



## All-Time Cycling Records

*Individual records for each cycling event and age group of the Maryland Senior Olympics. These records are updated through the 2021 results. However, they do not include the results from the 2007 games held in a non-qualifying year at Salisbury, Md. Cycling events were not held from 2010-'13. New records are in bold. Records are for Maryland residents only.*

### CYCLING 5K - MEN

50-54 Steve Owens	7:08.00	2016
55-59 Steve Owens	7:32.00	2018
60-64 John Cox	7:38.90	2009
65-69 Russell Loy	7:55.10	2009
70-74 John Elliott	8:14.30	2009
<b>75-79 John Cox</b>	<b>9:25.00</b>	<b>2021</b>
<b>80-84 Russell Loy</b>	<b>11:35.00</b>	<b>2021</b>
85-89 John Phillips Sr.	12:25.00	1996

### CYCLING 5K - WOMEN

50-54 Susan Sarubin	8:38.20	2008
<b>55-59 Carole Harris</b>	<b>9:36.00</b>	<b>2021</b>
60-64 Frances Weston	9:34.00	2000
65-69 Ann Adelson	10:57.00	1995
70-74 Jeanne Davis	10:05.00	2016
<b>75-79 Jeanne Davis</b>	<b>12:19.00</b>	<b>2021</b>

### CYCLING 10K - MEN

50-54 John Tobin	13:10.00	1996
55-59 John Elliott	12:04.00	1996
60-64 James Swift	15:13.00	1996
65-69 Russell Loy	15:20.24	2009
70-74 Thomas Kelley	16:06.00	1996
75-79 Harvey Geller	17:14.00	1997
80-84 Chalmer Grossnickle	21:13.00	1998
85-89 John Phillips Sr.	17:42.00	1996

**CYCLING 10K - WOMEN**

50-54 Susan Sarubin	16:50.22	2008
55-59 Diane Harris	17:06.48	2009
60-64 Jo Johnson	17:10.42	2009
65-69 Ann Adelson	20:55.00	1998
70-74 Jane Hanks	19:03.00	1990
75-79 Jeanne Davis	24:36.00	2021
80-84 Helen Medani	33:23.00	2000

**CYCLING 20K - MEN**

50-54 John Harritt	28:19.00	1996
55-59 Wayne Rodgers	27:43.00	1994
60-64 Charles Archer	30:39.00	1994
65-69 Charles Archer	30:22.00	1995
70-74 Thomas Kelley	29:45.00	1995
75-79 Chalmer Grossnickle	35:04.00	1995
80-84 Chalmer Grossnickle	43:12.00	1998

**CYCLING 20K - WOMEN**

50-54 Sandra Buck	36:24.00	1998
55-59 Frances Weston	41:11.00	1997
60-64 Ann Adelson	34:54.00	1994
65-69 Carol Knepp	39:02.00	1994
70-74 Carol Knepp	37:48.00	1995
75-79 Ann Warren	1:03.53	2006