

### Charger Age Group Records 70-74 Men

45m	Howard MacMillan	7.0	2/24/97
55m	Ed Cox	8.0	12/20/97
60m	Howard MacMillan	9.05	3/22/97
100m	Robert Bruce	14.0	5/11/99
200m	Howard MacMillan	28.24	3/9/97
300m	Howard MacMillan	49.8	3/15/97
400m	Fritz Schlereth	69.32	7/26/03
500m	Ray Deschambault	1:58.7	3/27/88
600m	Howard MacMillan	2:06.7	2/9/97
800m	Fritz Schlereth	2:56.45	7/25/03
1000m	Wally McRae	3:58.79	1/12/03
1500m	Charles Jorgensen	6:00.0	3/22/87
1 mile	Sam Graceffo	6:39.7	1/19/07
2000m	Wally McRae	8:38.4	3/16/03
3000m	Nate White	12:47.7	3/22/90
2 miles	Kermit Cadrette	14:36.5	1/18/09
5km (r)	Nate White	21:56	7/3/91
5km (t)	Nate White	22:04.0	2/1/90
8km (r)	Nate White	35:50	1/13/90
8km (t)	Nate White	37:59.7	1/8/93
5 miles	Nate White	36:34	9/16/90
10km (r)	Nate White	44:18	9/23/89
10km (t)	Nate White	45:45.04	7/30/89
12km	Howard Rubin	1:01:46	2/26/00
15km (r)	Nate White	1:08:55	11/11/89
15km (t)	Tom Walnut	1:17:11.2	2/23/96
10 miles	Nate White	1:16:54	4/1/90
20km	Howard Rubin	1:38:54	8/1/98
1/2 marathon	Kermit Cadrette	1:46:50	9/12/09
30km	Howard Rubin	3:09:07	11/23/02
Marathon	Kermit Cadrette	3:53:51	10/11/09
1500m walk	Howard MacMillan	10:06.07	8/25/96
5km walk (r)	Jim Brown	34:15	7/17/95
10km walk (r)	Jim Brown	1:12:05	5/28/95
20km walk (r)	Jim Brown	2:35:49	7/16/95
55m HH	Ed Lukens	9.1	1/22/94
60m HH	Ed Lukens	10.24	3/17/96
80m HH	Ed Lukens	14.2	8/6/94
100m HH	Ed Lukens	15.1	7/5/92
3km steeple	Don Baum	15:01.6	7/25/08
Long Jump	Ed Lukens	15-3 1/2	3/21/93

High Jump	Ed Lukens	4-4	3/22/92
Triple Jump	Ed Lukens	32-8 1/2	2/7/93
Triple Jump	Ed Lukens	32-8 1/2	3/20/93
Pole Vault	David Rider	7-6	5/13/00
Shot Put (4kg)	Elmer Shaw	41-7 1/2	1/22/89
Shot Put (5kg)	Elmer Shaw	36-9 3/4	3/25/90
Shot Put (12 lb)	Elmer Shaw	35-0	10/25/87
Shot Put (16 lb)	Elmer Shaw	23-5 1/4	2/17/89
Discus	Elmer Shaw	125-0	8/6/88
Javelin	Ed Lukens	112-5 1/2	7/5/92
Hammer (8 lb)	Elmer Shaw	135-11	6/25/88
Hammer (4kg)	Elmer Shaw	129-6	6/18/88
Weight Throw (25 lb)	Elmer Shaw	39-11	10/25/87
Weight Throw (35 lb)	Chuck Yost	17-7 1/4	3/20/05
Weight Throw (56 lb)	Elmer Shaw	16-9 1/2	4/30/88
Weight Pentathlon	Elmer Shaw	4183	7/12/87

Submitted 2/9/10