

Chargers Age Group Records 40-44 Men

45m	Ray Panek, Sr.	6.0	3/8/92
50y	Kevin Kaderli	6.3	3/29/80
50m	Sam Hall	6.4	3/22/87
50m	Jasper Royal	6.4	2/17/89
55m	Tyrone Guiden	6.91	3/9/97
100m	Al Walton	11.5	7/25/93
200m	Tyrone Guiden	23.36	3/2/97
300y	Tom Fondy	37.7	3/2/80
300y	Kevin Kaderli	37.7	3/2/80
300m	Sam Hall	39.6	3/27/88
400m	Tyrone Guiden	51.40	3/23/97
440y	Bob Brock	58.8	1/77
500m	Bob Micho	1:15.3	3/27/88
600y	Tom Fondy	1:25.0	2/10/79
600m	Tim Collins	1:32.4	2/13/83
800m	John Dwyer	1:58.4	8/6/88
880y	Bob Brock	2:10.8	2/77
1000y	Tim Collins	2:32.4	3/26/83
1000m	Dave Cole	2:42.2	1/13/01
1500m	Tom Carter	4:03.2	2/21/93
1 mile	Tom Carter	4:19.6	6/9/92
2000m	Tim Murphy	6:17.3	3/16/02
3000m	Mike Platt	8:54.17	2/15/03
3km steeple	Thom Crowley	11:52.1	8/6/95
2 miles	Bruce Fredrikson	10:19.1	3/78
3 miles	Bruce Fredrikson	15:50.1	1/78
5km (r)	Tom Carter	15:07	1/93
5km (t)	Mike Platt	15:05.55	4/20/02
8km	Tom Carter	25:24	8/15/92
5 miles (r)	John Thorpe	26:26	9/16/90
5 miles (t)	George Bodine	28:36	8/25/83
6 miles	Bruce Fredrikson	32:11	1/78
10km (r)	Tom Carter	32:20	10/92
10km (r)	Tim Otis	32:20	5/13/95
10km (t)	Tim Otis	32:30	7/14/95
15km (r)	Tom Carter	49:00	11/8/92
15km (t)	Neal Coffey	56:24.0	3/22/02
10 miles	Tim Otis	55:29	4/29/95
20km	Robin Wheelless	1:10:32	8/15/00
1/2 marathon	Ray Kneer	1:14:25	4/10/83
25km	George Luke	1:35:52	4/29/84
30km	Jerry Riordan	1:49:05	3/28/76

Marathon	Mike Platt	2:31:09	9/29/02
50km	Sam Paris	3:31:59	11/25/78
60km	Sam Paris	4:19:56	3/78
40 miles	Sam Paris	4:47:47	6/4/78
50 miles (r)	Sam Paris	6:31:36	1979
50 miles (t)	Sam Paris	6:35:30.0	7/7/79
100km	Sam Paris	8:42:12	11/24/79
1500m walk	David Talcott	7:11.8	9/22/04
1 mile walk	David Talcott	7:41.1	9/23/04
2 mile walk	David Talcott	16:50.9	5/31/04
5km walk (r)	Moe Lalonde	25:04	7/30/04
5km walk (t)	David Talcott	25:36.0	7/30/04
10km walk (r)	Moe Lalonde	48:49	7/28/05
10km walk (t)	David Talcott	51:56.0	7/30/04
50y HH	Jerry Lanier	8.3	2/10/79
55m HH	Bob Doran	8.7	1/22/94
110m HH	Bob Doran	17.65	7/14/95
300m IH	Ray Panek, Sr.	52.4	7/20/93
400m IH	Tim Collins	63.2	8/13/83
Long Jump	Ted Jackson	20-7 1/2	3/22/87
High Jump	Michael Saafir	5-9 3/4	3/18/95
Triple Jump	Bob Doran	41-1	2/6/94
Pole Vault	Peter McGinnis	13-6	1/22/95
Pole Vault	Peter McGinnis	13-6	3/15/97
Shot Put, 6kg	Norm Deep, Jr.	45-0 1/4	8/25/07
Shot Put, 16lb	Norm Deep, Jr.	41-4 1/4	7/27/07
Discus, 1kg	David Wright	120-3	6/30/83
Discus, 1.75 kg	Norm Deep, Jr.	111-8	7/13/07
Discus, 2kg	Norm Deep, Jr.	102-10 3/4	7/25/08
Javelin	Chris Yatsko	141-11	8/02
Hammer	Pat Lynn	151-10	6/23/90
Wt Thr, 20lb	David Jones	48-7	1/24/98
Wt Thr, 35lb	Pat Lynn	45-2	1/8/92
Wt Thr, 56lb	Norm Deep, Jr.	27-9 1/4	8/25/07
Wt. Pent.	Norm Deep, Jr.	2734	8/25/07
Indoor Pent.	Bob Doran	2539	1/13/96
Outdoor Pent.	Bob Doran	2000	7/25/98
Decathlon	Bob Doran	4332	7/14/95

submitted 12/8/09