

Syracuse Chargers Age Group Records 30-34 Men

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|--------------|-----------------|-------------|----------|
| 45m | David Robinson | 5.6 | 2/17/85 |
| 50m | David Robinson | 5.8 | 3/10/85 |
| 50m | David Robinson | 5.8 | 3/17/85 |
| 60y | David Robinson | 6.4 | 3/18/84 |
| 55m | David Eaton | 6.60 | 12/7/03 |
| 60m | David Eaton | 7.35 | 1/12/03 |
| 100m | David Robinson | 10.8 | 4/21/84 |
| 200m | David Robinson | 22.3 | 5/5/84 |
| 300y | David Robinson | 33.9 | 3/25/84 |
| 300m | David Robinson | 36.8 | 2/17/83 |
| 400m | Brendan Jackson | 51.2 | 7/25/93 |
| 400y | Phil Rougeux | 55.2 | 2/14/93 |
| 500m | Michael Roman | 1:10.9 | 3/27/88 |
| 600y | Jasper Royal | 1:18.4 | 3/26/83 |
| 600m | Tom Carter | 1:24.0 | 2/2/85 |
| 800m | Tom Carter | 1:53.8 | 8/8/84 |
| 880y | Tom Carter | 1:56.4 | 5/18/83 |
| 1000y | Dave Worden | 2:24.28 | 3/24/85 |
| 1000m | Tom Carter | 2:28.1 | 12/17/83 |
| 1500m | Derek Treadwell | 3:46.55 | 6/11/06 |
| 1 mile | Derek Treadwell | 4:07.51 | 6/11/06 |
| 2000m | John Trowse | 5:48.0 | 3/24/01 |
| 3000m | Derek Treadwell | 8:06.13 | 6/6/06 |
| 2 miles | Larry Nafie | 9:38.5 | 2/29/80 |
| 5km (r) | Mark Andrews | 14:21 | 8/25/02 |
| 5km (t) | Derek Treadwell | 14:19.59 | 4/29/06 |
| 5 miles (r) | Mark Andrews | 23:35 | 3/15/03 |
| 10km (r) | Tom Carter | 29:49 | 4/2/83 |
| 10km (t) | Mark Andrews | 29:27.62 | 4.26/02 |
| 15km (r) | Tom Carter | 45:47 | 11/13/83 |
| 15km (t) | Javier Martinez | 55:07.1 | 2/26/04 |
| 10 miles | Aaron Robertson | 53:12 | 6/28/09 |
| 20km | Tom Carter | 1:01:53 | 1/29/83 |
| 1/2 marathon | Tom Carter | 1:06:50 | 10/7/84 |
| 25km | Tim Woodbridge | 1:30:21 | 10/1/89 |
| 30km | Joe Daley | 1:38:12 | 3/22/81 |
| Marathon | Mark Andrews | 2:27:48 | 10/7/01 |
| 50km | Aaron Robertson | 3:20:12 | 3/6/11 |
| 50 miles | Bob Timmon | 9:16:07 | 8/10/82 |
| 1 hour run | Reinhold Wotawa | 10.33 miles | 5/16/82 |
| 1500m walk | David Talcott | 6:32.9 | 2/7/93 |

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| 1 mile walk | David Talcott | 7:19.7 | 1/24/93 |
| 3km walk | David Talcott | 14:12.7 | 2/21/93 |
| 5km walk (t) | David Talcott | 23:33.2 | 7/25/93 |
| 8km walk | David Talcott | 38:38 | 7/7/90 |
| 10km walk (r) | David Talcott | 48:21 | 7/7/90 |
| 15km walk (r) | Greg Page | 1:09:38 | 8/14/82 |
| 15km walk (t) | David Talcott | 1:15:13.9 | 2/10/93 |
| 10 mile walk | David Talcott | 1:21:21 | 7/4/90 |
| 20km walk | Greg Page | 2:16:17 | 8/14/82 |
| 25km walk (r) | Greg Page | 2:48:43 | 8/14/82 |
| 25km walk (t) | David Talcott | 2:23:06.5 | 6/26/93 |
| 30km walk (r) | Greg Page | 3:21:15 | 8/14/82 |
| 30km walk (t) | David Talcott | 2:55:13.0 | 6/26/93 |
| 35km walk | Greg Page | 3:54:29 | 8/14/82 |
| 40km walk | Greg Page | 4:30:27 | 8/14/82 |
| 50km walk | Greg Page | 5:39:58 | 8/14/82 |
| 55m HH | Kerry Sloan | 7.82 | 3/7/93 |
| 60m HH | Michael Saafir | 8.13 | 2/23/85 |
| 110m HH | Michael Saafir | 15.4 | 3/29/86 |
| 400m IH | Kerry Sloan | 55.7 | 3/27/93 |
| 3000m steeplechase | Charles Duggan | 9:31.9 | 6/28/87 |
| Long Jump | Dave Aungier | 21-6 | 5/76 |
| Triple Jump | Bob Doran | 43-8 1/4 | 3/23/86 |
| High Jump | Dennis Rhoads | 6-9 | 6/15/94 |
| Pole Vault | Mike Thompson | 16-8 3/4 | 1/29/00 |
| Shot Put (16 lb.) | Norman Deep | 47-10 3/4 | 8/5/97 |
| Discus (2kg) | Joseph Benoit | 155-11 | 7/28/90 |
| Javelin | Kevin Richardson | 193-10 | 7/25/93 |
| Hammer (16 lb.) | Jesse Doty | 204-10 1/2 | 8/7/10 |
| Weight Throw (35 lb.) | Paul Rose | 57-9 3/4 | 12/27/08 |
| Superweight Throw | Norman Deep | 26-10 1/2 | 3/28/99 |
| Weight Pentathlon | Norman Deep | 2736 | 6/1/97 |
| Indoor Pentathlon | Steve Suto | 2780 | 1/13/85 |
| Outdoor Pentathlon | Mikw Roux | 2819 | 7/28/01 |
| Decathlon | Dave Aungier | 6450 | 5/76 |

submitted 3/17/11