

Syracuse Chargers Age Group Records 80-84 Men

55m	Ed Cox	9.01	12/14/08
60m	Ed Cox	9.82	3/8/09
100m	Ed Cox	15.47	6/27/09
200m	Ed Cox	33.46	7/4/10
300m	Ed Cox	56.73	2/1/09
400m	Ed Cox	1:24.16	12/14/08
800m	Don Hanlon	3:51.5	11/2/7/02
1000m	Charles Jorgensen	5:45.4	1/16/99
1500m	Sid Zecher	8:00.3	7/24/99
1 mile	Nate White	8:09.4	12/30/99
2000m	Nate White	11:23.4	3/24/01
3000m	Nate White	15:23.6	12/17/99
5000m (r)	Nate White	28:26	10/3/99
5000m (t)	Nate White	29:08.23	8/1/99
8km (r)	Charles Hackenheimer	51:04	5/16/87
10km (r)	Sid Zecher	1:02:46	4/26/99
10km (t)	Russell More	1:14:41.8	12/14/01
15km (r)	Charles Hackenheimer	1:51:16	7/9/90
Half Marathon	Joe Familo	3:53:05	4/10/04
Marathon	Joe Familo	7:33:39	10/18/03
55m HH	Ed Lukens	10.9	3/16/02
60m HH	Ed Lukens	12.23	3/23/02
Long Jump	Ed Lukens	13-1 3/4	3/23/02
Long Jump	Ed Lukens	13-1 3/4	8/9/02
Triple Jump	Ed Lukens	28-4 1/2	3/30/02
High Jump	Ed Lukens	4-0	3/16/02
Pole Vault	David Rider	6-4 3/4	7/23/10
Shot Put, 3kg	David Rider	27-5 3/4	3/11/11
Shot Put, 4kg	Sid Zecher	26-1 1/2	6/18/01
Discus, 1kg	Sid Zecher	60-7 3/4	7/24/99
Javelin, 400g	Ed Lukens	102-5	8/10/02

submitted 5/10/11