



CAPITAL CITY Senior Games RECORDS



CYCLING

WOMEN

5k

AGE	NAME	RECORD
50-54	Annie Bowman	8:37 2019
55-59	Christine Frier	7:47 2013
60-64	Christine Frier	8:15 2015
65-69	Jeanne O'Kon	12:23 2017
70-74	Cheryl Cherry	8:51 2019
75-79		
80-84		
85-89		
90+		

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	Jeanne O'Kon	25:00 2017
70-74	Cheryl Cherry	17:25 2019
75-79		
80-84		
85-89		
90+		

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+		

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+		

MEN

5k

AGE	NAME	RECORD
50-54	Randall Smith	7:01 2012
55-59	Randall Smith	6:58 2013
60-64	Michael Radford	7:24 2017
65-69	Jim Conway	7:47 2012
70-74	Alan Wells	7:31 2013
75-79	Alan Wells	8:27 2015
80-84	Larry Kokesh	9:34 2016
85-89	Lowell Elbertson	11:27 2019
90-94	Patrick Raleigh	17:22 2019

10k

AGE	NAME	RECORD
50-54	Randall Smith	14:21 2012
55-59	Randall Smith	14:02 2013
60-64	Michael Radford	14:49 2017
65-69	Jim Conway	15:55 2012
70-74	Tom Cherry	15:55 2019
75-79	Alan Wells	17:06 2015
80-84	Larry Kokesh	18:47 2016
85-89	Lowell Elbertson	23:02 2019
90-94	George Knoblock	37:51 2018

5k Recumbent

AGE	NAME	RECORD
50-54		
55-59		
60-64	Dean Dugger	11:26 2018
65-69		
70-74		
75-79		
80-84		
85-89		
90+		

10k Recumbent

AGE	NAME	RECORD
50-54		
55-59		
60-64		
65-69		
70-74		
75-79		
80-84		
85-89		
90+		