

CLUB RECORDS THROUGH DECEMBER 1997

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	4:46 Rob Scattaqlia	5:27 Scott LaPiedra	5:47 Joey Gagliardi
2 Miles	9:14 Rob Scattaqlia		12:46 Joey Gagliardi
2.5 Miles	17:40 Jim Van Name		
3 Miles	16:51 Steve Stafford	16:59 Mike Tobin	18:40 Joey Gagliardi
5K (3.1M)	16:31 Rob Scattaqlia	18:01 Mike Tobin	20:13 Joey Gagliardi
3.5 Miles	18:06 Rob Scattaqlia		
6K (3.7M)	25:26 Jim Van Name		28:46 Joey Gagliardi
4 Miles	21:35 Rob Scattaqlia	24:05 Mike Tobin	28:46 Joey Gagliardi
5 Miles	27:22 Rob Scattaqlia	30:29 Mike Tobin	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)	38:22 Tom Beck	40:23 Mike Tobin	
15K (9.3M)	1:16:59 Tony Guadagno	1:16:59 Tony Guadagno	
10 Miles	1:00:36 Kenny McGill	1:18:10 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	2:46:06 Tony LaRocca	
20 Miles	2:34:16 Mike Tobin	2:34:16 Mike Tobin	
Marathon (26.2M)	2:59:03 Kenny McGill	3:21:16 Mike Tobin	
30.1M	4:24:40 Mike Tobin	4:24:40 Mike Tobin	
60K (37.2M)	5:51:15 Mike Tobin	5:51:15 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		22:39 Lauren Kluth
5K (3.1M)	20:21 Mary Karasinski	28:23 Diana Dimeo	
3.5 Miles	28:08 Lynda Mazzella		
4 Miles	27:45 Gerette Carlson	35:49 Diana Dimeo	
5 Miles	32:54 Mary Karasinski	44:39 Diana Dimeo	
6 Miles	43:29 Gerette 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)	1:45:47 Hanna Benshoan		
13.1 Miles	1:31:49 Mary Karasinski	2:05:30 Lynn Makler	
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	5:14:10 Diana Dimeo	

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