



## All-Time 10k Records

*Records for the 10,000-meter run of each age group of the Maryland Senior Olympics. These records are updated through 2009, but do not include results from the 2007 games held in a non-qualifying year at Salisbury, Md. New records are in bold.*

### 10,000-METER RUN - MEN

50-54 Maurice Pointer	35:57.00	2008
55-59 Charlie Koester	36:45.00	2000
60-64 John Elliott	38:11.00	1998
65-69 John Elliott	41:24.00	2003
70-74 William Foley	49:47.00	1994
75-79 Bill Roberts	53:12.79	1990
80-84 Nianxiang Xie	57:18.00	2008
85-89 Alvin Gutttag	1:53:21.96	2004

### 10,000-METER RUN - WOMEN

50-54 Debbie Flynn	43:16.00	2008
55-59 Joanne Mallet	47:32.00	1991
60-64 Chris Craun	47:10.00	2008
<b>65-69 Dee Nelson</b>	<b>50:46.00</b>	<b>2009</b>
70-74 Yvonne Aasen	1:04:38.26	2002
<b>75-79 Yvonne Aasen</b>	<b>1:17:00</b>	<b>2009</b>