

## Delaware Senior Olympics Records after 2011 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@delawareseniolympics.org](mailto:admin@delawareseniolympics.org)

| Record Type | Category | Event     | Sex | Age Gp  | Year | Lname     | Fname   | State | Record: Time |
|-------------|----------|-----------|-----|---------|------|-----------|---------|-------|--------------|
| Meet        | Cycling  | 1 Mile TT | F   | 40 - 44 |      |           |         |       |              |
| State       | Cycling  | 1 Mile TT | F   | 40 - 44 |      |           |         |       |              |
| 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 | 2008 | Cloud     | Marcie  | DE    | 0:02:53.00   |
| State       | Cycling  | 1 Mile TT | F   | 65 - 69 | 2008 | Cloud     | Marcie  | DE    | 0:02:53.00   |
| 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 | 2011 | Patton    | Suzanne | DE    | 0:03:30.00   |
| State       | Cycling  | 1 Mile TT | F   | 75 - 79 | 2011 | Patton    | Suzanne | DE    | 0:03:30.00   |
| 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 |      |           |         |       |              |
| State       | Cycling  | 10K TT    | F   | 40 - 44 |      |           |         |       |              |
| Meet        | Cycling  | 10K TT    | F   | 45 - 49 |      |           |         |       |              |

## Delaware Senior Olympics Records after 2011 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](mailto:admin@delawareseniolorlympics.org)

| 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 | 2004 | Johnson   | Jo      | DE    | 0:17:06.00   |
| 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 | 2002 | Cavanaugh | Suzanne | DE    | 0:18:01.00   |
| State       | Cycling  | 10K TT        | F   | 65 - 69 | 2008 | Cavanaugh | Suzanne | DE    | 0:18:01.00   |
| 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 | 2011 | Cavanaugh | Suzanne | DE    | 0:20:06.00   |
| State       | Cycling  | 10K TT        | F   | 75 - 79 | 2011 | Cavanaugh | Suzanne | DE    | 0:20:06.00   |
| Meet        | Cycling  | 10K TT        | F   | 80 - 84 |      |           |         |       |              |
| State       | Cycling  | 10K TT        | F   | 80 - 84 |      |           |         |       |              |
| 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  | 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   |

## Delaware Senior Olympics Records after 2011 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@delawareseNIorolympics.org](mailto:admin@delawareseNIorolympics.org)

| Record Type | Category | Event         | Sex | Age Gp  | Year | Lname     | Fname    | State | Record: Time |
|-------------|----------|---------------|-----|---------|------|-----------|----------|-------|--------------|
| 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   |
| 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 |      |           |          |       |              |
| 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 |      |           |          |       |              |
| State       | Cycling  | 40K Road Race | F   | 40 - 44 |      |           |          |       |              |
| Meet        | Cycling  | 40K Road Race | F   | 45 - 49 |      |           |          |       |              |
| State       | Cycling  | 40K Road Race | F   | 45 - 49 |      |           |          |       |              |
| Meet        | Cycling  | 40K Road Race | F   | 50 - 54 | 2008 | Pyle      | Jennifer | DE    | 1:01:16.00   |
| State       | Cycling  | 40K Road Race | F   | 50 - 54 | 2008 | Pyle      | Jennifer | DE    | 1:16:00.00   |
| 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   |

## Delaware Senior Olympics Records after 2011 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](mailto:admin@delawareseniolorlympics.org)

| Record Type | Category | Event         | Sex | Age Gp  | Year | Lname     | Fname   | State | Record: Time |
|-------------|----------|---------------|-----|---------|------|-----------|---------|-------|--------------|
| 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   |
| Meet        | Cycling  | 40K Road Race | F   | 70 - 74 | 2010 | Cavanaugh | Suzanne | DE    | 1:19:33.24   |
| State       | Cycling  | 40K Road Race | F   | 70 - 74 | 2010 | Cavanaugh | Suzanne | DE    | 1:19:33.24   |
| 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 |      |           |         |       |              |
| State       | Cycling  | 40K Road Race | F   | 80 - 84 |      |           |         |       |              |
| 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  | 5K TT         | F   | 40 - 44 |      |           |         |       |              |
| State       | Cycling  | 5K TT         | F   | 40 - 44 |      |           |         |       |              |
| Meet        | Cycling  | 5K TT         | F   | 45 - 49 |      |           |         |       |              |
| State       | Cycling  | 5K TT         | F   | 45 - 49 |      |           |         |       |              |
| Meet        | Cycling  | 5K TT         | F   | 50 - 54 | 2003 | Waddell   | Nancy   | DE    | 0:07:56.00   |
| State       | Cycling  | 5K TT         | F   | 50 - 54 | 2003 | Waddell   | Nancy   | DE    | 0:07:56.00   |
| Meet        | Cycling  | 5K TT         | F   | 55 - 59 | 2006 | Johnson   | Jo      | DE    | 0:08:15.00   |
| 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 | 2008 | Cloud     | Marcia  | DE    | 0:09:09.00   |
| State       | Cycling  | 5K TT         | F   | 65 - 69 | 2008 | Cloud     | Marcia  | DE    | 0:09:09.00   |

## Delaware Senior Olympics Records after 2011 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@delawareseNIorolympics.org](mailto:admin@delawareseNIorolympics.org)

| Record Type | Category | Event     | Sex | Age Gp  | Year | Lname     | Fname   | State | Record: Time |
|-------------|----------|-----------|-----|---------|------|-----------|---------|-------|--------------|
| 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 |      |           |         |       |              |
| State       | Cycling  | 5K TT     | F   | 80 - 84 |      |           |         |       |              |
| 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  | 1 Mile TT | M   | 40 - 44 |      |           |         |       |              |
| State       | Cycling  | 1 Mile TT | M   | 40 - 44 |      |           |         |       |              |
| Meet        | Cycling  | 1 Mile TT | M   | 45 - 49 | 2011 | Cherney   | Tom     | DE    | 0:02:14.00   |
| State       | Cycling  | 1 Mile TT | M   | 45 - 49 | 2011 | Cherney   | Tom     | DE    | 0:02:14.00   |
| Meet        | Cycling  | 1 Mile TT | M   | 50 - 54 | 2005 | Nesler    | David   | DE    | 0:02:05.00   |
| State       | Cycling  | 1 Mile TT | M   | 50 - 54 | 2005 | Nesler    | David   | DE    | 0:02:05.00   |
| 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   |
| Meet        | Cycling  | 1 Mile TT | M   | 75 - 79 | 2008 | Kjelleren | Don     | DE    | 0:02:33.00   |

## Delaware Senior Olympics Records after 2011 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@delawareseniorylympics.org](mailto:admin@delawareseniorylympics.org)

| Record Type | Category | Event     | Sex | Age Gp  | Year | Lname     | Fname   | State | Record: Time |
|-------------|----------|-----------|-----|---------|------|-----------|---------|-------|--------------|
| 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 | 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 |      |           |         |       |              |
| State       | Cycling  | 1 Mile TT | M   | 90 - 94 |      |           |         |       |              |
| 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 | 2011 | Cherney   | Tom     | DE    | 0:14:26.00   |
| State       | Cycling  | 10K TT    | M   | 45 - 49 | 2011 | Cherney   | Tom     | DE    | 0:14:26.00   |
| Meet        | Cycling  | 10K TT    | M   | 50 - 54 | 2005 | Nesler    | David   | DE    | 0:14:15.00   |
| State       | Cycling  | 10K TT    | M   | 50 - 54 | 2005 | Nesler    | David   | DE    | 0:14:15.00   |
| Meet        | Cycling  | 10K TT    | M   | 55 - 59 | 2008 | Spieker   | John    | DE    | 0:13:41.00   |
| State       | Cycling  | 10K TT    | M   | 55 - 59 | 2008 | Spieker   | John    | DE    | 0:13:41.00   |
| Meet        | Cycling  | 10K TT    | M   | 60 - 64 | 2006 | Cloud     | Peter   | DE    | 0:15:14.00   |
| State       | Cycling  | 10K TT    | M   | 60 - 64 | 2006 | Cloud     | Peter   | DE    | 0:15:14.00   |
| Meet        | Cycling  | 10K TT    | M   | 65 - 69 | 2007 | Borden    | Peter   | DE    | 0:15:21.00   |
| State       | Cycling  | 10K TT    | M   | 65 - 69 | 2007 | Borden    | Peter   | DE    | 0:15:21.00   |
| Meet        | Cycling  | 10K TT    | M   | 70 - 74 | 2003 | Kjelleren | Don     | DE    | 0:16:16.00   |
| State       | Cycling  | 10K TT    | M   | 70 - 74 | 2003 | Kjelleren | Don     | DE    | 0:16:16.00   |
| Meet        | Cycling  | 10K TT    | M   | 75 - 79 | 2008 | Kjelleren | Don     | DE    | 0:16:37.00   |
| State       | Cycling  | 10K TT    | M   | 75 - 79 | 2008 | Kjelleren | Don     | DE    | 0:16:37.00   |
| Meet        | Cycling  | 10K TT    | M   | 80 - 84 | 2005 | Russell   | Harry   | DE    | 0:19:55.00   |
| State       | Cycling  | 10K TT    | M   | 80 - 84 | 2005 | Russell   | Harry   | DE    | 0:19:55.00   |

## Delaware Senior Olympics Records after 2011 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](mailto:admin@delawareseniolorlympics.org)

| Record Type | Category | Event         | Sex | Age Gp  | Year | Lname     | Fname   | State | Record: Time |
|-------------|----------|---------------|-----|---------|------|-----------|---------|-------|--------------|
| 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  | 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   |

## Delaware Senior Olympics Records after 2011 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@delawareseniorympics.org](mailto:admin@delawareseniorympics.org)

| 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 | 2011 | Cherney   | Tom     | DE    | 0:58:38.00   |
| State       | Cycling  | 40K Road Race | M   | 45 - 49 | 2011 | Cherney   | Tom     | DE    | 0:58:38.00   |
| Meet        | Cycling  | 40K Road Race | M   | 50 - 54 | 2011 | Adkins    | Rick    | DE    | 0:58:43.00   |
| State       | Cycling  | 40K Road Race | M   | 50 - 54 | 2011 | Adkins    | Rick    | DE    | 0:58:43.00   |
| 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 | 2004 | Eichler   | Tom     | DE    | 1:06:56.00   |
| State       | Cycling  | 40K Road Race | M   | 60 - 64 | 2004 | Eichler   | Tom     | DE    | 1:06:56.00   |
| Meet        | Cycling  | 40K Road Race | M   | 65 - 69 | 2004 | Carroll   | Bob     | DE    | 1:04:41.00   |
| State       | Cycling  | 40K Road Race | M   | 65 - 69 | 2004 | Carroll   | Bob     | DE    | 1:04:41.00   |
| Meet        | Cycling  | 40K Road Race | M   | 70 - 74 | 2004 | Kjelleren | Don     | DE    | 1:06:56.00   |
| State       | Cycling  | 40K Road Race | M   | 70 - 74 | 2004 | Kjelleren | Don     | DE    | 1:06:56.00   |
| Meet        | Cycling  | 40K Road Race | M   | 75 - 79 | 2008 | Kjelleren | Don     | DE    | 1:08:00.00   |
| State       | Cycling  | 40K Road Race | M   | 75 - 79 | 2008 | Kjelleren | Don     | DE    | 1:08:00.00   |
| Meet        | Cycling  | 40K Road Race | M   | 80 - 84 | 2011 | Carter    | Robert  | MD    | 1:14:00.00   |
| State       | Cycling  | 40K Road Race | M   | 80 - 84 | 2005 | Russell   | Harry   | DE    | 1:25:17.00   |
| Meet        | Cycling  | 40K Road Race | M   | 85 - 89 |      |           |         |       |              |
| State       | Cycling  | 40K Road Race | M   | 85 - 89 |      |           |         |       |              |
| Meet        | Cycling  | 40K Road Race | M   | 90 - 94 |      |           |         |       |              |

## Delaware Senior Olympics Records after 2011 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](mailto:admin@delawareseniolorlympics.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 2011 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@delawareseNIorolympics.org](mailto:admin@delawareseNIorolympics.org)

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