



## All-Time Running Records

*Record times for the long-distance running events of each age group of the Maryland Senior Olympics. These records are updated through the 2011 5k race at the Kentlands/Lakelands 5k. New records are in bold. The 10k race will be held Nov. 6 at the Rockville 10k.*

### TRACK & FIELD

#### 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 Guttag	67:07.20	2008

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

50-54 Debbie Flynn	20:42.00	2008
<b>55-59 Alison Suckling</b>	<b>21:09.00</b>	<b>2011</b>
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
<b>80-84 Yvonne Aasen</b>	<b>36:30.00</b>	<b>2011</b>

#### 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 Guttag	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