



All-Time Cycling Records

Individual records for each cycling event and age group of the Maryland Senior Olympics. These records are updated through the 2009 results. However, they do not include the results from the 2007 games held in a non-qualifying year at Salisbury, Md. New records are in bold.

CYCLING 5K - MEN

50-54 John Cox	7:15	2000
55-59 Jerry Vetter	7:42.51	2009
60-64 John Cox	7:38.90	2009
65-69 Russell Loy	7:55.10	2009
70-74 John Elliott	8:14.30	2009
75-79 Harvey Geller	9:32	1997
80-84 Herbert Peiser	12:03	1998
85-89 John Phillips Sr.	12:25	1996

CYCLING 5K - WOMEN

50-54 Susan Sarubin	8:38.20	2008
55-59 Helen Beyers	10:09	1995
60-64 Frances Weston	9:34	2000
65-69 Ann Adelson	10:57	1995
70-74 Carol Knepp	11:26	1995

CYCLING 10K - MEN

50-54 John Tobin	13.10	1996
55-59 John Elliott	12:04	1996
60-64 James Swift	15:13	1996
65-69 Russell Loy	15:20.24	2009
70-74 Thomas Kelley	16:06	1996
75-79 Harvey Geller	17:14	1997
80-84 Chalmer Grossnickle	21:13	1998
85-89 John Phillips Sr.	17:42	1996

CYCLING 10K - WOMEN

50-54 Susan Sarubin	16:50.22	2008
55-59 Diane Harris	17:06.48	2009
60-64 Jo Johnson	17.10.42	2009

65-69 Ann Adelson	20:55	1998
70-74 Jane Hanks	19:03	1990
75-79 Carrie Nangeroni	27:05	2000
80-84 Helen Medani	33:23	2000

CYCLING 20K - MEN

50-54 John Harritt	28.19	1996
55-59 Wayne Rodgers	27:43	1994
60-64 Charles Archer	30:39	1994
65-69 Charles Archer	30:22	1995
70-74 Thomas Kelley	29:45	1995
75-79 Chalmer Grossnickle	35:04	1995
80-84 Chalmer Grossnickle	43:12	1998

CYCLING 20K - WOMEN

50-54 Sandra Buck	36.24	1998
55-59 Frances Weston	41:11	1997
60-64 Ann Adelson	34:54	1994
65-69 Carol Knepp	39:02	1994
70-74 Carol Knepp	37:48	1995
75-79 Ann Warren	1:03.53	2006