coughlin, R.	1988	9:11.7
10	Teague, B.	1985	9:12.4

Shot Put-Men

1	Zelezniak, J.	1982	63'2"
2	Zelezniak, J.	1981	61'8"
3	Zelezniak, J.	1982	61'
4	Bloom, A.	1998	60'4"
5	Zelezniak, J.	1982	59'3"

Discus-Men

1	Bloom, A.	1998	198'8"
2	Bloom, A.	1994	180'
3	Parsons, E.	2006	175'3"
4	Parsons, E.	2006	171'2"
5	MacMenamin, J.	1980	167'9"
6	Dean, B.	1994	162'9"
7	Powers, S.	1997	162'2"

Javalin-Men

1	Hannay, S.	2000	206'5"
2	Hannay, S.	1998	205'7"
3	Hannay, S.	2003	202'10"
4	Hannay, S.	1990	202'5"
5	Hannay, S.	2002	202'2"

WEST ALBANY STRIDERS--HUDSON MOHAWK ROAD RUNNERS CLUB-TUESDAY NITE TRACK MEETS

ALL-TIME BESTS - 1969-2015

Long Jump-Men

1 Reed, K.	1982	23'
2 Reed, K.	1985	22'9"
3 Coney, D.	1983	22'8"
4 Reed, K.	1985	22'7"
4 Dross, D.	1981	22'7"

Triple Jump-Men

1 Roskiewicz, E.	1985	51'7"
2 Roskiewicz, E.	1980	48'7"
2 Roskiewicz, E.	1980	48'6"
4 Roskiewicz, E.	1980	48'1"
5 Roskiewicz, E.	1982	48'

High Jump-Men

1 Olson, D.	2006	7'
1 Lange, B.	1984	7'
1 Olson, D.	2000	7'
4 Lange, B.	1984	6'10"
4 Coney, D.	1983	6'10"
4 Gross, S.	1994	6'10"
4 DiCerbo, A.	1994	6'10"
4 Olson, D.	2000	6'10"
4 Olson, D.	2002	6'10"

100 Yard Dash-Women

1 Thomas, J.	1980	11.2
1 Jeffress, D.	1980	11.2
3 Thomas, J.	1979	11.3
3 Jeffress, D.	1981	11.3
3 GoPaul, P.	1974	11.3

100M Dash-Women

1 Maggio, M.	1993	11.6
2 Foderingham, W.	1987	11.7
3 Williamson, K.	1997	11.8
3 Plante, K.	2009	11.8
4 Foderingham, W.	1987	11.9
4 Williamson, K.	1997	11.9

200M Dash-Women

1 Plante, K.	2009	23.9
2 Maggio, M.	1993	24.1
3 Plante, K.	2010	24.4
3 Williamson, K.	1998	24.4
5 Foderingham, W.	1987	24.6
6 Williams, Y.	1997	24.7
6 Diaz, X.	1996	24.7
8 Williamson, K.	1998	24.8
8 Covert	2004	24.8

400M Dash-Women

1 Williamson, K.	1997	54.9
3 Sandiford, J.	1996	55.2
3 Sandiford, J.	1996	55.4
4 Smalls, Y.	1988	55.5
5 Williams, Y.	1996	55.8
6 Plante, K.	2010	56.4

800M Run-Women

1 Hill, A.	1997	2:05.2
2 Oesterlin, M.	1985	2:09.1
3 Vega, T.	1985	2:10.6
4 Simone, M.	1993	2:11.9
5 Hopkins, T.	1994	2:12.1
5 Maloy, E.	2003	2:12.1
7 Hopkins, T.	1995	2:13.5
7 Dodge, T.	2002	2:13.6
9 Delfs, J.	1984	2:14.7

1 Mile Run-Women

1 Hewig, L.	1992	4:42.7
2 Hewig, L.	1991	4:45.1
3 Hewig, L.	1991	4:46.8
4 Hewig, L.	1991	4:47.6
5 Hewig, L.	1991	4:48.2
6 Hewig, L.	1992	4:49.3
7 Oesterlin, M.	1985	4:50.8
8 Dodge, T.	1999	4:51.8
8 Hewig, L.	1990	4:51.8

1 Mile Run-Master's Women

1 Bryans, E.	2010	5:11.2
2 Bryans, E.	2009	5:12.5
3 Bryans, E.	2008	5:12.7
4 Bryans, E.	2007	5:13.2
5 Bryans, E.	2013	5:13.9
6 Bryans, E.	2008	5:17.4
7 Bryans, E.	2008	5:17.5

2 Mile Run-Women

1 Blood, N.	2005	10:37.0
2 Mindel, E.	1984	10:39.4
3 Richburg, D.	1983	10:40.5
4 Hewig, L.	1991	10:45.5
4 Fazioli, J.	1994	10:45.5
6 Fazioli, J.	1996	10:45.9
7 Hewig, L.	1992	10:47.6
8 Mindel, E.	1982	10:50.3
9 Fazioli, J.	1996	10:50.5

THESE RECORDS ARE GOTTEN FROM
MEETS HELD BETWEEN 1969 AND 2015.
RECORDS WERE LOST FOR MEETS HELD
ON: 6/30/70
7/21/70
7/28/70
8/10/71
6/29/72
7/09/73
7/16/73
7/30/73

WE HAVE RECORDS FROM 392 OUT OF
THE 400 MEETS WE'VE RUN.