

New Chargers Records July-2025

Congratulations go out to several Chargers for setting new club records.

M 90-94	100m	Ed Cox	18.86	04/28/2018
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This record was recently brought to our attention. Ed set the record at the Penn Relays in 2018. Ed has been described as a “Charger through and through” and has been a Charger perhaps longer than anyone. He continues to run and competed in the Empire State Senior Games at SUNY Cortland in June of 2024 and 2025. In acknowledgement of his accomplishments, the Chargers have just added a new category in our club results, **M 95-99**, with Ed being the first club member to earn honors in this category. **Congratulations Ed!**

M 95-99	50m	Ed Cox	12.01	06/14/2024
M 95-99	100m	Ed Cox	25.62	06/14/2024
M95-99	200m	Ed Cox	1:00.19	06/14/2024

Another of our Masters competitors has entered a new age group and has set several new records this spring and summer. Estelle Hahn has been running at the Syracuse University Noontime Running League and set the following records. **Congratulations Estelle!**

W 85-89	800m	Estelle Hahn	8:13.6	05/27/2025
W 85-89	Mile	Estelle Hahn	17:47.7	05/20/2025
W 85-89	3k	Estelle Hahn	38:16.8	05/13/25
W 85-89	5k	Estelle Hahn	52:52	06/10/2025

Charger Karen Ellsworth improved on her pole vault best by adding another 3 inches at the Trackapalooza Meet held at Groton High School on 7/19/25 sponsored by the Finger Lakes Running Club. **Congratulations Karen!**

W 60-64	Pole Vault	Karen Ellsworth	5'6"	07/19/2025
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Cindy Daly set a new record in the Javelin 500 g at the Empire State Senior Games at SUNY Cortland on 06/08/2025. (The USATF standard weight for the 60-74 age groups in the Women's Javelin Throw was changed from 400g to 500g in 2014.) **Congratulations Cindy!**

W 65-69	Javelin	Cindy Daly	11.06m(36'3")	06/08/2025
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Think that **you** may have **already set** a new Chargers record?

-Check the records link below to verify the existing record in your event. Then **Submit** your request for a new record via the form and directions below.

Records are available here: <https://www.syracusechargers.org/club-records/>

Submit a new record here: <https://www.syracusechargers.org/record-submission/>

I look forward to hearing from you!

Cindy Daly

7/31/2025