

**VA Association Open & Master's Championship - 6/21/2014**  
**Maggie L. Walker Governor's School**

**Meet - Records**

1	Women 18-29 Long Jump	5.04m	6/22/2013	Marquite Mines - Pony Express TC
1	Women 30-34 Long Jump	5.18m	6/27/2009	Latisha Moulds - Unattached
1	Women 40-44 Long Jump	5.00m	7/12/2008	Tracey Berryman - Unattached
1	Women 45-49 Long Jump	4.90m	6/23/2012	Tracey Battle - Potomac Valley TC
1	Women 60-64 Long Jump	3.84m	6/22/2013	Linda Lowery - Atlanta TC
1	Women 65-69 Long Jump	2.53m	6/22/2013	Ruby Richardson - Atlanta TC
1	Women 70-74 Long Jump	3.65m	7/12/2008	Audrey Lary - Unattached
2	Men 18-29 Long Jump	6.47m	6/21/2014	Jamarri Price - 12-Unattache
2	Men 30-34 Long Jump	5.78m	6/21/2014	Jason James - 12-Unattache
2	Men 35-39 Long Jump	6.22m	7/12/2008	Les Young - Lazars TC
2	Men 40-44 Long Jump	5.80m	6/26/2010	Les Young - Lazars TC
2	Men 45-49 Long Jump	4.99m	6/22/2013	Chris Sarsony - Carolinas TC
2	Men 50-54 Long Jump	5.00m	6/22/2013	Edward Anderson - Unattached
2	Men 55-59 Long Jump	5.04m	6/27/2009	Keith Witherspoon - Pony Express TC
2	Men 60-64 Long Jump	4.49m	6/26/2010	Roger Crockett - Potomac Valley TC
2	Men 65-69 Long Jump	3.84m	6/23/2012	Robert Koontz - MD Masters TC
2	Men 70-74 Long Jump	4.04m	6/25/2011	James Kinney - Potomac Valley TC
3	Women 35-39 Triple Jump	14.43m	6/27/2009	Samuel Okantey - Unattached
3	Women 40-44 Triple Jump	9.92m	7/12/2008	Tracey Berryman - Unattached
3	Women 45-49 Triple Jump	10.17m	6/21/2014	Tracey Battle - Potomac Vall
3	Women 70-74 Triple Jump	7.78m	7/12/2008	Audrey Lary - Potomac Valley TC
4	Men 18-29 Triple Jump	16.25m	6/26/2010	Samyr Laine - Unattached
4	Men 30-34 Triple Jump	12.36m	6/21/2014	Jason James - 12-Unattache
4	Men 45-49 Triple Jump	9.55m	6/25/2011	Edward Anderson - Unattached
4	Men 50-54 Triple Jump	11.27m	6/26/2010	Marcus Battle - Potomac Valley TC
4	Men 55-59 Triple Jump	11.08m	6/21/2014	Marcus Battle - Potomac Vall
4	Men 60-64 Triple Jump	9.86m	6/21/2014	Keith Witherspoon - Pony Express
4	Men 70-74 Triple Jump	6.04m	6/21/2014	Richard Rinaldo - Colonial Roa
5	Women 40-44 High Jump	1.18m	6/23/2012	Marlaky Scott - East End Track and Field
5	Women 45-49 High Jump	1.26m	7/12/2008	Lisa Richmond - Pony Express TC
6	Men 18-29 High Jump	2.05m	6/22/2013	Darius Parcell - Unattached
6	Men 45-49 High Jump	1.53m	6/23/2012	Vince Wilson - Pony Express TC
6	Men 50-54 High Jump	1.72m	6/23/2012	Gregory Vidos - Southern
6	Men 55-59 High Jump	1.80m	6/22/2013	Bruce McBarnette - Potomac Valley TC
6	Men 60-64 High Jump	1.41m	7/12/2008	Dick Klehm - Unattached
6	Men 65-69 High Jump	1.40m	6/21/2014	Thomas Kupke - 12-Unattache
6	Men 70-74 High Jump	1.25m	6/21/2014	Richard Klehm - 12-Unattache
7	Women 30-34 Shot Put	9.11m	6/22/2013	Nicole Knight - Unattached
7	Women 45-49 Shot Put	8.70m	6/26/2010	Mary Wilkins - Glenarden Master TC
7	Women 50-54 Shot Put	9.51m	6/23/2012	Mary Wilkins - Glenarden Master TC
7	Women 55-59 Shot Put	6.21m	6/21/2014	Robyn Fogler - 12-Unattache
7	Women 65-69 Shot Put	6.27m	6/22/2013	Ruby Richardson - Atlanta TC
8	Men 18-29 Shot Put	12.38m	6/22/2013	Ryan Long - Unattached
8	Men 35-39 Shot Put	11.50m	7/12/2008	Sammy Parlow - Unattached
8	Men 45-49 Shot Put	10.57m	6/27/2009	Frank Cancino - Unattached
8	Men 50-54 Shot Put	13.44m	6/22/2013	Ross McDonald - Pony Express TC
8	Men 55-59 Shot Put	13.07m	6/21/2014	Frank Cancino - 12-Unattache
8	Men 60-64 Shot Put	12.20m	6/21/2014	Edward Hearn - Carolinas Tr
8	Men 70-74 Shot Put	12.21m	6/22/2013	Walter Bass - Unattached
9	Women 50-54 Discus Throw	17.98m	6/23/2012	Mary Wilkins - Glenarden Master
9	Women 55-59 Discus Throw	14.72m	6/21/2014	Robyn Fogler - 12-Unattache
10	Men 18-29 Discus Throw	43.49m	6/21/2014	Ryan Long - 12-Unattache
10	Men 35-39 Discus Throw	33.12m	6/22/2013	Sekenia Welch - Unattached
10	Men 40-44 Discus Throw	25.79m	7/12/2008	John Ritchie - Pony Express TC
10	Men 45-49 Discus Throw	36.70m	6/22/2013	Dan Brown - Pony Express TC
10	Men 50-54 Discus Throw	36.29m	6/22/2013	Frank Cancino - Unattached
10	Men 55-59 Discus Throw	36.32m	6/21/2014	Frank Cancino - 12-Unattache

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10	Men 60-64 Discus Throw	44.76m	6/27/2009	Nick Nichols - Unattached
10	Men 65-69 Discus Throw	36.06m	6/22/2013	Nick Nichols - Unattached
10	Men 70-74 Discus Throw	29.62m	6/26/2010	Lee McCabe - Potomac Vall
11	Women 18-29 Pole Vault	2.92m	6/22/2013	Caitlin Brezina - Unattached
11	Women 55-59 Pole Vault	1.98m	6/27/2009	Linda Wells - Unattached
12	Men 18-29 Pole Vault	4.00m	6/22/2013	Andrew Elmore - Pony Express TC
12	Men 45-49 Pole Vault	3.80m	6/23/2012	Paul Masse - Pony Express TC
12	Men 50-54 Pole Vault	3.66m	6/27/2009	Valeriy Osipenko - Xtreme Heights
12	Men 55-59 Pole Vault	2.90m	6/21/2014	Bob Disse - Richmond Track &
12	Men 60-64 Pole Vault	2.90m	6/27/2008	Richard Klehm - Potomac Valley TC
12	Men 65-69 Pole Vault	2.74m	6/25/2011	Richard Klehm - Unattached
12	Men 70-74 Pole Vault	2.75m	7/12/2008	Taylor Goode - Unattached
14	Men 18-29 Javelin Throw	41.48m	6/21/2014	Ryan Long - 12-Unattache
14	Men 45-49 Javelin Throw	32.21m	6/22/2013	Chris Sarsony - Carolina Track
14	Men 50-54 Javelin Throw	36.26m	6/22/2013	Joe Fogler - Unattached
14	Men 55-59 Javelin Throw	36.75m	6/21/2014	Frank Cancino - 12-Unattache
14	Men 60-64 Javelin Throw	45.85m	6/21/2014	Edward Hearn - Carolinas Tr
14	Men 65-69 Javelin Throw	41.92m	6/21/2014	Joe Sheridan - 13-Unattache
14	Men 70-74 Javelin Throw	35.25m	6/21/2014	James Kenney - 10-Unattache
14	Men 75-79 Javelin Throw	25.85m	6/21/2014	Robert McMahan - Pony Express
15	Women 60-64 5000 Meter Run	32:05.57	6/21/2014	Annette Sirica - Pony Express
16	Men 18-29 5000 Meter Run	13:38.34	6/22/2013	Aaron Hill - Unattached
16	Men 30-34 5000 Meter Run	16:08.71	6/22/2013	Steve Slaby - Unattached
16	Men 35-39 5000 Meter Run	16:44.36	6/25/2011	Tommy Holland - Unattached
16	Men 40-44 5000 Meter Run	16:44.36	6/25/2011	Tommy Holland - Unattached
16	Men 45-49 5000 Meter Run	18:31.3h	6/26/2010	Terence McLaughin - Potomac Valley TC
16	Men 50-54 5000 Meter Run	17:27.8h	6/26/2010	Maurice Pointer - Potomac Valley TC
16	Men 55-59 5000 Meter Run	17:37.76	6/23/2012	Maurice Pointer - Potomac Valley TC
16	Men 65-69 5000 Meter Run	25:37.68	6/23/2012	William Chadim - Pony Express TC
17	Women 40-44 3000 Meter Race Walk	9:11.7h	6/26/2010	Rebecca Garson - World Class Racer
17	Women 45-49 3000 Meter Race Walk	18:45.99	6/22/2013	Rebecca Garson - Unattached
17	Women 50-54 3000 Meter Race Walk	21:55.73	6/22/2013	Paula Graham - Tidewater Striders
18	Men 50-54 3000 Meter Race Walk	16:07.38	6/27/2009	Tony Hackney - Raleigh Walkers
18	Men 55-59 3000 Meter Race Walk	18:17.17	6/25/2011	William Lipford - Tidewater Striders
18	Men 60-64 3000 Meter Race Walk	18:30.41	6/25/2011	Ray Funkhouser - Shore AC
18	Men 70-74 3000 Meter Race Walk	22:23.56	6/23/2012	Steve Durrant - Tidewater Striders
18	Men 75-79 3000 Meter Race Walk	23:39.27	6/21/2014	Stephen Durrant - 12-Unattache
19	Women 45-49 80 Meter Hurdles	13.80	6/21/2014	Koura Gibson - Indepent Trainin
20	Women 18-29 100 Meter Hurdles	16.61	6/22/2013	Mariah Ranson - Unattached
20	Women 30-34 100 Meter Hurdles	19.66	6/25/2011	Melissa Johnson - Pony Express TC
20	Women 40-44 100 Meter Hurdles	17.13	6/23/2012	Marlaky Scott - East End Track & Field
20	Women 45-49 100 Meter Hurdles	15.90	6/22/2013	Koura Gibson - Potomac Valley TC
20	Women 60-64 100 Meter Hurdles	19.40	6/22/2013	Linda Lowery - Atlanta TC
22	Men 18-29 110 Meter Hurdles	14.48	6/21/2014	Amir Shaker - 12-Unattache
22	Men 30-34 110 Meter Hurdles	14.40	6/27/2009	Karriem Pierre - L.O.S. TC
22	Men 35-39 110 Meter Hurdles	16.64	7/12/2008	Les Young - Lazers TC
22	Men 40-44 110 Meter Hurdles	16.83	6/26/2010	Les Young - Lazers TC
22	Men 50-54 110 Meter Hurdles	18.10	6/25/2011	John Billingsley - Pony Express TC
22	Men 60-64 110 Meter Hurdles	19.88	7/12/2008	Curtis Simpson, Sr. - Pony Express TC
22	Men 65-69 110 Meter Hurdles	27.21	6/22/2013	Thomas Waite - Unattached
23	Women 18-29 100 Meter Dash	12.00	6/25/2011	Miriam Khan - Unattached
23	Women 30-34 100 Meter Dash	12.12	6/27/2009	Latisha Moulds - Unattached
23	Women 40-44 100 Meter Dash	14.24	6/25/2011	Tracey Battle - Unattached
23	Women 45-49 100 Meter Dash	13.99	6/23/2012	Tracey Battle - Potomac Valley TC
23	Women 50-54 100 Meter Dash	14.83	6/22/2013	Wanda Robinson - Unattached
23	Women 55-59 100 Meter Dash	14.56	6/22/2013	Loretta Woodward - Atlanta TC
23	Women 60-64 100 Meter Dash	17.56	6/21/2014	Katherine Gerber - 12-Unattache

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23	Women 65-69 100 Meter Dash	20.65	6/22/2013	Ruby Richardson - Atlanta TC
23	Women 70-74 100 Meter Dash	16.89	7/12/2008	Audrey Lary - Potomac Valley TC
24	Men 18-29 100 Meter Dash	11.09	6/23/2012	Cyrus Wesley - Shore AC
24	Men 30-34 100 Meter Dash	11.22	7/12/2008	Earl Owens, Jr. - Unattached
24	Men 35-39 100 Meter Dash	11.18	6/27/2009	Earl Owens, Jr. - Unattached
24	Men 40-44 100 Meter Dash	12.07	6/23/2012	Mohamed Ali - TNT International TC
24	Men 45-49 100 Meter Dash	11.20	7/12/2008	Lonnie Hooker - Strive
24	Men 50-54 100 Meter Dash	11.55	6/21/2014	Lonnie Hooker - Independ Trainin
24	Men 55-59 100 Meter Dash	11.46	6/27/2009	Oscar Peyton - Unattached
24	Men 60-64 100 Meter Dash	12.21	6/22/2013	Oscar Peyton - Potomac Valley TC
24	Men 65-69 100 Meter Dash	12.98	6/23/2012	Ty Brown - Glenarden Master
24	Men 70-74 100 Meter Dash	13.50	6/26/2010	Albert Williams - Potomac Valley TC
24	Men 75-79 100 Meter Dash	16.25	6/22/2013	William Powell, Jr. - Unattached
25	Women 45-49 1500 Meter Run	6:25.30	7/12/2008	Elizabeth Spiers - Unattached
25	Women 50-54 1500 Meter Run	5:31.01	7/12/2008	Deborah Romig - Unattached
25	Women 55-59 1500 Meter Run	6:46.67	6/23/2012	Cynthia Evans - Potomac Valley TC
26	Men 30-34 1500 Meter Run	4:30.18	6/23/2012	Dennis Welch - Hampton Roads Runners
26	Men 35-39 1500 Meter Run	4:54.07	6/23/2012	Robert Hunter - Unattached
26	Men 40-44 1500 Meter Run	4:47.46	6/23/2012	Thomas Hicks - Unattached
26	Men 45-49 1500 Meter Run	4:52.66	6/26/2010	Terence McLaughin - Potomac Valley TC
26	Men 50-54 1500 Meter Run	4:45.29	6/22/2013	Chris Northrup - Unattached
26	Men 55-59 1500 Meter Run	4:35.71	6/26/2010	Stephen Chantry - Colonial Road Runner
26	Men 60-64 1500 Meter Run	5:27.31	6/21/2014	Thomas Inzana - 12-Unattache
26	Men 65-69 1500 Meter Run	6:29.38	6/22/2013	Thomas Waite - Unattached
27	Women 40-44 4x100 Meter Relay	54.97	6/22/2013	Pony Express TC - Pony Express TC
28	Men 18-29 4x100 Meter Relay	46.24	6/22/2013	Intimate Speed - Intimate Speed
28	Men 40-44 4x100 Meter Relay	50.36	6/22/2013	Pony Express TC - Pony Express TC
28	Men 50-54 4x100 Meter Relay	51.41	6/22/2013	Pony Express TC - Pony Express TC
29	Women 18-29 400 Meter Dash	1:06.55	6/22/2013	Mariah Ranson - Unattached
29	Women 35-39 400 Meter Dash	1:14.52	6/23/2012	Teresa McRadden - Unattached
29	Women 40-44 400 Meter Dash	1:00.16	6/26/2010	Charmaine Roberts - Athena TC
29	Women 45-49 400 Meter Dash	1:18.88	6/23/2012	Marguenle Matthews - Glenarden Master
29	Women 50-54 400 Meter Dash	1:13.76	6/21/2014	Connie Glueck - 12-Unattache
29	Women 60-64 400 Meter Dash	2:17.77	6/21/2014	Katherine Gerber - 12-Unattache
30	Men 18-29 400 Meter Dash	48.86	6/27/2009	Chris Courson - Unattached
30	Men 30-34 400 Meter Dash	49.11	6/22/2013	Troy Wikerson II - Unattached
30	Men 35-39 400 Meter Dash	53.46	6/27/2009	Earl Owens, Jr. - Unattached
30	Men 40-44 400 Meter Dash	54.55	6/25/2011	Remus Medley - Unattached
30	Men 45-49 400 Meter Dash	54.11	6/23/2012	Benjamin Cureton - Unattached
30	Men 50-54 400 Meter Dash	54.52	7/12/2008	Tom Jones - Unattached
30	Men 55-59 400 Meter Dash	1:04.00	6/23/2012	Steve Coenen - Unattached
30	Men 60-64 400 Meter Dash	1:03.32	6/22/2013	Dean Beatty - Tidewater Striders
30	Men 65-69 400 Meter Dash	1:03.89	6/26/2010	Alan Irwin - North Carolina
30	Men 70-74 400 Meter Dash	1:14.31	6/22/2013	John Shenk - Manasota TC
30	Men 75-79 400 Meter Dash	1:34.95	6/22/2013	William Powell, Jr. - Unattached
31	Women 30-34 400 Meter Hurdles	1:32.03	6/25/2011	Melissa Johnson - Pony Express TC
32	Men 18-29 400 Meter Hurdles	57.04	6/25/2011	Jeffrey Hernandez - Unattached
32	Men 30-34 400 Meter Hurdles	1:00.68	6/27/2009	Karriem Pierre - L.O.S. TC
32	Men 35-39 400 Meter Hurdles	1:05.93	7/12/2008	Les Young - Lazars TC
32	Men 45-49 400 Meter Hurdles	1:05.67	6/25/2011	Derek McKinley - Unattached
32	Men 55-59 400 Meter Hurdles	1:23.59	6/21/2014	John Billingsley III - Pony Express
32	Men 65-69 400 Meter Hurdles	1:10.95	6/22/2013	Thomas Waite - Unattached
33	Women 18-29 800 Meter Run	2:35.65	6/27/2009	Kristin Harman - Unattached
33	Women 40-44 800 Meter Run	3:46.45	6/23/2012	Marlaky Scott - East End Track & Field
33	Women 45-49 800 Meter Run	2:33.08	6/27/2009	Pamela Lovett - Unattached
33	Women 50-54 800 Meter Run	2:55.77	6/21/2014	Connie Glueck - 12-Unattache
33	Women 55-59 800 Meter Run	3:21.29	6/27/2009	Linda Wells - Unattached

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34 Men 18-29 800 Meter Run	1:51.02	6/26/2010	Joseph Moise - Unattached
34 Men 30-34 800 Meter Run	2:07.53	6/23/2012	Dennis Welch - Hampton Roads Runners
34 Men 35-39 800 Meter Run	2:15.24	6/21/2014	James Crocker Jr - 12-Unattache
34 Men 40-44 800 Meter Run	2:04.74	6/26/2010	Remus Medley - Unattached
34 Men 45-49 800 Meter Run	2:19.14	7/12/2008	Donald Bond - Lazars TC
34 Men 50-54 800 Meter Run	2:18.70	6/22/2013	Chris Northrup - Unattached
34 Men 55-59 800 Meter Run	2:25.12	6/23/2012	Dean Beatty - Tidewater Striders
34 Men 60-64 800 Meter Run	2:36.79	7/12/2008	Philip Stafford - Charlottesville
34 Men 65-69 800 Meter Run	2:47.43	6/25/2011	Robbie Perry - Unattached
35 Women 18-29 200 Meter Dash	24.55	6/25/2011	Miriam Khan - Unattached
35 Women 30-34 200 Meter Dash	24.77	6/23/2012	Keisha Thorpe - USA Elite
35 Women 40-44 200 Meter Dash	28.26	6/26/2010	Charmaine Roberts - Athena TC
35 Women 45-49 200 Meter Dash	29.67	6/23/2012	Tracey Battle - Potomac Valley TC
35 Women 50-54 200 Meter Dash	32.28	6/23/2012	Ren Frazier - Potomac Valley TC
35 Women 55-59 200 Meter Dash	30.22	6/22/2013	Loretta Woodward - Atlanta TC
35 Women 60-64 200 Meter Dash	34.45	6/22/2013	Linda Lowery - Atlanta TC
35 Women 70-74 200 Meter Dash	35.87	7/12/2008	Audrey Lary - Unattached
36 Men 18-29 200 Meter Dash	21.97	6/27/2009	Peter Diamond - Unattached
36 Men 30-34 200 Meter Dash	22.56	6/22/2013	Troy Wikerson II - Unattached
36 Men 35-39 200 Meter Dash	24.37	7/12/2008	David Lizama - Potomac Valley TC
36 Men 40-44 200 Meter Dash	24.59	6/25/2011	Mohamad Ali - Unattached
36 Men 45-49 200 Meter Dash	22.40	6/27/2009	Lonnie Hooker - Strive
36 Men 50-54 200 Meter Dash	24.37	6/21/2014	Lonnie Hooker - Indepent Trainin
36 Men 55-59 200 Meter Dash	23.53	6/27/2009	Oscar Peyton - Unattached
36 Men 60-64 200 Meter Dash	25.32	6/22/2013	Oscar Peyton - Potomac Valley TC
36 Men 65-69 200 Meter Dash	27.31	6/23/2012	Ty Brown - Glenarden Master
36 Men 70-74 200 Meter Dash	33.49	6/22/2013	Robert Fuhrman - Unattached
36 Men 75-79 200 Meter Dash	35.99	6/22/2013	William Powell, Jr. - Unattached