



## All-Time Track Records

*Record times and distances for the track and field events of each age group of the Maryland Senior Olympics. These records are updated through 2009. New records are in bold.*

### TRACK & FIELD

#### 100-METER DASH - MEN

50-54 Oscar Peyton	11.23	2006
55-59 Oscar Peyton	12.02	2008
60-64 Joseph Hemler	11.53	1994
65-69 James Stookey	13.03	1995
70-74 Edward Matthews Jr.	13.16	1990
75-79 James Stookey	14.24	2005
80-84 Charles Wilson	15:50	2005
85-89 Earl Wentz	17.74	2000
90-94 Earl Wentz	20:37	2005

#### 100-METER DASH - WOMEN

50-54 Helen Hayes	13.72	2004
55-59 Helen Hayes	14:05	2006
60-64 Carmen Campbell	15.48	2003
65-69 Audrey Lary	14.94	1999
70-74 Audrey Lary	16.12	2004
75-79 Wally Dashiell	17.39	2002
80-84 Marjorie Briggs	22.44	2002
85-89 Elizabeth Dow	32.62	1997

#### 200-METER DASH - MEN

50-54 Oscar Peyton	23.70	2003
55-59 Oscar Peyton	23.69	2008
60-64 Lawrence Colbert	25.50	1999
65-69 Lawrence Colbert	27.20	2002
70-74 Edward Matthews Jr.	27.63	1992
75-79 James Stookey	29.82	2005
80-84 Earl Wentz	36.23	1998
<b>85-89 Bernie Fowler</b>	<b>40.86</b>	<b>2009</b>

#### 200-METER DASH - WOMEN

50-54 Helen Hayes	27.73	2002
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55-59 Helen Hayes	29.15	2006
60-64 Audrey Lary	33.94	1996
65-69 Audrey Lary	32.08	1999
70-74 Audrey Lary	33.25	2004
<b>75-79 Audrey Lary</b>	<b>36.87</b>	<b>2009</b>
80-84 Anna Romagna	49.90	1998

#### **400-METER DASH - MEN**

50-54 Melvin Fields	55:90	1996
55-59 Thomas Jones	55.49	2008
60-64 Lawrence Colbert	57.94	1997
65-69 James Stookey	1:05.90	1995
70-74 Edward Matthews Jr.	1:10.00	1991
75-79 Earl Wentz	1:19.00	1991
80-84 Bernie Fowler	1:29.00	2006
<b>85-89 Bernie Fowler</b>	<b>1:43.98</b>	<b>2009</b>

#### **400-METER DASH - WOMEN**

50-54 Claudia Simpson	1:21.20	2005
55-59 Elly McComas	1:15.50	1994
60-64 Rachel Nielson	1:20.00	1991
65-69 Audrey Lary	1:20.24	1999
70-74 Audrey Lary	1:26.36	2008
<b>75-79 Audrey Lary</b>	<b>1:28.61</b>	<b>2009</b>
80-84 Anna Romagna	1:56.18	1998

#### **800-METER DASH - MEN**

50-54 James Wich	2:13.60	1996
55-59 Joseph Burno	2:14.50	2008
60-64 Stan Witomski	2:35.00	1995
65-69 Don Kohler	2:45.00	2001
70-74 Oliver Grant	2:52.84	2008
75-79 Ray Blue	3:13.00	1999
80-84 Bernie Fowler	3:45.00	2006
<b>85-89 Charles Boyle</b>	<b>5:03.91</b>	<b>2009</b>

#### **800-METER DASH - WOMEN**

50-54 Margaret Rosasco	2:54.00	1999
55-59 Rachel Nielson	3:01.27	1988
60-64 Tami Graf	3:14.00	1996
65-69 Rachel Nielsen/Tami Graf	3:25.00	1997/2005
70-74 Margaret Rosasco	2:57.70	1998
75-79 Anna Romagna	3:45.55	1993
80-84 Anna Romagna	4:39.00	1998
85-89 Agnes Chambers	1:05.15	2006

#### **1,500-METER RUN - MEN**

50-54 James Wich	4:43.00	1996
55-59 Joseph Burno	4:40.64	2008
60-64 John Elliott	5:16.30	1998
65-69 Stephen Rosasco	5:42.00	1997

70-74 Oliver Grant	5:51.92	2008
75-79 Bill Osburn	6:23.00	1998
80-84 Tony Matesic	8:20.00	1994
<b>85-89 Charles Boyle</b>	<b>10:13.54</b>	<b>2009</b>
90-94 Alvin Gutttag	18:56.00	2008

### **1,500-METER RUN - WOMEN**

50-54 Margaret Rosasco	5:53.00	1998
55-59 Joanne Mallet	6:09.64	1990
60-64 Tami Graf	6:38.00	1997
65-69 Joanne Mallet	7:13.90	2000
70-74 Tami Graf	7:30.40	2006
75-79 Anna Romagna	8:22.00	1994
<b>80-84 Hellen Schley</b>	<b>11:53.83</b>	<b>2009</b>
85-89 Wally Dashiell	18:56.71	2008

### **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 Bill Osburn	22:31.00	1996
75-79 Denzil Pritchard	23:34.00	1996
80-84 Robert Gelman	28:55.70	2004
85-89 Alvin Gutttag	48:50.30	2004

### **5,000 METER RUN - WOMEN**

50-54 Meredith Bonta	21:35.00	1996
55-59 Joanne Mallet	21:15.00	1990
60-64 Joanne Mallet	23:16.30	1994
65-69 Joanne Mallet	25:12.00	2000
70-74 Tami Graf	27:56.20	2006
75-79 Yvonne Aasen	35:39.00	2006

### **10,000-METER RUN - MEN**

50-54 Charlie Koester	36:13.00	1996
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 Charles Boyle	1:11:37.86	2004
85-89 Alvin Gutttag	1:53:21.96	2004

### **10,000-METER RUN - WOMEN**

50-54 Susan Woodward	51:14.00	1997
55-59 Joanne Mallet	47:32.00	1991
60-64 Joanne Mallet	50:35.00	1994
65-69 Tami Graf	58:17.80	2004
70-74 Yvonne Aasen	1:04:38.26	2002
75-79 Yvonne Aasen	1:17.45	2006

## DISCUS - MEN

<b>50-54 Lawrence Rosen</b>	<b>144'09.00"</b>	<b>2009</b>
55-59 Edward McComas	148'06.00"	1989
60-64 Edward McComas	163'09.00"	1994
65-69 Edward McComas	130'09.50"	2000
70-74 Adolph Kuegler	108'04.97"	2008
<b>75-79 Harry Holm</b>	<b>105'02.00"</b>	<b>2009</b>
80-84 Charlie Irwin	79'05.00"	1999
85-89 Kenneth Babcock	69'04.00"	1993
90-94 Frank Herrelko	37'01.00"	2003

## DISCUS - WOMEN

50-54 Donna Barrett	73'04.90"	2008
55-59 Slova Galperina-Weinberg	82'07.00"	2002
60-64 Evelyn Wright	81'03.00"	1998
65-69 Evelyn Wright	72'01.00"	2003
70-74 Evelyn Wright	69'04.00"	2007
75-79 Barbara Martin	49'04.00"	2002
<b>80-84 Barbara Martin</b>	<b>44'07.00"</b>	<b>2009</b>
<b>85-89 Wally Dashiell</b>	<b>41'01.00"</b>	<b>2009</b>

## HAMMER THROW – MEN

50-54 Peter Collins	107'10.00"	2006
55-59 William Gainey	97'01.00"	2006
60-64 Jerome Bookin-Weiner	130'05.00"	2006
65-69 Adolph Kuegler	103'06.00"	2006
70-74 Adolph Kuegler	114'06.98"	2008
75-79 Robert Leishear	60'11.00"	2006
<b>80-84 William Bergen</b>	<b>69'10.00"</b>	<b>2009</b>
<b>85-89 Harry Bernat</b>	<b>64'06.00"</b>	<b>2009</b>

## HAMMER THROW – WOMEN

50-54 Donna Barrett	68'09.30"	2008
55-59 Janis Whittier	20'03.00"	2006
60-54 Nancy Berger	24'01.79"	2008
65-69 Evelyn Wright	66'11.00"	2006
70-74 Audrey Lary	61'05.00"	2006
75-79 Sharon Good	38'01.88"	2008
80-84 Wally Dashiell	31'05.00"	2006
85-89 Wally Dashiell	41'05.35"	2008

## HIGH JUMP - MEN

50-54 Michael Graham	5'06.25"	2006
55-59 Michael Graham	5'07.00"	2007
60-64 Samuel Griffith	4'10.00"	1990
65-69 James Stookey	4'08.00"	1995
70-74 Frederick Everhart	4'06.00"	1999
75-79 Frederick Everhart	4'07.00"	2002
80-84 Charles Wilson	4'02.00"	2004
<b>85-89 Charles Wilson</b>	<b>3'10.00"</b>	<b>2009</b>

## HIGH JUMP - WOMEN

50-54 Claudia Simpson	3'10.00"	2005
<b>55-59 Claudia Simpson</b>	<b>4'01.00"</b>	<b>2009</b>
60-64 Evelyn Wright	4'02.00"	1999
65-69 Evelyn Wright	4'04.00"	2002
<b>70-74 Evelyn Wright</b>	<b>4'01.00"</b>	<b>2009</b>
75-79 Wally Dashiell	3'00.00"	1999
80-84 Wally Dashiell	2'11.00	2004
85-89 Wally Dashiell	2'04.93	2008

## JAVELIN - MEN

50-54 Bill Walsh	143'02.00"	1998
55-59 Bill Walsh	137'02.00"	2000
60-64 James Kenney	149'10.00"	2002
65-69 James Kenney	131'08.00"	2006
70-74 James Eyer	103'07.00"	2002
75-79 Charles McGarvey/Eevald Aarma	98'04.00"	1997/1991
80-84 Eevald Aarma	90'11.00"	1992
85-89 Charlie Irwin	55"10.00"	2003
90-94 Robert Walker	25'02.00"	1999

## JAVELIN - WOMEN

50-54 Diane Harahush	66'02.00"	1999
55-59 Evelyn Wright	75'01.00"	1996
60-64 Evelyn Wright	75'03.00"	1998
65-69 Evelyn Wright	67'08.00"	2003
70-74 Audrey Lary	61'01.00"	2005
75-79 Barbara Martin	51'00.00"	2004
80-84 Barbara Martin	38'02.00"	2006
85-89 Elizabeth Dow	29'03.00"	1995

## POLE VAULT - MEN

50-54 Tomlinson Rauscher	11'06.00"	1999
55-59 Tomlinson Rauscher	11'06.00"	2002
60-64 Tomlinson Rauscher	10'00.00"	2008
65-69 Elmer Hall/Samuel Griffith	8'06.00"	1993/1991
70-74 James Condell/Samuel Griffith	8'00.00"	2003/1997
75-79 James Condell	7'03.00"	2006
80-84 Edward Murphy	4'00.00"	2006

## POLE VAULT - WOMEN

55-59 Linda Wells	6'00.00"	2008
60-64 Evelyn Wright	5'11.00"	2001
65-69 Evelyn Wright	6'07.00"	2003

## RUNNING LONG JUMP - MEN

50-54 Michael McDaniel	18'10.50"	2000
55-59 Michael Graham	16'02.07"	2008
60-64 James Stookey	16'08.00"	1993
65-69 James Stookey	15'11.00"	1999
70-74 James Stookey	16'08.50"	2000

75-79 James Stookey	14'06.00"	2006
80-84 Charles Wilson	13'01.00"	2005
<b>85-89 Charles Wilson</b>	<b>11'03.00"</b>	<b>2009</b>

#### **RUNNING LONG JUMP - WOMEN**

50-54 Claudia Simpson	11'07.00"	2005
55-59 Claudia Simpson	11'04.17"	2008
60-64 Evelyn Wright	12'01.00"	1998
65-69 Audrey Lary	12'04.50"	2002
70-74 Audrey Lary	11'04.82"	2008
<b>75-79 Audrey Lary</b>	<b>11'07.00"</b>	<b>2009</b>
80-84 Evelyn Schroedl	6'04.50"	1998
<b>85-89 Wally Dashiell</b>	<b>5'04.50"</b>	<b>2009</b>

#### **SHOT PUT - MEN**

<b>50-54 Lawrence Rosen</b>	<b>43'00.00"</b>	<b>2009</b>
55-59 William Gainey	41'01.00"	2004
60-64 Edward McComas	42'04.50"	1995
65-69 Adolph Kuegler	40'05.00"	2002
<b>70-74 Adolph Kuegler</b>	<b>39'08.00"</b>	<b>2009</b>
75-79 Theodore Eklund	34'08.50"	1990
80-84 Eevald Aarma	30'04.00"	1992
<b>85-89 Bernie Fowler</b>	<b>25'10.00"</b>	<b>2009</b>

#### **SHOT PUT - WOMEN**

50-54 Donna Barrett	26'08.92"	2008
55-59 Chris Russell	31'04.50"	1998
60-64 Evelyn Wright	30'02.50"	1998
65-69 Audrey Lary	28'06.50"	1999
70-74 Evelyn Wright	24'07.50"	2007
75-79 Barbara Martin	20'11.50"	2002
<b>80-84 Barbara Martin</b>	<b>18'01.00"</b>	<b>2009</b>
85-89 Elizabeth Dow	14'04.00"	1997

#### **STANDING LONG JUMP - MEN**

50-54 Chuckie Arons	8'08.00"	2003
55-59 Michael Green	8'08.50"	2004
60-64 Joseph Hemler	8'08.50"	1994
65-69 Elmer Hall	8'02.00"	1993
70-74 Frederick Everhart	8'02.50"	1999
75-79 Frederick Everhart	7'08.00"	2003
80-84 Charles Wilson	7'02.00"	2004
<b>85-89 Edward Murphy</b>	<b>6'01.50"</b>	<b>2009</b>
90-94 Glen Olsen	3'02.00"	2004

#### **STANDING LONG JUMP – WOMEN**

50-54 Claudia Simpson	6'08.50"	2005
55-59 Claudia Simpson	6'06.60"	2008
60-64 Audrey Lary	6'07.00"	1996
65-69 Audrey Lary	6'11.50"	2002
<b>70-74 Evelyn Wright</b>	<b>6'10.00"</b>	<b>2009</b>

<b>75-79 Audrey Lary</b>	<b>6'01.00"</b>	<b>2009</b>
80-84 Wally Dashiell	4'01.00"	2004
85-89 Wally Dashiell	3'03.17"	2008

### TRIPLE JUMP - MEN

50-54 Marcus Battle	37'05.32"	2008
55-59 Michael Graham	36'07.00"	2007
60-64 Tyrone Brown	31'04.00"	2006
65-69 James Stookey	32'03.50"	1999
70-74 James Stookey	33'03.00"	2000
75-79 James Stookey	30'05.00"	2005
80-84 Charlie Irwin	21'01.50"	1999
85-89 Charlie Irwin	19'06.00"	2002

### TRIPLE JUMP - WOMEN

50-54 Gail Zitnay	19'01.00"	2002
55-59 Andrea Rea	18'08.50"	2006
60-64 Evelyn Wright	26'07.00"	1999
65-69 Audrey Lary	27'03.00"	1999
70-74 Audrey Lary	26'07.00"	2004
<b>75-79 Audrey Lary</b>	<b>26'01.00"</b>	<b>2009</b>
80-84 Wally Dashiell	13'10.00"	2004
<b>85-89 Wally Dashiell</b>	<b>09'35.00"</b>	<b>2008, 2009</b>

### WEIGHT THROW - MEN

50-54 Keith Mathis	31'04.00"	2006
55-59 William Gainey	38'10.00"	2006
60-64 Jerome Bookin-Weiner	50'08.53"	2008
65-69 Adolph Kuegler	38'08.25"	2006
70-74 Adolph Kuegler	44'09.44"	2008
<b>75-79 Allen Durling</b>	<b>34'07.00"</b>	<b>2009</b>
<b>80-84 Darrell Dempster</b>	<b>33'16.00"</b>	<b>2009</b>
85-89 George Helwig	20'03.08"	2008

### WEIGHT THROW - WOMEN

50-54 Donna Barrett	31'02.33"	2008
55-59 Janis Whittier	13'00.00"	2006
65-69 Evelyn Wright	33'00.25"	2006
70-74 Audrey Lary	32'04.80"	2008
75-79 Sharon Good	18'09.63"	2008
80-84 Wally Dashiell	14'08.50"	2006
85-89 Wally Dashiell	16'09.61"	2008

## WALKING

### RECREATIONAL WALKING – MEN 1-MILE

50-54 Eugene Hoffman	9:56.75	2002
55-59 Richard Burton	8:20.00	1992
60-64 Robert Paulen	9:46.23	1998
65-69 Robert Paulen	9:38.00	2006
70-74 Robert Paulen	10:44.80	2008
75-79 Edgar Keats	11:15.00	1993

80-84 Frederick Poland	11:55.00	1993
85-89 William Schlichtig	13:53.00	1999
90-94 Aaron Smelkinson	15:38.00	1998

### RECREATIONAL WALKING – WOMEN 1-MILE

50-54 Diane Harahush	11:56.00	1997
55-59 Dorothy Carter	10:18.00	1992
60-64 Helen Schley	11:04.06	1988
65-69 Wally Dashiell	11:21.00	1992
70-74 Wally Dashiell	11:33.00	1994
75-79 Helen Opel	11:55.00	1992
80-84 Wally Dashiell	13:09.42	2004
85-89 Wally Dashiell	14:32.02	2008
90-94 Mary Weinberg	17:20:00	2006
95+ Elizabeth Hartje	25:05.12	2003
100+ Ruth Bennett (100yrs old)	28:36.00	1997

### 1,500-METER RACE WALK - MEN

50-54 David Downin	7:52.10	1998
55-59 David Downin	7:54.35	2002
60-64 Elmer Hall	8:39.00	1990
65-69 Peter Hui	8:31.00	1997
70-74 Peter Hui	8:57.49	2000
75-79 Charles Boyle	9:35.20	2001
80-84 Charles Boyle	10:03.00	2003
85-89 Charles Boyle	10:51.80	2008
90-94 Anthony Matesic	14:05.90	2005

### 1,500-METER RACE WALK - WOMEN

50-54 Deborah Vandover	9:23.14	2004
55-59 Nancy Whitney	8:19.00	1994
60-64 Lois Dicker	9:04.83	2002
65-69 Lois Dicker	9:41.11	2004
70-74 Alberta Tompkins	10:51.00	1993
75-79 Emma Lou Taylor	11:04.00	1990
80-84 Mary Bittner	13:03.12	1995
85-89 Leah Sobel	19:00.96	2008
90-94 Ruth Bennett	16:48.00	1990
95+ Ruth Bennett (96 yrs old)	21:47.00	1993

## THROWING

### FOOTBALL THROW - MEN

50-54 Michael Graham	153-00.00	2006
55-59 Martin Harahush	146-08.00	2002
60-64 James Kenney	154-00.00	2001
65-69 Adolph Kuegler	140-05.00	2002
70-74 Robert Beaton	117-00.00	2006
75-79 Charles McGarvey	102-02.00	2000
80-84 William O'Connor	94-00.00	2004
<b>85-89 Herbert Sauber</b>	<b>78-09.00</b>	<b>2009</b>

90-94 Glen Olsen	39-00.00	2004
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### **FOOTBALL THROW - WOMEN**

50-54 Donna Anderson	86-02.00	2000
55-59 Patricia Stephenson	69-00.00	2004
60-64 Joan Delpi	82-09.00	2000
65-69 Nancy Callan	75-08.00	2002
70-74 Nancy Callan	76-00.00	2004
<b>75-79 Nancy Callan</b>	<b>67-08.00</b>	<b>2009</b>
<b>80-84 Barbara Martin</b>	<b>41-08.00</b>	<b>2009</b>
85-89 Wally Dashiell	25-06.00	2008

### **SOFTBALL THROW - MEN**

50-54 Bill Walsh	255-05.00	1996
55-59 James Kenney	234-10.00	2000
60-64 James Kenney	230-00.00	2002
<b>65-69 James Kenney</b>	<b>211-07.00</b>	<b>2009</b>
70-74 Charles McGarvey	177-08.00	1993
75-79 Charles McGarvey	151-10.00	1998
80-84 Edward Murphy	129-00.00	2004
85-89 John Ey	110-03.00	1994
90-94 Glen Olsen	56-00.00	2004

### **SOFTBALL THROW - WOMEN**

50-54 Patricia Stephenson	160-00.00	2000
55-59 Patricia Stephenson	156-00.00	2004
60-64 Helen Boyd	132-07.00	1997
65-69 Nancy Callan	123-10.00	1999
70-74 Mary Clark	103-10.00	1996
<b>75-79 Nancy Callan</b>	<b>96-00.00</b>	<b>2009</b>
80-84 Kate Kwitkoski	68-09.00	2005
<b>85-89 Wally Dashiell</b>	<b>51-01.00</b>	<b>2009</b>
90-94 Elizabeth Evans	37-02.50	1995