

WAC Champions

Women's Cross Country (1)

1990
 Wilma Van Onna 5,000 16:41

Women's Indoor Track (25)

1991
 Satu Levala 3,000 Run 10:26.94

1992
 Lidia Medina 400 Dash 56.15
 Katarina Sederholm Shot Put 15.70 (51-6)

1994
 Melinda Sergent 55 Dash 6.88
 Traci Kirtley Triple Jump 12.29 (40-4)

1995
 Melinda Sergent 55 Dash 6.77
 Melinda Sergent 200 Dash 23.82
 Tonje Vrale 800 Run 2:12.54
 Relay Mile Relay 3:50.91 (Gehrett, Glenn, Cooray, Sergent)

1996
 Jeannette Castro 800 Run 2:10.01

1997
 Jeanette Castro 800 Run 2:12.29
 Saidat Onanuga 400 Dash 54.10

1998
 Saidat Onanuga 400 Dash 54.06

1999
 Saidat Onanuga 400 Dash 53.27

2000
 Svetlana Badrankova 800 Run 2:07.53
 Relay Mile Relay 3:42.81 (Pejic, van der Veen, Ike, Badrankova)

2001
 Svetlana Badrankova 800 Run 2:08.73
 Anita Looper 3,000 Run 10:08.58
 Anita Looper 5,000 Run 17:38.42
 Anna Tarasova Triple Jump 13.25 (43-5 3/4)

2002
 Corine van Beek Mile 5:06.04
 Relay 1,600 Relay 3:42.55 (Fagbamil, van der Veen, Pejic, Richards)

2003
 Olatunde Okusanya 200 Dash 23.84
 José van der Veen 800 Run 2:08.74
 Corine van Beek Mile 4:49.94
 Adriana Pirtea 3,000 Run 9:45.39
 Adriana Pirtea 5,000 Run 17:17.69

Women's Outdoor Track (37)

1991
 Lidia Medina 400 Dash 55.14

1992
 Trine Pilskog 1,500 Run 4:33.68
 Katarina Sederholm Shot Put 15.70 (51-6 1/4)
 Renate Beunder Javelin 52.34 (171-9)

1993
 Melinda Sergent 100 Dash 11.28
 Melinda Sergent 200 Dash 23.55
 Vibeke Tegneby 1,500 Run 4:25.19

Stella Tsikouna Discus 53.28 (174-10)
 Relay Sprint Relay 45.80 (Hills, Sergent, Glenn, Cooray)

1994
 Melinda Sergent 100 Dash 11.37
 Melinda Sergent 200 Dash 23.36
 Tonje Vrale 800 Run 2:07.2
 Terhi Palovuori Javelin 51.24 (168-1)

1996
 Melinda Sergent 100 Dash 11.19
 Melinda Sergent 200 Dash 22.94
 Jeanette Castro 800 Run 2:09.43
 Relay 400 Relay 44.2 (Wisby, Cooray, Konte, Sergent)
 Terhi Palovuori Javelin 51.66 (169-6)

1997
 Elin Isane Discus 51.02 (167-5)
 Jeanette Castro 800 Run 2:06.31
 Ulrike Maisch 3,000 Run 9:30.65

1998
 Saidat Onanuga 400 Hurdles 56.96
 Jeanette Castro 800 Run 2:05.34

1999
 Saidat Onanuga 400 Hurdles 56.66

2000
 Jemia Jackson 100 Dash 11.63
 Svetlana Badrankova 800 Run 2:06.30
 Saidat Onanuga 400 Hurdles 57.14
 Anna Tarasova Triple Jump 13.41 (44-0)
 Angeliki Tsiolakoudi Javelin 58.45 (191-9)
 Relay 1,600 Relay 3:34.94 (M. Ike, Onanuga, van der Veen, Badrankova)

2001
 Svetlana Badrankova 800 Run 2:05.33
 Anna Tarasova Triple Jump 13.21 (43-4 1/4)
 Relay 1,600 Relay 3:37.25 (M. Ike, Richards, van der Veen, Badrankova)

2002
 Kaisa Kiintonen Hammer 58.22 (191-0)
 Relay 400 Relay 44.89 (Ferguson, Fagbamil, Richards, Leverett)

2003
 José van der Veen 800 Run 2:06.68
 Corine van Beek 1,500 Run 4:31.50
 Adriana Pirtea 5,000 Run 17:19.42
 Adriana Pirtea 10,000 Run 36:51.35

Men's Cross Country (18)

1969
 John Bednarski & Kerry Pearce 6,400 20:20.3

1970
 Kerry Pearce 9,600 29:10.5

1973
 Larry Brown 9,600 30:09.3

1974
 Wilson Waigwa 9,600 30:38.5

1975
 James Munyala 9,600 30:09.0

1976
 James Munyala 10,000 29:49.0

1978
 Michael Musyoki 10,000 29:44.0

1979
 Michael Musyoki 10,000 30:59.6

1980
 Suleiman Nyambui 10,000 28:47.3

1981
 Gabriel Kamau 10,000 30:07.0

1982
 Zak Barie 10,000 29:40.9

1988
 Tim Kamili 10,000 30:39

1993
 Jim Svenoy 10,000 30:26.00

1996
 Mark Ostendarp 8,000 24:32.77

1997
 Damian Kallabis 8,000 24:49

2001
 Bashar Ibrahim 8,000 24:58.7

2002
 Bashar Ibrahim 8,000 24:24

Men's Indoor Track (200)

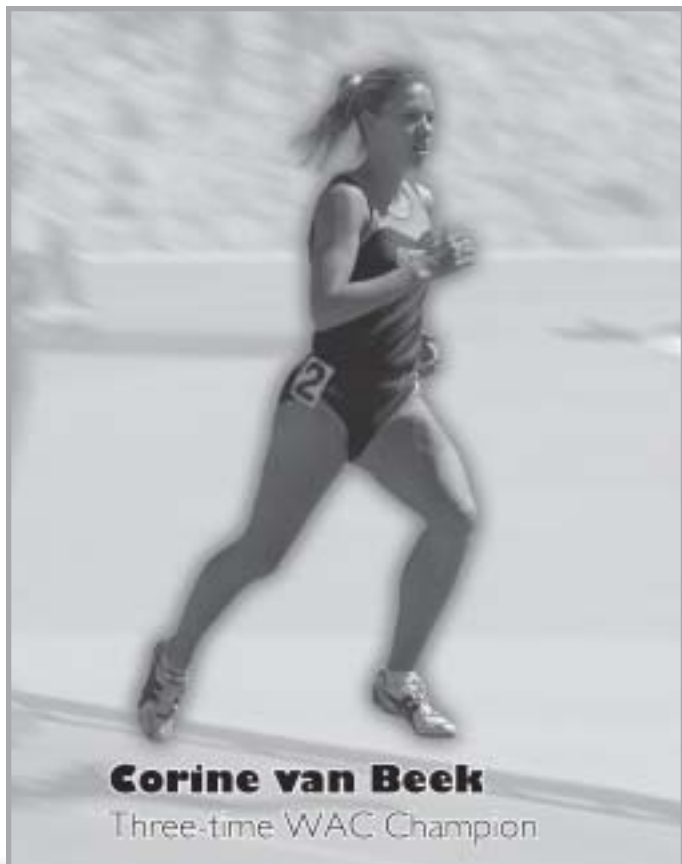
1970
 Mike Fray 60y Dash 6.0
 Paul Gibson 60y Hurdles 7.0
 Vince Monari Shot Put 18.02 (59-1 1/2)
 Relay Two Mile Relay 7:37.5 (Elison, Jones, De La Cerda, Ellison)
 Relay DMR 9:59.0 (Bednarski, Moss, Bree, Pearce)

1971
 Harrington Jackson 60y Dash 6.0
 Paul Gibson 60y Hurdles 7.0
 Kerry Ellison 880y Run 1:52.9
 Greg Jones 1,000 Run 2:07.5
 Paul Heglar Pole Vault 4.88 (16-0)
 Larry Vanley Triple Jump 15.74 (51-8)
 Fred DeBernardi Shot Put 18.96 (62-2 1/2)
 Relay Two Mile Relay 7:42.3 (Crow, Doyle, De La Cerda, Ellison)

1972
 Errol Stewart 60y Dash 6.0
 Greg Jones 880y Run 1:52.9
 Rod Hill Mile Run 4:12.3
 Bill Cumow Pole Vault 4.91 (16-1 1/4)
 Fred DeBernardi Shot Put 20.67 (67-10)
 Relay Mile Relay 3:16.9 (Williams, Kemp, Williams, Holt)

1973
 Fernando De La Cerda 880y Run 1:53.88
 Hans Hoglund Shot Put 19.34 (63-5 3/4)

1974
 Chris Garpenborg 60y Dash 6.0
 Wilson Waigwa Mile Run 4:12.1



Corine van Beek
 Three-time WAC Champion

WAC Champions

Tom Asare	Long Jump	7.62 (25-0)
Hans Høglund	Shot Put	19.96 (65-6)
Relay	Two Mile Relay	7:43.0
(Barbary, Pearson, Zuniga, Munene)		
Relay	DMR	9:54.4
(Kemp, Martinez, Brown, Waigwa)		

1975

Wilson Waigwa	Mile Run	4:07.3
Wilson Waigwa	Two Mile Run	8:52.8
Greg Joy	High Jump	2.23 (7-4)
Tom Asare	Long Jump	7.45 (24-5 1/2)
Hans Høglund	Shot Put	19.85 (65-1 1/2)
Relay	DMR	9:57.2
(Walton, Kemp, Zuniga, Waigwa)		

1976

Joe Gichongeri	880y Run	1:53.44
Frank Munene	1,000 Run	2:10.81
Wilson Waigwa	Two Mile Run	8:44.3
Greg Joy	High Jump	2.21 (7-3)
Arnold Grimes	Triple Jump	16.28 (53-5 1/4)
Hans Almstrom	Shot Put	18.84 (61-9 3/4)
Relay	DMR	9:54.75
(Zuniga, Waigwa, Gichongeri, Njoroge)		

1977

Wilson Waigwa	Mile Run	4:08.42
Wilson Waigwa	Two Mile Run	8:45.72
Patrick Abada	Pole Vault	5.17 (16-11 3/4)
Tom Asare	Long Jump	7.62 (25-0)
Joe Laniyan	Triple Jump	15.65 (51-4 1/4)
Hans Almstrom	Shot Put	19.14 (62-9 1/2)
Relay	Two Mile Relay	7:41.89
(Courtney, Zuniga, Kariuki, Ongaga)		
Relay	DMR	9:55.76
(Ongaga, Njoroge, Munyala, Waigwa)		

1978

Jerome Deal	60y Dash	6.21
Peter Lemashon	880y Run	1:48.74
Peter Lemashon	1,000 Run	2:07.56
James Munyala	Mile Run	4:07.27
Rodolfo Gomez	Two Mile Run	8:48.25
Tim Vahlstrom	Pole Vault	5.10 (16-9)
Joe Laniyan	Long Jump	7.55 (24-9 1/2)
Jerome Hutchins	Triple Jump	15.81 (51-10 1/2)
Hans Almstrom	Shot Put	19.17 (62-11)
Ernmitt Berry	35-lb Weight	20.16 (66-2)
Relay	Two Mile Relay	7:36.14
(Boogman, Ongaga, Tomisato, Courtney)		

1979

Jerome Deal	60y Dash	6.10
Peter Lemashon	880y Run	1:50.55
Fred Ongaga	1,000 Run	2:10.25
Suleiman Nyambui	Mile Run	4:02.36
Suleiman Nyambui	Two Mile Run	8:37.08
Michael Musyoki	Three Mile Run	13:21.24
Spencer Hill	High Jump	2.16 (7-1)
Joe Laniyan	Long Jump	7.40 (24-3 1/2)
Joe Laniyan	Triple Jump	15.60 (51-2 1/2)
Svein Walvik	Shot Put	18.40 (60-4 1/2)
Richard Olsen	35-lb Weight	19.81 (65-0)
Relay	Two Mile Relay	7:34.04
(Tomisato, Rotich, Boogman, Lemashon)		
Relay	DMR	9:43.36
(Boogman, Mayuku, Lemashon, Nyambui)		

1980

Jerome Deal	60y Dash	6.20
Bert Cameron	440y Dash	47.32
George Mehale	600y Dash	1:09.37
Peter Lemashon	880y Run	1:49.95
Reuben Rathedi	1,000 Run	2:11.10
Suleiman Nyambui	Two Mile Run	8:44.19
Joe Laniyan	Long Jump	7.45 (24-5 1/2)

Joe Laniyan	Triple Jump	16.00 (52-6)
Carlos Scott	Shot Put	18.39 (60-4)
Thommie Sjöholm	35-lb Weight	19.96 (65-6)
Relay	Mile Relay	3:11.15
(Sidney, Mehale, Mulli, Cameron)		
Relay	Two Mile Relay	7:30.33
(Mulli, Tomisato, Boogman, Lemashon)		
Relay	DMR	9:45.56
(Lemashon, Cameron, Lelieveld, Nyambui)		

1981

Jerome Deal	55 Dash	6.26
Bert Cameron	400 Dash	46.30
Wilfred Mulli	500 Dash	1:03.74
Michael Musyoki	5,000 Run	14:05.75
Steve Hanna	Long Jump	7.44 (24-5 1/4)
Steve Hanna	Triple Jump	14.74 (48-4 1/2)
Carlos Scott	Shot Put	18.45 (60-6 1/2)
Thommie Sjöholm	35-lb Weight	20.28 (66-6 3/4)
Relay	3,200 Relay	7:39.58
(Cameron, Mulli, Boogman, Mehale)		
Relay	DMR	9:42.30
(Boogman, Cameron, Lelieveld, Nyambui)		

1982

Fabian Whyms	55 Dash	6.26
Carl Meylor	400 Dash	46.46
George Mehale	800 Run	1:50.51
Gabriel Kamau	3,000 Run	8:05.64
Gabriel Kamau	5,000 Run	13:57.38
George Barber	Pole Vault	4.88 (16-0)
Milt Ottey	High Jump	2.21 (7-3)
Carlos Scott	Shot Put	18.23 (59-9 3/4)
Tore Johnsen	35-lb Weight	21.58 (70-9 3/4)
Relay	1,600 Relay	3:13.76
(Ramotshabi, Hill, Mehale, Cameron)		
Relay	DMR	9:52.00
(Mehale, Meylor, Ngatia, Nyambui)		

1983

Carl Meylor	440y Dash	49.25
Bert Cameron	600y Dash	1:10.48
Zak Barie	Two Mile Run	8:49.86
George Barber	Pole Vault	4.98 (16-4)
Tore Johnsen	35-lb Weight	21.73 (71-3 3/4)
Relay	Mile Relay	3:18.33
(Turner, Hill, Lawson, Cameron)		

1984

Fabian Whyms	60y Dash	6.25
Wayne Vaden	60y Hurdles	7.41
Mike Lawson	600y Dash	1:11.7
Dave Puvogel	High Jump	2.25 (7-4 1/2)
Norbort Elliott	Triple Jump	15.99 (52-5 1/2)
Tore Johnsen	35-lb Weight	23.94 (78-6 1/2)
Relay	Mile Relay	3:14.05
(Wheeler, Boyd, Steele, Lawson)		

1985

Morton Warland	880y Run	1:52.30
Chris Leeuwenburgh	Pole Vault	5.22 (17-1 1/2)
Dave Puvogel	High Jump	2.13 (7-0)
Norbort Elliott	Triple Jump	16.45 (53-11 3/4)
Tore Johnsen	35-lb Weight	20.88 (68-6 1/4)
Relay	Mile Relay	3:10.18
(Steele, Lawson Laverty, Warland)		

1986

Mike Lawson	600y Dash	1:10.44
Tim Kamili	1,000 Run	2:13.5
Chris Leeuwenburgh	Pole Vault	5.30 (17-4 1/2)
Frans Maas	Long Jump	7.79 (25-7)
Frans Maas	Triple Jump	15.85 (52-0)
Clifford Felkins	35-lb Weight	19.01 (62-4 1/2)

1987

Frans Maas	Long Jump	7.88 (25-10 1/4)
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1988

Joe Boyd	400 Dash	47.55
Epifano Solis	3,000 Run	8:40.47
Frans Maas	Long Jump	7.91 (25-11 1/2)
Frans Maas	Triple Jump	16.24 (53-3 1/2)

1989

Tim Kamili	3,000 Run	8:38.86
Epifano Solis	5,000 Run	15:26.78
Roger Giles	Long Jump	7.39 (24-3 1/4)
Ken Lowther	Shot Put	16.76 (55-0)
Relay	Two Mile Relay	7:45.97
(Lopez, Rodriguez, Weigman, Kamili)		

1990

Roger Giles	Triple Jump	15.10 (49-6 3/4)
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1991

Ken Lucero	5,000 Run	15:03.66
Brent Schlinke	High Jump	2.10 (6-10 3/4)
Roger Giles	Triple Jump	15.40 (50-6 1/2)
Ken Lowther	Shot Put	17.57 (57-7 3/4)
Relay	Mile Relay	3:16.12
(Jimenez, Vallin, Noyola, Adeniken)		

1992

Olapade Adeniken	55 Dash	6.19
Olapade Adeniken	200 Dash	20.76
Ken Lucero	5,000 Run	15:06.98
Howard Williams	High Jump	2.21 (7-3)
Kjell Ove Hauge	Shot Put	18.13 (59-6)
Mika Laaksonen	35-lb Weight	20.75 (68-1)
Relay	Two Mile Relay	7:46.61
(Medlin, Best, Svenoy, Laros)		

1993

Andrew Tynes	200 Dash	20.86
Marcel Laros	Mile Run	4:12.57
Howard Williams	High Jump	2.19 (7-2 1/4)
Kjell Ove Hauge	Shot Put	18.64 (61-2)
Marko Wahlman	35-lb Weight	21.80 (71-6 1/4)
Relay	Mile Relay	3:16.19
(Price, Tynes, Noreiga, Stephen)		
Relay	Two Mile Relay	7:48.12
(Garcia, Svenoy, Best, Laros)		

1994

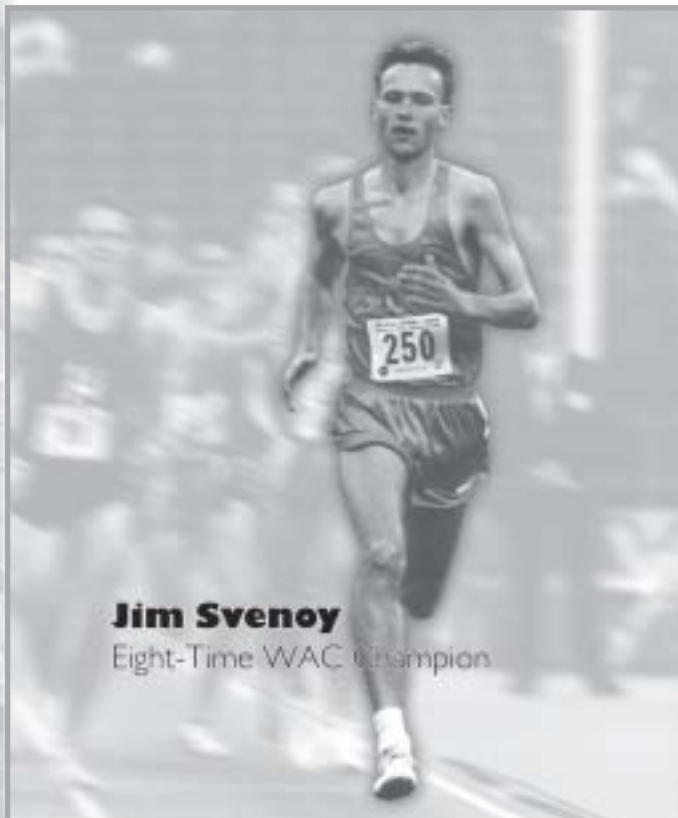
Obadele Thompson	55 Dash	6.26
Andrew Tynes	200 Dash	20.76
Milton Mallard	400 Dash	46.72
Jim Svenoy	Mile Run	4:12.06
Kjell Ove Hauge	Shot Put	18.55 (60-10 1/2)
Alex Papadimitriou	35-lb Weight	21.73 (71-3 1/2)
Relay	Mile Relay	3:11.85
(Price, Tynes, Thompson, Mallard)		

1995

Obadele Thompson	55 Dash	6.17
Obadele Thompson	200 Dash	20.88
Hayden Stephen	400 Dash	47.77
Alex Papadimitriou	35-lb Weight	22.22 (72-11)
Relay	Mile Relay	3:15.19
(Stephen, Thomas, Porter, Samuels)		
Relay	DMR	10:18.25
(Aizcorbe, Deming, Panduro, Svenoy)		

1996

Obadele Thompson	55 Dash	6.12
Obadele Thompson	200 Dash	20.66
Relay	Mile Relay	3:13.76
(Huyler, Porter, Borunda, Mata)		



Jim Svenoy
Eight-Time WAC Champion

WAC Champions

Relay DMR 10:24.28
(Aizcorbe, Deming, Delgado, Kallabis)

1997

Obadele Thompson 55 Dash 5.99
Obadele Thompson 200 Dash 20.67
Addis Huyler 400 Dash 47.60
Damian Kallabis 5,000 Run 15:14.55

1998

Mikhail Gorbatenko Pole Vault 17-4 1/2 (5.30)
Relay Mile Relay 3:09.61
(Singleton, Garcia, Promesse, Okulonye)

1999

Lee Mays 60 Hurdles 7.92
Nick Stewart 400 Dash 46.93
Tepa Reinikainen Shot Put 19.29 (63-3 1/2)
Relay Mile Relay 3:12.60
(Stewart, Promesse, Singleton, Okulonye)

2001

Taiwo Ajibade 55 Dash 6.20
Alvaro Jimenez 5,000 Run 14:42.54

2002

Aaron Egbele 55 Dash 6.22
Aaron Egbele 200 Dash 21.57
Bashar Ibrahim Mile Run 4:14.03
Bashar Ibrahim 3000 8:23.98
Ruben Diz 5000 15:05.17
Henderson Dottin High Jump 2.11 (6-11 1/4)
Adrian Ghioroiaie Triple Jump 16.08 (52-9 1/4)
Janne Vartia 35-lb Weight 19.77 (65-10 1/4)

2003

Taiwo Ajibade 60 Dash 6.76
Janne Vartia 35-lb Weight 20.05 (65-9 1/2)

Men's Outdoor Track (217)

1969

Kerry Pearce 3,000 Steeplechase 9:00.6
John Birkelbach Shot Put 17.74 (58-2 1/2)
Paul Heglar Pole Vault 4.88 (16-0)

1970

Harrington Jackson 100y Dash 9.36
Harrington Jackson 220y Dash 20.65
Kerry Ellison 880y Run 1:48.8
Vince Monari Shot Put 18.92 (62-1)
Vince Monari Discus 58.68 (192-6 1/2)
Relay 440y Relay 39.34 (Conv.)
(Jackson, Fray, Gibson, Glosson)
Relay Mile Relay 3:09.41
(Gonzalez, Miller, Rondeau, De La Cerda)

1971

Harrington Jackson 100y Dash 9.4
Harrington Jackson 200y Dash 20.7
Greg Jones 880y Run 1:49.6
Fred DeBernardi Shot Put 19.59 (64-3 1/2)
Paul Heglar Pole Vault 4.88 (16-0)
Larry Vanley Triple Jump 15.38 (50-5 1/2)
Fred DeBernardi Discus 57.82 (189-8)
Relay 440y Relay 40.64
(Jackson, Reid, Pullin, Holt)

1972

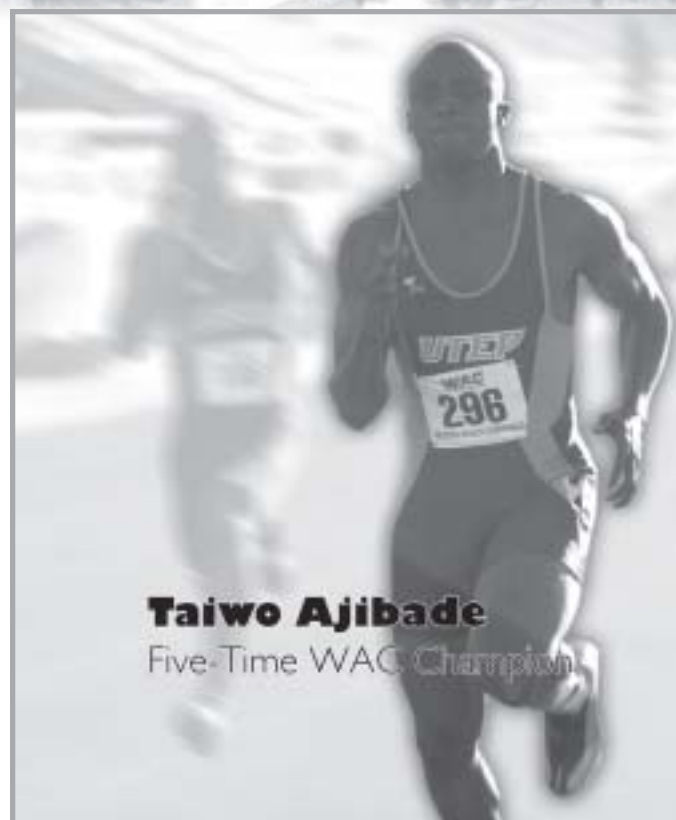
Harold Williams 100y Dash 9.3
Harold Williams 220y Dash 20.6
Steve Williams 440y Dash 45.2
Kerry Ellison Mile Run 4:02.1
Fred DeBernardi Shot Put 20.06 (65-10)
Trevor Hall Triple Jump 15.93 (52-3 1/2)
Relay 440y Relay 39.5
(Stewart, H. Williams, S. Williams, Jackson)
Relay Mile Relay 3:09.8
(Kemp, Gustafsson, Rondeau, DeLaCerda)

1973

Rudy Reid 220y Dash 20.8
Fernando De La Cerda 880y Run 1:51.4
Peter Farmer Hammer 69.70 (228-8)
Hans Hoglund Shot Put 19.88 (65-3)

1974

Bob Wallace Three Mile Run 14:05.6
Bob Wallace 3,000 Steeplechase 9:08.0
Peter Farmer Hammer 69.32 (227-5)
Hans Hoglund Shot Put 19.28 (63-3 1/4)



Relay 440y Relay 40.0
(Stewart, Kemp, Garpenborg, Reid)

1975

Wilson Waigwa Mile Run 4:00.84
Wilson Waigwa Three Mile Run 13:46.38
Larry Brown Six Mile Run 29:05.90
James Munyala 3,000 Steeplechase 8:43.48
Peter Farmer Hammer 66.88 (219-5)
Hans Hoglund Shot Put 20.61 (67-7 3/4)
Larry Jessee Pole Vault 5.13 (16-10)
Arnold Grimes Triple Jump 16.17 (53-0 3/4)
Greg Joy High Jump 2.13 (7-0)

1976

Fred Ongaga 800 Run 1:50.83
Wilson Waigwa 1,500 Run 3:45.1
Wilson Waigwa 5,000 Run 13:59.78
James Munyala 3,000 Steeplechase 8:46.01
Emmitt Berry Hammer 64.84 (212-9)
Hans Almstrom Shot Put 19.50 (63-11 3/4)
Joe Laniyan Triple Jump 15.53 (50-11 1/2)
Greg Joy High Jump 7-2 (2.18)
Tom Asare Long Jump 7.66 (25-1 3/4)

1977

Wilson Waigwa 1,500 Run 3:45.29
Emmitt Berry Hammer 64.98 (213-2)
Arnold Grimes Triple Jump 16.17 (53-0 3/4)
Greg Joy High Jump 2.18 (7-2)
Svein Walvik Discus 60.74 (199-3)

1978

Jerome Deal 100 Dash 10.06
Peter Lemashon 800 Run 1:49.83
James Munyala 1,500 Run 3:48.66
Michael Musyoki 5,000 Run 14:10.55
Michael Musyoki 10,000 Run 29:12.6
James Munyala 3,000 Steeplechase 8:43.02

Emmitt Berry Hammer 69.90 (229-4)
Hans Almstrom Shot Put 19.86 (65-2)
Tim Vahlstrom Pole Vault 4.88 (16-0)
Steve Hanna Triple Jump 16.25 (53-3 3/4)
Svein Walvik Discus 60.94 (199-11)

1979

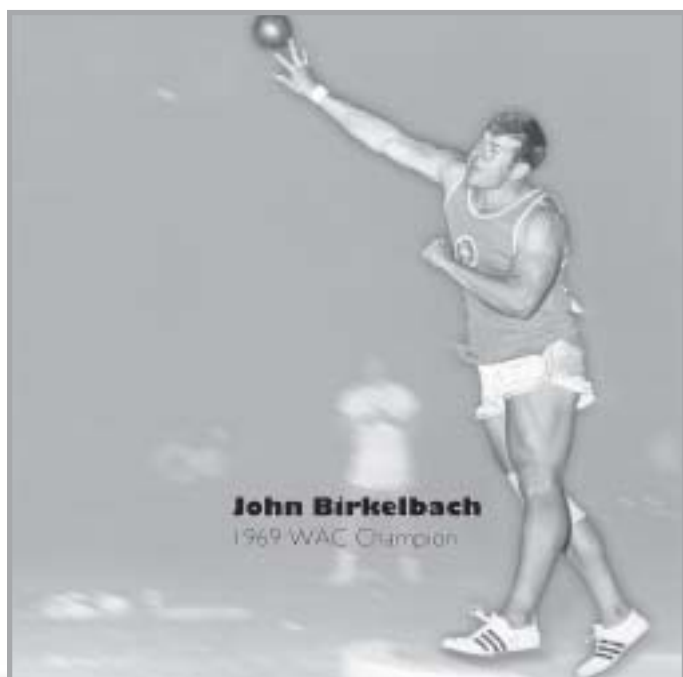
Jerome Deal 100 Dash 10.19
Peter Lemashon 800 Run 1:50.10
Suleiman Nyambui 1,500 Run 3:42.97
Suleiman Nyambui 5,000 Run 14:10.12
Michael Musyoki 10,000 Run 29:28.34
Richard Olsen Hammer 69.80 (229-0)
Hans Almstrom Shot Put 19.26 (63-2 1/4)
Joe Laniyan Triple Jump 15.71 (51-6 1/2)
Svein Walvik Discus 57.86 (189-10)

1980

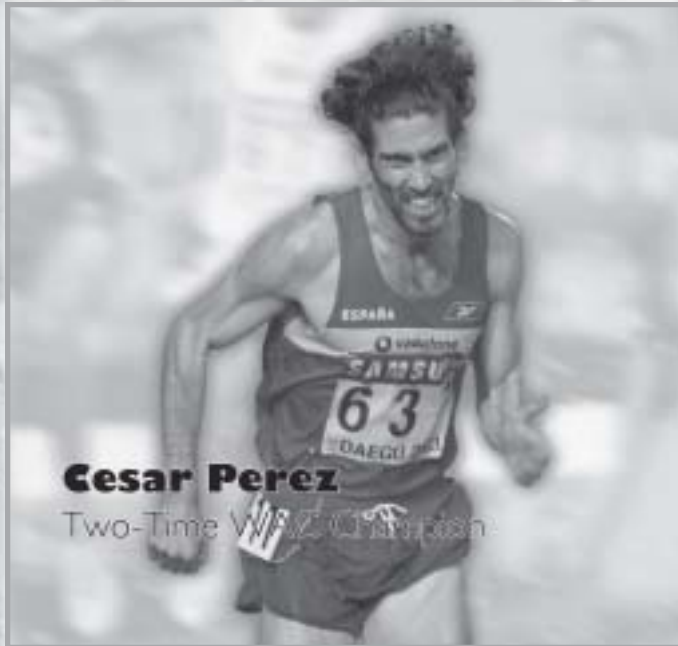
Wilfred Mulli 400 Hurdles 50.51
Bert Cameron 400 Dash 45.31
Suleiman Nyambui 1,500 Run 3:42.55
Suleiman Nyambui 5,000 Run 13:49.11
Michael Musyoki 10,000 Run 29:05.42
Sam Sitonik 3,000 Steeplechase 8:42.34
Thommie Sjolholm Hammer 68.64 (225-2)
Carlos Scott Discus 58.86 (193-1)

1981

Bert Cameron 400 Dash 45.28
Suleiman Nyambui 1,500 Run 3:40.87
Suleiman Nyambui 5,000 Run 13:57.60
Mathews Motshwarateu 10,000 Run 29:51.70
Thommie Sjolholm Hammer 66.62 (218-7)
Steve Hanna Triple Jump 16.13 (52-11)
Rick Thompson High Jump 2.23 (7-3 3/4)
Relay Mile Relay 3:10.16
(Meylor, Mehale, Lemashon, Cameron)



WAC Champions



Cesar Perez
Two-Time WAC Champion

60

1982

Fabian Whyms	100 Dash	10.4
Fabian Whyms	200 Dash	21.16
Bert Cameron	400 Dash	45.08
George Mehale	800 Run	1:48.5
Suleiman Nyambui	1,500 Run	3:43.68
Suleiman Nyambui	5,000 Run	13:58.41
Gidamis Shahanga	10,000 Run	29:27.28
Carlos Scott	Shot Put	18.89 (62-0)
Norbert Elliott	Triple Jump	15.55 (51-0 1/2)
Milt Ottey	High Jump	2.30 (7-6 1/2)
Relay	Mile Relay	3:13.13

(Ramotshabi, Mehale, Hill, Cameron)

1983

Bert Cameron	200 Dash	20.74
Bert Cameron	400 Dash	44.89
Gidamis Shahanga	5,000 Run	13:45.91
Gidamis Shahanga	10,000 Run	28:46.24
Tore Johnsen	Hammer	71.58 (234-10)
George Barber	Pole Vault	4.72 (15-6)
Michael Smith	Long Jump	7.61 (24-11 3/4)
Relay	1,600 Relay	3:08.11

(Cameron, Maylor, Turner, Whyms)

1984

Gidamis Shahanga	10,000 Run	28:31.26
Sam Ngatia	3,000 Steeplechase	8:38.40
Paul Benavides	Pole Vault	5.03 (16-6)
Dave Puvogel	High Jump	2.23 (7-3 3/4)
Relay	1,600 Relay	3:06.17

(Steele, Laverty, Lawson, Boyd)

1985

Dale Laverty	400 Hurdles	49.88
Mike Lawson	400 Dash	47.25
Tore Johnsen	Hammer	66.04 (216-8)
Chris Leeuwenburgh	Pole Vault	5.38 (17-8)
Dave Puvogel	High Jump	2.18 (7-2)
Olav Jenssen	Discus	59.24 (194-4)
Relay	1,600 Relay	3:08.6

(Boyd, Baden, Laverty, Lawson)

1986

Dale Laverty	400 Hurdles	49.45
Victor Proctor	800 Run	1:49.01
Alfredo Shahanga	5,000 Run	14:52.94
Alfredo Shahanga	10,000 Run	29:56.16
Chris Leeuwenburgh	Pole Vault	5.32 (17-5 1/2)
Frans Maas	Triple Jump	15.95 (52-4)

1987

Mike Lawson	800 Run	1:48.80
Carl Chancellor	Discus	55.86 (183-3)

1988

Frans Maas	Triple Jump	15.92 (52-3)
Frans Maas	Long Jump	7.71 (25-3 1/2)
Relay	400 Relay	40.84

(Bloom, Dotsey, Taylor, Maas)

1989

Olapade Adeniken	100 Dash	10.05
Tim Kamili	1,500 Run	3:48.25
Roger Giles	Long Jump	7.35 (24-1 1/2)
Marco Montoya	Javelin	67.48 (221-5)
Relay	400 Relay	39.70

(Noyola, Adeniken, Bloom, Caldwell)

1990

Olapade Adeniken	100 Dash	10.16
Olapade Adeniken	200 Dash	20.18
Harvey Noyola	400 Hurdles	52.07
Tim Kamili	800 Run	1:52.36
Frank Weigman	1,500 Run	3:52.56
Ken Lucero	5,000 Run	14:58.15
Roger Giles	Triple Jump	15.74 (51-8)
Roger Giles	Long Jump	7.46 (24-6)
Arne Indrebo	Javelin	72.42 (237-7)
Relay	400 Relay	39.59
Relay	1,600 Relay	3:11.34

(Seay, Adeniken, Bloom, Caldwell)

1991

Olapade Adeniken	100 Dash	10.15
Harvey Noyola	400 Hurdles	52.15
Steve Dougherty	Shot Put	17.81 (58-5 1/4)

1992

Olapade Adeniken	100 Dash	9.99
Olapade Adeniken	200 Dash	20.00
Jim Svenoy	3,000 Steeplechase	9:10.09
Mika Laaksonen	Hammer	70.08 (229-11)
Kjell Ove Hauge	Shot Put	17.86 (58-7 1/4)
George Darko	Triple Jump	15.10 (49-6 1/2)
Arne Indrebo	Javelin Throw	224-1 (68.30)
Relay	400 Relay	39.47

(Thomas, Tynes, Adeniken, Caldwell)

1993

Hayden Stephen	400 Dash	45.70
Marcel Laros	1,500 Run	3:52.11
Jim Svenoy	3,000 Steeplechase	9:04.13
Marko Wahlman	Hammer	72.12 (236-7)
Kjell Ove Hauge	Shot Put	17.87 (58-7 1/2)
Kjell Ove Hauge	Discus	57.16 (187-6)

1994

Andrew Tynes	100 Dash	10.21
Andrew Tynes	200 Dash	20.44
Milton Mallard	400 Dash	45.86
Jim Svenoy	3,000 Steeplechase	8:37.48
Alex Papadimitriou	Hammer	72.76 (238-8)
Kjell Ove Hauge	Shot Put	19.37 (63-6 3/4)
Kjell Ove Hauge	Discus	60.58 (198-9)
Relay	400 Relay	39.59
Relay	1,600 Relay	3:09.39

(Price, Tynes, Mallard, Thompson)

1995

Obadele Thompson	100 Dash	10.26
Obadele Thompson	200 Dash	20.66
Hayden Stephen	400 Dash	46.84
William Porter	400 Hurdles	50.62
Jim Svenoy	3,000 Steeplechase	8:50.51
Alex Papadimitriou	Hammer	74.80 (245-5)
Matt Hickl	Pole Vault	5.35 (17-6 3/4)
Eivind Smorgrav	Discus	52.66 (172-9)
Lasse Paananen	Javelin	69.68 (228-7)
Relay	400 Relay	40.20
Relay	1,600 Relay	3:09.72

(Price, Stephen, Hewlett, Thompson)

1996

Obadele Thompson	100 Dash	10.07
Obadele Thompson	200 Dash	20.35

Willie Mata	400 Dash	46.15
Damian Kallabis	3,000 Steeplechase	9:06.15
William Porter	400 Hurdles	50.46
Relay	400 Relay	39.38
Relay	1,600 Relay	3:07.19
Leif Larsen	Shot Put	17.57 (57-7 3/4)
Tero Tallinen	Hammer	68.06 (223-3)
Lasse Paananen	Javelin	69.32 (227-5)

1997

Addis Huyler	400 Dash	46.50
Cesar Perez Segovia	3,000 Steeplechase	8:44.84

1999

Matti Närhi	Javelin	83.26 (272-2)
Cesar Perez Segovia	3,000 Steeplechase	9:04.62

2000

Carlos Suarez-Gonzalez	3,000 Steeplechase	9:09.25
Nick Stewart	400 Hurdles	51.34

2001

Nick Stewart	400 Hurdles	50.26
Carlos Suarez-Gonzalez	3,000 Steeplechase	8:55.34
Janne Vartia	Hammer	232-6 (70.86)
Vesa Jäppinen	Javelin	73.78 (242-1)

2002

Aaron Egbele	100	10.38
Aaron Egbele	200	20.80
Ruben Diz	1000	30:44.07
Bobby Agins	Long Jump	7.10 (23-4 3/4)
Janne Sakkko	Javelin	75.74 (248-6)
Relay	400 Relay	39.69

(Medvedev, Duzant, Ajibade, Egbele)

2003

Taiwo Ajibade	100 Dash	10.35
Jairo Duzant	200 Dash	20.86
Richard Petty	400 Dash	46.10
Bashar Ibrahim	1500 Run	3:50.80
Bashar Ibrahim	3,000 Steeplechase	8:47.04
Henderson Dottin	High Jump	2.16 (7-1)
Janne Vartia	Hammer	68.00 (223-1)
Relay	400 Relay	39.39

(Bello, Sears, Ajibade, Duzant)



Aaron Egbele
Four-Time WAC Champion