

Syracuse Chargers Records for M4044

high jump	Michael Saafir	5-9 3/4	3/18/1995
indoor pentathlon	Ray Panek Jr.	2974	2/6/2016
outdoor pentathlon	Bob Doran	2379	7/25/1998
1 mile	Scott Weeks	4:18.0	3/3/2012
1 mile walk	David Talcott	7:41.1	9/23/2004
10 mile	Scott Weeks	53:37	10/11/2015
1000m	Dave Cole	2:42.2	1/13/2001
1000y	Tim Collins	2:32.4	3/26/1983
100k road	Sam Paris	8:42:12	11/24/1979
100m	Al Walton	11.5	7/25/1993
10k road	Tom Carter	32:20.0	10/1992
10k road	Tim Otis	32:20.0	5/13/1995
10k	Tim Otis	32:30.0	7/14/1995
10k walk road	Moe Lalonde	48:49.0	7/28/2005
10k walk	David Talcott	51:56.0	7/30/2004
110m HH	Bob Doran	17.65	7/14/1995
1500m	Tom Carter	4:03.2	2/21/1993
1500m walk	David Talcott	7:11.8	9/22/2004
15k	Tom Carter	49:00.0	11/8/1992
15k	Neal Coffey	56:24.0	3/22/2002
2 mile walk	David Talcott	16:50.9	5/31/2004
2 mile	Bruce Fredrikson	10:19.1	3/x/78
2k	Tim Murphy	6:17.3	3/16/2002
200m	Tyrone Guiden	23.36	3/2/1997
20k	Robin Wheelless	1:10:32	8/15/2000
25k	George Luke	1:35:52	4/29/1984
3 mile	Bruce Fredrikson	15:50.1	1/x/1978
3k road	John Thorpe	9:25	4/27/1991
3k steeple	Thom Crowley	11:52.1	8/6/1995
3k	Mike Platt	8:54.2	2/15/2003
300m	Sam Hall	39.6	3/27/1988
300m IH	Ray Panek Jr.	50.8	6/28/2016
300y	Tom Fondy	37.7	3/2/1980
300y	Kevin Kaderli	37.7	3/2/1980
30k	Jerry Riordan	1:49:05	3/28/1976
40 mile	Sam Paris	4:47:47	6/4/1978
400m	Tyrone Guiden	51.4	3/23/1997
400m IH	Tim Collins	63.2	8/13/1983
440y	Bob Brock	58.8	1/x/1977
45m	Ray Panek Sr.	6.0	3/8/1992
5 mile	John Thorpe	26:26.0	9/16/1990
5 mile	George Bodine	28:36.0	8/25/1983
50 mile road	Sam Paris	6:31:36	x/x/1979

50 mile	Sam Paris	6:35:30.0	7/7/1979
500m	Bob Micho	1:15.3	3/27/1988
50k road	Sam Paris	3:31:59	11/25/1978
50m	Sam Hall	6.4	3/22/1987
50m	Jasper Royal	6.4	2/17/1989
50y	Kevin Kaderli	6.3	3/29/1980
50y HH	Jerry Lanier	8.3	2/10/1979
55m	Tyrone Guiden	6.91	3/9/1997
55m HH	Ray Panek Jr.	8.6	12/12/2015
5k road	Tom Carter	15:07	11/x/1993
5k	Mike Platt	15:05.6	4/20/2002
5k walk road	Moe Lalonde	25:04.0	7/30/2004
5k walk	David Talcott	25:36.0	7/30/2004
6 mile	Bruce Fredrikson	32:11.0	1/x/1978
60m HH	Ray Panek Jr.	9.69	2/6/2016
600m	Tim Collins	1:32.4	2/13/1983
600y	Tom Fondy	1:25.0	2/10/1979
60k	Sam Paris	4:19:56	3/x/1978
800m	Scott Weeks	1:55.9	2/11/2012
880y	Bob Brock	2:10.8	2/x/1977
8k	Tom Carter	25:24.0	8/15/1992
decathlon	Bob Doran	5117	7/14/1995
discus	David Wright	120-3	6/30/1983
half marathon	Ray Kneer	1:14:25	4/10/1983
hammer	Pat Lynn	151-10	6/23/1990
javelin	Chris Yatsko	141-11	8/2002
long jump	Ted Jackson	20-7 1/2	3/22/1987
marathon	Mike Platt	2:31:09	9/29/2002
pole vault	Peter McGinnis	13-6	1/22/1995
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shot put 16lb	Norm Deep Jr.	41-4 1/4	7/27/2007
shot put 6kg	Norm Deep Jr.	45-0 1/4	8/25/2007
triple jump	Bob Doran	41-1	2/6/1994
throws pentathlon	Norm Deep Jr.	2734	8/25/2007
weight throw 20lb	David Jones	48-7	1/24/1998
weight throw 35lb	Pat Lynn	45-2	1/8/1992
weight throw 56lb	Norm Deep Jr.	28-11	x/x/x
6 mile	Bruce Fredrikson	32:11.0	1/x/1978

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