

**Club Records** (Must have been set running for VCTC)

**Challenges Welcome**

Ladies	Men	Ladies	30-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	Men	30-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
<b>Age Graded %</b> Beth Clark 84.06% 13-Oct-15 Staten Island Half	<b>Age Graded %</b> Kevin Shelton-Smith 89.28% 13-Sep-14 5th Ave Mile																					
<b>Empire State Building Run-Up</b> Anna Carlson 15:26 6-Feb-13	Mike Arnslein 13:00 1-Feb-11	Anna Carlson 15:26 6-Feb-13											Mike Arnslein 13:00 1-Feb-11		Dave Simko 13:44 6-Feb-13	Kevin Shelton-Smith 13:44 1-Feb-11						
<b>800m</b> Anna Carlson 2:29.15 8-Jul-14 kaahn Stadium	Dave King 2:29.15 8-Jul-14 kaahn Stadium	Anna Carlson 2:29.15 8-Jul-14 kaahn Stadium	Yari Fernandez-Balderon 3:20.1 10-Feb-11 NYC Armory										Mike Lee 2:18.8 22-Jun-10 Randall's Is	Dave King 2:06 Randall's Island	Lou Csak 2:32 kaahn Stadium	Perry King 2:33.9 NYC Armory	Ken Rolston 2:56.7 Empire State Games	Ken Rolston 2:56.7 Empire State Games	Ken Rolston 2:56.7 Empire State Games	Tony Gonzalez 3:34 VCTC Pentathlon		
<b>1500m</b> Anna Carlson 4:49 10-Jun-14 NYRR at kaahn	Mike Lee 4:49 8-Jun-10 NYC Armory	Anna Carlson 4:49 10-Jun-14 NYRR at kaahn											Mike Lee 4:47.2 8-Jun-10 NYC Armory		James Moloney 6:00.0 NYC Armory					Ken Rolston 6:05 kaahn Stadium		
<b>1 Mile</b> Anna Carlson 5:10 13-Sep-14 5th Ave Mile	Paul Willis 4:25 2-Oct-93 5th Ave Mile	Anna Carlson 5:10 13-Sep-14 5th Ave Mile	Arne Tiger-Days 6:01 13-Sep-14 5th Ave Mile	Arne Tiger-Days 6:01 13-Sep-14 5th Ave Mile	Andie Davis 6:12 3-Sep-11 Main St. Farming	Stephany Evans 6:49 13-Sep-14 5th Ave Mile	Susan Adiletta 7 3-Sep-16 5th Ave Mile	Edith Jones 7.43 24-Sep-05 5th Ave Mile	Susan Epstein 7.43 22-Sep-13 5th Ave Mile				Bobby Asher 4:37 13-Sep-14 5th Ave Mile	Marcos Duarte 4:37 5th Ave Mile	Lou Csak 5:03 VC Friday Night Mile	Kevin Shelton-Smith 4:50 5th Ave Mile	Kevin Shelton-Smith 5:05 5th Ave Mile	Beri Veraz 6:49 5th Ave Mile	Dave King 6:49 5th Ave Mile	Arnie Gore 7:22 5th Ave Mile	Glen Shane 7:22 5th Ave Mile	
<b>3k</b> Gabrielle Popoff 14:49 6-Oct-07 Norway Run	Bill Gaston 9:35 Feb-92 Princeton												Bill Gaston 9:35 Feb-92 Princeton	Dave King 9:45 Feb-90 Manhattan College			Kevin Shelton-Smith 9:47.9 NYC Armory					
<b>2M</b> Michele Galvin 11:56 8-Apr-95 Trevira Twosome	Kevin Shelton-Smith 13:34 29-Jun-14 NYC Armory - FR	Julienne Bell-Smith 13:34 29-Jun-14 VCTC Pentathlon						Jill Staats 15:31														
<b>3M</b> Linda Filar 20:25 11-Jun-10 Cook Your Buns	Dave King 16:06	Elena Mskovskaya 20:46 30-May-13 Wall St Run	Linda Filar 20:25 11-Jun-10 Cook Your Buns					Bette Clark 22.14 Jun-07 Cook Your Buns	Jill Staats 22.38 Jun-08 Cook Your Buns				Peter Coy 16:28 1-Jun-09 Westley Track Club	Lou Csak 16:50 Jun-07 Cook Your Buns	Kevin Shelton-Smith 16:50 Jun-07 Cook Your Buns	Kevin Shelton-Smith 16:10 13-Jun-08 Cook Your Buns	Dave King 18:19 13-Jun-08 Cook Your Buns	Bill Smith 19:33 13-Jun-08 Cook Your Buns	Arnie Gore 22:55 13-Jun-08 Cook Your Buns			
<b>5k</b> Anna Carlson 18:14 29-Mar-14 Red Hook Criterion	Herbie Medina 15:13	Laura Rodriguez 18:23 2-Jun-12 LiMacArthur Airport	Kathy Gribbon 20:46 11-Jun-10 Super Bowl Sunday	Arne Tiger-Days 22:02 3-Mar-14 Coagans/Wash H	Andie Davis 22:51 4-Jun-11 Freihofers Women	Bette Clark 27.19 1-Jun-09 Woodman Run	Bette Clark 23.18 1-Jun-09 Washington Hts	Edith Jones 30.05 22-Feb-05 Olympic Bid	Edith Jones 34.46 27-Jun-10 Conry's Cosmo	Edith Jones 34.46 27-Jun-10 Dash to Finish			Bobby Asher 15:43 6-Aug-87 R-U-N Sk	Ramon Ruiz 16:33 11-Jun-10 NYRR Dash	Ramon Ruiz 17:00 15-Aug-87 Reserver Run	Kevin Shelton-Smith 17:04 18-Sep-11 Woodman for Cause	Kevin Shelton-Smith 18:19 7-Jul-91 Douz Anderson, UK	Dave King 19:27 17-Sep-11 Woodman	Dave King 21:33 11-Apr-10 Woodman Run for a C. Prefontaine	Jack Finger 28:40 7-Jul-91 Washington Hts	Glen Shane 28:40 1-May-15 Washington Hts	
<b>Ladies</b>	<b>Men</b>	<b>Ladies</b>	<b>30-39</b>	<b>40-44</b>	<b>45-49</b>	<b>50-54</b>	<b>55-59</b>	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>	<b>75-79</b>	<b>Men</b>	<b>30-39</b>	<b>40-44</b>	<b>45-49</b>	<b>50-54</b>	<b>55-59</b>	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>	<b>75-79</b>	<b>80-84</b>
<b>5k VCTC Summer Series</b> Anna Carlson 19:39 22-May-13	Bobby Asher 16:11 15-Aug-13	Anna Carlson 19:39 22-May-13	Trish Novelli 24:48 26-May-11	Trish Novelli 25:12 23-Jun-16	Bette Clark 25:12 13-Aug-09	Jill Staats 24:48 13-Aug-09	Bette Clark 26:02 11-Aug-16	Susan Epstein 38:24 21-May-09	Susan Epstein 37:03 15-Aug-13				Bobby Asher 18:52 19-Aug-15	Chris Eckstrom 18:40 21-Jan-07	Kevin Shelton-Smith 18:24 19-Jul-07	Kevin Shelton-Smith 18:23 19-Aug-10	Kevin Shelton-Smith 19:51 9-Jun-16	Beri Veraz 22:08 21-May-15	Tony Gonzalez 24:03 15-Aug-13	Tony Gonzalez 26:58 4-Aug-16		
<b>4M</b> Kathy Gribbon 24:43 18-Jun-95 Family Fun Run	Herbie Medina 24:43 21-Aug-83 Autism Speaks	Anna Carlson 24:18 7-Sep-13 Autism Speaks	Kathy Gribbon 24:43 18-Jun-95 Family Fun Run	Arne Tiger-Days 29:15 6-Sep-14 Autism Speaks	Bette Clark 30:04 12-Sep-09 Fitness, MBSG	Bette Clark 29:54 14-Jul-12 Run for C.Park	Bette Clark 22.05 22-Nov-15 Race to Deliber	Edith Jones 34.16 9-Apr-06 Tom Labrecque	Edith Jones 39.05 11-Apr-10 Run As One	Edith Jones 42.40 26-Apr-15 Run As One			Mike Arnslein 5-Feb-12 Grid Iron 4	Marcos Duarte 22:05 1-Feb-15 Grid Iron 4	Kevin Shelton-Smith 22:34 15-Dec-07 Holiday 4	Kevin Shelton-Smith 22:34 16-Jul-11 Run for Central Park	Kevin Shelton-Smith 24:12 5-Jun-16 Retro 4	Mike Hudick 26:27 3-Dec-05 Holiday 4	Arnie Gore 30:10 13-Apr-08 Les & Gay Pride	Ramon Ruiz 33:34 11-Apr-10 Run As One	Glen Shane 36:32 23-Nov-14 Race to Deliver	
<b>5M</b> Diane Weisman 30:10	Paul Willis 30:43	Anna Carlson 30:43 28-Jun-14 Pride Run	Kathy Gribbon 31:15 23-Jul-95 Team Champs	Arne Tiger-Days 35:54 2-Aug-14 Team Champs	Andie Davis 38:43 4-Aug-12 Team Champs	Bette Clark 38:19 28-Jun-14 Pride Run	Bette Clark 38.24 30-Jul-16 Team Champs	Edith Jones 49.24 8-Jan-06 NYRR Dash	Edith Jones 58.05 25-Oct-09 Poland Spring	Edith Jones 58.05 27-Jun-15 Pride Run			Mike Arnslein 4-Dec-11 Run for Voices	Ramon Ruiz 27:19 4-Jan-07 MRT Season Opener	Kevin Shelton-Smith 27:52 11-Sep-11 Tuckasee Challenge	Kevin Shelton-Smith 28:28 20-May-16 Blissworth 5	Mike Hudick 30:32 30-Oct-05 Poland Spring	Arnie Gore 38:23 24-Jun-16 Les & Gay Pride	Tony Gonzalez 41:33 30-Jul-16 Team Champs	Arnie Gore 46:54 25-Jun-16 Pride Run	Fernando Ruiz 1:03:43 3-Aug-13 Team Champs	
<b>10k</b> Laura Rodriguez 37:53 4-Apr-15 Scotland Run	Herbie Medina 37:53 25-Jun-83 Shelley Island	Laura Rodriguez 37:53 4-Apr-15 Scotland Run	Kathy Gribbon 39:15 19-Mar-95 Rites of Spring	Arne Tiger-Days 44:48 14-Jun-14 Oakley Mill 10k	Debbie Heelan 45:54 5-Apr-14 Scotland Run	Debbie Heelan 46:11 4-Apr-15 Scotland Run	Jill Staats 50:38 6-Apr-13 Scotland Run	Edith Jones 1:02.41 12-Dec-04 Joe Kleineman	Edith Jones 1:02.35 6-Dec-09 Joe Kleineman	Edith Jones 1:07.35 10-Jan-15 Joe Kleineman			Mike Arnslein 13-Jun-09 NYRR Dash	Ramon Ruiz 34:19 19-Jan-87 North Wind	Ramon Ruiz 35:20 10-Apr-11 Scotland Run	Kevin Shelton-Smith 35:20 6-Apr-15 Stamick 10k	Kevin Shelton-Smith 43:22 3-Apr-99 Rabbit Run	Oss Matthews 48:22 17-May-08 Healthy Kidney	Arnie Gore 59:52 17-May-08 Healthy Kidney	Arnie Gore 1:04:11 10-Apr-11 Scotland Run	Arnie Gore 1:04:11 9-Jan-16 Joe Kleineman	
<b>15k</b> Laura Rodriguez 1:01:23 11-Dec-11 Ted Corbett	Mike Arnslein 1:01:23 28-Mar-10 Colin Cancer 15k	Laura Rodriguez 1:01:23 11-Dec-11 Ted Corbett	Margaret Nolan 1:19:28 13-Feb-05 Al Gordon	Arne Tiger-Days 1:11:18 14-Dec-13 Ted Corbett	Bette Clark 1:15:35 9-Mar-08 Colin Cancer	Bette Clark 1:15:10 14-Dec-13 Ted Corbett	Bette Clark 1:12.30 12-Dec-15 Ted Corbett	Edith Jones 1:30.50 13-Feb-05 Al Gordon	Edith Jones 1:21.27 6-Dec-09 Joe Kleineman	Edith Jones 1:22.35 13-Feb-05 Al Gordon			Mike Arnslein 54:09 11-Dec-11	Peter Coy 57:18 28-Nov-99	Kevin Shelton-Smith 57:22 13-Dec-09	Kevin Shelton-Smith 1:00:47 12-Feb-12	Mike Hudick 1:06:03 25-Nov-01	Fernando Ruiz 1:17:29 27-Nov-94	Tony Gonzalez 1:17:22 11-Dec-11	Arnie Gore 1:36:40 23-Nov-14	Jack Finger 1:28:00 29-Nov-92	
<b>10M</b> Anna Carlson 1:02:19 3-May-15 Broad St PA	Paul Willis 1:05:56 27-Sep-15 Bronx 10	Laura Rodriguez 1:02:19 15-Jan-95 Broad St PA	Kathy Gribbon 1:23:46 15-Jan-95 Frostbite 10	Kate Donovan 1:23:46 11-May-08 JL Marthens Day	Andie Davis 1:37:02 9-Sep-15 Nyack 10	Bette Clark 1:20:15 27-Sep-15 Bronx 10	Bette Clark 1:21.08 11-Sep-16 S. Nyack 10	Edith Jones 1:30.50 22-Jan-06 Frostbite 10	Susan Epstein 2:12.27 27-Sep-15 Bronx 10	Susan Epstein 2:36.44 6-Oct-13 Grete's Gallop			Bobby Asher 53:50 Bronx 10	Marcos Duarte 57:18 Bronx 10	Ramon Ruiz 58:10 25-Apr-87 Trevira Twosome 10	Kevin Shelton-Smith 59:34 29-Sep-13 Bronx 10	Kevin Shelton-Smith 1:02:34 27-Sep-15 Bronx 10	Oss Matthews 1:14:01 5-Dec-98 Hot Chocolate 10	Marlo Mondo 1:37:17 27-Sep-15 Bronx 10	Arnie Gore 1:37:17 27-Sep-15 Bronx 10		
<b>Half Marathon</b> Anna Carlson 1:22:08 17-May-14 Brooklyn Half	Mike Arnslein 1:26:11 21-Mar-10 NYC Half	Anna Carlson 1:22:08 17-May-14 Brooklyn Half	Kathy Gribbon 1:26:11 late 94 or 95 Philly Half	Arne Tiger-Days 1:38:59 17-May-14 Brooklyn Half	Debbie Heelan 1:37:02 16-May-15 NYC Half	Debbie Heelan 1:38:48 16-May-15 Brooklyn Half	Bette Clark 1:41:13 11-Oct-15 Staten Island	Edith Jones 2:00.50 15-Oct-06 Staten Island	Susan Epstein 2:36.44 6-Oct-13 Grete's Gallop				Mike Arnslein 1:10:56 21-Mar-10 NYC Half	Ramon Ruiz 1:13:16 11-Oct-87 Staten Island	Ramon Ruiz 1:17:32 11-Oct-87 Staten Island	Kevin Shelton-Smith 1:16:47 21-May-11 Brooklyn Half	Kevin Shelton-Smith 1:21:34 16-May-15 Brooklyn Half	Mike Hudick 1:28:25 2-Oct-05 Grete's Gallop	Tony Gonzalez 1:45:39 21-May-14 Brooklyn Half	Arnie Gore 1:58:14 21-Jan-07 Manhattan Half	Fernando Ruiz 2:26:47 21-Jan-07 Manhattan Half	
<b>25k</b> Kathy Gribbon 1:46:46	Juan Cail 1:32:09	Audrey Schwabe 2:03:20	Kathy Gribbon 1:46:46										Ivan Mills 1:35:52	Dennis Burns 1:43:15	Kevin Shelton-Smith 1:36:56	Ramon Minaya 1:45:43						

17-Dec-95 Holiday 25k	29-Sep-91 Marathon Tune-Up	7-Oct-90 Mar/n Tune-up	17-Dec-95 Holiday 25k								10-Oct-93 Marathon Tune-Up	8-Oct-89 Marathon Tune-Up	28-Feb-10 CT Boston Build-Up	29-Sep-91 Marathon Tune-Up							
<b>Ladies</b>	<b>Men</b>	<b>Ladies</b>	<b>40-44</b>	<b>45-49</b>	<b>50-54</b>	<b>55-59</b>	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>	<b>75-79</b>	<b>Men</b>	<b>30-39</b>	<b>40-44</b>	<b>45-49</b>	<b>50-54</b>	<b>55-59</b>	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>	<b>75-79</b>	
<b>30k</b> Laura Rodriguez 2,120.3 24-Mar-13 Wurtsboro Mtn	<b>Bobby Asher</b> 1,50.46 29-Mar-14 Wurtsboro Mtn	Laura Rodriguez 2,120.3 24-Mar-13 Wurtsboro Mtn	Elsa Gonzalez 2,27.09 20-Dec-92 MAC Champs	Marjaret Nolan 4.08.19 2-Mar-08 Wurtsboro Mtn	Bette Clark 2,49.13 2-Mar-08 Wurtsboro Mtn	Bette Clark 2,42.56 26-Mar-11 Wurtsboro Mtn					Larry Levit 2,08.41 18-Dec-88 MAC Champs	Hiroshi Kitada 2,50.01 28-Mar-09 Wurtsboro Mtn	Kevin Shelton-Smith 1,59.02 2-Mar-09 Wurtsboro Mtn	Kevin Shelton-Smith 2,00.35 29-Mar-14 Wurtsboro Mtn	Beri Veraz 2,28.06 29-Mar-14 Wurtsboro Mtn						
<b>20M</b> Kathy Gribbon 2,18.57 26-Mar-95 Power Bar 20	<b>20M</b> Kevin Shelton-Smith 2,04.53 28-Mar-10 Oakley 20	Kathy Gribbon 2,21.40 28-Mar-93 Power Bar 20	Kathy Gribbon 2,18.57 26-Mar-95 Power Bar 20								John Kowalski 2,36.29 9-Feb-98 Presidential 20	Peter Coy 2,08.10 21-Mar-99 Power Bar 20	Kevin Shelton-Smith 2,11.27 5-Apr-09 Oakley 20	Kevin Shelton-Smith 2,04.53 28-Mar-10 Oakley 20	Kevin Shelton-Smith 2,14.27 30-Mar-15 Oakley 20	Fernando Ruiz 3,08.14 28-Mar-93 Mike Hancock 20					
<b>Marathon</b> Laura Rodriguez 2,55.30 20-Apr-15 Boston	<b>Marathon</b> Mike Amstein 2,28.12 6-Nov-11 NYC	Laura Rodriguez 2,56.30 20-Apr-15 Boston	Kathy Gribbon 3,10.51 17-Apr-95 Boston	Penelope Sheely 4.08.19 2-Nov-14 NYC	Andie Davis 3,37.54 7-Oct-12 Steamtown	Debbie Heelan 3,36.20 2-Nov-14 NYC	Bette Clark 3,43.45 1-Nov-15 NYC	Susan Epstein 5,35.17 6-Nov-11 NYC			Mike Amstein 2,28.12 6-Nov-11 NYC	Marcos Duarte 2,40.25 20-Apr-15 Boston	Kevin Shelton-Smith 2,47.52 1-Nov-07 NYC	Kevin Shelton-Smith 2,44.33 21-Apr-14 Boston	Kevin Shelton-Smith 2,50.50 24-Apr-16 London	Beri Veraz 3,33.30 18-Apr-16 Boston	Marilo Mondo 4,00.23 4-Oct-15 Wireglass	Glen Shane 5,03.55 6-Nov-11 NYC			
<b>50k</b> Elena Makovskaya 4,00.37 1-Mar-15 Caumsett USATF Champs	<b>50k</b> Mike Amstein 3,30.52 24-Apr-10 Sylvil Ludington	Olya Varlamova 4,47.39 15-Feb-03 Kurt Steiner	Alix Cotumaccio 5,32.50 23-Apr-16 Sylvil Ludington	Roxanne Vargas 5,19.28 24-Apr-14 Sylvil Ludington	Stephanu Evans 5,12.08 23-Apr-16 Sylvil Ludington						Mike Amstein 3,30.52 24-Apr-10 Sylvil Ludington	Hiroshi Kitada 7,29.04 8-May-10 North Face, Bear Mtn	Kevin Shelton-Smith 4,10.48 14-Mar-09 Caumsett USATF Champs	Kevin Shelton-Smith 3,38.36 16-Apr-11 Sylvil Ludington	Sakstone Carretta 5,04.16 20-Apr-13 Sylvil Ludington	Beri Veraz 5,10.45 23-Apr-16 Sylvil Ludington					
<b>60k</b> Stephanu Evans 5,58.51 15-Nov-14 Knickerbocker 60k	<b>60k</b> Kevin Shelton-Smith 4,24.30 17-Nov-07 Knickerbocker 60k	Julienne Bell-Smith 6,11.21 16-Nov-13 Knickerbocker 60k	Dorene Roberts 7,39.27 15-Nov-15 NYRR 60k	Stephanu Evans 5,58.51 15-Nov-14 Knickerbocker 60k							Mike Amstein 4,32.07 15-Nov-08 Knickerbocker 60k	Hiroshi Kitada 7,29.04 8-May-10 North Face, Bear Mtn	Kevin Shelton-Smith 4,24.30 17-Nov-07 Knickerbocker 60k	Danny Hennessey 5,15.43 15-Nov-15 Knickerbocker 60k	Sakstone Carretta 6,04.19 17-Nov-12 NYRR 60k	Ed James 7,22.18 17-Nov-07 Knickerbocker 60k	Marilo Mondo 7,07.44 15-Nov-15 NYRR 60k				
<b>6 Hours</b> Stephanu Evans 32,828 Miles 25-Jul-15 Paajama Romp	<b>6 Hours</b> Matt McKenna 44,21, 6,00 hrs 23-Jul-16 Paajama Romp				Stephanu Evans 32,828 Miles 25-Jul-15 Paajama Romp						Maat McKenna 44,21, 6,00 hrs 23-Jul-15 Paajama Romp		Hiroshi Kitada 28,129 Miles 25-Jul-15 Paajama Romp	Kevin Shelton-Smith 42,2 Miles, 5h 42m,32s 20-Jun-15 The Great Run, Maine	Larry Levit 21,155 Miles 25-Jul-15 Paajama Romp	Mich Strong 22,317 Miles 25-Jul-15 Paajama Romp					
<b>50M</b> Elena Makovskaya 7,28.44 18-May-14 Dirty German	<b>50M</b> Mike Amstein 5,50.58 21-Nov-09 JFK50	Elena Makovskaya 7,28.44 18-May-14 Dirty German	Alix Cotumaccio 9,46.48 21 Nov 15 JFK50		Stephanu Evans 9,11.28 2-May-15 Rock the Ridge						Mike Amstein 5,50.58 21-Nov-09 JFK50		Kevin Shelton-Smith 7,06.26 Nov-04 JFK 50	Kevin Shelton-Smith 7,26.23 23-Nov-13 JFK 50	Beri Veraz 13,11.33 6-Jul-14 Finzer Lakes 50	Beri Veraz 13,01.30 30-Apr-16 N. Face Bear Mtn					
<b>100k</b> Stephanu Evans 12,52.22 20-Jun-15 TGNV 100	<b>100k</b> Mike Amstein 7,27.47 10-Apr-10 Mad City 100k				Stephanu Evans 12,52.22 20-Jun-15 TGNV 100						Mike Amstein 7,27.47 10-Apr-10 Mad City 100k										
<b>12 Hours</b>	<b>12 Hours</b> Mike Amstein 61.11 miles 30-Jul-10 24 hrs Around the Lake										Mike Amstein 61.11 miles 30-Jul-10 24 hrs Around the Lake										
<b>100M Track/Road</b> Elena Makovskaya 17,33.27 15-Feb-14 Jackpot 100	<b>100M Track/Road</b> Mike Amstein 13,46.18 18-Dec-11 Winter Solstice, Phoenix	Elena Makovskaya 17,33.27 15-Feb-14 Jackpot 100									Mike Amstein 15,26.20 16-Jul-11 Vermont 100	Tony Porter 15,58.15 14-Feb-15 Winter Solstice, Phoenix									
<b>100M Trail</b> Olya Vormalova 19,50.50	<b>100M Trail</b> Mike Amstein 15,26.20 16-Jul-11 Vermont 100	Elena Makovskaya 23,18.29 17-Jul-15 Vermont 100									Mike Amstein 15,26.20 16-Jul-11 Vermont 100	Tony Porter 15,24.58 30-Mar-15 Umstead 100	Kevin Shelton-Smith 20,30.26 25-Jul-07 Vermont 100	Kevin Shelton-Smith 19,53.34 19-Jul-15 Vermont 100							
<b>24 Hours</b> Elena Makovskaya 121 Miles 3 Days at the Fair 14-May-14	<b>24 Hours</b> Mike Amstein 100.78 Miles Across the Years 1-Jan-13	Elena Makovskaya 121 Miles 3 Days at the Fair 14-May-14																			
<b>Super Ultra</b>	<b>Super Ultra</b> Mike Amstein 153 Miles 33,22.33 29-Sep-12 Spartathlon, Greece												Kevin Shelton-Smith 145 Miles 43,48.00 23-23 May 2009 Grand Union Canal, UK	Kevin Shelton-Smith 153 Miles 34,54.02 29-Sep-12 Spartathlon, Greece							