

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

## ALL-TIME BESTS - 1969-2019

## 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 McCrossen, 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 McCrossen, T.	1994	10.6
7 Wright	1986	10.6
7 York	2000	10.6
7 Burnett	2010	10.6

## 200M Dash-Men

1 McCrossan, T.	1987	21.4
2 Melchionni, B.	2018	21.6
2 Gilmore, K.	1996	21.6
2 Santana, R.	2012	21.6
5 Greene, J.	2008	21.7
5 Smith, J.	1974	21.7
5 Gilmore, K.	1996	21.7
5 Burnett	2010	21.7
9 Melchionni, B.	2018	21.8
10 Banfield, M.	2018	21.9
10 Karam	2011	21.9
10 Pompey, K.	1992	21.9
10 Smith, J.	1974	21.9
10 Edwards, D.	1997	21.9
10 English, A.	2004	21.9
10 Melchionni	2015	21.9

## 400M Dash-Men

1 Greene, J.	2009	46.1
2 Beauvais	2009	47.6
3 Banfield, M.	2019	48.1
4 Greene, J.	2008	48.2
4 Coleman, E.	2005	48.2
6 Davis, D.	2019	48.4
7 Edwards, D.	1998	48.5
8 Sellers, H.	1990	48.6
8 Novenche, M.	1993	48.6
8 Mans, A.	2005	48.6
8 Santana, R.	2012	48.6
8 Becker	2012	48.6
13 Edwards, D.	1997	48.8
13 Wollkind, D.	1972	48.8
13 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"

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ALL-TIME BESTS - 1969-2019

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
8 D'Ambrosio	2017	24.8

400M Dash-Women

1 Claxton, G.	2018	53.3
2 Claxton, G.	2019	53.4
2 Garcia, P.	2019	53.4
4 Claxton, G.	2017	54.3
5 Claxton, G.	2018	54.6
6 Williamson, K.	1997	54.9
7 Sandiford, J.	1996	55.2
8 Sandiford, J.	1996	55.4
9 Claxton, G.	2018	55.5
9 Smalls, Y.	1988	55.5
11 Williams, Y.	1996	55.8
12 Plante, K.	2010	56.4

800M Run-Women

1 Hill, A.	1997	2:05.2
2 Shields A.	2019	2:08.3
2 Osterlin, M.	1985	2:09.1
3 Claxton, G.	2016	2:09.9
4 Vega, T.	1985	2:10.6
5 Simone, M.	1993	2:11.9
6 Hopkins, T.	1994	2:12.1
6 Maloy, E.	2003	2:12.1
8 Hopkins, T.	1995	2:13.5
9 Dodge, T.	2002	2:13.6
10 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

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 2019.  
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  
7/30/19

WE HAVE RECORDS FROM 423 OUT OF  
THE 432 MEETS WE'VE RUN.