

### **Recent Chargers Records**

F60-64	Triple Jump	Karen Ellsworth	5.85m	6/6/2023
F60-64	Pole Vault	Karen Ellsworth	1.55m	8/20/2023

Karen established the first triple jump record in her new age group at the NY Senior Games, SUNY Cortland. Her mark is equivalent to 19 feet 2 ¼ inches in English units. Karen's pole vault record, also a first in her age group, is equivalent to 5 feet 1 inch. It was set at the New Hampshire Senior Games in Manchester.