All-Time 5k Records

Record times for the 5,000-meter run of each age group of the Maryland Senior Olympics. These records are updated through 2026 but do not include results from the 2007 games held in a non-qualifying year in Salisbury. Md.
New records are in bold.

5,000-METER DASH—MEN

50-54 Charlie Koester	17:08.00	1996
55-59 Charlie Koester	17:33.00	2000
60-64 John Elliott	18:18.40	1998
65-69 John Elliott	20:05.00	2006
70-74 James Wright	21:25.00	2019
75-79 John Elliott	23:09.00	2014
80-84 Xianxiag Xie	27:06.00	2008
85-89 George Yannakakis	30:41.00	2017
90-94 Tom Lang	34:41.00	2012
100-plus Jacek Glinkowski (100 years old)	44:27.00	2012

5,000-METER DASH—WOMEN

50-54 Darcy Strouse	19:40.00	2014
55-59 Cindy Conant	19:40.00	2017
60-64 Gilma Sandoval	20:43.00	2012
65-69 Alice Franks	22:59.00	2014
70-74 Alice Franks	27:10.00	2019
75-79 Alice Franks	28:17.00	2024
80-84 Yvonne Aasen	36:30.00	2011
85-89 Selma Ridgway	**52:22.00**	**2026**
100-plus Tele Tarpeh (100 years old)	46:25.00	2012