

years	age	2 miles	3 miles	4 miles	5 miles
1979-1988	40-50	10:37 (86)	16:08 (82)	21:56 (83)	27:48 (84)
1988-1998	50-60	10:39 (90)	16:44 (89)	23:33 (91)	28:47 (88)
1998-2008	60-70	12:14 (00)	22:05 (05)	27:07 (98)	32:48 (98)
2008-2015	70--77				
1st place/total races (for age/master/OA)		37/41	35/39	16/21	22/32

		5K	10K	10 miles	15K
1979-1988	40-50	16:25 (82)	34:40 (84)	58:41 (79)	55:12 (82)
1988-1998	50-60	17:20 (89)	36:13 (91)	60:33 (89)	57:53 (90)
1998-2008	60-70	19:44 (99)	42:13 (00)	77:56 (02)	1:16:38 (07)
2008-2015	70--77	23:30 (08)			
1st place/total races (for age/master/OA)		203/243	67/92	9/13	2/3

		20K	25K	1/2 marathon	marathon	Jackson Day
1979-1988	40-50	1:13:16 (82)	1:34:53 (83)	1:16:40 (80)	2:52:56 (80)	31:10 (83)
1988-1998	50-60		1:36:20 (90)	1:22:33 (88)		33:53 (94)
1998-2008	60-70			1:32:48 (97)		42:19 (05)
2008-2015	70--77					
1st place/total races (for age/master/OA)		2/ 4	4 / 7	13/19		12 / 16

Track performances:

Year	EVENT	800	1500	1600	3000	3200	4X400
1982	SAAC	2:12:96-1st		4:55:06-1st		10:42:84-1st	4:18(62)-1st
1983	SAAC	2:11:91-1st	4:26:27-1st				4:12 -2nd
1984	SAAC	2:11:89-2nd	4:29 -1st				
1985	SAAC	2:13:12-2nd	4:32:84-1st				
1986	NOTC		4:32-1st				4:15 -1st
1987	TAC-SA	2:15:19-1st	4:30:28-1st				
1992	TAC-SA	2:20:14-1st	4:49:54-1st				
1993	UST&F SWReg	2:18:32-1st	4:48:62-1st				
	La Senior Olympics	2:22:08-1st	4:55:87-1st				
1994	USATF National Indoor	2:25:27-3rd	4:54:25-2nd		10:44:10-1st		

	USTAF-SA	2:23:31-1st	4:48:89-1st				
1995	La Games	2:25:35-1st	4:58:41-1st				
1998	Fl. State Senior Games		5:17:74-2nd				
2000	La Senior Olympics	2:41:90-1st	5:20:58-1st				