

### Chargers Age Group Records 25-29 Men

40y	Jasper Royal	5.3	3/18/78
45m	Phil Rougeux	5.7	2/17/85
45m	Malcolm Davis	5.7	3/2/86
50m	Frank St. Dennis	5.9	2/9/86
50m	Malcolm Davis	5.9	3/9/86
55m	Dave Eaton	6.6	12/19/99
55m	Scott Rowe	6.61	2/1/97
100m	Michael Roux	11.2	6/15/96
200m	Michael Roux	22.6	7/15/96
220y	Jasper Royal	25.0	4/5/78
220y	Jason Tong	25.0	7/27/83
300m	Phil Rougeux	37.0	3/17/85
400m	Michael Roux	50.8	6/15/96
440y	Jasper Royal	54.6	3/18/78
500m	Matt LoPiccolo	1:05.98	1/28/01
600m	Matt LoPiccolo	1:21.27	12/2/00
880m	Matt LoPiccolo	1:50.72	7/10/01
880y	Fran Verdoliva	2:01.0	6/24/79
1000y	Fran Verdoliva	2:15.6	1/25/81
1000m	Scott Weeks	2:25.21	1/27/02
1500m	Matt LoPiccolo	3:43:56	6/12/04
1 mile	Brian Lombardo	4:07.72	2/8/03
2000m	Tim Ryan	5:42.9	3/18/95
3000m	Tom Carter	8:21.0	3/80
2 miles	Fran Verdoliva	9:10.0	1/4/80
5km (r)	Mike Melfi	14:25	6/1/02
5km (t)	Larry Woods	14:17.7	6/21/85
8km	Derek White	24:17	11/25/99
5 miles	Fran Verdoliva	24:37	11/23/79
10km (r)	John Trowse	30:29	5/11/96
10km (t)	Tom Carter	30:40.0	5/80
15km (r)	Tom Carter	46:53	3/14/82
15km (t)	Ron Shaiko	53:44.0	4/11/86
10 miles	Kevin Collins	51:52	7/4/96
20km	Kevin Collins	1:03:24	9/1/97
1/2 marathon	John Trowse	1:06:15	9/17/95
25km	Ron Shaiko	1:26:11	5/5/85
30km	Craig Crouch	1:41:01	3/24/85
Marathon	Kevin Collins	2:18:54	4/18/96
60km	Bill McCarthy	7:39:24	10/3/82
12 hr run (r)	Mark Seigers	87.256 mi.	5/15/10

1000m walk	David Talcott	4:07.0	2/17/89
1500m walk	David Talcott	6:12.9	2/10/89
1 mi. walk	David Talcott	6:39.9	8/9/89
3km walk	David Talcott	13:05.4	1/21/90
2 mile walk	David Talcott	13:57	7/30/89
5km walk (r)	David Talcott	21:24	9/23/89
5km walk (t)	David Talcott	22:13.7	8/27/89
8km walk	David Talcott	36:25	8/19/89
5 mi. walk	David Talcott	38:58	5/28/87
10km walk (r)	David Talcott	46:24	4/9/89
10km walk (t)	David Talcott	47:36	4/29/89
15km walk (r)	David Talcott	1:11:46	8/5/89
10 mi. walk	David Talcott	1:21:10	3/17/87
20km walk	David Talcott	1:36:21	6/9/89
1/2 mar. walk	David Talcott	2:03:05	6/8/85
25km walk	David Talcott	2:12:30	6/23/89
30km walk	David Talcott	2:41:37	6/23/89
35km walk	David Talcott	3:18:59	6/25/88
40km walk	David Talcott	3:52:47	6/25/88
Mar. walk	David Talcott	4:18:42	6/18/85
50km walk	David Talcott	5:47:52	8/15/81
1 hr. walk	David Talcott	7.21 mi.	5/13/87
55m HH	Michael Roux	8.2	1/13/96
110m HH	Doug Finley	15.2	7/21/82
400m IH	Mike Roman	1:07.2	4/21/84
3km Steeple	Justin Wood	9:03.40	4/23/09
Long Jump	Michael Roux	22-4 1/4	6/15/96
Triple Jump	Bob Doran	48-6	6/22/80
High Jump	Bill Abbott	7-1 3/4	8/9/85
Pole Vault	Mike Thompson	15-10	2/7/98
Shot Put	Scott Powers	52-10 1/2	8/1/97
Discus	Scott Powers	156-0	7/22/97
Hammer	Jesse Doty	228-11	6/14/09
Javelin	Kevin Richardson	196-8	5/2/87
Weight, 35lb	Jesse Doty	71-6 3/4	2/9/07
Weight Pent.	Scott Powers	3732	6/1/97
Indoor Pent.	Michael Roux	2938	1/13/96
Outdoor Pent	Michael Roux	2834	6/29/97
Decathlon	Michael Roux	5963	8/2/97

submitted 6/10/10