

### Recent Charger Open Records

1 mile	4:45.25	Amanda LoPiccolo	2/7/09	Manley
3000m	9:16.10	Amanda LoPiccolo	2/13/09	Boston

### Recent Charger Age Group Records

1 mile (25-29)	4:45.25	Amanda LoPiccolo	2/7/09	Manley
1 mile (20-24)	4:46.78	Kaitlin O'Sullivan	2/7/09	Manley
3000m (25-29)	9:16.10	Amanda LoPiccolo	2/13/09	Boston
5km, road (8-9)	22:44	Maia Henry	10/5/08	Syracuse
60m (80-84)	9.83	Ed Cox	1/10/09	Dartmouth
Weight Throw, 35# (50-54)	45-6 1/4	Joe Benoit	2/28/09	Manley
Discus, 1kg (60-64)	76-2	Barbara LoPiccolo	8/23/08	New London
Weight Throw, 12# (60-64)	39-1 3/4	Barbara LoPiccolo	8/23/08	New London

### Barbara LoPiccolo Named All American

**Barbara LoPiccolo** was recognized as an All American in the 60-64 age group for her weight pentathlon score of 3,918 points (age graded) on August 23, 2008 at the National Masters Weight Pentathlon in New London, Connecticut. Each of Barbara's five events met the All American standards in the women's 60-64 age group. In two of the events, the discus and the weight throw, she set Charger age group records.

Here are Barbara's individual performances:

	<u>Performance in Meters</u>	<u>Performance in Feet and Inches</u>	<u>Age Graded Mark</u>	<u>Score</u>
Hammer	29.46	96-8	44.94m	820
Shot Put	9.11	29-10 3/4	15.28m	880
Discus	23.22	76-2	36.96m	595
Javelin	27.13	89-0	47.36m	809
Weight	11.93	39-1 3/4	15.02m	814

Standards and procedures for attaining All American status may be found in the monthly issues of National Masters News.

### Don Hanlon: At Age 86 He May Be Our Oldest Trackster

When **Don Hanlon** ran 400 meters at the Charger meet on February 28, we believe that he

extended his title of being the oldest Charger to compete in a track and field meet. While Don was running on that day, he was age 86 years, 5 months and 27 days. We will let you do the math to figure out his actual birthday, but we think he has an Charger age group record of sorts. Congratulations, Don, and keep on running.

### **Maia Henry's Festival Time Was A Charger Record**

When **Maia Henry** ran the Festival of Races 5km in 22:44 on October 8, she broke the Charger 8-9 year old record. The old record was 24:14 by **Andrea Aris**, set in 1991.

### **Ed Cox Wins Sprint Events At Dartmouth Relays**

**Ed Cox** won the men's 80-84 division of the 60 meter (9.83) and 200 meter (34.50) dashes at the Dartmouth Relays in Hanover, New Hampshire on January 9-11, 2009. Ed's 60 meter time is a new Charger age group record, surpassing his own FAT time of 9.93 and his own hand held time of 9.9.

### **Bob Doran Competes In Heptathlon Championships**

**Bob Doran** completed the first day of the USATF National Indoor Heptathlon Championships in Kenosha, Wisconsin on March 7, before an injury in the hurdle event forced him to pull out of the competition. In the high jump on the first day, he came within one-half inch of the Charger 55-59 record with a jump of 4-11 1/2. Bob's first day performances were:

60 meter dash	9.15
long jump	4.57m (15-0)
shot put	8.22m (26-11 1/2)
high jump	1.51m (4-11 1/2)