

## 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 |

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|-------------------|-----------------|--------------|------------|
| 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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