



All-Time 5k Records

*Records for the 5,000-meter run of each age group of the Maryland Senior Olympics.
These records are updated through 2010, but do not include results from the 2007 games
held in a non-qualifying year at Salisbury, Md.
New records are in bold.*

5,000-METER RUN - MEN

50-54 Charlie Koester	17:08.00	1996
55-59 Charlie Koester	17:33.00	2000
60-64 John Elliott	18:18.40	1998
65-69 John Elliott	20:05.00	2006
70-74 John Elliott	21:42.00	2010
75-79 Denzil Pritchard	23:34.00	1996
80-84 Xianxiang Xie	27:06.00	2008
85-89 Charles Boyle	38:39.00	2009
90-94 Alvin Gutttag	67:07.20	2008

5,000-METER RUN - WOMEN

50-54 Debbie Flynn	20:42.00	2008
55-59 Joanne Mallet	21:15.00	1990
60-64 Chris Craun	22:40.00	2008
65-69 Joanne Mallet	25:12.00	2000
70-74 Tami Graf	27:56.20	2006
75-79 Jeannie Pizzonia	32:09.00	2010
80-84 Martha Trimmer	48:50.00	2010