

Syracuse Chargers Records for F4044

heptathlon	Irene Thompson	4588	7/14/1995
high jump	Irene Thompson	4ft 9in	7/13/1995
1 mile	Patti Ford	5:06.9	3/5/2000
10 miles road	Kelly Dworak	1:02:36	4/1/2007
10 miles track	Lennie Tucker	1:29:49.0	6/28/1981
1000m	Barbara Blaszak	3:19.2	1/23/1993
100km track	Lennie Tucker	13:03:19	7/4/1982
100m	Irene Thompson	12.8	8/28/1994
100m HH	Irene Thompson	15.9	7/8/1998
10km road	Patti Ford	37:06.0	5/21/2000
10km track	Patti Ford	37:48.8	3/12/1999
1500m	Patti Ford	4:54.1	6/4/1999
15km road	Patti Ford	55:55.0	7/11/1999
15km track	Patti Ford	1:00:45.8	5/15/1996
2 miles	Patti Ford	10:59.5	7/22/1999
2000m	Karen Vanderwood	7:11.0	3/16/2003
200m	Irene Thompson	26.31	7/14/1995
20km	Kelly Dworak	1:20:24	4/1/2005
24 hour run track	Lennie Tucker	91.84 miles	7/4/1982
25km road	Carol Rider	1:58:46	5/5/1985
3000m road	Barbara Blaszak	11:02	4/28/1990
3000m	Patti Ford	10:04.9	3/24/2000
300m	Irene Thompson	43.2	7/27/1994
30km road	Barbara Blaszak	2:12:18	3/27/1994
400m	Irene Thompson	58.78	7/14/1995
400m IH	Irene Thompson	1:08.5	7/15/1995
45m	Irene Thompson	6.4	3/5/1995
5 miles road	Andrea Burke	29:50.0	9/16/1990
50 miles road	Lennie Tucker	7:41:02	11/15/1981
50 miles track	Lennie Tucker	8:05:54.0	6/27/1981
500m	Kathy Pierce	1:30.3	3/5/1988
50m	Kathy Pierce	7.2	2/17/1989
55m	Irene Thompson	7.4	2/16/1997
55m HH	Irene Thompson	9.53	3/19/1995
5km road	Patti Ford	17:30	8/21/1999
5km track	Patti Ford	18:16.4	11/20/1997
5km walk road	Sarah Lalonde	30:18.0	7/30/2004
600m	Patti Ford	1:50.0	3/15/1997
60km	Sister Nicolette	5:55:44	3/8/1981
60m	Irene Thompson	8.11	3/31/1996
60m HH	Irene Thompson	10.27	3/28/1999
800m	Patti Ford	2:22.7	3/26/2000
80m HH	Irene Thompson	13.94	7/20/1996

8km track	Barbara Blaszak	32:01.7	2/24/1994
discus	Kathy Pierce	96-9 1/4	6/18/1988
half marathon	Kelly Dworak	1:23:18	9/18/2005
hammer	Kathy Pierce	66-6 1/4	9/22/1987
indoor pentathlon	Irene Thompson	3259	3/28/1999
javelin	Kathy Pierce	100-11	7/9/1987
long jump	Irene Thompson	16-11 1/4	7/14/1995
marathon	Kelly Dworak	2:55:40	6/18/2005
pentathlon	Kathy Pierce	2489	1987
shot put 4kg	Kathy Pierce	34-9 1/2	3/27/1988
shot put 5kg	Kathy Pierce	28-9	8/22/1987
triple jump	Kathy Pierce	31-4 1/2	8/21/1988
weight pentathlon	Kathy Pierce	2862	8/12/1989
weight throw 16lb	Kathy Pierce	32-9	8/12/1989
weight throw 20lb	Kathy Pierce	24-11 1/4	3/24/1990
weight throw 35lb	Kathy Pierce	19-7 1/4	4/2/1989

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