All-Time Cycling Records

Individual records for each cycling event and age group of the Maryland Senior Olympics. These records are updated through the 2026 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 and 2020. 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
80-84 John Cox	**10:30.00**	**2026**
85-89 John Phillips Sr.	12:25.00	1996

CYCLING 5K RECUMBENT - MEN

50-54 Doran Flowers	10:08.00	2025
70-74-59 Ronald Keech	9:53.00	2024

CYCLING 5K - WOMEN

50-54 Susan Sarubin	8:38.20	2008
55-59 Lynne Blake-Hedges	9:35.00	2023
60-64 Frances Weston	9:34.00	2000
65-69 Diane Harris	10:55.00	2023
70-74 Jeanne Davis	10:05.00	2016
75-79 Jeanne Davis	12:19.00	2021
80-84 Jeanne Davis	13:15.00	2025

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
90-94 James Dupree	**32:27.00**	**2026**

CYCLING 10K RECUMBENT - MEN

50-54 David Kern	26:35.00	2024
70-74-59 Ronald Keech	20:36.00	2024

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
75-79 Jeanne Davis	24:36.00	2021
80-84 Jeanne Davis	28:11.00	2025

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