

Syracuse Chargers Records for F6064

triple jump	Karen Ellsworth	5.85m	6/6/2023
pole vault	Karen Ellsworth	1.60m	7/19/2024
high jump	Phyllis Meade	3-9 3/4	6/8/2009
indoor pentathlon	Patricia Peterson	1935	3/19/1989
1 mile	Yvonne Rothenberg	6:43.2	3/23/2002
10 mile	Gloria Brown	1:13:47	8/28/1993
100 mile trail	Luana Pesco Koplowitz	26:32:53	4/1/2016
1000m	Lois Bell	4:13.0	3/1/1992
100m	Patricia Peterson	15.0	6/4/1989
100m HH	Patricia Peterson	20.1	3/27/1988
10k road	Gloria Brown	45:09.0	6/4/1993
10k	Lennie Tucker	49:55.9	12/17/1999
12 hour run road	Mary DaSilva	57.564 mi	5/14/2011
12k	Gloria Brown	55:09.0	9/12/1994
1500m	Gloria Brown	6:05.3	7/25/1993
1500m walk	Marie MacMillan	11:42.4	6/18/1988
15k	Nancy Frisillo	1:07:25	11/8/1998
200m	Patricia Peterson	32.0	6/4/1989
20k	Gloria Brown	1:34:01	8/7/1993
25k	Gloria Brown	1:58:22	9/14/1994
3k	Yvonne Rothenberg	13:14.3	3/22/2002
300m	Patricia Peterson	59.2	1/17/1988
300m IH	Patricia Peterson	1:19.3	5-91
300y	Patricia Peterson	51.28	3/20/1988
30k	Gloria Brown	2:34:55	3/27/1994
400m	Patricia Peterson	80.0	6/5/1988
5 mile	Yvonne Rothenberg	40:19.0	6/23/2002
50k trail	Luanda Pesco Koplowitz	6:30:46	8/29/2015
500m	Patricia Peterson	2:06.7	1/17/1988
50m	Patricia Peterson	8.3	2/17/1989
50 mile road	Luana Pesco Koplowitz	10:22:23	10/7/2018
55m	Patricia Peterson	8.92	1/15/1989
55m HH	Patricia Peterson	13.5	3/27/1988
5k road	Gloria Brown	21:41	9/11/1993
5k	Gloria Brown	22:12.1	7/25/1993
600y	Patricia Peterson	2:27.4	3/20/1988
60m	Patricia Peterson	9.93	4/2/1989
60m HH	Patricia Peterson	14.2	4/2/1989
800m	Yvonne Rothenberg	3:06.2	3/24/2002
80m HH	Patricia Peterson	19.64	5/28/1988
8k	Gloria Brown	35:24.0	11/25/1993
discus 1kg	Karen Ellsworth	77-2	7/31/2024
half marathon	Gloria Brown	1:38:51	2/4/1995

hammer 3kg	Barbara LoPiccolo	105-3 1/2	6/6/2008
javelin 400g	Barbara LoPiccolo	91-5	8/3/2007
long jump	Phyllis Meade	12-5 3/4	7/27/2007
marathon	Lois Bell	3:52:40	11/10/1991
shot put 3kg	Barbara LoPiccolo	30-0 1/2	6/6/2008
throws pentathlon	Karen Ellsworth	2911	10/2/2022
weight throw 12lb	Barbara LoPiccolo	39-1 3/4	8/23/2008

28 Aug 2024