

Syracuse Chargers Records for Females 55-59 years

45m	Barbara Stewart	8.4	1/26/1997
50m	Kate Clark	10.3	8/19/2001
55m	Luana Pesco Koplowitz	9.9	3/15/2014
100m	Kathleen Cirina	14.7	8/2/2002
200m	Kathleen Cirina	31.2	8/2/2002
300m	Bertie Argyris	58.4	3/22/1987
400m	Kathleen Cirina	77.93	7/14/2003
600m	Muriel More	2:50.3	2/27/1983
800m	Yvonne Rothenberg	3:03.3	11/21/2001
1000m	Mary Ann Ruzs	4:35.0	3/1/1992
1500m	Yvonne Rothenberg	6:15.7	6/25/2001
1 mile	Yvonne Rothenberg	6:40.9	3/15/2001
3000m	Yvonne Rothenberg	13:20.6	11/30/2001
5km track	Yvonne Rothenberg	24:11.9	12/8/2000
5km road	Nancy Frisillo	21:29	10/4/1998
8km	Yvonne Rothenberg	37:17.0	6/14/2001
5 miles road	Yvonne Rothenberg	38:05.0	6/24/2001
10km road	Virginia Verdoes	46:22.0	5/25/2008
10km track	Karen Davies	44:26.0	7/29/2001
15km road	Nancy Frisillo	7:25.0	11/8/1998
10 miles	Liz Besio	1:15:44	7/4/2014
20km	Mary Ann Ruzs	1:43:00	8/1/1992
half marathon	Elizabeth Besio	1:41:20	5/3/2015
25km road	Lois Bell	2:17:40	8/25/1988
marathon	Mary Ann Ruzs	3:49:45	5/13/1990
50km road	Luana Pesco Koplowitz	6:00:38	10/11/2014
50km trail	Luana Pesco Koplowitz	6:52:16	11/1/2014
50 miles road	Luana Pesco Koplowitz	10:44:07	10/23/2012
100km trail	Luana P-Koplowitz	14:04:17	8/24/2013
100 miles trail	Luana P-Koplowitz	25:43:04	5/23/2015
80m HH	Kathleen Cirina	19.9	6/6/2003
high jump	Kathy Cirina	5ft 10	6/6/2003
triple jump	Kathy Cirina	24-5	1/2002
long jump	Kathy Cirina	11ft 9in	6/6/2003
weight throw 20lb	Barbara LoPiccolo	33-2 1/4	7/15/2002
shot put	Kathleen Cirina	31-1 1/4	8/3/2002
superweight	Barbara LoPiccolo	20-5 1/4	3/27/2004
discus	Kathy Cirina	83-6	8/1/2002
hammer 3kg	Barbara LoPiccolo	104-2	6/8/2007
hammer 5kg	Barbara LoPiccolo	100-9 1/4	6/9/2006
javelin	Barbara LoPiccolo	87-3 1/4	8/3/2002

25 Aug, 2015