

CLUB RECORDS as of DECEMBER 1996

(must have competed as a Richmond Rocket or World Gym runner)

Distance	Open Men	Masters' Men (40+)	Men (19 & Under)
1600 Meters (Track)	4:59.8 Sal Anzalone	-----	-----
3200 Meters (Track)	10:35 Sal Anzalone	-----	-----
1 Mile	5:02 Tom Beck 4.51 3/4/7	-----	5:54 Joey Gagliardi
2 Miles	-----	-----	12:46 Joey Gagliardi
2.5 Miles	17:40 Jim Kumm	-----	-----
3 Miles	16:51 Steve Stafford	-----	20:40 Joey Gagliardi
5K (3.1M)	17:21 Tom Beck	22:37 Fred Jacob	20:16 Joey Gagliardi
3.5 Miles	21:03 Brian O'Hagan	-----	-----
6K (3.7M)	25:26 Jim Kumm	-----	28:46 Joey Gagliardi
4 Miles	23:50 Steve Stafford	30:17 Wayne Ward	30:32 Joey Gagliardi
5 Miles	29:53 Tom Beck	36:15 Wayne Ward	38:42 Joey Gagliardi
10K (6.2M)	38:22 Tom Beck	-----	-----
10 Miles	1:08:25 Brian O'Hagan	1:18:32 Wayne Ward	-----
20K (12.4M)	-----	-----	-----
13.1 Miles	1:29:09 Tom Beck	1:44:05 Wayne Ward	-----
25K (15.5M)	1:58:17 Joe Gagliardi	-----	-----
18 Miles	2:12:39 Mike Proffitt	2:55:33 Fred Jacob	-----
30K (18.6M)	2:23:08 Tom Beck	-----	-----
20 Miles	2:51:45 Joe Gagliardi	-----	-----
Marathon (26.2M)	3:12:34 Brian O'Hagan	4:03:44 Fred Jacob	-----

Distance	Open Women	Masters' Women (40+)
1600 Meters (Track)	-----	-----
3200 Meters (Track)	-----	-----
1 Mile	5:27 Mary Karasinski	-----
2 Miles	13:04 Mary Karasinski	-----
2.5 Miles	19:43 Jennifer Green	-----
3 Miles	18:40 Janine DeVito	-----
5K (3.1M)	20:21 Mary Karasinski	-----
3.5 Miles	28:08 Lynda Mazzella	-----
6K (3.7M)	-----	-----
4 Miles	28:08 Linda Hope	37:09 Diana Dimeo
5 Miles	32:54 Mary Karasinski	49:51 Diana Dimeo
10K (6.2M)	44:13 Mary Karasinski	1:04:11 Diana Dimeo
10 Miles	1:09:42 Janine DeVito	1:44:01 Diana Dimeo
20K (12.4M)	1:49:00 Hanna Benshoan	-----
13.1 Miles	1:31:49 Mary Karasinski	2:17:24 Diana Dimeo
25K (15.5M)	-----	-----
18 Miles	2:34:21 Marybeth Morrison	-----
30K (18.6M)	2:35:55 Mary Karasinski	-----
20 Miles	2:50:22 Linda Hope	-----
Marathon (26.2M)	3:23:30 Mary Karasinski	5:29:07 Diana Dimeo

* Please let us know if we overlooked anyone. We want to keep those records accurate.