

**PASADENA SENIOR OLYMPICS & CALIFORNIA STATE SENIOR GAMES CHAMPIONSHIPS**

**MEET RECORDS**

**1993-2009**

**5 Km Road Race - Hal McWilliams Course**

**Brookside Park, Pasadena, CA**

**MEN 50-54**

0:26:51 Anatoliy Shipitsyn Russia 54 2008

**WOMEN 50-54**

0:33:34 Janet Michal Pasadena 52 2007

**MEN 55-59**

0:37:28 Joel Fox Granada Hills 58 2008

**WOMEN 55-59**

0:31:08 Donna Cunningham Sierra Madre 59 2005

**MEN 60-64**

0:27:47 Larry Walker Woodland Hills 62 2005

**WOMEN 60-64**

0:30:39 Donna Cunningham Sierra Madre 60 2007

**MEN 65-69**

0:32:13 Gary Steck San Marcos 69 2008

**WOMEN 65-69**

0:33:11 Janet Robinson La Mirada 67 2008

**MEN 70-74**

0:33:03 Carl Acosta North Hollywood 70 2004

**WOMEN 70-74**

0:36:41 Shirley Capps Altadena 72 2007

**Men 75-79**

0:46:45 Lloyd McGuire San Diego 76 2008

**5 Km Road Race - Cynthia Rosedale Course**

**Brookside Park, Pasadena, CA**

**MEN 50-54**

0:30:10 Alex Kazaryan Los Angeles 54 2009

**WOMEN 50-54**

0:46:18 Holly Osborne Redondo Beach 57 2009

**MEN 55-59**

**WOMEN 55-59**

**MEN 60-64**

0:37:16 Joel Fox Granada Hills 60 2009

**WOMEN 60-64**

0:33:41 Carol Bertino Signal Hill 62 2009

**MEN 65-69**

0:31:28 Wayne Wurzbarger Winnetka 67 2009

**WOMEN 65-69**

0:38:24 Joan Degenkolb La Canada 65 2009

**MEN 70-74**

0:35:00 Bob Nyman Bellflower 70 2009

**WOMEN 70-74**

0:36:13 Shirley Capps Altadena 73 2009

**Men 75-79**

0:32:29 Carl Acosta North Hollywood 75 2009

PASADENA SENIOR OLYMPICS & CALIFORNIA STATE SENIOR GAMES CHAMPIONSHIPS

MEET RECORDS

10 Km Road Race - Hal McWilliams Course

Brookside Park, Pasadena, CA

**MEN 50-54**

0:53:48 Anatolly Shipitsyn Los Angeles 54 2008

**MEN 55-59**

1:21:36 Joel Fox Granada Hills 58 2007

**MEN 60-64**

0:59:46 Larry Walker Woodland Hills 62 2005

**MEN 65-69**

1:08:00 Patrick Bivona La Verne 66 2007

**MEN 70-74**

1:07:06 Carl Acosta North Hollywood 72 2007

**WOMEN 50-54**

**WOMEN 55-59**

**WOMEN 60-64**

1:05:53 Carol Bertino Signal Hill 60 2007

**WOMEN 65-69**

1:24:23 Anelise Smith Claremont 67 2005

**WOMEN 70-74**

1:32:57 Grace Moreman Claremont 74 2005

10 Km Road Race - Cynthia Rosedale Course

Brookside Park, Pasadena, CA

**MEN 50-54**

1:00:14 Alex Kazaryan Los Angeles 54 2009

**MEN 55-59**

1:03:16 John Magnussen Winnetka 56 2009

**MEN 60-64**

**MEN 65-69**

1:11:21 Patrick Bivona La Verne 68 2009

**MEN 70-74**

**WOMEN 50-54**

**WOMEN 55-59**

**WOMEN 60-64**

**WOMEN 65-69**

**WOMEN 70-74**