

## Syracuse Chargers Records for MOPEN

high jump	Kym Orr	7-2 1/4	1/18/1987
indoor pentathlon	Ray Panek	3451	3/14/1996
outdoor pentathlon	Mike Roux	2834	6/29/1997
1 hour walk track	David Talcott	7mi 1017yd	11/21/1982
1 mile	Nick Stenuf	4:03.1	1/30/2010
1 mile walk	David Talcott	6:39.9	8/9/1989
10 mile walk road	David Talcott	1:18:03	12/26/1982
10 mile walk track	David Talcott	18:05.0	4/24/1983
10 miles road	Mike McMaster	49:45.0	3/31/1985
10 miles track	Tom Walnut	1:00:52	4/76
100 miles road	Mark Seigers	15:40	2/18/2012
100 miles track	Sam Graceffo	49:19.0	4/2/1988
1000m	Nicholas Guarino	2:20.3	2/1/2013
1000m walk	David Talcott	4:07.0	2/12/1989
1000y	Fran Verdoliva	2:15.6	1/25/1981
100km road	Sam Paris	8:42:12	11/24/1979
100km track	Bill O'Brian	9:46:35.0	7/4/1982
100m	Sean Bernstein	10.45	7/24/2013
100y	Robert Vaughn	9.5	7/12/1980
10km road	Tom Dalton	29:29.0	6/14/1981
10km track	Tom Dalton	29:20.6	5/28/1981
10km walk road	David Talcott	46:24.0	9/9/1989
10km walk track	David Talcott	47:36.0	4/29/1989
110m HH	Ron Andrews	13.71	6/12/2004
12km	Howard Rubin	1:01:46	2/26/2000
12 hour run road	Mark Seigers	87.256 mi.	5/15/2010
1500m	Bruce Fischer	3:40.0	6/72
1500m walk	David Talcott	6:12.9	2/10/1989
15km road	Jerry Lawson	44:50.0	3/89
15km track	Ron Shaiko	52:44.0	4/11/1986
15km walk road	David Talcott	1:11:46	8/5/1989
15km walk track	David Talcott	1:15:13.9	2/10/1993
2 hour run	Bob Nugent	18.1651 mi.	10/17/2010
2 hour walk	David Talcott	14mi 1412yd.	11/21/1982
2 mile walk	David Talcott	13:57.0	7/30/1989
2 miles	Tom Dalton	8:43.7	2/6/1983
20 miles track	Bob Nugent	14:15.0	10/17/2010
2000m	Jerry Jurick	5:22.6	2/2/1985
2000m walk	David Talcott	9:16.5	2/2/1985
200m	Sean Bernstein	21.31	7/25/2013
20km	Tom Carter	1:01:50	1/29/1983
20km walk road	David Talcott	1:36:21	6/15/1989
20km walk track	David Talcott	1:41:10.0	11/21/1982

220y	Tony Basile	22.9	7/13/1973
24 hour run track	Bill O'Brian	114.32 miles	7/4/1982
25km road	Skip Meno	1:23:32	9/6/1970
25km track	Bob Nugent	41:11.7	10/17/2010
25km walk road	David Talcott	2:11:45	5/1/1983
25km walk track	David Talcott	2:23:06.5	6/26/1993
3 miles	Dave Dobrzynsky	14:05.0	1975
3000m	Derek Treadwell	8:06.1	6/6/2006
3000m road	J.C. O'Donnell	8:56	4/25/1992
3000m steeple	Justin Wood	9:03.4	4/23/2009
3000m walk	David Talcott	13:05.4	1/21/1990
300m	Nigel Shepard	36	1/24/1982
300m IH	Ray Panek	41.5	7/20/1993
300y	Al Walton	32.79	3/29/1987
30km road	Bill Fisher	1:36:42	3/23/1980
30km track	Bob Nugent	3:34.6	10/17/2010
30km walk road	David Talcott	2:41:36	6/15/1989
35km walk	David Talcott	3:16:13	9/26/1982
40 miles	Sam Paris	4:47:47	6/4/1978
400m	Lubert Lewis	47.25	6/2/2001
400m IH	Wayne Jones	52.8	8/10/1985
40km walk	David Talcott	3:49:56	9/26/1982
40y	Henry Smith	4.8	8/25/1973
40y	Dave Levitt	4.8	3/18/1978
440y	Tom Stoyan	51.2	7/20/1971
440y IH	Brian Buck	58.1	6/24/1979
45m	Al Walton	5.3	1/11/1987
45m	Al Walton	5.3	2/5/1989
5 mile walk road	David Talcott	37:55.0	4/2/1983
5 mile walk track	David Talcott	41:42.0	11/21/1982
5 miles road	Mark Andrews	23:35	3/15/2003
5 miles track	George Bodine	28:30.0	8/25/1983
50 miles road	Bill O'Brian	6:20:15	10/4/1980
50 miles track	Bill O'Brian	6:27:21.0	7/7/1979
500m	Lubert Lewis	1:03.1	1/28/2001
50km road	Aaron Robertson	3:20:12	3/6/2011
50km walk	Jim Miner	5:28:21	6/25/1988
50m	Chris Coleman	5.7	12/22/1984
50m	Chris Coleman	5.7	3/10/1985
50m HH	Keith Norwood	6.8	3/15/1986
50y	Al Walton	5.6	3/8/1987
55m	Al Walton	6.2	3/15/1989
55m HH	Ron Andrews	7.34	2/14/2004
5km road	Mark Andrews	14:21	8/25/2002
5km track	Tom Dalton	14:11.2	4/11/1981
5km walk road	David Talcott	21:41	9/23/1989

5km walk track	David Talcott	23:13.7	8/27/1989
600m	Nick Stenuf	1:20.1	1/9/2009
600y	Phil Rougeux	1:12.9	1/20/1985
60km	Sam Paris	4:19:56	1978
60m	Durell Cull	6.94	2/19/2012
60m HH	Ron Andrews	7.7	2/15/2003
60m HH	Ron Andrews	7.86	2/3/2004
6 miles road	Bob Brock	32:14.0	9/24/1978
6 miles track	Ed Stabler	33:00.0	10/1976
800m	Lubert Lewis	1:46.7	6/24/2000
880y	Tom Carter	1:56.4	5/18/1983
8km road	Ron Andrews	23:44	4/6/2002
8km track	Sam Graceffo	29:58.0	1/8/1993
8km walk road	David Talcott	36:25.0	8/19/1989
decathlon	Tim Kane	6830	8/18/1984
discus	Scott Powers	156-0	7/22/1997
half marathon	John Trowse	1:06:15	9/17/1985
half marathon walk	David Talcott	1:53:26	10/24/1982
hammer 16lb	Jesse Doty	238-11	6/14/2009
javelin	Kevin Richardson	201-3	5/4/1985
long jump	Jeff Whitehead	23-9 3/4	8/8/1986
marathon	Kevin Collins	2:17:37	6/17/1995
marathon walk	David Talcott	4:08:50	10/24/1982
pole vault	Mike Thompson	16-8 3/4	1/29/2000
shot put 12lb	Chris Hall	57-9	8/14/1982
shot put 16lb	Rob Golabek	64-5	1/26/2013
triple jump	Maurice Etheredge	50-3	1/1/9/86
weight pentathlon	Scott Powers	3732	6/1/1997
weight throw 200lb	Joe Benoit	5ft 11in	8/14/2011
weight throw 28lb	Tom Miller	80-0	8/25/1970
weight throw 300lb	Joe Benoit	2ft 9in	8/14/2011
weight throw 35lb	Jesse Doty	71-6 3/4	2/9/2007
weight throw 56lb	Tom Miller	43-11	8/3/1971
weight throw 74lb	Tom Miller	30-0	8/10/1970
weight throw 98lb	Joe Benoit	12ft 6in	8/14/2011

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