

Chargers Age Group Records 55-59 Women

45m	Barbara Stewart	8.4	1/26/97
50m	Kate Clark	10.3	8/19/01
55m	Margaret Kelly	10.6	3/16/02
100m	Kathleen Cirina	14.7	8/2/02
200m	Kathleen Cirina	31.2	8/2/02
300m	Bertie Argyris	58.4	3/22/87
400m	Kathleen Cirina	77.93	7/14/03
600m	Muriel More	2:50.3	2/27/83
800m	Yvonne Rothenberg	3:03.3	11/21/01
1000m	Mary Ann Rusz	4:35.0	3/1/92
1500m	Yvonne Rothenberg	6:15.7	6/25/01
1 mile	Yvonne Rothenberg	6:40.9	3/15/01
3000m	Yvonne Rothenberg	13:20.6	11/30/01
5km (r)	Nancy Frisillo	21:29	10/4/98
5km (t)	Yvonne Rothenberg	24:11.9	12/8/00
8km	Yvonne Rothenberg	37:17	6/14/01
5 miles	Yvonne Rothenberg	38:05	6/24/01
10km (r)	Virginia Verdoes	46:22	5/25/08
10km (t)	Karen Davies	44:26.0	7/29/01
15km (r)	Nancy Frisillo	67:25	11/8/98
10 miles	Carol Rider	78:34	4/11/99
20km	Mary Ann Rusz	1:43:00	8/1/92
1/2 marathon	Carol Rider	1:49:02	9/16/00
25km	Lois Bell	2:17:40	8/25/88
Marathon	Mary Ann Rusz	3:49:45	5/13/90
80m HH	Kathleen Cirina	19.9	6/6/03
Long Jump	Kathy Cirina	11-9	6/6/03
Triple Jump	Kathy Cirina	24-5 1/2	8.3.02
High Jump	Kathy Cirina	3-10	6/6/03
Shot Put	Kathleen Cirina	31-1 1/4	8/3/02
Discus	Kathy Cirina	83-6	8/1/02
Javelin	Barbara LoPiccolo	87-3 1/4	8/3/02
Hammer, (3kg)	Barbara LoPiccolo	104-2	6/8/07
Hammer (5kg)	Barbara LoPiccolo	100-9 1/4	6/9/06
Weight Throw, 20#	Barbara LoPiccolo	33-2 1/4	7/15/02
Superweight	Barbara LoPiccolo	20-5 1/4	3/27/04

Submitted 4/8/10