



# CAPITAL CITY Senior Games RECORDS



## CYCLING

### WOMEN

#### 5k

AGE	NAME	RECORD
50-54	Tina Bahmer	8:00 2025
55-59	Christine Frier	7:47 2013
60-64	Christine Frier	8:15 2015
65-69	Mary Jane Tappen	9:03 2025
70-74	Cheryl Cherry	8:51 2019
75-79	Joanna Southerland	10:25 2025
80-84		
85-89		
90+		

### MEN

#### 5k

AGE	NAME	RECORD
50-54	Darien Angelier	6:57 2025
55-59	Randall Smith	6:58 2013
60-64	Tom Redpath	6:49 2025
65-69	William Newmyer	6:56 2025
70-74	Alan Wells	7:31 2013
75-79	Alan Wells	8:27 2015
80-84	Larry Kokesh	9:34 2016
85-89	David Watts	10:15 2023
90-94	Patrick Raleigh	17:22 2019

#### 10k

AGE	NAME	RECORD
50-54	Annie Bowman	16:13 2019
55-59	Kathy McDaris	16:02 2014
60-64	Christine Frier	16:44 2015
65-69	Mary Jane Tappen	18:17 2025
70-74	Cheryl Cherry	17:25 2019
75-79	Joanna Southerland	21:14 2025
80-84		
85-89		
90+		

#### 10k

AGE	NAME	RECORD
50-54	Darien Angelier	13:57 2025
55-59	Randall Smith	14:02 2013
60-64	Tom Redpath	14:15 2025
65-69	Randall Smith	15:37 2025
70-74	Tom Cherry	15:55 2019,21
75-79	Alan Wells	16:33 2019
80-84	Larry Kokesh	18:47 2016
85-89	David Watts	20:49 2024
90-94	George Knoblock	37:51 2018

#### 5k Recumbent

AGE	NAME	RECORD
50-54		
55-59		
60-64	Amy Griffin	14:03 2019
65-69		
70-74		
75-79		
80-84		
85-89		
90+		

#### 5k Recumbent

AGE	NAME	RECORD
50-54		
55-59		
60-64	Glenn Wilkinson	8:39 2021
65-69	Don Dietrich	13:27 2022
70-74	Michael Griffith	8:51 2025
75-79	Richard Rogers	15:36 2022
80-84		
85-89		
90+		

#### 10k Recumbent

AGE	NAME	RECORD
50-54		
55-59		
60-64	Amy Griffin	29:26 2019
65-69		
70-74		
75-79		
80-84		
85-89		
90+		

#### 10k Recumbent

AGE	NAME	RECORD
50-54		
55-59		
60-64	Glenn Wilkinson	17:35 2021
65-69	Don Dietrich	26:16 2022
70-74	Michael Griffith	17:29 2025
75-79	Richard Rogers	27:25 2022
80-84		
85-89		
90+		