



## All-Time Cycling Records

*Individual records for each cycling event and age group of the Maryland Senior Olympics.*

*These records are updated through the 2022 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        |
| 75-79 John Cox            | 9:25.00         | 2021        |
| <b>80-84 John Elliott</b> | <b>11:35.00</b> | <b>2022</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        |
| 75-79 Jeanne Davis         | 12:19.00       | 2021        |

### 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 |