

Delaware Senior Olympics Records after 2019 Games

CYCLING

File is complete for performance records in the following sports

State Records can only be set by Delaware Residents. Meet Records can be set by any participating athlete.

IF ERRORS ARE FOUND, PLEASE REPORT THEM WITH AS MUCH DETAIL AS POSSIBLE TO: admin@delawareseniolorlympics.org

Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
Meet	Cycling	1 Mile TT	F	40 - 44	2012	Leedale-Brown	Deborah	DE	0:02:26.00
State	Cycling	1 Mile TT	F	40 - 44	2012	Leedale-Brown	Deborah	DE	0:02:26.00
Meet	Cycling	1 Mile TT	F	45 - 49					
State	Cycling	1 Mile TT	F	45 - 49					
Meet	Cycling	1 Mile TT	F	50 - 54	2005	Waddell	Nancy	DE	0:02:25.00
State	Cycling	1 Mile TT	F	50 - 54	2005	Waddell	Nancy	DE	0:02:25.00
Meet	Cycling	1 Mile TT	F	55 - 59	2006	Johnson	Jo	DE	0:02:34.00
State	Cycling	1 Mile TT	F	55 - 59	2006	Johnson	Jo	DE	0:02:34.00
Meet	Cycling	1 Mile TT	F	60 - 64	2008	Johnson	Jo	DE	0:02:39.00
State	Cycling	1 Mile TT	F	60 - 64	2008	Johnson	Jo	DE	0:02:39.00
Meet	Cycling	1 Mile TT	F	65 - 69	2012	Johnson	Jo	DE	0:02:37.00
State	Cycling	1 Mile TT	F	65 - 69	2012	Johnson	Jo	DE	0:02:37.00
Meet	Cycling	1 Mile TT	F	70 - 74	2007	Cavanaugh	Suzanne	DE	0:03:00.00
State	Cycling	1 Mile TT	F	70 - 74	2007	Cavanaugh	Suzanne	DE	0:03:00.00
Meet	Cycling	1 Mile TT	F	75 - 79	2013	Cavanaugh	Suzanne	DE	0:03:23.00
State	Cycling	1 Mile TT	F	75 - 79	2013	Cavanaugh	Suzanne	DE	0:03:23.00
Meet	Cycling	1 Mile TT	F	80 - 84					
State	Cycling	1 Mile TT	F	80 - 84					
Meet	Cycling	1 Mile TT	F	85 - 89					
State	Cycling	1 Mile TT	F	85 - 89					
Meet	Cycling	1 Mile TT	F	90 - 94					
State	Cycling	1 Mile TT	F	90 - 94					
Meet	Cycling	1 Mile TT	F	95 - 99					
State	Cycling	1 Mile TT	F	95 - 99					
Meet	Cycling	10K TT	F	40 - 44	2012	Leedale-Brown	Deborah	DE	0:16:13.00
State	Cycling	10K TT	F	40 - 44	2012	Leedale-Brown	Deborah	DE	0:16:13.00
Meet	Cycling	10K TT	F	45 - 49					

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
State	Cycling	10K TT	F	45 - 49					
Meet	Cycling	10K TT	F	50 - 54	2005	Waddell	Nancy	DE	0:15:54.00
State	Cycling	10K TT	F	50 - 54	2005	Waddell	Nancy	DE	0:15:54.00
Meet	Cycling	10K TT	F	55 - 59	2019	Blake-Hedges	Lynne	MD	0:16:11.00
State	Cycling	10K TT	F	55 - 59	2004	Johnson	Jo	DE	0:17:06.00
Meet	Cycling	10K TT	F	60 - 64	2008	Johnson	Jo	DE	0:15:59.00
State	Cycling	10K TT	F	60 - 64	2008	Johnson	Jo	DE	0:15:59.00
Meet	Cycling	10K TT	F	65 - 69	2012	Johnson	Jo	DE	0:17:03.00
State	Cycling	10K TT	F	65 - 69	2012	Johnson	Jo	DE	0:17:03.00
Meet	Cycling	10K TT	F	70 - 74	2007	Cavanaugh	Suzanne	DE	0:18:50.00
State	Cycling	10K TT	F	70 - 74	2007	Cavanaugh	Suzanne	DE	0:18:50.00
Meet	Cycling	10K TT	F	75 - 79	2012	Cavanaugh	Suzanne	DE	0:19:44.00
State	Cycling	10K TT	F	75 - 79	2012	Cavanaugh	Suzanne	DE	0:19:44.00
Meet	Cycling	10K TT	F	80 - 84	2018	Tasca	Carol	DE	0:24:12.80
State	Cycling	10K TT	F	80 - 84	2018	Tasca	Carol	DE	0:24:12.80
Meet	Cycling	10K TT	F	85 - 89					
State	Cycling	10K TT	F	85 - 89					
Meet	Cycling	10K TT	F	90 - 94					
State	Cycling	10K TT	F	90 - 94					
Meet	Cycling	10K TT	F	95 - 99					
State	Cycling	10K TT	F	95 - 99					
Meet	Cycling	5K TT	F	40 - 44	2012	Leedale-Brown	Deborah	DE	0:08:12.00
State	Cycling	5K TT	F	40 - 44	2012	Leedale-Brown	Deborah	DE	0:08:12.00
Meet	Cycling	5K TT	F	45 - 49					
State	Cycling	5K TT	F	45 - 49					
Meet	Cycling	5K TT	F	50 - 54	2018	Pitman	Lisa	VA	0:07:50.30
State	Cycling	5K TT	F	50 - 54	2003	Waddell	Nancy	DE	0:07:56.00

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
Meet	Cycling	5K TT	F	55 - 59	2019	Blake-Hedges	Lynne	MD	0:08:11.70
State	Cycling	5K TT	F	55 - 59	2006	Johnson	Jo	DE	0:08:15.00
Meet	Cycling	5K TT	F	60 - 64	2011	Johnson	Jo	DE	0:07:26.00
State	Cycling	5K TT	F	60 - 64	2011	Johnson	Jo	DE	0:07:26.00
Meet	Cycling	5K TT	F	65 - 69	2012	Johnson	Jo	DE	0:08:40.00
State	Cycling	5K TT	F	65 - 69	2012	Johnson	Jo	DE	0:08:40.00
Meet	Cycling	5K TT	F	70 - 74	2006	Cavanaugh	Suzanne	DE	0:09:16.00
State	Cycling	5K TT	F	70 - 74	2006	Cavanaugh	Suzanne	DE	0:09:16.00
Meet	Cycling	5K TT	F	75 - 79	2011	Cavanaugh	Suzanne	DE	0:09:54.00
State	Cycling	5K TT	F	75 - 79	2011	Cavanaugh	Suzanne	DE	0:09:54.00
Meet	Cycling	5K TT	F	80 - 84	2018	Tasca	Carol	DE	0:12:06.30
State	Cycling	5K TT	F	80 - 84	2018	Tasca	Carol	DE	0:12:06.30
Meet	Cycling	5K TT	F	85 - 89					
State	Cycling	5K TT	F	85 - 89					
Meet	Cycling	5K TT	F	90 - 94					
State	Cycling	5K TT	F	90 - 94					
Meet	Cycling	5K TT	F	95 - 99					
State	Cycling	5K TT	F	95 - 99					
Meet	Cycling	20K Road Race	F	40 - 44					
State	Cycling	20K Road Race	F	40 - 44					
Meet	Cycling	20K Road Race	F	45 - 49	2011	Specht	Steph	DE	0:46:46.00
State	Cycling	20K Road Race	F	45 - 49	2011	Specht	Steph	DE	0:46:46.00
Meet	Cycling	20K Road Race	F	50 - 54	2003	Waddell	Nancy	DE	0:33:44.00
State	Cycling	20K Road Race	F	50 - 54	2003	Waddell	Nancy	DE	0:33:44.00
Meet	Cycling	20K Road Race	F	55 - 59	2004	Johnson	Jo	DE	0:35:54.00
State	Cycling	20K Road Race	F	55 - 59	2004	Johnson	Jo	DE	0:35:54.00
Meet	Cycling	20K Road Race	F	60 - 64	2010	Johnson	Jo	DE	0:35:11.54

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
State	Cycling	20K Road Race	F	60 - 64	2010	Johnson	Jo	DE	0:35:11.54
Meet	Cycling	20K Road Race	F	65 - 69	2004	Cavanaugh	Suzanne	DE	0:35:55.00
State	Cycling	20K Road Race	F	65 - 69	2004	Cavanaugh	Suzanne	DE	0:35:55.00
Meet	Cycling	20K Road Race	F	70 - 74	2008	Cavanaugh	Suzanne	DE	0:39:14.00
State	Cycling	20K Road Race	F	70 - 74	2008	Cavanaugh	Suzanne	DE	0:39:14.00
Meet	Cycling	20K Road Race	F	75 - 79	2011	Cavanaugh	Suzanne	DE	0:43:20.00
State	Cycling	20K Road Race	F	75 - 79	2011	Cavanaugh	Suzanne	DE	0:43:20.00
Meet	Cycling	20K Road Race	F	80 - 84	2007	Tuovila	Miriam	VA	0:48:02.00
State	Cycling	20K Road Race	F	80 - 84					
Meet	Cycling	20K Road Race	F	85 - 89					
State	Cycling	20K Road Race	F	85 - 89					
Meet	Cycling	20K Road Race	F	90 - 94					
State	Cycling	20K Road Race	F	90 - 94					
Meet	Cycling	20K Road Race	F	95 - 99					
State	Cycling	20K Road Race	F	95 - 99					
Meet	Cycling	40K Road Race	F	40 - 44	2013	Cook-Attig	Jaymi	DE	1:09:26.00
State	Cycling	40K Road Race	F	40 - 44	2013	Cook-Attig	Jaymi	DE	1:09:26.00
Meet	Cycling	40K Road Race	F	45 - 49					
State	Cycling	40K Road Race	F	45 - 49					
Meet	Cycling	40K Road Race	F	50 - 54	2014	Crilley	Mags	DE	0:53:58.60
State	Cycling	40K Road Race	F	50 - 54	2014	Crilley	Mags	DE	0:53:58.60
Meet	Cycling	40K Road Race	F	55 - 59	2004	Johnson	Jo	DE	1:12:48.00
State	Cycling	40K Road Race	F	55 - 59	2004	Johnson	Jo	DE	1:12:48.00
Meet	Cycling	40K Road Race	F	60 - 64	2011	Johnson	Jo	DE	1:09:55.00
State	Cycling	40K Road Race	F	60 - 64	2011	Johnson	Jo	DE	1:09:55.00
Meet	Cycling	40K Road Race	F	65 - 69	2004	Cavanaugh	Suzanne	DE	1:12:51.00
State	Cycling	40K Road Race	F	65 - 69	2004	Cavanaugh	Suzanne	DE	1:12:51.00

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
Meet	Cycling	40K Road Race	F	70 - 74	2014	Cloud	Marcia	DE	1:13:06.30
State	Cycling	40K Road Race	F	70 - 74	2014	Cloud	Marcia	DE	1:13:06.30
Meet	Cycling	40K Road Race	F	75 - 79	2011	Cavanaugh	Suzanne	DE	1:20:20.00
State	Cycling	40K Road Race	F	75 - 79	2011	Cavanaugh	Suzanne	DE	1:20:20.00
Meet	Cycling	40K Road Race	F	80 - 84	2018	Tasco	Carol	DE	1:41:05.00
State	Cycling	40K Road Race	F	80 - 84	2018	Tasco	Carol	DE	1:41:05.00
Meet	Cycling	40K Road Race	F	85 - 89					
State	Cycling	40K Road Race	F	85 - 89					
Meet	Cycling	40K Road Race	F	85 - 89					
State	Cycling	40K Road Race	F	85 - 89					
Meet	Cycling	40K Road Race	F	95 - 99					
State	Cycling	40K Road Race	F	95 - 99					
Meet	Cycling	1 Mile TT	M	40 - 44	2012	Carolan	Rich	NJ	0:02:07.00
State	Cycling	1 Mile TT	M	40 - 44					
Meet	Cycling	1 Mile TT	M	45 - 49	2012	Csuy	Michael	PA	0:02:01.00
State	Cycling	1 Mile TT	M	45 - 49	2011	Cherney	Tom	DE	0:02:14.00
Meet	Cycling	1 Mile TT	M	50 - 54	2013	Csuy	Michael	PA	0:02:02.60
State	Cycling	1 Mile TT	M	50 - 54	2013	Cherney	Tom	DE	0:02:02.70
Meet	Cycling	1 Mile TT	M	55 - 59	1995	Helfrick	Tom	DE	0:02:13.00
State	Cycling	1 Mile TT	M	55 - 59	1995	Helfrick	Tom	DE	0:02:13.00
Meet	Cycling	1 Mile TT	M	60 - 64	1993	Kjelleren	Don	DE	0:02:09.00
State	Cycling	1 Mile TT	M	60 - 64	1993	Kjelleren	Don	DE	0:02:09.00
Meet	Cycling	1 Mile TT	M	65 - 69	1998	Kjelleren	Don	DE	0:02:18.00
State	Cycling	1 Mile TT	M	65 - 69	1998	Kjelleren	Don	DE	0:02:18.00
Meet	Cycling	1 Mile TT	M	70 - 74	2003	Kjelleren	Don	DE	0:02:22.00
State	Cycling	1 Mile TT	M	70 - 74	2003	Kjelleren	Don	DE	0:02:22.00

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
Meet	Cycling	1 Mile TT	M	75 - 79	2008	Kjelleren	Don	DE	0:02:33.00
State	Cycling	1 Mile TT	M	75 - 79	2008	Kjelleren	Don	DE	0:02:33.00
Meet	Cycling	1 Mile TT	M	80 - 84	2005	Carter (tied)	Robert	MD	0:02:50.00
Meet	Cycling	1 Mile TT	M	80 - 84	2005	Russell	Harry	DE	0:02:50.00
State	Cycling	1 Mile TT	M	80 - 84	2005	Russell	Harry	DE	0:02:50.00
Meet	Cycling	1 Mile TT	M	85 - 89	2006	Schroeder	Kenneth	DE	0:03:07.00
State	Cycling	1 Mile TT	M	85 - 89	2006	Schroeder	Kenneth	DE	0:03:07.00
Meet	Cycling	1 Mile TT	M	90 - 94	2013	Schlaupitz	Warner	DE	0:04:11.00
State	Cycling	1 Mile TT	M	90 - 94	2013	Schlaupitz	Warner	DE	0:04:11.00
Meet	Cycling	1 Mile TT	M	95 - 99					
State	Cycling	1 Mile TT	M	95 - 99					
Meet	Cycling	10K TT	M	40 - 44	2011	Hughes	Kevin	MD	0:16:13.00
State	Cycling	10K TT	M	40 - 44	2011	Baring	Riu	DE	0:20:18.00
Meet	Cycling	10K TT	M	45 - 49	2012	Csuy	Michael	PA	0:13:39.00
State	Cycling	10K TT	M	45 - 49	2011	Cherney	Tom	DE	0:14:26.00
Meet	Cycling	10K TT	M	50 - 54	2013	Cherney	Tom	DE	0:13:26.00
State	Cycling	10K TT	M	50 - 54	2013	Cherney	Tom	DE	0:13:26.00
Meet	Cycling	10K TT	M	55 - 59	2017	Cowin	Mark	DE	0:13:31.30
State	Cycling	10K TT	M	55 - 59	2017	Cowin	Mark	DE	0:13:31.30
Meet	Cycling	10K TT	M	60 - 64	2013	Maynard	Rick	PA	0:14:17.00
State	Cycling	10K TT	M	60 - 64	2012	Witmer	Dennis	DE	0:14:46.00
Meet	Cycling	10K TT	M	65 - 69	2017	Maynard	Rick	PA	0:14:27.60
State	Cycling	10K TT	M	65 - 69	2007	Borden	Peter	DE	0:15:21.00
Meet	Cycling	10K TT	M	70 - 74	2012	Patterson	Michael	CT	0:15:05.00
State	Cycling	10K TT	M	70 - 74	2003	Kjelleren	Don	DE	0:16:16.00
Meet	Cycling	10K TT	M	75 - 79	2017	Loy	Russell	MD	0:16:29.10
State	Cycling	10K TT	M	75 - 79	2008	Kjelleren	Don	DE	0:16:37.00

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
Meet	Cycling	10K TT	M	80 - 84	2012	Carter	Robert	MD	0:18:11.00
State	Cycling	10K TT	M	80 - 84	2005	Russell	Harry	DE	0:19:55.00
Meet	Cycling	10K TT	M	85 - 89	2006	Schroeder	Kenneth	DE	0:20:15.00
State	Cycling	10K TT	M	85 - 89	2006	Schroeder	Kenneth	DE	0:20:15.00
Meet	Cycling	10K TT	M	90 - 94					
State	Cycling	10K TT	M	90 - 94					
Meet	Cycling	10K TT	M	95 - 99					
State	Cycling	10K TT	M	95 - 99					
Meet	Cycling	5K TT	M	40 - 44	2012	Carolan	Rich	NJ	0:07:01.00
State	Cycling	5K TT	M	40 - 44					
Meet	Cycling	5K TT	M	45 - 49	2012	Csuy	Michael	PA	0:06:40.00
State	Cycling	5K TT	M	45 - 49	2011	Cherney	Tom	DE	0:06:54.00
Meet	Cycling	5K TT	M	50 - 54	2013	Cherney	Tom	DE	0:06:34.00
State	Cycling	5K TT	M	50 - 54	2013	Cherney	Tom	DE	0:06:34.00
Meet	Cycling	5K TT	M	55 - 59	2017	Cowin	Mark	DE	0:06:41.10
State	Cycling	5K TT	M	55 - 59	2017	Cowin	Mark	DE	0:06:41.10
Meet	Cycling	5K TT	M	60 - 64	2012	Maynard	Rick	PA	0:07:07.00
State	Cycling	5K TT	M	60 - 64	2013	Witmer	Dennis	DE	0:07:25.00
Meet	Cycling	5K TT	M	65 - 69	2017	Maynard	Rick	PA	0:07:16.80
State	Cycling	5K TT	M	65 - 69	2007	Borden	Pete	DE	0:07:36.00
Meet	Cycling	5K TT	M	70 - 74	2012	Patterson	Michael	CT	0:07:35.00
State	Cycling	5K TT	M	70 - 74	2004	Kjelleren	Don	DE	0:08:01.00
Meet	Cycling	5K TT	M	75 - 79	2008	Kjelleren	Don	DE	0:08:10.00
State	Cycling	5K TT	M	75 - 79	2008	Kjelleren	Don	DE	0:08:10.00
Meet	Cycling	5K TT	M	80 - 84	2012	Carter	Robert	MD	0:08:58.00
State	Cycling	5K TT	M	80 - 84	2003	Russell	Harry	DE	0:09:27.00
Meet	Cycling	5K TT	M	85 - 89	2017	Button	John	DE	0:12:01.80

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State	Cycling	5K TT	M	85 - 89	2017	Button	John	DE	0:12:01.80
Meet	Cycling	5K TT	M	90 - 94	2017	Schlaupitz	Warner	DE	0:13:35.00
State	Cycling	5K TT	M	90 - 94	2017	Schlaupitz	Warner	DE	0:13:35.00
Meet	Cycling	5K TT	M	95 - 99	2018	Schlaupitz	Warner	DE	0:15:45.00
State	Cycling	5K TT	M	95 - 99	2018	Schlaupitz	Warner	DE	0:15:45.00
Meet	Cycling	20K Road Race	M	40 - 44	2011	Hughes	Kevin	MD	0:35:00.00
State	Cycling	20K Road Race	M	40 - 44	2011	Baring	Riu	DE	0:40:00.00
Meet	Cycling	20K Road Race	M	45 - 49	2011	Cherney	Tom	DE	0:29:13.00
State	Cycling	20K Road Race	M	45 - 49	2011	Cherney	Tom	DE	0:29:13.00
Meet	Cycling	20K Road Race	M	50 - 54	2011	Inglis	Randy	MD	0:29:13.00
State	Cycling	20K Road Race	M	50 - 54	2000	Chelucci	John	DE	0:30:29.00
Meet	Cycling	20K Road Race	M	55 - 59	2011	Panasuk	Bruce	PA	0:29:13.00
Meet	Cycling	20K Road Race	M	55 - 59	2011	Peterson	Ed	NJ	0:29:13.00
Meet	Cycling	20K Road Race	M	55 - 59	2011	Whitesel	Dennis	PA	0:29:13.00
State	Cycling	20K Road Race	M	55 - 59	2008	Spieker	John	DE	0:30:14.00
Meet	Cycling	20K Road Race	M	60 - 64	2004	Shaeffer	Jack	DE	0:32:23.00
State	Cycling	20K Road Race	M	60 - 64	2004	Shaeffer	Jack	DE	0:32:23.00
Meet	Cycling	20K Road Race	M	65 - 69	2010	Free	Barry	PA	0:29:31.96
State	Cycling	20K Road Race	M	65 - 69	2004	Carroll	Bob	DE	0:32:28.00
Meet	Cycling	20K Road Race	M	70 - 74	2004	Kjelleren	Don	DE	0:32:24.00
State	Cycling	20K Road Race	M	70 - 74	2004	Kjelleren	Don	DE	0:32:24.00
Meet	Cycling	20K Road Race	M	75 - 79	2004	Russell	Harry	DE	0:39:02.00
State	Cycling	20K Road Race	M	75 - 79	2004	Russell	Harry	DE	0:39:02.00
Meet	Cycling	20K Road Race	M	80 - 84	2011	Carter	Robert	MD	0:38:30.00
State	Cycling	20K Road Race	M	80 - 84	2004	Schroeder	Kenneth	DE	0:40:36.00
Meet	Cycling	20K Road Race	M	85 - 89	2006	Schroeder	Kenneth	DE	0:48:00.00

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
State	Cycling	20K Road Race	M	85 - 89	2006	Schroeder	Kenneth	DE	0:48:00.00
Meet	Cycling	20K Road Race	M	90 - 94					
State	Cycling	20K Road Race	M	90 - 94					
Meet	Cycling	20K Road Race	M	95 - 99					
State	Cycling	20K Road Race	M	95 - 99					
Meet	Cycling	40K Road Race	M	40 - 44	2011	Grundner	Chris	PA	0:58:41.00
Meet	Cycling	40K Road Race	M	40 - 44	2011	Zielinsky	Gregory	DE	0:58:41.00
State	Cycling	40K Road Race	M	40 - 44	2011	Zielinsky	Gregory	DE	0:58:41.00
Meet	Cycling	40K Road Race	M	45 - 49	2014	Sambrano	Steve	PA	0:52:54.90
State	Cycling	40K Road Race	M	45 - 49	2011	Cherney	Tom	DE	0:58:38.00
Meet	Cycling	40K Road Race	M	50 - 54	2014	Osborne	David	DC	0:52:54.00
State	Cycling	40K Road Race	M	50 - 54	2014	Jermyn	Tom	DE	0:53:00.30
Meet	Cycling	40K Road Race	M	55 - 59	2011	Panasuk	Bruce	PA	0:58:41.00
State	Cycling	40K Road Race	M	55 - 59	2011	Witmer	Dennis	DE	0:58:45.00
Meet	Cycling	40K Road Race	M	60 - 64	2014	Maynard	Rick	PA	0:52:58.10
State	Cycling	40K Road Race	M	60 - 64	2014	Witmer	Dennis	DE	0:52:58.50
Meet	Cycling	40K Road Race	M	65 - 69	2014	Swartz	Thomas	MD	0:52:58.60
State	Cycling	40K Road Race	M	65 - 69	2014	Wagner	Jim	DE	0:52:58.70
Meet	Cycling	40K Road Race	M	70 - 74	2014	Bertin	Richard	MD	1:01:33.80
State	Cycling	40K Road Race	M	70 - 74	2004	Scott	Raymond	DE	1:01:36.00
Meet	Cycling	40K Road Race	M	75 - 79	2014	Carroll	Bob	DE	1:01:37.60
State	Cycling	40K Road Race	M	75 - 79	2014	Carroll	Bob	DE	1:01:37.60
Meet	Cycling	40K Road Race	M	80 - 84	2014	Gurry	Donald	OR	1:12:59.00
State	Cycling	40K Road Race	M	80 - 84	2018	Carroll	Bob	DE	1:21:04.00
Meet	Cycling	40K Road Race	M	85 - 89	2014	Carter	Robert	MD	1:01:38.80
State	Cycling	40K Road Race	M	85 - 89	2017	Button	John	DE	1:52:20.00
Meet	Cycling	40K Road Race	M	90 - 94					

Delaware Senior Olympics Records after 2019 Games

CYCLING

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IF ERRORS ARE FOUND, PLEASE REPORT THEM WITH AS MUCH DETAIL AS POSSIBLE TO: admin@delawareseNIorolympics.org

Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
State	Cycling	40K Road Race	M	90 - 94					
Meet	Cycling	40K Road Race	M	95 - 99					
State	Cycling	40K Road Race	M	95 - 99					
Meet	Cycling	5K TT	M	40 - 44	2011	Hughes	Kevin	MD	0:08:11.00
State	Cycling	5K TT	M	40 - 44					
Meet	Cycling	5K TT	M	45 - 49	2011	Cherney	Tom	DE	0:06:54.00
State	Cycling	5K TT	M	45 - 49	2011	Cherney	Tom	DE	0:06:54.00
Meet	Cycling	5K TT	M	50 - 54	2005	Nesler	David	DE	0:06:57.00
State	Cycling	5K TT	M	50 - 54	2005	Nesler	David	DE	0:06:57.00
Meet	Cycling	5K TT	M	55 - 59	2008	Spieker	John	DE	0:06:44.90
State	Cycling	5K TT	M	55 - 59	2008	Spieker	John	DE	0:06:44.00
Meet	Cycling	5K TT	M	60 - 64	2010	Cox	James	PA	0:07:37.00
State	Cycling	5K TT	M	60 - 64	2006	Cloud	Peter	DE	0:07:39.00
Meet	Cycling	5K TT	M	65 - 69	2007	Borden	Pete	DE	0:07:36.00
State	Cycling	5K TT	M	65 - 69	2007	Borden	Pete	DE	0:07:36.00
Meet	Cycling	5K TT	M	70 - 74	2011	Loy (tied record)	Russell	MD	0:08:01.00
Meet	Cycling	5K TT	M	70 - 74	2004	Kjelleren	Don	DE	0:08:01.00
State	Cycling	5K TT	M	70 - 74	2004	Kjelleren	Don	DE	0:08:01.00
Meet	Cycling	5K TT	M	75 - 79	2008	Kjelleren	Don	DE	0:08:10.00
State	Cycling	5K TT	M	75 - 79	2008	Kjelleren	D	DE	0:08:10.00
Meet	Cycling	5K TT	M	80 - 84	2003	Russell	Harry	DE	0:09:27.00
State	Cycling	5K TT	M	80 - 84	2003	Russell	Harry	DE	0:09:27.00
Meet	Cycling	5K TT	M	85 - 89					
State	Cycling	5K TT	M	85 - 89					
Meet	Cycling	5K TT	M	90 - 94					
State	Cycling	5K TT	M	90 - 94					
Meet	Cycling	5K TT	M	95 - 99					

Delaware Senior Olympics Records after 2019 Games

CYCLING

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
State	Cycling	5K TT	M	95 - 99					