

Age group	Mark	Men	Age	Hometown	Year	Mark	Women	Age	Hometown	Year
<b>MARK RICHARDS PENTATHLON RECORDS</b>										
<b>LONG JUMP</b>						<b>100/80 HURDLES</b>				
<=14	5.05m	Ricky Blake	14	Suffolk, VA	2006					
15-19	5.57m	Andrew Ridenour	18	Fairfax, VA	2014	<b>16.53</b>	<b>Sabrina Sokol</b>	<b>16</b>	<b>Ashburn, VA</b>	<b>2018</b>
20-24	6.24m	Carl Mielcarz	23	Baltimore, MD	2004					
25-29	6.39m	Adam Alderton	25	Springfield, VA	1999	15.76	Anene Wynn	28	Clinton, MD	2013
30-34	6.37m	Les Young	33	Chesapeake, VA	2003					
35-39	5.80m	Adam Alderton	35	Alexandria, VA	2009					
40-44	5.76m	Jason Lattimore	43	Morris Plains, NJ	2016	15.41	Christine Bell	44	Naperville, IL	2012
45-49	5.03m	Bob Doran	48	Dewitt, NY	2002	15.18	Kia Habisreiter	45	Arlington, VA	2012
50-54	4.79m	Dave Hughes	50	Hummelstown, PA	2010					
55-59	<b>4.97m</b>	<b>Steven Chilton</b>	<b>55</b>	<b>Longs, SC</b>	<b>2018</b>	18.31	Claudia Simpson	58	Baltimore, MD	2011
60-64	4.51m	Bart Angier	60	Frederick, MD	2016	18.17	Ashley Childs	62	Royal Oak, MD	2012
65-69	3.96m	Glen Allen	65	Baltimore, MD	2016	19.98	Barbara Warren	69	Charleston, WV	2016
70-74	3.59m	Randy Cockey	72	Baltimore, MD	2014					
75-79	3.11m	Sam Madia	76	W. Brownsville, PA	2000					
80-84	2.71m	Herman Blinchikoff	80	Pikesville, MD	2014					

Age group	Mark	Men	Age	Hometown	Year	Mark	Women	Age	Hometown	Year	
	<b>JAVELIN THROW</b>						<b>HIGH JUMP</b>				
<=14	29.93m	Ricky Blake	14	Suffolk, VA	2006						
15-19	47.02m	Stephen Michaelis	19	Oakton, VA	2012	1.52m	Meghan Jean-Baptiste	16	Fairfax, VA	2011	
20-24	46.83m	Carl Mielcarz	23	Baltimore, MD	2004						
25-29	50.30m	Adam Alderton	25	Springfield, VA	1999	1.57m	Anene Wynn	28	Clinton, MD	2013	
30-34	61.07m	Kevin Kanyan	34	Centreville, VA	2004						
35-39	51.02m	James Barr	37	Arlington, VA	2005						
40-44	45.97m	James Barr	44	Arlington, VA	2012	1.18m	Christine Bell	44	Naperville, IL	2012	
45-49	42.59m	James Barr	47	Arlington, VA	2015	1.18m	Kia Habisreitering	45	Arlington, VA	2012	
50-54	43.90m	Franklin Roberts	51	Raleigh, NC	2010						
55-59	42.16m	Franklin Roberts	56	Raleigh, NC	2015	1.30m	Delores Grandison	57	Townsend, DE	2010	
60-64	34.42m	Keith Mathis	62	Reisterstown, MD	2014	1.18m	Ashley Childs	62	Royal Oak, MD	2012	
65-69	34.86m	Frederick Cassaday	67	Pitman, NJ	2014	1.17m	Evelyn Wright	68	Annapolis, MD	2005	
70-74	33.18m	Robert Zukas	71	Saxonburg, PA	2015						
75-79	25.93m	Herman Blinchikoff	76	Pikesville, MD	2010						
80-84	24.53m	Herman Blinchikoff	80	Pikesville, MD	2014						

Age group	Mark	Men	Age	Hometown	Year	Mark	Women	Age	Hometown	Year
			<b>200 M</b>							
<=14	24.8h	Ricky Blake	14	Suffolk, VA	2006					
15-19	24.33	Andrew Ridenour	18	Fairfax, VA	2014	<b>8.33m</b>	<b>Sabrina Sokol</b>	<b>16</b>	<b>Ashburn, VA</b>	<b>2018</b>
20-24	24.37	Carl Mielcarz	23	Baltimore, MD	2004					
25-29	22.47	Bryan Drummond	26	Springfield, VA	2000	9.20m	Anene Wynn	28	Clinton, MD	2013
30-34	22.81	Adam Alderton	30	Springfield, VA	2004					
35-39	23.63	Adam Alderton	35	Alexandria, VA	2009					
40-44	24.21	Robert Harding	40	Forest, VA	2002	5.82m	Christine Bell	44	Naperville, IL	2012
45-49	<b>25.85</b>	<b>Jason Lattimore</b>	<b>45</b>	<b>Morris Plains, NJ</b>	<b>2018</b>	6.40m	Kia Habisreitinger	45	Arlington, VA	2012
50-54	25.7h	Anthony Markley	52	Lovettsville, VA	2006					
55-59	<b>27.84</b>	<b>Steven Chilton</b>	<b>55</b>	<b>Longs, SC</b>	<b>2018</b>	8.90m	Ashley Childs	59	Royal Oak, MD	2009
60-64	28.92	Bart Angier	60	Frederick, MD	2016	6.71m	Donna Zukas	60	Apollo, PA	2015
65-69	<b>29.15</b>	<b>Glen Allen</b>	<b>67</b>	<b>Baltimore, MD</b>	<b>2018</b>	7.23m	Evelyn Wright	68	Annapolis, MD	2005
70-74	33.50	William Rhoad	71	Montgomery Village, MD	2012					
75-79	33.3h	Sam Madia	76	W. Brownsville, PA	2000					
80-84	39.9h	Sam Madia	82	W. Brownsville, PA	2006					

Age group	Mark	Men	Age	Hometown	Year	Mark	Women	Age	Hometown	Year	
		<b>DISCUS THROW</b>						<b>LONG JUMP</b>			
<=14	23.81m	Ricky Blake	14	Suffolk, VA	2006						
15-19	31.18m	Stephen Michaelis	19	Oakton, VA	2012	5.12m	Meghan Jean-Baptiste	16	Fairfax, VA	2011	
20-24											
25-29	40.49m	Bob Koski	28	Los Alamos, NM	2002	4.82m	Anene Wynn	28	Clinton, MD	2013	
30-34	40.77m	Les Young	32	Chesapeake, VA	2002						
35-39	36.91m	James Barr	37	Arlington, VA	2005						
40-44	44.87m	Jason Lattimore	42	Morris Plains, NJ	2016	3.55m	Christine Bell	44	Naperville, IL	2012	
45-49	<b>44.03m</b>	<b>Jason Lattimore</b>	<b>45</b>	<b>Morris Plains, NJ</b>	<b>2018</b>	4.13m	Kia Habisreitinger	45	Arlington, VA	2012	
50-54	36.48m	Franklin Roberts	53	Raleigh, NC	2012						
55-59	37.93m	Franklin Roberts	56	Raleigh, NC	2015	3.59m	Delores Grandison	57	Townsend, DE	2010	
60-64	37.69m	Bart Angier	60	Frederick, MD	2016	3.20m	Ashley Childs	62	Royal Oak, MD	2012	
65-69	32.06m	Rod Amonett	65	Alexandria, VA	2012	3.48m	Evelyn Wright	68	Annapolis, MD	2005	
70-74	27.95m	Randy Cockey	72	Baltimore, MD	2014						
75-79	21.75m	Sam Madia	76	W. Brownsville, PA	2000						
80-84	20.14m	Herman Blinchikoff	80	Pikesville, MD	2014						

Age group	Mark	Men	Age	Hometown	Year	Mark	Women	Age	Hometown	Year	
		<b>1500 M</b>						<b>800 M</b>			
<=14	5:22.50	Ricky Blake	14	Suffolk, VA	2006						
15-19	5:18.79	Adam Markley	15	Lovettsville, VA	2000	<b>2:42.41</b>	<b>Sabrina Sokol</b>	<b>16</b>	<b>Ashburn, VA</b>	<b>2018</b>	
20-24											
25-29	4:55.13	Adam Alderton	26	Springfield, VA	2000	3:32.07	Anene Wynn	28	Clinton, MD	2013	
30-34	4:50.00	John McKenzie	34	Silver Spring, MD	1999						
35-39	4:44.42	John McKenzie	35	Silver Spring, MD	2000						
40-44	4:50.36	Stephen Dye	43	Charlottesville, VA	2000	2:49.71	Christine Bell	44	Naperville, IL	2012	
45-49	<b>5:12.14</b>	<b>Jason Lattimore</b>	<b>45</b>	<b>Morris Plains, NJ</b>	<b>2018</b>	4:06.18	Kia Habisreitinger	45	Arlington, VA	2012	
50-54	5:08.00	Eric Gyaki	51	Crofton, MD	2000						
55-59	<b>4:56.14</b>	<b>Steven Chilton</b>	<b>55</b>	<b>Longs, SC</b>	<b>2018</b>	3:43.14	Delores Grandison	57	Townsend, DE	2010	
60-64	5:50.57	Joel Liles	64	Garner, NC	2009	3:32.40	Ashley Childs	62	Royal Oak, MD	2012	
65-69	<b>6:17.24</b>	<b>Glen Allen</b>	<b>67</b>	<b>Baltimore, MD</b>	<b>2018</b>	4:49.92	Evelyn Wright	68	Annapolis, MD	2005	
70-74	7:26.20	Herman Blinchikoff	70	Pikesville, MD	2004						
75-79	7:12.84	Sam Madia	76	W. Brownsville, PA	2000						
80-84	9:41.54	Herman Blinchikoff	80	Pikesville, MD	2014						

