



All-Time 10k Records

Record times for the 10,000-meter run of each age group of the Maryland Senior Olympics. These records are updated through 2022 but do not include results from the 2007 games held in a non-qualifying year in Salisbury, Md.

No new records were set this year.

Records are for Maryland residents only.

10,000-METER DASH—MEN

50-54 Maurice Pointer	35:57.00	2008
55-59 Maurice Pointer	36:26.00	2010
60-64 Maurice Pointer	37:43.00	2015
65-69 John Elliott	41:24.00	2003
70-74 John Elliott	44:28.00	2010
75-79 Bill Roberts	53:12.79	1990
80-84 Xianxiag Xie	57:18.00	2008
85-89 Charles Boyle	1:25:39.00	2010

10,000-METER DASH—WOMEN

50-54 Darcy Strouse	40:58.00	2015
55-59 Alison Suckling	44:34.00	2010
60-64 Chris Craun	47:10.00	2008
65-69 Alice Franks	48:44.00	2014
70-74 Molly Sherwood	1:01:22.00	2014
75-79 Tami Graf	1:06:32.00	2012
80-84 Yvonne Aasen	1:17:17.00	2012