

LONG HURDLES

300 Meter Hurdles (30")

	Name	Age	Residence	Time	Year
M60	Thad Wilson	M60	Oxnard, CA	44.43	2011
M65	Jerry Jefferson	M67	San Juan Capistrano, CA	58.35	2000
M70	James Stookey	M70	Dickerson, MD	50.22	2000
M80	Herbert Miller	M83	Westminster, CA	1:51.34	1999
W50	Phil Raschker	W53	Marietta, GA	52.61	2000
W55	Lynn Naftel	W57	Escondido, CA	55.97	2002

400 Meter Hurdles (30")

	Name	Age	Residence	Time	Year
W30	Christine Spence	W34	Las Vegas, NV	1:00.23	2016
W35					
W40	Caren Ware	W42	Twin Peaks, CA	1:16.18	2000

400 Meter Hurdles (33")

	Name	Age	Residence	Time	Year
M50	Sheridon Groves	M53	Santa Monica, CA	1:10.87	2000
M55	Sheridon Groves	M55	Santa Monica, CA	1:08.66	2002

400 Meter Hurdles (36")

	Name	Age	Residence	Time	Year
M35	James Smith	M39		1:03.96	2005
M40	Doug Schneebeck	M40	Albuquerque, NM	58.09	2000
M45	Henry Andrade	M46		1:04.14	2008