

HUDSON MOHAWK TUESDAY NITE TRACK MEET BESTS - 2015

Men

High School

100M	- Melchionni	-	10.9
100MH	- House	-	14.8
200M	- Melchionni	-	21.9
400M	- Lynch	-	50.7
800M	- McAneny	-	2:09.0
1 Mile Run	- Johnson	-	4:29.3
2 Mile Run	- McAneny	-	10:29.1
Shot Put	- Bodery	-	45'11"
Discus	- Tallman	-	146'11"

Open

100M	- Mallard	-	11.8
200M	- Becker	-	23.2
400M	- Becker	-	48.6
400MH	- Weycamp	-	56.4
800M	- Becker	-	1:58.1
1 Mile Run	- Young	-	4:39.7
2 Mile Run	- Messiano	-	10:20.5
Shot Put	- Gilet	-	45'8"
Discus	- Gilet	-	140'2"

Submasters

100M	- Petry	-	12.9
	- Majeran	-	12.9
200M	- Susser	-	24.2
400M	- Smitas	-	53.3
800M	- Smitas	-	2:05.4
1 Mile Run	- O'Grady	-	4:46.9
2 Mile Run	- Siebrecht	-	11:42.4
Shot Put	- Chase	-	43'1"
Discus	- Chase	-	128'1"

Masters

100M	- Kondracki	-	12.3
200M	- Kondracki	-	27.1
400M	- Nowak	-	57.2
800M	- Lue	-	2:15.2
1 Mile Run	- Northan	-	5:07.1
2 Mile Run	- Van Vlack	-	11:52.3

Seniors

100M	- Creagan	-	12.9
200M	- Creagan	-	26.9
400M	- Luke	-	59.5
800M	- Long	-	2:31.9
1 Mile Run	- Stevenson	-	5:05.7
1 Mile Walk	- Lawrence	-	9:28.6
2 Mile Run	- Border	-	12:55.7
Shot Put	- Hannay	-	43'1"
Discus	- Hanney	-	137'8"
Javalin	- Hannay	-	176'10"
25# Weight	- Hannay	-	51'6"

Men Con't

Veterans

100M	- Schrader	-	23.2
200M	- Litts	-	40.3
400M	- Bennett	-	76.4
800M	- Bennett	-	3:00.9
1 Mile Run	- Bennett	-	6:30.3
2 Mile Run	- Bennett	-	13:59.3
Shot Put	- Fortunato	-	36'9"
Discus	- Fortunato	-	146'10"

Juraissac

100M	- Rappazzo	-	14.4
200M	- Rappazzo	-	31.0
400M	- Rush	-	85.6
1 Mile Run	- Skinner	-	7:58.4

Women

High School

100M	- Cornwell	-	12.8
100MH	- Leggiero	-	14.6
200M	- Culnan	-	26.2
400M	- Cornwell	-	63.1
800M	- Flower	-	2:21.8
1 Mile Run	- Flower	-	4:59.1
1 Mile Walk	- Podlaski	-	7:41.3
2 Mile Run	- Baumann	-	12:09.1
Shot Put	- Lyons	-	40'6"
Discus	- Lyons	-	113'9"

Open

100M	- Steinburn	-	13.2
200M	- Steinburn	-	27.2
400M	- D'Aniello	-	68.9
800M	- D'Aniello	-	2:34.3
1 Mile Run	- D'Aniello	-	5:25.7
2 Mile Run	- D'Aniello	-	11:51.6

Submasters

200M	- Demars	-	32.4
800M	- Engstrom	-	2:50.9
1 Mile Run	- Lotmore	-	6:25.1
2 Mile Run	- Engstrom	-	15:11.5

Masters

100M	- O'Hare	-	16.2
800M	- McNamara	-	3:17.7
1 Mile Run	- Decker	-	6:15.5

Seniors

100M	- Murphy	-	20.9
1 Mile Run	- Dott	-	7:43.5
1 Mile Walk	- Bendell	-	9:31.2

Veterans

100M	- Schrader	-	23.8
1 Mile Run	- Schrader	-	10:55.0

Juraissac

1 Mile Run	- Stockman	-	11:06.6
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## 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	1977	9.9
3 Smith	1974	9.9
3 Williams	1974	9.9
3 Stone	1972	9.9
3 Gansle, B.	1972	9.9

## 100M Dash-Men

1 McCrossen	1987	10.4
1 Allen, A.	1982	10.4
1 Gilmore	1996	10.4
4 Edwards	1997	10.5
4 Gilmore	1996	10.5
6 Burnett	2010	10.5
7 McCrossen	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 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	2015	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"

## 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 FROM  
MEETS HELD BETWEEN 1969 AND 2015.  
RECORDS 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.





