

## Syracuse Chargers Records for M7579

discus 1kg	Sid Zecher	103-8 1/2	6/20/1998
high jump	Ed Lukens	4ft 3in	8/1999
indoor pentathlon	Ed Lukens	2724	3/25/2000
1 mile	Nate White	7:01.6	1/21/1995
10 miles	Nate White	1:23:50	4/9/1995
1000m	Nate White	4:25.4	1/22/1995
1000y	Charles Hackenheimer	4:11.8	3/24/1985
100m	Ed Cox	14.7	6/29/2003
100m	Ed Cox	14.83	7/26/2003
10km road	Charles Hackenheimer	45:43.2	6/26/1982
10km track	Charles Hackenheimer	46:10.8	8/13/1982
110m HH	Ed Lukens	15.46	7/1997
1500m	Charles Hackenheimer	6:20.5	2/27/1983
1500m walk	Howard MacMillan	11:35.0	8/5/2001
15km road	Ray Kneer	1:11:33	3/26/2017
15km track	Russell More	1:26:40.1	2/21/1997
2 miles	Charles Hackenheimer	15:50.0	3/24/1985
2000m	Charles Hackenheimer	9:17.4	2/2/1985
2000m	Nate White	9:17.4	3/18/1995
200m	Ed Cox	31.4	6/29/2003
200m	Robert Bruce	31.48	8/1/2004
3000m	Charles Hackenheimer	13:18.9	8/1/1982
3000m road	Jerry Bisson	16:37	5/4/2008
3000m walk	Roy Bragger	21:19.3	1/16/2005
300m	Howard MacMillan	59.0	8/5/2001
400m	Fritz Schlereth	1:19.8	6/11/2010
5 miles road	Charles Hackenheimer	37:02.0	9/22/1982
50km road	Joe Familo	9:30:59	11/21/1999
55m	Ed Cox	8.4	3/8/2003
55m	Ed Cox	8.4	2/13/2005
55m HH	Ed Lukens	10.0	3/15/1997
55m HH	Ed Lukens	10.0	1/24/1998
5km road	Ray Kneer	22:43	4/27/2017
5km track	Charles Hackenheimer	22:16.4	8/14/1982
5km walk road	Kermit Cadrette	40:05.0	6/16/2013
600m	Russell More	2:46.1	3/15/1997
60m	Ed Cox	9.41	3/29/2003
60m HH	Ed Lukens	11.05	3/28/1998
800m	Nate White	3:19.3	12/30/1994
80m HH	Ed Lukens	15.1	8/2/1997
8km track	Sam Graceffo	44:54.1	1/27/2012
half marathon	Howard Rubin	2:12:43	1/18/2004
hammer 4kg	Gary Crawford	82-10	6/17/2016

javelin 500g	Ed Lukens	96-1 1/2	7/28/2000
long jump	Ed Lukens	14-3 1/2	1/24/1998
marathon	Kermit Cadrette	5:08:24	10/13/2014
pole vault	Ed Lukens	7-2 1/2	8/6/1999
shot put 4kg	Chuck Yost	32-8	6/12/2010
triple jump	Ed Lukens	31-4	8/2/1997
weight throw 16lb	Gary Crawford	30-6 1/2	1/31/2016
weight throw 35lb	Gary Crawford	17-5 1/4	1/31/2016

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