

## Syracuse Chargers Records for F4549

heptathlon	Irene Thompson	4688	8/6/1999
high jump	Irene Thompson	4-6 3/4	3/11/2000
high jump	Irene Thompson	4-6 3/4	3/25/2000
1 mile	Patti Ford	5:18.1	1/20/2001
10 miles	Kelly Dworak	5:53.0	7/4/2008
1000m	Patti Ford	3:10.3	1/13/2001
100km track	Lennie Tucker	13:52:14	5/28/1984
100m	Irene Thompson	14.1	8/6/1999
100m HH	Irene Thompson	15.3	6/24/2001
10km road	Kelly Dworak	38:46.0	11/4/2007
10km track	Barbara Blaszak	41:12.5	1/19/1996
1500m	Patti Ford	4:51.4	12/17/2000
15km road	Kelly Dworak	58:42.0	9/1/2008
15km track	Patti Ford	67:53.1	2/26/2004
2000m	Patti Ford	7:19.6	3/16/2002
200m	Irene Thompson	27.62	8/6/1999
2 hour run	Lennie Tucker	14.75 mi.	6/30/1984
24 hour run track	Lennie Tucker	87mi. 1357yd	5/28/1984
25km road	Lennie Tucker	1:56:30	5/5/1985
3000m road	Virginia Doyle	11:54	4/29/1995
3000m	Patti Ford	10:23.1	12/29/2000
300m	Irene Thompson	45.3	1/15/2000
400m	Irene Thompson	63.12	8/6/1999
400m IH	Irene Thompson	71.87	7/12/2001
5 miles road	Nancy Frisillo	36:45.0	6/24/1990
50 miles track	Lennie Tucker	10:39:47	5/28/1984
50km track	Lennie Tucker	5:26:10	5/19/1984
55m	Irene Thompson	7.6	12/16/2001
55m HH	Irene Thompson	9.2	3/11/2000
5km road	Kelly Dworak	18:41	9/6/2008
5km track	Kelly Dworak	18:51.5	8/2/2007
600m	Estelle Hahn	2:28.2	3/22/1987
60m	Irene Thompson	8.59	3/1/2000
60m HH	Irene Thompson	10.19	3/25/2000
800m	Irene Thompson	2:35.6	1/2000
80m HH	Irene Thompson	13.65	7/12/2001
8km road	Suzanne Gardinier	32:39.0	6/4/1988
discus	Kathy Cirina	88-11 1/2	8/4/1990
half marathon	Kelly Dworak	1:22:04	9/21/2008
hammer 4kg	Kathy Cirina	76-3	6/25/1996
indoor pentathlon	Irene Thompson	3641	3/11/2000
javelin	Kathy Cirina	93-1	1/2004
long jump	Irene Thompson	15-2	12/29/2001

marathon	Kelly Dworak	2:56:54	11/18/2007
shot put 4kg	Kathy Cirina	31-8 1/4	1/22/1994
triple jump	Irene Thompson	30-1/2	7/10/2000
weight pentathlon	Kathy Cirina	2284	6/10/1997
weight throw 20lb	Kathy Cirina	233-11	1/18/1997

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