

CLUB RECORDS THROUGH DECEMBER 1998

must have competed as a Richmond Rocket or World Gym runner

BOLD type indicates a new record set in 1998.

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	4:46 Rob Scattaglia	4:53 Mike Tobin	5:47 Joey Gagliardi
2 Miles	9:14 Rob Scattaglia		12:46 Joey Gagliardi
2.5 Miles	17:40 Jim Van Name		
3 Miles	16:45 Kenny McGill	16:59 Mike Tobin	18:40 Joey Gagliardi
5K (3.1M)	16:31 Rob Scattaglia	17:45 Steve Stafford	20:13 Joey Gagliardi
3.5 Miles	18:06 Rob Scattaglia		
6K (3.7M)	25:26 Jim Van Name		28:46 Joey Gagliardi
4 Miles	21:35 Rob Scattaglia	23:11 Steve Stafford	28:46 Joey Gagliardi
5 Miles	27:22 Rob Scattaglia	29:28 Steve Stafford	35:19 Richard Renny, Jr.
5.8 Miles	33:54 Sal Anzalone	34:42 Mike Tobin	
6 Miles	41:32 Joe Gagliardi	41:32 Joe Gagliardi	
10K (6.2M)	38:10 Steve Stafford	40:23 Mike Tobin	
15K (9.3M)	55:35 Kenny McGill	56:40 Steve Stafford	
10 Miles	1:00:36 Kenny McGill	1:17:02 Tony Guadagno	
20K (12.4M)	1:43:09 Jack Steele		
13.1 Miles	1:19:21 Kenny McGill	1:30:09 Mike Tobin	
25K (15.5M)	1:58:07 Joe Gagliardi		
18 Miles	2:12:39 Mike Proffitt	2:18:40 Joe Gagliardi	
30K (18.6M)	1:57:40 Kenny McGill	2:26:53 Mike Tobin	
20 Miles	2:34:16 Mike Tobin	2:34:16 Mike Tobin	
Marathon (26.2M)	2:59:03 Kenny McGill	3:12:37 Scott LaPiedra	
70.1M 50.1M	4:24:40 Mike Tobin	4:24:40 Mike Tobin	
70K (37.2M) 60K	5:47:36 Mike Tobin	5:47:36 Mike Tobin	
100 Miles	17:58:54 Mike Tobin	17:58:54 Mike Tobin	

Distance	Open Women	Masters' Women (40+)	Women (19 & Under)
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	21:40 Andrea Dorman	22:39 Lauren Kluth
5K (3.1M)	20:21 Mary Karasinski	25:25 Lynn Makler	
3.5 Miles	27:58 Carmen Del Pino		
4 Miles	26:40 Janice Ellison	26:40 Janice Ellison	
5 Miles	32:54 Mary Karasinski	41:16 Janice Ellison	
6 Miles	43:29 Gerotte Carlson		
10K (6.2M)	44:13 Mary Karasinski	57:15 Diana Dimeo	
10 Miles	1:09:42 Janine DeVito	1:44:02 Diana Dimeo	
20K (12.4M)	1:43:53 Hanna Benshoan		
13.1 Miles	1:31:49 Mary Karasinski	2:02:23 Lynn Makler	
18 Miles	2:32:52 Marybeth Morrison	3:05:40 Lynn Makler	
30K (18.6M)	2:35:55 Mary Karasinski	3:23:00 Diana Dimeo	
20 Miles	2:50:22 Linda Hope		
Marathon (26.2M)	3:23:30 Mary Karasinski	4:49:40 Lynn Makler	
50K (31M)	5:02:00 Hanna Benshoan		
50 Miles	8:15:55 Hanna Benshoan		