

Chargers Age Group Records 35-39 Men

45m	Al Walton	5.3	1/11/87
45m	Al Walton	5.3	2/5/89
50y	Al Walton	5.6	3/8/87
50m	Al Walton	5.8	3/20/88
55m	Al Walton	6.2	3/15/89
60m	Al Walton	7.24	4/2/89
100m	Al Walton	10.7	4/22/87
100m	Al Walton	10.7	8/2/87
100m	Al Walton	10.7	8/8/87
100m	Al Walton	10.7	7/31/88
200m	Al Walton	21.7	8/9/87
220y	David Wright	29.6	4/5/78
300y	Al Walton	32.79	3/29/87
300m	Al Walton	36.5	3/27/88
400m	Tyrone Guiden	51.08	8/6/95
500m	Jasper Royal	1:09.9	3/27/88
600y	Jasper Royal	1:17.6	3/25/85
600m	Jasper Royal	1:25.5	3/18/84
800m	Scott Weeks	1:55.41	2/12/10
880y	Bruce Fredrikson	2:15.0	2/27/75
1000m	Scott Weeks	2:29.74	2/2/07
1500m	Charles Duggan	4:01.0	1/27/91
1 mile	Tom Carter	4:17.2	7/17/88
2000m	John Dwyer	5:42.2	2/2/85
3000m	Tom Carter	8:35.9	12/19/87
2 miles	John Trowse	9:43.00	12/8/02
5km (r)	Tom Carter	14:54	8/12/88
5km (t)	John Trowse	15:08.99	6/28/03
8km (r)	Tom Carter	24:57	8/15/87
8km (t)	Steve Nix	30:12.0	1/8/93
5 miles	Scott Bagley	25:10	3/16/02
10km (r)	Joe Contario	31:25	9/24/89
10km (t)	Joe Contario	32:19.6	7/26/91
15km (r)	Tom Carter	48:17	3/24/91
15km (t)	John View	55:14.5	4/11/86
10 miles	Tom Carter	51:46	4/30/88
20km	Tom Carter	1:05:33	6/18/88
1/2 marathon	Robin Wheelless	1:11:15	9/22/96
25km	Charles Duggan	1:24:45	9/25/88
30km	Ron Gay	1:45:08	3/20/83
Marathon	Bruce Fredrikson	2:34:00	5/16/76

50km	Sam Paris	3:30:31	1977
12 hr run (r)	Jason Fahy	49.020 mi.	5/15/10
1 mi. walk	Jim Miner	8:09.0	7/19/87
3km walk	Jim Miner	15:20.2	3/20/88
5km walk (r)	Jim Miner	26:40	9/12/87
8km walk	Jim Miner	43:34	8/15/87
10km walk (r)	Jim Miner	54:23	5/30/87
15km walk (r)	Jim Miner	1:25:53	4/5/87
20km walk	Nick Wetter	1:51:59	7/30/87
50m HH	Steve Suto	8.4	3/22/87
55m HH	Steve Suto	8.9	1/13/83
60m HH	Steve Suto	9.8	3/19/89
110m HH	Brian Lange	16.6	7/15/96
400m IH	Robin Wheelless	1:06.3	6/28/95
Long Jump	Al Walton	21-10 3/4	3/27/88
Triple Jump	Bob Doran	43-1 1/2	6/28/89
High Jump	Dennis Rhoads	6-8	6/14/97
Pole Vault	Mike Thompson	16-1 1/4	1/26/02
Shot Put, 16 lb.	Norman Deep	44-0	8/2/02
Discus	Brian Lange	128-2 1/2	8/16/94
Hammer	Gary Bartell	153-5 1/2	8/10/85
Javelin	Steve Suto	166-2	7/8/90
Weight, 35lb	Joe Benoit	51-3	1/18/97
Weight, 56lb	Norman Deep	26-9 1/2	6/16/03
Weight Pent.	Norman Deep	2741	7/18/03
Indoor Pent.	Steve Suto	2431	2/4/87
Outdoor Pent	Al Walton	2779	8/22/87
Decathlon	Brian Lange	6163	7/18/96

submitted 6/10/10