

Chargers Age Group Records 55-59 Men

45m	Howard MacMillan	6.6	2/17/85
45m	Gary Geiger	6.69	1/19/03
50m	Howard MacMillan	7.0	12/17/83
55m	Gary Geiger	7.2	1/5/03
60m	Sam Hall	8.14	4/23/01
100m	Andrew Branch	12.2	8/4/90
100m	Sam Hall	12.33	6/24/01
200m	Sam Hall	25.46	5/5/01
300y	Howard MacMillan	41.0	3/26/83
300m	Fred Schlereth	41.9	1/6/90
400m	Fred Schlereth	57.8	12/15/89
500m	Howard MacMillan	1:30.3	2/23/85
600m	Howard MacMillan	1:44.3	1984
800m	Howard Rubin	2:18.3	8/12/83
880y	Howard Rubin	2:34.8	1984
1000y	Ed Stabler	2:47.0	3/24/85
1000m	Bob Milner	3:06.5	1/23/93
1500m	Howard Rubin	4:38.7	9/30/83
1 mile	Bob Milner	5:00.6	1/12/91
2000m	Ed Stabler	6:38.4	1/19/86
3000m	Bob Milner	9:28.7	3/9/91
2 miles	Howard Rubin	10:42.2	7/25/84
5km (r)	Bob Milner	17:04	10/13/91
5km (t)	Howard Rubin	17:03.0	9/23/83
8km (r)	Howard Rubin	28:19	10/22/83
8km (t)	Sam Graceffo	29:58.0	1/8/93
5 miles (r)	Sam Graceffo	29:00	9/15/91
5 miles (r)	Sam Graceffo	29:00	9/4/92
10km (r)	Howard Rubin	35:30	4/21/84
10km (t)	Howard Rubin	35:50.9	8/18/84
15km (r)	Howard Rubin	53:24	2/1/85
15km (t)	Ed Stabler	56:46.8	4/11/86
10 miles (r)	Ed Stabler	58:34	9/9/84
20km	Howard Rubin	1:13:59	12/17/83
1/2 marathon	Ed Stabler	1:19:44	6/23/84
25km	Howard Rubin	1:32:56	10/7/84
30km	Howard Rubin	1:52:42	12/17/83
Marathon	Ed Stabler	2:36:42	6/3/84
50km (t)	Sam Graceffo	4:54:59	4/11/96
12 hr run (r)	Greg Farnham	43.138 mi.	5/15/10
1500m walk	Bill Wiecek	8:32.0	6/5/97

1 mile walk	Bob Nicholson	9:11.9	2/13/05
3km walk	Bill Wiecek	17:19.0	3/23/97
5km walk (r)	Bill Wiecek	30:08	8/8/95
10km walk (r)	Jerry Smith	52:23	6/10/06
50y HH	Ed Lukens	8.5	3/29/80
50m HH	Bill Townsend	9.1	12/22/85
55m HH	Bill Townsend	10.2	1/5/86
55m HH	Bill Townsend	10.2	3/23/86
60m HH	Ken Moses	11.83	3/25/00
110m HH	Bill Townsend	20.98	8/25/85
400m IH	Paul Stelmaszyk	71.97	7/24/98
3km steeple	Bob Milner	11:45.3	6/23/90
Long Jump	Ed Lukens	17-2 1/2	2/10/79
Triple Jump	Ed Lukens	34-3 1/4	3/29/80
High Jump	Kevin Donovan	5-0	7/31/07
Pole Vault	Peter McGinnis	11-0 1/4	3/13/10
Shot Put, 12#	Chuck Yost	39-9 3/4	6/10/90
Shot Put, 6kg	Harry Schwarze	39-8 3/4	7/14/95
Shot Put, 16#	Fred Vero	24-7	7/20/88
Discus, 1.5kg	Harry Schwarze	125-0 1/4	7/14/95
Discus, 1.6kg	Chuck Yost	108-3	8/4/90
Javelin	Chuck Yost	108-0	7/9/84
Hammer	Gary Crawford	132-4	6/12/00
Weight, 20lb	Gary Crawford	33-7	1/16/99
Weight, 25lb	Patrick Lynn	43-9 1/2	1/15/06
Weight, 56lb	Patrick Lynn	21-9 3/4	3/20/05
Indoor Pent.	Ken Moses	1356	3/11/00
Outdoor Pent	Tim Collins	1742	8/2/97

submitted 1/9/11