

Chargers Age Group Records 20-24 Women

50m	Cathy McKeever	6.7	2/27/82
60y	Chris Schilly	6.9	2/3/74
55m	Musu Jackson-Buckner	7.34	2/2/08
60m	Andrea Bader	8.03	2/20/10
100y	Chris Schilly	11.5	7/28/73
100m	Deborah Richards	13.09	2/25/03
220y	Chris Schilly	25.1	6/9/74
300m	Cathy McKeever	46.0	2/27/83
440y	Chris Schilly	55.4	6/74
600y	Chris Schilly	1:24.0	?
600m	Carolyn Eich	1:43.0	2/27/83
880y	Chris Schilly	2:12.3	2/23/75
1000m	Amanda Laytham	2:54.92	2/17/07
1500m	Tonya Dodge	4:26.35	6/19/99
1 mile	Kaitlin O'Sullivan	4:46:78	2/7/09
2000m	Michelle Crew	7:42.2	1/19/86
3000m	Tonya Dodge	9:29.39	6/27/00
5km (r)	Amanda Laytham	16:52	9/30/07
5km (t)	Amanda Laytham	16:47.99	4/26/07
8km	Carol Andrew-Zipprich	29:12	7/18/85
5 miles	Christine Sisting	29:47	6/23/97
10km (r)	Jennifer Rhines	34:53	8/10/95
10km (t)	Amanda Laytham	34:07.82	6/9/07
15km (r)	Christine Sisting	54:24	7/12/98
10 miles	Kaitlin O'Sullivan	59:52	5/3/09
20km	Melissa LaCasse	1:11:26	9/2/84
1/2 marathon	Rachael Sweet	1:20:49	5/24/09
25km	Deb Froehlich	1:43:18	5/1/83
30km	Carol Andrew-Zipprich	1:54:32	3/24/85
Marathon	Marian Teitsch	2:40:32	5/2/84
1 mi. walk	Laura Feller	8:05:06	7/14/03
3km walk	Laura Feller	15:26.66	1/18/04
5km walk (r)	Laura Feller	26:41	10/20/02
5km walk (t)	Laura Feller	26:24.03	4/26/03
8km walk	Laura Feller	45:18	7/20/03
10km walk (r)	Laura Feller	56:12	7/24/00
10km walk (t)	Laura Feller	58:25.0	7/27/00
20km walk	Laura Feller	2:00:46	7/26/03
1 hr. walk	Laura Feller	10,630m	7/20/03
50m HH	Janet Adams	8.1	3/15/86
60m HH	Melissa St. Vil	9.61	2/6/05

100m HH	Anne Murrock	16.7	8/14/82
400m IH	Anne Murrock	1:07.7	8/14/82
2km Steeple	Tonya Dodge	7:02.7	8/14/99
3km Steeple	Tonya Dodge	10:10.83	5/12/01
Long Jump	Sharon Gleasman	17-6 1/2	2/27/83
High Jump	Sharon Gleasman	5-11 1/4	5/18/84
Shot Put, 4kg	Shari Zembek	44-1	7/25/92
Discus	Shari Zembek	150-8	5/22/92
Javelin	Janet Adams	137-7 3/4	8/8/85
Hammer	Shari Zembek	139-4	5/22/92
Weight, 20#	Monica Ridgeway	44-4	12/14/08
Outdoor Pent	Chris Schilly	3132	8/25/73

submitted 3/10/10