

## WEST ALBANY STRIDERS--COLONIE RECREATION DEPARTMENT-TUESDAY NITE TRACK MEETS

## ALL-TIME BESTS - 1969-2008

## 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 McCrossen	1994	10.6
6 Wright	1986	10.6
6 York	2000	10.6

## 200M Dash-Men

1 McCrossan, T.	1987	21.4
2 Gilmore, K.	1996	21.6
3 Smith, J.	1974	21.7
3 Gilmore, K.	1996	21.7
5 Pompey, K.	1992	21.9
5 Smith, J.	1974	21.9
5 Edwards, D.	1997	21.9
5 English	2004	21.9

## 400M Dash-Men

1 Coleman, E.	2005	48.2
2 Edwards, D.	1998	48.5
3 Sellers, H.	1990	48.6
3 Novenche, M.	1993	48.6
3 Mans, A.	2005	48.6
6 Edwards, D.	1997	48.8
6 Wollkind, D.	1972	48.8
6 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 Couchlin, 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"

## Shot Put-Long Jump

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"

## Shot-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"

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
4	Foderingham, W.	1987	11.9
4	Williamson, K.	1997	11.9

200M Dash-Women

1	Maggio, M.	1993	24.1
2	Williamson, K.	1998	24.4
3	Foderingham, W.	1987	24.6
3	Williams, Y.	1997	24.7
3	Diaz, X.	1996	24.7
6	Williamson, K.	1998	24.8
6	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

800M Dash-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

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 2008.  
 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 329 OUT OF  
 THE 337 MEETS WE'VE RUN.