

State Records

NEW RECORDS SET IN 2023

ARCHERY					CYCLING						
Compound Finger					5K Time Trial						
F	50	761	BLAKEY-TAYLOR, LYNN	NORTH BRANCH, MI	2009	F	50	07:15.5	SANNER, KIM	MACOMB, MI	2020
F	55	696	WISSER, SHERRI	BRIGHTON, MI	2004	F	55	7:16.1	SANNER, KIM	MACOMB, MI	2023
F	60	650	WISSER, SHERRI	BRIGHTON, MI	2006	F	60	7:57.3	CRANSON, JOANN	LAKE ODESSA, MI	2020
F	65	696	WISSER, SHERRI	BRIGHTON, MI	2010	F	65	8:28.5	SCHULER, VICTORIA	ROCHESTER HILLS, MI	2023
M	50	695	KERSJES, ROBERT	CORUNNA, MI	2000	F	70	09:06.9	MCGONIGAL WATTS, LOUISE	ELMVALE, ON	2016
M	55	796	TAYLOR, DENNIS	NORTH BRANCH, MI	2003	F	75	08:42.2	WATTS, LOUISE	ELMVALE, ON	2019
M	60	790	TAYLOR, DENNIS	NORTH BRANCH, MI	2008	F	80	11:56.76	BRENNAN, JANICE	FARMINGTON HILLS, MI	2008
M	65	755	HAMANN, KENNETH	COMMERCE TWP, MI	2015	M	50	6:51.2	WIMBERG, PETER	CINCINNATI, OH	2016
M	70	758	KELLY, THOMAS	FRANKENMUTH, MI	2007	M	55	6:43.1	WIMBERG, PETER	CINCINNATI, OH	2019
M	75	763	KELLY, THOMAS	FRANKENMUTH, MI	2011	M	60	6:43.3	WIMBERG, PETER	CINCINNATI, OH	2022
M	80	673	KELLY, THOMAS	FRANKENMUTH, MI	2017	M	65	6:45.3	GILBOE, WILLIAM	OAKLAND, MI	2021
M	90	604	HOBACK, SILAS	DEARBORN, MI	2000	M	70	7:06.0	MCLELLAN, DOUGLAS	WATERFORD, MI	2019
Compound Release					BOWLING Singles						
F	50	881	SWIRLES-DUNCAN, SANDIE	ROMULUS, MI	2013	F	50	655	LAMBERT CONANT, LESIA	ALLEN PARK, MI	2022
F	55	867	HARDESTY(SWIRLES), SANDIE	ROMULUS, MI	2015	F	55	575	THORNTON, RUTH	KALAMAZOO, MI	1996
F	60	860	HARDESTY, SANDIE	ROMULUS, MI	2022	F	60	640	MOHACSI, MARY	LIVONIA, MI	1996
F	65	798	THOMAS, DOLORIES	ATLANTA, MI	1996	F	65	593	VIEIRA, MARIE	CLARKSTON, MI	2002
F	75	238	WEYHING, JUNE B	WATERFORD, MI	2007	F	70	624	HYVONEN, SUE	ST. CLAIR SHRS, MI	2021
M	50	882	HIGGS, JEFFREY	HOWELL, MI	2013	F	75	521	OGG, ANNABELLE	WATERFORD, MI	1996
M	55	884	CAMPBELL, GLENN	LINCOLN PARK, MI	2003	F	80	505	HIGGINBOTHAM, LUPHILIA	LANSING, MI	1999
M	60	881	NAISTETLER, KURT	LOGAN, OH	2020	F	85	423	RUSSELL, MARGARET	WALLED LAKE, MI	2010
M	65	883	DEPOVER, PAUL	IONA, MI	2016	F	90	391	CROUCH, PAT	HOWELL, MI	1999
M	70	872	BISHOP, CHARLES	CONSTANTINE, MI	2015	M	50	715	EATMON, DAVID	FERNDALE, MI	2008
M	75	849	MIANO, JOSEPH	WEST BRANCH, MI	2014	M	55	708	REBANT, JAMES	MIDLAND, MI	2001
M	80	835	MIANO, JOSEPH	WEST BRANCH, MI	2020	M	60	733	HOROWITZ, PHILIP	WEST BLOOMFIELD, MI	2002
M	90	589	HOBACK, SILAS	DEARBORN, MI	2003	M	65	773	PARSCHEIN, RICK	STRONGSVILLE, OH	2019
Recurve					5K Time Trial Recumbent Division						
F	50	555	GALEA, LORETTA	WARREN, MI	2021	M	50	06:48.1	LLOYD, ROB	WHITMORE LAKE, MI	2022
F	55	740	GINEBAUGH, ELIZABETH	GRAND RAPIDS, MI	2019	10K Time Trial					
F	60	700	HAASETH, BONNIE	ROYAL OAK, MI	2018	F	50	14:18.2	SANNER, KIM	MACOMB, MI	2020
F	65	765	OLDS, ANGIE	MELBOURNE, FL	2019	F	55	15:05.5	SANNER, KIM	MACOMB, MI	2023
F	70	641	SCHETTNER-JEHL, BARBARA	ESCONDIDO, CA	2021	F	60	16:06.7	CRANSON, JOANN	LAKE ODESSA, MI	2020
M	50	838	BOOTH, THOMAS	BRIGHTON, MI	2005	F	65	17:05.3	BOUDREAU, NANCY	ANN ARBOR, MI	2020
M	55	824	MEYERS, GLENN	FREMONT, MI	2016	F	70	17:56.7	MCGONIGAL WATTS, LOUISE	ELMVALE, ON	2016
M	55	824	BOOTH, THOMAS	BRIGHTON, MI	2010	F	75	18:19.6	WATTS, LOUISE	ELMVALE, ON	2019
M	60	833	BOOTH, THOMAS	BRIGHTON, MI	2014	F	80	23:38.3	SANDERSON, JANET	QUINCY, MI	2015
M	65	819	ROBINSON, STEVE	BUCYRUS, MI	2006	M	50	14:12.43	GILBOE, WILLIAM	OAKLAND, MI	2007
M	70	790	BOOTH, THOMAS	BRIGHTON, MI	2021	M	55	13:36.2	WIMBERG, PETER	CINCINNATI, OH	2021
M	75	720	RIDER, ROY	JACKSON, MI	2010	M	60	13:17.0	GILBOE, WILLIAM	OAKLAND, MI	2015
M	80	757	RIDER, ROY	JACKSON, MI	2014	M	65	13:47.9	GILBOE, WILLIAM	OAKLAND, MI	2022
M	85	525	RIDER, ROY	JACKSON, MI	2020	M	70	14:14.4	MCLELLAN, DOUGLAS	WATERFORD, MI	2019
Barebow Recurve					10 K Time Trial Recumbent Division						
F	50	502	YOUNG, MARLA	OXFORD, MI	2021	M	50	14:38.1	LLOYD, ROB	WHITMORE LAKE, MI	2022
F	55	529	REAUME, ALICE	DETROIT, MI	2014	20K Road Race					
F	60	578	REAUME, ALICE	MADISON HEIGHTS, MI	2018	F	50	33:50.3	SANNER, KIM	MACOMB, MI	2019
F	70	414	SELBY, PRUDENCE	GRAND RAPIDS, MI	2021	F	50	32:50.0	PALASKI, JOEYLN	STERLING HGTS, MI	2023
M	50	783	BILLS, SCOTT	HOWELL, MI	2021	F	55	32:51.4	SANNER, KIM	MACOMB, MI	2023
M	55	701	POWELL, BILL	ROSE CITY, MI	2006	F	60	33:48.1	CRANSON, JOANN	LAKE ODESSA, MI	2022
M	60	712	WALLICK, DAVE	MIDLAND, MI	2018	F	65	35:57.1	BOUDREAU, NANCY	ANN ARBOR, MI	2017
M	65	759	POWELL, JAMES	GRAND LEDGE, MI	2020	F	70	34:04.3	BOUDREAU, NANCY	ANN ARBOR, MI	2022
M	70	698	POWELL, JAMES	GRAND LEDGE, MI	2023	F	75	39:38.7	WATTS, LOUISE	ELMVALE, ON	2019
M	75	682	BEAN, BILL	OXFORD, MI	2019	F	80	49:16.5	SANDERSON, JANET	QUINCY, MI	2015
M	80	669	BEAN, BILL	OXFORD, MI	2021	M	50	31:13.3	GUTKOWSKI, SETH	VASSAR, MI	2019
M	85	391	KING, HOWARD	MIDLAND, MI	2019	M	55	31:15.8	CHAPMAN, MARK	CANTON, OH	2019
Barebow Compound					40K Road Race						
M	65	707	MCGRAW, BERNIE	TECUMSEH, ON	2018	F	50	1:07:22.2	SANNER, KIM	MACOMB, MI	2019
M	70	673	JALON, PAUL	TROY, MI	2012	F	55	1:07:11.6	SANNER, KIM	MACOMB, MI	2023
M	75	560	JALON, PAUL	TROY, MI	2014	F	60	1:09:40.4	BOUDREAU, NANCY	ANN ARBOR, MI	2015
BOWLING					50K Road Race						
Women's Doubles					50K Road Race						
F	50	1268	VERESPEJ, SHERI	CHARTER TWP BERLIN, MI	2021	F	50	1:07:22.2	SANNER, KIM	MACOMB, MI	2019
F	50	1268	ALLEN, CARMELETHA	HIGHLAND PARK, MI	2021	F	55	1:07:11.6	SANNER, KIM	MACOMB, MI	2023
F	50	1051	CICHEWICZ, LORI	COMMERCE TWP, MI	2018	F	60	1:09:40.4	BOUDREAU, NANCY	ANN ARBOR, MI	2015
F	50	1051	SPIKE, KATHRYN	ROCHESTER HILLS, MI	2018	F	65	1:11:13.7	BOUDREAU, NANCY	ANN ARBOR, MI	2022
F	60	1122	ALLEN, CARMELITA	HIGHLAND PK, MI	2023	F	70	1:12:12.5	BOUDREAU, NANCY	ANN ARBOR, MI	2022
F	60	1122	RUSNEK, KELLY	WESTLAND, MI	2023	F	75	1:28:35.377	SANDERSON, JANET	QUINCY, MI	2010
F	65	1102	FILARSKI, CHERYL	CLINTON TWP, MI	2023	F	80	1:46:36.00	SANDERSON, JANET	QUINCY, MI	2016
F	65	1102	FRIDAY, CHERYL	CLINTON TWP, MI	2023	M	50	1:03:51.28	GILBOE, WILLIAM	OAKLAND, MI	2007
F	70	1058	HYVONEN, SUSAN	ST. CLAIR SHORES, MI	2021	M	55	1:03:47.2	GUTKOWSKI, SETH	VASSAR, MI	2021
F	70	1058	SHEVCHIK, BRENDA	WHITE LAKE, MI	2021	M	60	1:03:46.4	EKSTROM, ED	LUDINGTON, MI	2021
F	75	917	LEVERETT, RACHEL	LANSING, MI	2000	M	65	1:04:08.4	WILEY, RICHARD	WEST SALEM, OH	2023
F	75	917	WILKINSON, MARY	LANSING, MI	2000	M	70	1:06:32.8	MCLELLAN, DOUGLAS	WATERFORD, MI	2018
F	80	960	HIGGINBOTHAM, LUPHILIA	INKSTER, MI	1996	M	75	1:06:59.22	HUYGHE, ANTOON	DETROIT, MI	2008
F	80	960	MCNEIL, PECIE	DETROIT, MI	1996	M	80	1:13:20.7	HILL, JOE	PORT HURON, MI	2022
F	85	761	TARACKS, KAREN	NOVI, MI	2021	M	85	1:36:34.9	HUYGHE, ANTOON	SHELBY TWP, MI	2019
F	85	761	BUNZOW, HARRIETT	FRANKENMUTH, MI	2021	M	90	1:30:55.3	HUYGHE, ANTOON	SHELBY TWP, MI	2021
F	90	697	KIRKEGAARD, ESTHER	PORT HURON, MI	1996	BOWLING Men's Doubles					
F	90	697	SIMMONS, DOROTHY	MARYSVILLE, MI	1996	M	50	1348	FERGUSON, THOMAS	DEARBORN HGT, MI	2023
BOWLING Men's Doubles					BOWLING Mixed Doubles						
M	50	1348	FERGUSON, THOMAS	DEARBORN HGT, MI	2023	F	50	1377	VERESPEJ, SHERI	CHARTER TWP BERLIN, MI	2023
M	50	1348	SEGURA, ERNIE	TAYLOR, MI	2023	F	55	1108	RUGGIERO, JOHN	CANTON, MI	2023
M	55	1355	FRIEDMAN, MORT	WEST BLOOMFIELD, MI	1996	M	55	1108	MURRAY, DEBRA	CONCORD, NC	2012
M	55	1355	HOROWITZ, PHILIP	WEST BLOOMFIELD, MI	1996	M	55	1108	MURRAY, KEVIN	CONCORD, NC	2012
M	60	1330	CAPALDI, AMERICO	CANTON, MI	2012	F	60	1317	MOHACSI, MARY	LIVONIA, MI	1996
M	60	1330	HOROWITZ, PHILIP	W BLOOMFIELD, MI	2012	M	60	1317	FUNKE, WILLIAM	LIVONIA, MI	1996
M	65	1337	KRIVITZ, DAVID	WESTLAND, MI	2021						
M	65	1337	FRANZ, LARRY	REDFORD, MI	2021						
M	70	1337	LAUGHLAND, WILLIAM	WINDSOR ONTARIO	2002						
M	70	1337	MCNABB, LLOYD	WARREN, MI	2002						
M	75	1359	JASMER, FREDRICK	CANTON, MI	2021						
M	75	1359	HELLIER, RONALD	COMMERCE TWP, MI	2021						
M	80	1129	FRIEDMAN, MORT	WATERFORD, MI	2017						
M	80	1129	SAIKOWSKI, JOSEPH	FRASER, MI	2017						
M	85	1065	FRIEDMAN, MORT	WATERFORD, MI	2021						
M	85	1065	SAIKOWSKI, JOSEPH	FRASER, MI	2021						

NEW RECORDS SET IN 2023

State Records

DISC GOLF

F	50	44	THOMAS, SALLY	STERLING HGTS, MI	2019
F	65	75	MCCARTHY, ELAINE	CLARKSTON, MI	2022
F	75	53	RODGERS, JANE	ROCHESTER HILLS, MI	2019
F	80	45	AMBROSE, BETH	ROCHESTER, MI	2019
F	85	54	AMBROSE, BETH	ROCHESTER, MI	2022
M	50	49	MOYER, JAY	ROYAL OAK, MI	2021
M	55	47	MINICUCI, JOHN	TROY, MI	2019
M	60	50	FOGLE, TRACY	OAK PARK, MI	2022
M	65	59	WALKER, GARY	INKSTER, MI	2017
M	70	58	KRAUSE, ALAN	FARMINGTON HILLS, MI	2022
M	75	64	CARL, TIMOTHY	ROSEVILLE, MI	2022

GOLF

F	50	75	GRABLE, KATHLEEN	FLAT ROCK, MI	2008
F	55	76	SCHNEIDER, CARLA	DEARBORN, MI	2010
F	60	72	KANG, SOPHIA	WEST BLOOMFIELD, MI	2008
F	65	76	KANG, SOPHIA	WEST BLOOMFIELD, MI	2014
F	70	78	PETRAITIS, YUN	TAYLOR, MI	2011
F	70	78	SMOUTER, JUDITH	SHELBY TWP., MI	2023
F	75	80	PETRAITIS, YUN	TAYLOR, MI	2014
F	80	82	VANDEBROKER, LILLIAN	DEARBORN HEIGHTS, MI	2003
F	85	89	VANDEBROKER, LILLIAN	DEARBORN HEIGHTS, MI	2006
F	90	53	COOK, HELEN	TROY, MI	2021
M	50	71	LOKERS, SCOTT	HAMILTON, MI	2010
M	55	70	GRABLE, BOB	FLAT ROCK, MI	2008
M	60	70	COVA, JOHN C	NOVI, MI	2011
M	65	71	ODORICO, ENRICO	MACOMB, MI	2006
M	70	75	WHITED, ALVIN	TAYLOR, MI	2006
M	70	75	ODORICO, ENRICO	MACOMB, MI	2013
M	75	74	LIBBY, CHARLES	PORT HURON, MI	1996
M	80	75	CAMILLERI, PAUL	LIVONIA, MI	2021
M	85	86	BAUER, ERV	ROCHESTER, MI	2006
M	90	96	LOKERS, WILLIAM	HAMILTON, MI	2012
M	95	103	OWEN, RYLAND	FLINT, MI	2002

POWERLIFTING

Bench Press Only					
F50	148	100	JOHNSON, SHAUNA	FARMINGTON HILLS, MI	S2022
F50	165	99.2	JOHNSON, SHAUNA	FARMINGTON HILLS, MI	S2019
F55	165	165.4	KRAMER, MICHELLE	TIFFIN, OH	S2019
F60	105	121.3	GUNDERSON, WANDA	WHITMORE LAKE, MI	S2019
F65	SHW		DUTCHER, PEGGY	HASLET, MI	S2019
F70	132	75.0	DEJUNG, JUDY	CALEDONIA, MI	W2022
F70	165	55.1	BLUMERICK, MARIKA	SHELBY TWP., MI	W2018
F75	132	82.7	ROSSLO, ARLEEN	ROCHESTER, MI	S2018
M50	165	160.0	PAYNE, DEREK	PONTIAC, MI	W2022
M50	198	264.6	RYCUS, B.J.	OKEMOS, MI	W2018
M50	275	369.3	MCSPADDEN, DEL	DETROIT, MI	S2019
M55	181	248	GAMALSKI, MICHAEL	PORT HURON, MI	S2019
M55	198	281.1	ELLIS, JEFF	WEST BLOOMFIELD, MI	W2018
M55	220	290	CHMURA, ROGER	HOLLY, MI	S2022
M55	275	374.8	BEAUDRIE, JOHN	TRENTON, MI	S2019
M55	308	380	BEAUDRIE, JOHN	TRENTON, MI	W2020
M55	SHW		MCARTHUR, JIM	ORTONVILLE, MI	S2018
M60	181	248	WAUGH, DANIEL	GRAND RAPIDS, MI	W2018
M60	198	270.1	ELLIS, JEFF	WEST BLOOMFIELD, MI	S2019
M60	220	330.7	ZARTARIAN, MARK	MILFORD, MI	S2019
M60	275	374.8	EDWARDS, BRUCE	GRAND BLANC, MI	W2018
M60	308	385	BEAUDRIE, JOHN	TRENTON, MI	W2023
M65	132	148.8	BRYANT, NZ	WEST BLOOMFIELD, MI	S2018
M65	165	220.5	PANDOFF, LARRY	DEXTRER, MI	W2018
M65	181	240	WAUGH, DANIEL	GRAND RAPIDS, MI	W2023
M65	198	265	DWYER, DAVID	LIVONIA, MI	W2019
M65	242	305	ZARTARIAN, MARK	MILFORD, MI	S2023
M65	275	226	ZOLKOWSKI, TOM	DEXTER, MI	S2019
M70	123	181.9	BRYANT, NZ	WEST BLOOMFIELD, MI	S2019
M70	132	165.0	BRYANT, NZ	WEST BLOOMFIELD, MI	W2022
M70	198	154.3	SHABECK, TIM	SHELBY TWP., MI	S2018
M70	220	231.5	CHAPMAN, GARY	BATTLE CREEK, MI	W2018
M70	242	300	DICKY, DAVID	SAGINAW, MI	S2023
M70	275	330.7	LEJEUNE, DAVE	LINDEN, MI	S2019
M75	148	104.7	MANASSERI, DICK	ROCHESTER HILLS, MI	W2018
M75	242	220.0	DEJUNG, CASEY	CALEDONIA, MI	W2022
M75	275	226	FULKER, BRAD	IRA, MI	W2018
M80	165	170	PIETRASZKIEWICZ, JOSEPH	ROCHESTER HILLS, MI	S2022
M80	181	203.9	PIETRASZKIEWICZ, JOSEPH	ROCHESTER HILLS, MI	S2019
M85	165	165	PIETRASZKIEWICZ, JOSEPH	ROCHESTER HILLS, MI	S2023

Deadlift Only

F55	165	225	TELFER, KATHY	PLYMOUTH, MI	W2020
F55	SHW		BOYLAN, KARIE	ROCHESTER, MI	W2018
F60	114	209.4	NAPERKOWSKI, LISA	ROCHESTER HILLS, MI	S2018
F60	165	209.4	FULKERSON, KELLEY	WAYNE, MI	S2019
F60	181	245	SAWYER, CINDY	HIGHLAND, MI	W2020
F60	198	230	SAWYER, CINDY	HIGHLAND, MI	S2023
F65	164	225	HIBBITTS, MARGOT	BELLVILLE, MI	W2023
F65	181	155	OLESEN, PAMELA	ROCHESTER HILLS, MI	S2023
F65	198	175.0	SULAND, CAROLE	GROSS PTE WOODS, MI	W2022
F65	210	200	JOHNSON, DEBORAH	DETROIT, MI	S2023
F70	132	220	HUTTO, KERRY	NORTHVILLE, MI	W2020
M65	148	264.6	ZLOBICKI, ZBIGY	WEST BLOOMFIELD, MI	S2019
M65	198	300	COUGHANOUR, MARK	HOWELL, MI	S2023
M65	220	310	HALE, LESTER	DETROIT, MI	W2019
M65	275	400	GORDON, FRED	FARMINGTON HILLS, MI	S2022
M70	123	250	ZLOBICKI, ZBIGY	WEST BLOOMFIELD, MI	S2022
M70	132	255	ZLOBICKI, ZBIGY	WEST BLOOMFIELD, MI	W2023
M70	148	285	YAGIELA, DALE	NOVI, MI	S2022
M70	181	418.9	ANDERSON, PHIL	ROCHESTER HILLS, MI	S2019
M70	198	429.9	ANDERSON, PHIL	ROCHESTER HILLS, MI	S2018
M75	148	245	COHEN, ROBERT	PLYMOUTH, MI	S2023
M75	165	220	WOLFE, CHARLES	ST. CLAIR SHORES, MI	W2023
M75	181	275	SHARP, GARY	WATERFORD TWP, MI	S2022
M75	187	210	WOLFE, CHARLES	ST. CLAIR SHORES, MI	S2023
M85	181	250	PEARCE, BILL	ROSCOMMON, MI	S2023

Ironman

F50	114	240	GAGNON, MARY	PLYMOUTH, MI	W2020
F50	123	341.7	SOLOMON, EVA	ANN ARBOR, MI	W2018
F50	132	285	SINGSTOCK, JODIE	CANTON, MI	S2022
F50	148	405	HYMES, NICOLE	PLYMOUTH, MI	W2020
F50	165	340	REED, KIM	PLYMOUTH, MI	W2023
F50	181	330	KENNINGS, VALERIE	CHELSEA MI	W2019
F50	198	385.8	WINTER, DEBORAH	PLYMOUTH, MI	S2018
F50	220	340	HENKEL, SARA	PLYMOUTH, MI	W2023

F50	SHW		NELSON, DIANE	ADRIAN, MI	S2019
F55	114	275	JOHNSON, LISA	CANTON, MI	W2020
F55	123	301.1	VENDENBERG, MELISSA	NORTHVILLE, MI	S2018
F55	132	430	TROUSDALE, LAURA	NORTHVILLE, MI	W2019
F55	148	391.3	TROUSDALE, LAURA	NORTHVILLE, MI	W2018
F55	165	420	HYMES, NICOLE	PLYMOUTH, MI	W2023
F55	181	320	ANN ARBOR, MI	ANN ARBOR, MI	W2020
F55	198	220	WISNER, SARAH	LIVONIA, MI	W2019
F55	242	500	NELSON, DIANE	ADRIAN, MI	W2023
F60	105	290	GUNDERSON, WANDA	WHITMORE LAKE, MI	W2020
F60	132	385.8	MAPES, MISSY	TROY, MI	S2018
F60	148	315	OTTO, RITA	LIVONIA, MI	W2023
F60	165	310	FULKERSON, KELLEY	WAYNE, MI	W2020
F60	181	370	HIBBITTS, MARGOT	BELLVILLE, MI	W2019
F60	198	355	VAUGHN, TRACY	LIVONIA, MI	W2023
F60	308	305	MORRIS, NANCY	FENTON, MI	S2023
F60	SHW		WATT, JEANINE	ROYAL OAK, MI	W2019
F65	123	215	DENTON, ROSEMARIE	NORTHVILLE, MI	W2023
F65	132	295	VARILONE, KATHY	LIVONIA, MI	W2023
F65	148	360	YAGIELA, PAM	NOVI, MI	W2020
F65	165	319.7	PORTER, VIRGINA	FARMINGTON HILLS, MI	S2019
F65	181	335	PORTER, VIRGINA	FARMINGTON HILLS, MI	W2020
F65	220	375	WATT, JEANINE	WINDSOR, ON	S2023
F70	132	294	KUPTZ, DEBRA	PLYMOUTH, MI	S2022
F70	148	340.0	YAGIELA, PAM	NOVI, MI	W2022
F70	165	198.4	BLUMERICK, MARIKA	SHELBY TOWNSHIP, MI	S2018
F70	181	350	PORTER, VIRGINIA	FARMINGTON HILLS, MI	W2023
F70	SHW		LANJOPULOS, CHARMINE	GRAND LEDGE, MI	W2022
M50	181	710	NICHOLSON, PATRICK	SHELBY TWP, MI	W2023
M50	198	690	ROY, CHARLES	FLUSHING, MI	W2021
M50	220	805	PRICE, ANDRE	WHITE LAKE TWP, MI	S2022
M50	SHW		NELSON, ERIC	NORTHVILLE, MI	S2019
M55	189	535	ELLS, BRIAN	HOLLY, MI	S2023
M55	198	330	BIRCHLER, JOHN	PLYMOUTH, MI	W2019
M55	220	820	CHMURA, ROGER	HOLLY, MI	W2023
M55	275	848.8	STEVENS, MARK	GREENVILLE, MI	W2018
M60	132	390	HARDY, KEVIN	HOLLY, MI	W2023
M60	148	440	HARDY, KEVIN	HOLLY, MI	S2023
M60	181	465	COUSINO, PHILIP	IDA, MI	S2022
M60	198	715	BAILEY, BRIAN	COMMERCE TWP, MI	S2022
M60	220	500	COUSINO, PHILIP	IDA, MI	W2023
M60	275	760	JONES, KEVIN	WALKER, MI	S2022
M65	148	400.0	TRIVELINE, DON	ANN ARBOR, MI	W2022
M65	165	495.0	SPENCER, JAMES	WYOMING, MI	W2022
M65	198	518.1	FERRIS, MICHAEL	ST. JOSEPH, MI	S2018
M65	220	545	OTIS, JAMES	NORTHVILLE, MI	W2020
M70	132	370	ZLOBICKI, ZBIGY	WEST BLOOMFIELD, MI	S2023
M70	148	390	YAGIELA, DALE	NOVI, MI	S2023
M70	181	396.8	SCHABECK, TIM	LAPEER, MI	S2019
M70	198	501.6	ZOLKOWSKI, WILLIAM	DEXTER, MI	S2019
M70	220	457.5	PARKER, DENNIS	FOSTIA, MI	S2019
M75	181	485	HIBLER, JOHN	DEARBORN HEIGHTS, MI	W2019
M75	198	470.0	SHARPE, GARY	WATERFORD, MI	W2022
M75	242	308.7	DOYLE, JOSEPH	ROCHESTER, MI	S2019
M75	275	530	KRAUSS, GARY	CLINTON, MI	W2019
M75	308	545.7	KRAUSS, GARY	CLINTON, MI	W2018
M80	181	460	HIBLER, JOHN	DEARBORN HEIGHTS, MI	W2023
M80	308	525	KRAUSS, GARY	CLINTON, MI	W2023
M85	165	231.5	FIORILLO, MICHAEL	WATERFORD, MI	W2018

10K ROAD RACE

F	50	44:35.00	ZEEB, PEGGY	COLON, MI	2009
F	55	46:22.00	ZIDAR, MAGGY	PONTIAC, MI	2008
F	60	46:37:00	DOLAN, SHARON	FOWLER, MI	2006
F	65	48:23.00	DOLAN, SHARON	WESTPHALIA, MI	2008
F	70	1:03:22.4	SUMNER, BONNIE	STERLING HEIGHTS, MI	2019
F	75	1:07:15.00	VARANI, MARY	STERLING HEIGHTS, MI	1996
M	50	37:05.00	RUFFIN, RONALD	DETROIT, MI	1999
M	50	37:05.00	CAUGHEY, CURTIS	KETERING, OH	2006
M	55	37:04.00	NICHOLSON, LARRY	ROCKFORD, MI	1992
M	60	39:01.00	TELLMAN, HARRY	HOLLAND, MI	1999
M	65	40:00.04	FORSHEE, JIM	ANN ARBOR, MI	1991
M	70	42:27.00	FORSHEE, JIM	ANN ARBOR, MI	1996
M	75	47:55.00	EVANS, JOHN	GRANDVILLE, MI	1992
M	80	1:01:50.00	ELGIE, DOUGLAS	ROCHESTER HILLS, MI	2014

5K ROAD RACE

F	50	20:43.00	ZEEB, PEGGY	COLON, MI	2009
F	55	22:13.00	BLAIR, JACQUELINE	DETROIT, MI	2012
F	60	21:49.00	DOLAN, SHARON	FOWLER, MI	2005
F	65	22:25.00	DOLAN, SHARON	WESTPHALIA, MI	2008
F	70	30:46.00	ZIDAR, MAGGY	PONTIAC, MI	2021
F	75	31:36.00	VARANI, MARY	STERLING HEIGHTS, MI	1995
F	80	41:29.00	DEAN, CAROL	ROCHESTER, MI	2013
F	85	39:56.50	LUGERS, LEONA	HOLLAND, MI	1993
F	90	51:02.00	DAVID, CATHERINE	ANN ARBOR, MI	1995
M	50	17:58.00	SCOTT, KRAIG	FORT WAYNE, IN	2014
M	55	17:30.00	NICHOLSON, LARRY	ROCKFORD, MI	1992
M	60	18:35.00	MALACZYNSKI, GERARD	BLOOMFIELD HILLS, MI	2006
M	65	19:27.10	JOHNCOCK, JERRY	GRAND RAPIDS, MI	1993
M	70	20:09.00	FORSHEE, JIM	ANN ARBOR, MI	1996
M	75	22:41.00	EVANS, JOHN	GRANDVILLE, MI	1992
M	80	28:35.00	THORNBURG, JOE	TROY, MI	1996
M	85	31:45.00	GELMAN, ROBERT	ANN ARBOR, MI	2008

SWIMMING

SWIMMING CONTINUED

50 Breaststroke

F	50	00:35.26	KARAS-FOLTZ, BONNIE	ROCHESTER HILLS, MI	2019
F	55	00:36.31	KARAS-FOLTZ, BONNIE	ROCHESTER HILLS, MI	2021
F	60	00:41.71	STIEL, TAMARA	GRANDVILLE, MI	2015
F	65	00:43.68	BURLINGAME, SHARON	HEISKELL, TN	2021
F	70	00:44.68	CHARRON, EMMA JO	WHITE LAKE, MI	2016
F	75	00:47.60	CHARRON, EMMA JO	LUTZ, MI	2022
F	80	00:59.40	NOCHMAN, LOIS	HUNTINGTON WOODS, MI	2007
F	85	01:03.02	NOCHMAN, LOIS	HUNTINGTON WOODS, MI	2009
M	50	00:33.56	VARANASI, SEKHAR	TROY, MI	2004
M	55	00:32.34	FOLTZ, CARL	ROCHESTER HILLS, MI	2019
M	60	00:33.34	FOLTZ, CARL	ROCHESTER HILLS, MI	2022
M	65	00:35.03	OLZMANN, KURT	ROCHESTER, MI	2010
M	70	00:35.21	OLZMANN, KURT	ROCHESTER, MI	2015
M	75	00:38.48	OLZMANN, KURT	ROCHESTER, MI	2022
M	80	00:50.01	DOBLER, WALLY	LANSING, MI	2016
M	85	00:47.71	LOCKWOOD, JOEL	LAKE CITY, MI	2019

50 Butterfly

F	50	00:32.48	KARAS, BONNIE	ROCHESTER HILLS, MI	2016
F	55	00:31.74	KARAS-FOLTZ, BONNIE	ROCHESTER HILLS, MI	2021
F	60	00:36.84	KAY, MARY-CHRIS	PERRYSBURG, OH	2013
F	65	00:37.00	ROGERS, JOSEPHINE	BEVERLY HILLS, MI	2022
F	70	00:42.22	CHARRON, EMMA JO	WHITE LAKE, MI	2016
F	75	00:45.86	CHARRON, EMMA JO	WHITE LAKE, MI	2022
F	80	00:55.13	NOCHMAN, LOIS	HUNTINGTON WOODS, MI	2008
F	85	00:55.85	NOCHMANN, LOIS	HUNTINGTON WOODS, MI	2009
M	50	00:26.85	FORT JR, ROBERT	STERLING HEIGHTS, MI	2008
M	55	00:26.97	CHRISTENSEN, KURT	BYRON CENTER, MI	2021
M	60	00:28.24	PAWLOWSKI, MARK	THREE RIVERS, MI	2006
M	65	00:29.65	TULL, DOUGLAS	ROCHESTER, MI	2016
M	70	00:32.05	CHAMBERLAIN, RICK	COLUMBUS, IN	2023
M	75	00:35.34	DOBLER, WALLY	LANSING, MI	2010
M	80	00:38.04	MARTIN, RAY	NORTHVILLE, MI	2017
M	85	01:18.79	DOUD, ROBERT	BATTLE CREEK, MI	2012
M	90	01:32.87	DOUD, ROBERT	BATTLE CREEK, MI	2013

50 Freestyle

F	50	00:27.29	KARAS-FOLTZ, BONNIE	ROCHESTER HILLS, MI	2018
F	55	00:27.42	KARAS-FOLTZ, BONNIE	ROCHESTER HILLS, MI	2021
F	60	00:30.50	SZYMCZAK, WENDY	FARMINGTON HILLS, MI	2019
F	65	00:30.51	CHURCH, BARBARA	WAYNE, MI	2019
F	70	00:32.04	CHURCH, BARBARA	ALLEN PARK, MI	2022
F	75	00:38.13	CHARRON, EMMA	LUTZ, MI	2022
F	80	00:45.60	NOCHMAN, LOIS	HUNTINGTON WOODS, MI	2007
F	85	00:48.52	NOCHMAN, LOIS	HUNTINGTON WOODS, MI	2009
M	50	00:24.42	CHRISTENSEN, KURT	BYRON CENTER, MI	2016
M	55	00:24.05	CHRISTENSEN, KURT	BYRON CENTER, MI	2021
M	60	00:26.81	CHAFFEE, PAUL	OWOSSO, MI	2002
M	65	00:27.15	BROMER, CARL	DAYTON, OH	2012
M	70	00:27.02	OLSON, CHARLES	GRAND BLANC, MI	2023
M	75	00:30.10	MARTIN, RAY	NORTHVILLE, MI	2012
M	80	00:33.29	DOBLER, WALLY	LANSING, MI	2014
M	85	00:34.22	EATON, JEFF	ST CLAIR SHORES, MI	2000
M	90	00:57.74	DOUD, ROBERT	BATTLE CREEK, MI	2013

100 Backstroke

F	50	01:13.47	KARAS-FOLTZ, BONNIE	ROCHESTER HILLS, MI	2019
F	55	01:13.49	CHURCH, BARBARA	WAYNE, MI	2011
F	60	01:15.80	CHURCH, BARBARA	ALLEN PARK, MI	2012
F	65	01:13.61	CHURCH, BARBARA	ALLEN PARK, MI	2019
F	70	01:20.26	CHURCH, BARBARA	ALLEN PARK, MI	2023
F	75	01:52.10	CLARKE, MARY	GRAND RAPIDS, MI	2008
F	80	02:06.47	NOCHMAN, LOIS	HUNTINGTON WOODS, MI	2008
F	85	02:13.98	NOCHMAN, LOIS	HUNTINGTON WOODS, MI	2010
M	50	01:03.58	CHRISTENSEN, KURT	BYRON CENTER, MI	2016
M	55	01:03.25	CHRISTENSEN, KURT	BYRON CENTER, MI	2021
M	60	01:14.43	MANGE, DAVID	KALAMAZOO, MI	2015
M	65	01:14.71	BROMER, CARL	DAYTON, OH	2012
M	70	01:16.39	BROMER, CARL	DAYTON, OH	2016
M	75	01:20.52	MARTIN, RAY	NORTHVILLE, MI	2012
M	80	01:24.89	MARTIN, RAY	NORTHVILLE, MI	2017
M	85	02:39.69	CLASS, HARRY	KITCHNER, MI	2005

100 Breaststroke

F	50	01:18.61	KARAS-FOLTZ, BONNIE	ROCHESTER HILLS, MI	2019
F	55	01:19.96	KARAS-FOLTZ, BONNIE	ROCHESTER HILLS, MI	2022
F	60	01:32.34	STIEL, TAMARA	GRANDVILLE, MI	2015
F	65	01:38.44	BURLINGAME, SHARON	HEISKELL, TN	2021
F	70	01:40.15	CHARRON, EMMA JO	WHITE LAKE, MI	2016
F	75	01:46.13	CHARRON, EMMA JO	WHITE LAKE, MI	2022
F	80	02:07.26	NOCHMAN, LOIS	HUNTINGTON WOODS, MI	2006
F	85	02:21.820	NOCHMAN, LOIS	HUNTINGTON WOODS, MI	2009
M	50	01:16.36	VARANASI,SEKHAR	TROY, MI	2004
M	55	01:11.97	FOLTZ, CARL	ROCHESTER HILLS, MI	2019
M	60	01:13.60	FOLTZ, CARL	ROCHESTER HILLS, MI	2022
M	65	01:16.77	OLZMANN, KURT	ROCHESTER, MI	2011
M	70	01:16.50	OLZMANN, KURT	ROCHESTER, MI	2016
M	75	01:32.66	DOBLER, WALLY	LANSING, MI	2009
M	80	01:39.43	MARTIN, RAY	NORTHVILLE, MI	2017
M	85	01:51.80	LOCKWOOD, JOEL	LAKE CITY, MI	2019

100 Butterfly

F	50	01:14.92	KARAS, BONNIE	ROCHESTER HILLS, MI	2016
F	55	01:14.99	KARAS-FOLTZ, BONNIE	ROCHESTER HILLS, MI	2021
F	60	01:27.89	KAY, MARY-CHRIS	PERRYSBURG, OH	2013
F	65	01:32.60	WEIR, SUE	SARNIA, ON	2022
F	70	02:03.55	BRUIN, PEGGY	BYRON CENTER, MI	2012
F	75	01:53.31	NOCHMAN, LOIS	HUNTINGTON WOODS, MI	2001
F	80	02:04.29	NOCHMAN, LOIS	HUNTINGTON WOODS, MI	2008
F	85	01:59.83	NOCHMAN, LOIS	HUNTINGTON WOODS, MI	2009
M	50	01:04.91	HANSON, JAMES	MADISON AL	2010
M	55	01:08.16	PASH, GREGORY	TRAVERSE CITY, MI	2005
M	60	01:10.86	HANSON, JAMES	MADISON AL	2016
M	65	01:15.26	DOBLER, WALLY	LANSING, MI	2002
M	70	01:19.28	CHAMBERLAIN, RICK	COLUMBUS, IN	2023
M	75	01:52.08	EDWARDS, FREDDY	DETROIT, MI	2000
M	80	02:14.45	DOUD, ROBERT	BATTLE CREEK, MI	2003
M	85	03:21.20	DOUD, ROBERT	BATTLE CREEK, MI	2012
M	90	03:30.01	DOUD, ROBERT	BATTLE CREEK, MI	2013

100 Freestyle

F	50	01:00.30	KARAS-FOLTZ, BONNIE	ROCHESTER HILLS, MI	2018
F	55	01:00.67	KARAS-FOLTZ, BONNIE	ROCHESTER HILLS, MI	2021
F	60	01:05.33	HUELSMAN, LIZ	DAYTON, OH	2022
F	65	01:11.55	HYPNAR, LISA	ROCHESTER HILLS, MI	2019
F	70	01:19.18	CHARRON, EMMA JO	WHITE LAKE, MI	2015
F	75	01:31.46	CHARRON, EMMA	LUTZ, MI	2022
F	80	01:52.36	NOCHMAN, LOIS	HUNTINGTON WOODS, MI	2008
F	85	01:54.11	NOCHMAN, LOIS	HUNTINGTON WOODS, MI	2009
M	50	00:56.52	CHRISTENSEN, KURT	BYRON CENTER, MI	2016
M	55	00:55.47	CHRISTENSEN, KURT	BYRON CENTER, MI	2021
M	60	01:02.71	STULTZ, TODD	AVON LAKE, OH	2022
M	65	01:02.27	TULL, DOUGLAS	ROCHESTER, MI	2016
M	70	00:59.67	OLSON, CHARLES	GRAND BLANC, MI	2023
M	75	01:09.84	MARTIN, RAYMOND	NORTHVILLE, MI	2012
M	80	01:20.59	MARTIN, RAYMOND	NORTHVILLE, MI	2021
M	85	01:58.75	CLASS, HARRY	KITCHNER, MI	2005
M	90	02:08.16	DOUD, ROBERT	BATTLE CREEK, MI	2013

100 Ind. Medley

F	50	01:10.51	KARAS-FOLTZ, BONNIE	ROCHESTER HILLS, MI	2018
F	55	01:10.30	KARAS-FOLTZ, BONNIE	ROCHESTER HILLS, MI	2021
F	60	01:21.69	CHURCH, BARBARA	ALLEN PARK, MI	2014
F	65	01:24.33	ROGERS, JOSEPHINE	BEVERLY HILLS, MI	2023
F	70	01:24.66	CHURCH, BARBARA	ALLEN PARK, MI	2022
F	75	01:39.55	CHARRON, EMMA	LUTZ, MI	2022
F	80	02:05.02	NOCHMAN, LOIS	HUNTINGTON WOODS, MI	2006
F	85	02:12.27	NOCHMAN, LOIS	HUNTINGTON WOODS, MI	2011
M	50	01:03.17	CHRISTENSEN, KURT	BYRON CENTER, MI	2016
M	55	01:03.03	CHRISTENSEN, KURT	BYRON CENTER, MI	2021
M	60	01:12.24	TULL, DOUGLAS	ROCHESTER, MI	2015
M	65	01:11.00	OLZMANN, KURT	ROCHESTER, MI	2010
M	70	01:11.81	OLZMANN, KURT	ROCHESTER, MI	2015
M	75	01:22.28	DOBLER, WALLY	LANSING, MI	2009
M	80	01:25.05	MARTIN, RAY	NORTHVILLE, MI	2017
M	85	02:57.05	DOUD, ROBERT	BATTLE CREEK, MI	2012
M	90	02:56.21	DOUD, ROBERT	BATTLE CREEK, MI	2013
M	95	04:15.45	DOUD, ROBERT	BATTLE CREEK, MI	2018

200 Backstroke

F	50	02:59.13	DIEDO, MADDIE	DEARBORN HEIGHTS, MI	2012
F	55	02:42.69	CHURCH, BARBARA	ALLEN PARK, MI	2011
F	60	02:52.16	CHURCH, BARBARA	ALLEN PARK, MI	2012
F	65	03:04.22	CHURCH, BARBARA	ALLEN PARK, MI	2018
F	70	02:46.05	CHURCH, BARBARA	ALLEN PARK, MI	2022
F	75	03:57.16	NOCHMAN, LOIS	HUNTINGTON WOODS, MI	2001
F	80	04:18.42	NOCHMAN, LOIS	HUNTINGTON WOODS, MI	2007
F	85	04:34.15	NOCHMAN, LOIS	HUNTINGTON WOODS, MI	2010
M	50	02:26.11	THOMPSON, FRANK	WEST BLOOMFIELD, MI	2002
M	55	02:47.96	PASH, GREGORY	TRAVERSE CITY, MI	2006
M	60	02:40.98	RIGGS, JONATHAN	MAUMEE, OH	2018
M	65	02:47.58	BROMER, CARL	DAYTON, OH	2012
M	70	02:52.12	BROMER, CARL	DAYTON, OH	2016
M	75	02:55.57	MARTIN, RAY	NORTHVILLE, MI	2012
M	80	03:25.53	MARTIN, RAY	NORTHVILLE, MI	2021

200 Breaststroke

F	50	03:02.86	BECCARI, LARAJO	ROCHESTER HILLS, MI	2023
F	55	02:52.40	KARAS-FOLTZ, BONNIE	ROCHESTER HILLS, MI	2022
F	60	03:18.30	STIEL, TAMARA	GRANDVILLE, MI	2015
F	65	03:32.39	BURLINGAME, SHARON	HEISKELL, TN	2021
F	70	03:59.98	ANDREI, MONICA	ANN ARBOR, MI	2022
F	75	04:37.06	NOCHMAN, LOIS	HUNTINGTON WOODS, MI	2003
F	80	04:49.68	NOCHMAN, LOIS	HUNTINGTON WOODS, MI	2006
F	85	06:19.12	NOCHMAN, LOIS	HUNTINGTON WOODS, MI	2011
M	50	02:50.51	VARANASI, SEKHAR	TROY, MI	2004
M	55	02:44.94	DUBOIS, RONALD	PORTAGE, MI	2006
M	60	02:47.72	FOLTZ, CARL	ROCHESTER HILLS, MI	2022
M	65	02:50.98	OLZMANN, KURT	ROCHESTER, MI	2012
M	70	02:56.76	OLZMANN, KURT	ROCHESTER, MI	2016
M	75	3:12.10	OLZMANN, KURT	ROCHESTER, MI	2022
M	80	05:10.19	DOUD, ROBERT	BATTLE CREEK, MI	2004
M	85	04:53.83	LOCKWOOD, JOEL	LAKE CITY, MI	2022

200 Freestyle

F	50	02:17.50	KARAS-FOLTZ, BONNIE	ROCHESTER HILLS, MI	2018
F	55	02:15.11	KARAS-FOLTZ, BONNIE	ROCHESTER HILLS, MI	2022
F	60	02:22.49	HUELSMAN, LIZ	DAYTON, OH	2022
F	65	02:42.77	ROGERS, JOSEPHINE	BEVERLY HILLS, MI	2022
F	70	03:22.16	WANETICK, JAN	SOUTHFIELD, MI	2023
F	75	03:29.84	NOCHMAN, LOIS	HUNTINGTON WOODS, MI	2001
F	80	03:55.57	NOCHMAN, LOIS	HUNTINGTON WOODS, MI	2008
F	85	04:15.87	NOCHMAN, LOIS	HUNTINGTON WOODS, MI	2010
M	50	02:15.33	BRETZ, JEROME	ROCHESTER HILLS, MI	2011
M	55	02:17.64	PASH, GREGORY	TRAVERSE CITY, MI	2005
M	60	02:14.98	BUTTERFIELD, GEORGE	ROCHESTER, MI	2022
M	65	02:21.97	SMITH, TRACY	ROCKY RIVER, OH	2022
M	70	02:12.48	DAY, LARRY	GRAND BLANC, MI	2021
M	75	02:45.94	DOBLER, WALLY	LANSING, MI	2009
M	80	02:40.10	MARTIN, RAY	NORTHVILLE, MI	2017
M	85	03:10.00	LOCKWOOD, JOEL	LAKE CITY, MI	2019
M	90	06:16.20	SHEATHELM, REX	MUSKEGON, MI	2003

200 Ind. Medley

F	50	02:40.59	KARAS-FOLTZ, BONNIE	ROCHESTER HILLS, MI	2019
F	55	02:40.81	KARAS-FOLTZ, BONNIE	ROCHESTER HILLS, MI	2022
F	60	03:00.40	WAACK, SUZANNE	AUBURN HILLS, MI	2022
F	65	03:11.28	HANEY, KATHY	ROCHESTER, MI	2022
F	70	03			

NEW RECORDS SET IN 2023

State Records

SWIMMING CONTINUED

200 Butterfly

F	50	03:15.01	GIRDLER, CATHY	BLOOMFIELD, MI	2021
F	55	3:02.21	KARAS-FOLTZ, BONNIE	ROCHESTER, MI	2023
F	60	03:30.08	STIEL, TAMARA	GRANDVILLE, MI	2016
F	65	03:53.42	EASTRIDGE, JOANNIE	SOUTH LYON, MI	2023
M	50	02:44.95	STURDY, PATRICK	PLYMOUTH, MI	2022
M	55	02:56.98	HEANEY, STEVEN	MAUMEE, OH	2019
M	60	03:00.27	HEANEY, STEVEN	MAUMEE, OH	2023
M	75	08:59.75	WALKER, CRAIG	REDLANDS, CA	2019
M	75	10:49.11	WALKER, CRAIG	REDLANDS, CA	2022
M	95	10:32.40	DOUD, ROBERT	BATTLE CREEK, MI	2018

400 Ind. Medley

F	50	06:22.60	DEYS, JOANNE	ROCHESTER, MI	2017
F	55	06:21.97	DEYS, JOANNE	ROCHESTER, MI	2018
F	60	06:53.72	STIEL, TAMARA	GRANDVILLE, MI	2018
F	75	09:09.69	BRUIN, PEGGY	BYRON CENTER, MI	2016
F	80	10:51.91	GOGOLA, LAURA	BERKLEY, MI	2016
M	50	05:29.75	STURDY, PATRICK	PLYMOUTH, MI	2022
M	55	05:58.01	HEANEY, STEVEN	MAUMEE, OH	2019
M	60	06:13.88	HEANEY, STEVEN	MAUMEE, OH	2023
M	65	07:09.73	MANGE, DAVE	KALAMAZOO, MI	2021
M	70	5:08.59	DAY, LARRY	GRAND BLANC, MI	2021

500 Freestyle

F	50	06:09.00	KARAS-FOLTZ, BONNIE	ROCHESTER HILLS, MI	2019
F	55	06:31.85	KARAS-FOLTZ, BONNIE	ROCHESTER, MI	2023
F	60	06:18.61	HUELSMAN, LIZ	DAYTON, OH	2022
F	65	07:42.52	EASTRIDGE, JOANNIE	SOUTH LYON, MI	2021
F	70	09:22.21	GOGOLA, LAURA	BERKLEY, MI	2006
F	75	09:45.05	GOGOLA, LAURA	BERKLEY, MI	2011
F	80	10:05.37	NOCHMAN, LOIS	HUNTINGTON WOODS, MI	2007
F	85	11:36.97	NOCHMAN, LOIS	HUNTINGTON WOODS, MI	2011
M	50	06:14.01	BROWN, THOMAS	CLINTON TWP., MI	2014
M	55	06:12.98	PASH, GREG	TRAVERSE CITY, MI	2006
M	60	06:03.93	BUTTERFIELD, GEORGE	ROCHESTER HILLS, MI	2022
M	65	06:32.56	SMITH, TACY	ROCKY RIVER, OH	2022
M	70	06:17.46	OLSON, CHARLES	GRAND BLANC, MI	2022
M	75	09:27.03	NORRIS, ROB	BAILEY, MI	2019
M	80	08:02.30	LOCKWOOD, JOEL	LAKE CITY, MI	2016
M	85	08:15.22	LOCKWOOD, JOEL	LAKE CITY, MI	2019

TRACK & FIELD

50M

F	50	0:00:07.74	MULAZIM, JAMIE	CLEVELAND, OH	2018
F	55	0:00:07.76	SHANNON, JANEAN	BLUFTON, OH	2017
F	60	0:00:07.90	KANTAK, GAIL	MIDLAND, MI	2013
F	65	0:00:08.38	KANTAK, GAIL	MIDLAND, MI	2017
F	70	0:00:09.15	OROSZ, PATSY	MENTOR, OH	2023
F	75	0:00:09.31	BUFORD, HANNAH	DETROIT, MI	2018
F	80	0:00:10.64	BUFORD, HANNAH	DETROIT, MI	2023
F	90	0:00:16.63	HOLLAND, MARY	COMSTOCK PARK, MI	2014
M	50	0:00:06.61	MULAZIM, KHALID	CLEVELAND, OH	2018
M	55	0:00:06.64	CAMBELL, JOHN	BURTON, MI	2022
M	60	0:00:06.94	BRYANT, N.Z.	WEST BLOOMFIELD, MI	2013
M	65	0:00:07.03	BRYANT, N.Z.	WEST BLOOMFIELD, MI	2015
M	70	0:00:07.28	BRYANT, N.Z.	WEST BLOOMFIELD, MI	2019
M	75	0:00:08.67	BOOTH, HOWARD	GREGORY, MI	2018
M	80	0:00:08.87	VETTRAINO, GIOVANNI	WASHINGTON TWP, MI	2022
M	85	0:00:10.14	HESSLER, DAVID	ANN ARBOR MI	2017
M	90	0:00:11.72	ROTHLEY, WILLIAM	LIVONIA, MI	2023
M	95	0:00:22.06	WINTER, FREDERICK	HOLLAND, MI	2014
M	100	0:00:23.84	WINTER, FREDERICK	HOLLAND, MI	2016

100M

F	50	00:13.77	MATTHEWS, KRISTY	CHULA VISTA, CA	2023
F	55	00:14.8	SHANNON, JANEAN	BLUFTON, OH	2017
F	60	00:14.76	KANTAK, GAIL	MIDLAND, MI	2012
F	65	00:16.12	OROSZ, PATSY	MENTOR, OH	2019
F	70	00:16.41	OROSZ, PATSY	MENTOR, OH	2023
F	75	00:17.65	BUFORD, HANNAH	DETROIT, MI	2018
F	80	00:21.01	BUFORD, HANNAH	DETROIT, MI	2023
F	85	00:27.56	SEGAR, ALICE	WEST BRANCH, MI	2006
F	90	00:40.36	HOLLAND, MARY	COMSTOCK PARK, MI	2014
F	100+	00:36.71	FRIEMAN, DIANE	LYNDHURST, OH	2021
M	50	00:11.81	COOK, GREG	BELDING, MI	2023
M	55	00:12.05	CAMBELL, JOHN	BURTON, MI	2022
M	60	00:12.81	BUTTS, TIM	FERNDALE, MI	2003
M	65	00:13.06	SOCHOR, CHUCK	GOWEN, MI	1994
M	70	00:13.66	KOLESZAR, WILLIAM	SEYMOUR, IN	2021
M	75	00:14.78	SHAW, DEAN	HIGHLAND, MI	2002
M	80	00:15.41	ROBBINS, STEPHEN	CLEVELAND, OH	2023
M	85	00:18.40	BOESENHOFER, JOHN	TOLEDO, OH	2000
M	90	00:22.10	ULANOFF, ABE	SOUTHFIELD, MI	2007
M	95	01:07.90	WINTER, FREDERICK	HOLLAND, MI	2014
M	100	01:03.23	WINTER, FREDERICK	HOLLAND, MI	2016

200M

F	50	00:28.15	MATTHEWS, KRISTY	CHULA VISTA, CA	2023
F	55	00:30.79	SHANNON, JANEAN	BLUFTON, OH	2017
F	60	00:31.83	DALE, JANICE	DETROIT, MI	2023
F	65	00:35.45	OROSZ, PATSY	MENTOR, OH	2018
F	70	00:35.84	OROSZ, PATSY	MENTOR, OH	2023
F	75	00:43.47	RUE, SAUNDRA	STEUBENVILLE, OH	2022
F	80	00:54.27	BUFORD, HANNAH	DETROIT, MI	2023
F	85	01:20.64	RAY, DOROTHY	PORTAGE, MI	2002
F	100+	01:29.79	FRIEMAN, DIANE	LYNDHURST, OH	2021
M	50	00:23.64	MULAZIM, KHALID	CLEVELAND, OH	2018
M	55	00:24.38	MULAZIM, KHALID	CLEVELAND, OH	2022
M	60	00:26.57	WILLIAMS, TYRONE	SOUTHFIELD, MI	2021
M	65	00:27.04	COVEY, BRUCE	SOUTH HAVEN, MI	2011
M	70	00:28.12	KOLESZAR, WILLIAM	SEYMOUR, IN	2021
M	75	00:35.22	WALLACE, RALPH	ANN ARBOR, MI	2022
M	80	00:35.20	KENNEL, TOM	SANTA ROSA BEACH, FL	2001
M	85	00:43.80	BOESENHOFER, JOHN	TOLEDO, OH	2000
M	90	00:52.62	HOESL, NICHOLAS	CINCINNATI, OH	2022

400M

F	50	01:03.44	MATTHEWS, KRISTY	CHULA VISTA, CA	2023
F	55	01:13.70	KANTAK, GAIL	MIDLAND, MI	2011
F	60	01:16.39	DALE, JANICE	DETROIT, MI	2023
F	65	01:23.83	OROSZ, PATSY	MENTOR, OH	2019

F	70	01:31.73	THELEN, RUTH	ST. JOHNS, MI	2014
F	75	01:55.88	HILL, CORA	SOUTHFIELD, MI	2019
F	80	02:18.30	HOLLAND, MARY	COMSTOCK PARK, MI	2004
F	85	03:24.25	RAY, DOROTHY	PORTAGE, MI	2002
M	50	00:53.08	MULAZIM, KHALID	CLEVELAND, OH	2017
M	55	00:55.79	MULAZIM, KHALID	CLEVELAND, OH	2023
M	60	01:00.09	WILLIAMS, TYRONE	SOUTHFIELD, MI	2021
M	65	01:01.90	COVEY, BRUCE	SOUTH HAVEN, MI	2011
M	70	01:07.46	FLEMMING, ANTHONY	DETROIT, MI	2022
M	75	01:14.8	MALACZYNSKI, GERARD	BLOOMFIELD, MI	2017
M	80	01:31.79	BYERS, HOWARD	DEERFIELD, IL	2008
M	85	02:05.40	LAWRENCE, PHIL	SUN LAKES, AZ	2001
M	90	02:08.30	WINTER, FREDERICK	HOLLAND, MI	2005
M	95	03:31.20	WINTER, FREDERICK	HOLLAND, MI	2010

800M

F	50	02:42.75	VINCENT, CHRISTINE	JACKSON, MI	2014
F	55	02:44.55	VENEZIANO, LISA	FENTON, MI	2023
F	60	02:53.84	FELTZ, DEBRA	WILLIAMSTON, MI	2012
F	65	03:07.97	BAUM, SPRIBECCA	SPRINGFIELD, IL	2022
F	70	03:35.49	FELTZ, DEBORAH	WILLIAMSTON, MI	2018
F	75	04:07.78	HILL, CORA	SOUTHFIELD, MI	2022
F	80	05:42.91	DEAN, CAROL	ROCHESTER HILLS, MI	2013
F	85	07:15.58	RAY, DOROTHY	PORTAGE, MI	2002
M	50	02:15.70	BARBER, BILL	LAINGSBURG, MI	2008
M	55	02:18.29	GAIDE, DALE	PARMA, MI	2002
M	60	02:26.0	FLEMING, ANTHONY	DETROIT, MI	2016
M	65	02:33.84	FLEMING, ANTHONY	DETROIT, MI	2019
M	70	02:43.30	BEALL, JAMES	WATERFORD, MI	2000
M	75	02:57.6	MALACZYNSKI, GERARD	BLOOMFIELD, MI	2017
M	80	03:30.70	FREEMAN, GEORGE	SHELBY TWP, MI	2011
M	85	04:32.55	LAWRENCE, PHIL	SUN LAKE, AZ	1999
M	90	05:42.00	WINTER, FREDERICK	HOLLAND, MI	2006

1500M

F	50	05:36	VINCENT, CHRISTINE	JACKSON, MI	2016
F	55	05:16.54	VENEZIANO, LISA	FENTON, MI	2022
F	60	06:03.86	FELTZ, DEBORAH	WILLIAMSTON, MI	2012
F	65	06:21.45	BAUM, REBBECA	SPRINGFIELD, IL	2012
F	70	07:25.83	FELTZ, DEBORAH	WILLIAMSTON, MI	2022
F	75	08:51.06	HILL, CORA	SOUTHFIELD, MI	2018
F	80	11:01.76	DEAN, CAROL	ROCHESTER, MI	2012
F	85	14:43.53	RAY, DOROTHY	PORTAGE, MI	2002
F	90	28:06.00	SAGE, ELEANOR	CLARE, MI	2002
M	50	04:40.88	BARBER, BILL	LAINGSBURG, MI	2008
M	55	04:55.27	LEONARDI, FRANCO	DEARBORN HGTS, MI	2022
M	60	05:07.03	MALACZYNSKI, GERARD	BLOOMFIELD, MI	2006
M	65	05:10.55	MALACZYNSKI, GERARD	BLOOMFIELD, MI	2008
M	70	05:37.15	MALACZYNSKI, GERARD	BLOOMFIELD, MI	2012
M	75	06:23.84	MALACZYNSKI, GERARD	BLOOMFIELD, MI	2018
M	80	07:28.00	FREEMAN, GEORGE	SHELBY TWP, MI	2011
M	85	08:20.50	FREEMAN, GEORGE	FOLEY, AL	2018
M	95	NT	KALES, JAMES	WHITMORE LAKE, MI	2009

Discus

Feet & Inches	Meters				
F 50	92'14.00"	MCGINESS, LINDA	LAKE CITY, MI	2003	28.397
F 55	87'5.00"	HARTZLER, MARY	GAHANNA, OH	2008	26.670
F 60	82'10.00"	GRIFFITH, CAROL	STURGIS, MI	2005	25.247
F 65	66'1.700"	OROSZ, PATSY	MENTOR, OH	2019	20.16
F 70	62'01.00"	BERMAN, JOAN	ANN ARBOR, MI	2010	18.95
F 75	69'10.19"	BERMAN, JOAN	ANN ARBOR, MI	2014	21.29
F 80	61'11.70"	BERMAN, JOAN	ANN ARBOR, MI	2017	18.89
F 85	41'04.85"	GAMBLE, CLARA	KALAMAZOO, MI	2014	12.62
F 90	25'00.79"	HOLLAND, MARY	COMSTOCK PARK, MI	2014	07.64
M 50	165'0.000"	BAILEY, DONALD	TRAVERSE CITY, MI	2010	50.290
M 55	147'02.00"	GOERGE, HILARY	LANSING, MI	2004	44.856
M 60	162'04.07"	KENWELL, DAN	CLARKSTON, MI	2023	49.39
M 65	154'11.84	HILARY, GOERGE	LANSING, MI	2013	47.240
M 70	132'28"	HILARY, GOERGE	LANSING, MI	2018	40.32
M 75	115'12.47"	HILARY, GOERGE	LANSING, MI	2023	35.09
M 80	86'6.189"	SMALL, RONALD	FIARFIELD, OH	2019	26.37
M 85	79'79.00"	SMALL, RONALD	FIARFIELD, OH	2023	24.32
M 90	69'05.00"	SIMMONS, KENNETH	ANN ARBOR, MI	2000	21.158
M 95	31'06.74"	WINTER, FREDERICK	HOLLAND, MI	2014	9.62
M 100	23'01.95"	WINTER, FREDERICK	HOLLAND, MI	2017	7.06

Hammer Throw

Feet & Inches	Meters				
F 50	119'08.61"	MEYERS, KAREN	NEW CARLISLE, IN	2019	36.49
F 55	126'18"	HARTZLER, MARY	GAHANNA, OH	2008	38.46
F 60	73'9.71"	OROSZ, PATSY	MENTOR, OH	2016	35.40
F 65	88'2.66"	JACKSON, CAROLE	OAK PARK, IL	2019	26.89
F 70	49'40.90"	MARTIN, CHERIE ANN	LASALLE, ON	2016	15.06
F 75	60'82.67"	MASON, JOYCE	DAYTON, OH	2016	18.54
F 80	36'5"	BERMAN, JOAN	ANN ARBOR, MI	2017	11.1
M 50	173'85"	WETENHALL, JIM	SYLVANIA, OH	2008	52.990

NEW RECORDS SET IN 2023

State Records

M	85	3'08.00"	BOESENHOFER, JOHN	TOLEDO, OH	2000	1.1176
M	90	2'2.38"	SOCHOR, CHUCK	GOWEN, MI	2017	0.67
TRACK & FIELD CONTINUED						
Javelin						
F	50	92'09.38"	MCKEE, LEANN	OLMSTED, OH		2014 28.28
F	55	89'10.5"	SHANNON, JANEAN	BLUFTON, OH		2017 27.39
F	60	86'05.40"	KAY, MARY-CHRIS	PERRYSBURG, OH		2014 26.35
F	65	83'04.39"	KAY, MARY-CHRIS	PERRYSBURG, OH		2019 25.41
F	70	84'12.07"	KAY, MARY-CHRIS	PERRYSBURG, OH		2023 25.64
F	75	56'7.60"	LEMANSKI, PATRICIA	KALAMAZOO, MI		2009 17.300
F	80	47'00.75"	BERMAN, JOAN	ANN ARBOR, MI		2017 14.34
F	85	35'11.00"	GAWURA, JERRY	CANTON, MI		2004 10.947
F	90	26'07.68"	HOLLAND, MARY	COMSTOCK PARK, MI		2014 08.12
F	100	20'06.06"	FRIEDMAN, DIANE	LYNDHURST, OH		2021 06.25
M	50	146'08.50"	GOERGE, HILARY	LANSING, MI		2001 44.716
M	55	176'06.11"	GREENE, CHUCK	BEAVERCREEK, OH		2015 53.8
M	60	146"	BLOWERS, MICHAEL	PORTAGE, MI		2008 44.550
M	65	140'00.00"	KOSTER, STANLEY	HOLLAND, MI		2001 42.672
M	70	131'05.00"	KOSTER, STANLEY	ZEELAND, MI		2006 40.055
M	75	128'01.00"	KOSTER, STANLEY	ZEELAND, MI		2010 39.014
M	80	113'8.96"	KOSTER, STANLEY	ZEELAND, MI		2015 34.67
M	85	76'27.95"	SMALL, RONALD	FIARFIELD, MI		2023 23.25
M	90	55'21.65"	ROTHLEY, WILLIAM	LIVONIA, MI		2023 16.83
M	95	38"	KALES, JAMES	WHITMORE LAKE, MI		2009 11.670
M	100	22'04.11"	KALES, JAMES	WHITMORE LAKE, MI		2014 06.81
Long Jump						
F	50	18'5.65"	GOTHRO-DEFEVER, KATHY	ASHLEY, MI		2003 5.6388
F	55	13'3.82"	SHANNON, JANEAN	BLUFTON, OH		2017 4.06
F	60	12'7.625"	SHANNON, JANEAN	BLUFTON, OH		2023 3.89
F	65	10'10.00"	SARNAIK, SHARADA	GROSSE POINTE, MI		2011 3.25
F	70	10'69.55"	OROSZ, PATSY	MENTOR, OH		2023 3.26
F	75	9'05.00"	HOLLAND, MARY	COMSTOCK PARK, MI		1999 2.8702
F	80	8'70.00"	HOLLAND, MARY	COMSTOCK PARK, MI		2004 4.2164
F	90	4'08.00"	HOLLAND, MARY	COMSTOCK PARK, MI		2014 1.4244
M	50	18'7.62"	COOK, GREG	BELDING, MI		2022 5.68
M	55	17'58.53"	ROLAND, TIM	CLARKSTON, MI		2023 5.36
M	60	16'5.717"	COVEY, BRUCE	SOUTH HAVEN, MI		2008 5.022
M	65	16'07.21"	COVEY, BRUCE	SOUTH HAVEN, MI		2013 5.06
M	70	14'09.00"	PAKIET, ZIGGY	NAPLES, FL		2016 4.50
M	75	13'87.17"	ROTHLEY, WILLIAM	LIVONIA, MI		2008 4.22
M	80	10'07.56"	RAYNOR, ALAN	LAKE ORION, MI		2013 3.24
M	85	9'04.50"	BOESENHOFER, JOHN	TOLEDO, OH		2002 2.8575
M	90	8'07.00"	BOESENHOFER, JOHN	TOLEDO, OH		2005 2.6162
M	95	6"	KALES, JAMES	WHITMORE LAKE, MI		2009 1.832
M	100	4'04"	KALES, JA MES	WHITMORE LAKE, MI		2014 1.3208
Pole Vault						
F	50	5'06.00"	MCGINESS, LINDA	LAKE CITY, MI		2003 1.6764
F	55	7'38.00"	BABITS, BRENDA	FORT WAYNE, IN		2018 2.25
F	60	7'38.00"	BABITS, BRENDA	FORT WAYNE, IN		2021 2.25
F	65	4'07.12"	MCGINESS, LINDA	LAKE CITY, MI		2019 1.40
F	70	3'03.76	WARREN, BARBARA	CHARLESTON, WV		2022 1.01
M	50	11'07.76"	WHITE, PAUL	DORCHESTER, ON		2017 3.55
M	55	12'02.46"	BABITS, PAUL	FORT WAYNE, IN		2019 3.72
M	60	11'11.70"	BABITS, PAUL	FORT WAYNE, IN		2021 3.65
M	65	10'06.00"	KILPELAINEN, MATTI	CANTON, MI		2014 3.2004
M	70	11'0.28"	KILPELAINEN, MATTI	CANTON, MI		2015 3.36
M	75	9'0.27"	KILPELAINEN, MATTI	CANTON, MI		2021 2.75
M	80	6'02.00"	ROOT, BOB	NILES, MI		2014 1.8796
M	85	5'00.00"	BOESENHOFER, JOHN	TOLEDO, OH		2000 1.524
M	90	3'06.00"	BOESENHOFER, JOHN	TOLEDO, OH		2005 1.0668
Shot Put						
F	50	37'09.00"	SZANTO, ERIKA	OLMSTEAD FALLS, OH		1996 11.506
F	55	36'9.73"	MYERS, KAREN	NEW CARLISLE, IN		2019 11.22
F	60	29'06.00"	KANTAK, GAIL	MIDLAND, MI		2013 8.9916
F	65	27'02.00"	KANTAK, GAIL	MIDLAND, MI		2017 8.28
F	70	27'07.00"	MARTIN, CHERIE	LASALLE, ON		2016 8.25
F	75	25'09.00"	LEMANSKI, PATRICIA	KALAMAZOO, MI		2012 7.8486
F	80	19'04.28	LEMANSKI, PATRICIA	KALAMAZOO, MI		2014 5.9
F	85	17'00.00"	GAWURA, DOROTHY	PORTAGE, MI		2005 5.1816
F	90	13'09.75"	HOLLAND, MARY	COMSTOCK PARK, MI		2015 4.21
M	50	46'05.48"	KENWELL, DAN	CLARKSTON, MI		2014 14.16
M	55	45'02.75"	GOERGE, HILARY	LANSING, MI		2006 13.785
M	60	49"	GOERGE, HILARY	LANSING, MI		2008 14.940
M	65	45'06.45"	GOERGE, HILARY	LANSING, MI		2013 13.88
M	70	48'03.00"	GOERGE, HILARY	LANSING, MI		2021 14.707
M	75	39'99.34"	GOERGE, HILARY	LANSING, MI		2023 12.19
M	80	39'01.00"	FRITZ, EDWARD	WEST BRANCH, MI		2017 11.917
M	85	33'06.32"	FRITZ, EDWARD	WEST BRANCH, MI		2022 10.22
M	90	22'04.25"	SMITHONS, KENNETH	ANN ARBOR, MI		2000 6.8135
M	95	14'11.00	WINTER, FREDERICK	HOLLAND, MI		2010 4.3007
M	100	10'09.92	KALES, JAMES	WHITMORE LAKE, MI		2014 3.3
Triple Jump						
F	50	14'02.08"	BIES, MICHELLE	ANN ARBOR, MI		2017 4.32
F	55	24'0.98"	SHANNON, JANEAN	BLUFTON, OH		2017 7.34
F	60	23'10.50"	SARNAIK, SHARADA	GROSSE POINTE, MI		2008 7.277
F	65	22'03.00"	SARNAIK, SHARADA	GROSSE POINTE, MI		2011 6.78
F	70	22'90.03"	OROSZ, PATSY	MENTOR, OH		2023 6.98
F	75	16'08.00"	WIELAND, REBECCA	KALAMAZOO, MI		2018 4.90
F	80	14'04.00"	LEMANSKI, PATRICIA	KALAMAZOO, MI		2014 4.36
M	50	33'13.65"	COOK, GREG	BELDING, MI		2023 10.10
M	55	37'10.72"	BUNKER, DONALD	APPLE CREEK, OH		2015 11.55
M	60	32'71.00"	BUNKER, DONALD	APPLE CREEK, OH		2023 9.97
M	65	28'05.00"	CHEPURNY, TARAS	CARSONVILLE, MI		2021 8.55
M	70	26'25.00"	KLEMANN, ROBERT	PATASKALA, MI		2018 8.00

M	75	25'06.50"	ROTHLEY, WILLIAM	LIVONIA, MI		2009 7.78
M	80	24'06.00"	RAYNOR, ALAN	LAKE ORION, MI		2014 7.47
M	85	20'07.64"	RAYNOR, ALAN	LAKE ORION, MI		2016 6.31
M	90	14'11.92"	KALES, JAMES	WHITMORE LAKE, MI		2008 4.57
M	95	14'03.50"	KALES, JAMES	WHITMORE LAKE, MI		2009 4.36
M	100	10'06.00"	KALES, JAMES	WHITMORE LAKE, MI		2014 3.20
POWERWALK						
Power Walk - 5k						
F	50	37:48.43	ENCISO, SUZANNE	WOLVERINE LAKE, MI		2022
F	55	36:19.39	BAKER, DEBORAH	PORT HURON, MI		2023
F	60	34:00.42	ANDERSON, ROBERTA	MACOMB, MI		2022
F	65	34:32:46	DIPIETRO, DELLA	ANN ARBOR, MI		2023
F	70	36:41.31	BAXTER, MARY	OXFORD, MI		2023
F	75	34:09.01	HUCZEK, SHARON	ROCHESTER, MI		2023
M	50	31:51.62	BRADFCAMP, DENNY	FREDERICKSBURG, VI		2023
M	55	30:37.15	O'NEIL, RANDALL	BATTLE CREEK, MI		2021
M	60	30:45.42	MCPHERSON, MATTHEW	SWARTZ CREEK, MI		2021
M	65	33:04.43	DUNKEL, KEVIN	BURTON, MI		2021
M	70	32:56.45	KALE, GARY	ANN ARBOR, MI		2023
M	75	36:08.01	CUSHNIER, MICHAEL	ROCHESTER HILLS, MI		2023
M	80	36:55.85	WEHRLY, JOHN	MADISON HEIGHTS, MI		2021
M	85	41:03.22	GREEN, MAX	TAYLOR, MI		2019
Power Walk - 1500						
F	50	10:44.7	ENCISO, SUZANNE	WOLVERINE LAKE, MI		2022
F	55	10:19.86	FASSETT, SUSAN	FENTON, MI		2022
F	60	09:43.2	ANDERSON, ROBERTA	WEST BLOOMFIELD, MI		2022
F	65	10:56.04	DIPIETRO, DELLA	ANN ARBOR, MI		2022
F	70	10:56.31	HUCZEK, SHARON	ROCHESTER, MI		2018
F	75	10:58.78	HUCZEK, SHARON	ROCHESTER, MI		2023
F	80	15:40.40	BASZILE, JANET	PALOSVILLE, CA		2023
F	90	18:03.71	KLISMAN, SOPHIE	WALLED LAKE, MI		2019
M	50	9:03.00	BRADFCAMP, DENNY	FREDERICKSBURG, VI		2023
M	55	08:48.71	O'NEIL, RANDY	BATTLE CREEK, MI		2021
M	60	09:11.43	MCPHERSON, MATTHEW	SWARTZ CREEK, MI		2021
M	65	09:42.32	DUNKEL, KEVIN	BURTON, MI		2021
M	70	09:16.61	STROSS, WILLIAM	CLEVELAND, OH		2021
M	75	10:41.21	HIRSH, FRED	AURORA, MI		2021
M	80	10:45.49	WEHRLY, JOHN	MADISON HEIGHTS, MI		2021
M	85	12:36.53	LARSON, MARVIN	ROCHESTER HILLS, MI		2021
M	90	14:43.49	FERGUSON, RJ	ST.JOSEPH, MI		2021
RACEWALK						
1500 Racewalk						
F	50	8:15.00	TOPHAM, DEBBIE	MAYVILLE, MI		2006
F	55	8:25.79	TOPHAM, DEBBIE	MAYVILLE, MI		2008
F	60	8:20.70	PARKS, JOANNE	LAPEER, MI		1996
F	65	9:54.780	TICHY, WALDA	ST. CLAIR SHORES, MI		2009
F	70	10:30.00	LEWIS, PRINCETTER	ROCHESTER HILLS, MI		2016
F	75	11:39.02	NICHOLS, MARY	DEARBORN, MI		1991
F	80	12:04.90	SEGAR, ALICE	WEST BRANCH, MI		2005
F	85	11:55.00	SEGAR, ALICE	WEST BRANCH, MI		2007
F	90	19:21.45	HOLLAND, MARY	COMSTOCK PARK, MI		2013
M	50	6:46.23	SWARTS, DAVID	JACKSON, MI		2015
M	55	6:30.5	SADLEJ, ZBIGNIEW	ROYAL OAK, MI		2017
M	60	6:59.30	GREEN, MAX	TAYLOR, MI		1996
M	65	8:20.80	MCKAY, KENNETH	MT MORRIS, MI		1996
M	70	8:26.50	ACTON, HUGH	AUGUSTA, MI		1996
M	75	9:17.00	FERGUSON, ROBERT	ST JOSEPH, MI		2007
M	80	9:52.50	ULANOFF, ABE	SOUTHFIELD, MI		1996
M	85	10:59.00	ULANOFF, ABE	SOUTHFIELD, MI		2002
M	90	12:07.00	ULANOFF, ABE	SOUTHFIELD, MI		2007
M	95	13:10.00	HAUER, MANNY	WEST BLOOMFIELD, MI		2007
M	100	17:08.8	HAUER, MANNY	WEST BLOOMFIELD, MI		2012
5K Racewalk						
F	50	29:34.70	TOPHAM, DEBBIE	MAYVILLE, MI		2007
F	55	30:38.10	TICHY, WALDA	WHITE LAKE, MI		1996
F	60	30:16.64	TOPHAM, DEBBIE	MAYVILLE, MI		2015
F	65	33:41.00	LOGAN, SHARON	LILLY, PA		2016
F	70	36:13.05	KENNY, FRANCES	GRAND RAPIDS, MI		1993
F	75	39:08.00	NICHOLS, MARY	DEARBORN, MI		1991
F	80	41:24.00	SEGAR, ALICE	WEST BRANCH, MI		2005
F	85	41:14.20	SEGAR, ALICE	WEST BRANCH, MI		2007
M	50	23:35.12	SWARTS, DAVID	JACKSON, MI		2015
M	55	23:18.0	SADLEJ, ZBIGNIEW	ROYAL OAK, MI		2017
M	60	25:18.10	GREEN, MAX	TAYLOR, MI		1996
M	65	30:45.00	ELWARNER, JOHN	STERLING HEIGHTS, MI		2004
M	70	32:13.00	JEROME, JERRY	BIRMINGHAM, MI		1991
M	75	34:18.7	WEHRLY, JOHN	MADISON HEIGHTS, MI		2017
M	80	35:26.3	SANDS, IRA	ROCHESTER HILLS, MI		2017
M	85	37:75.00	ULANOFF, ABE	SOUTHFIELD, MI		2005
M	90	44:04.00	ULANOFF, ABE	SOUTHFIELD, MI		2007
TRIATHLON						
F	50	1:09:24.00	STEIL, TAMARA	GRANDVILLE, MI		2006
F	55	1:15:51.00	STEIL, TAMARA	GRANDVILLE, MI		2013
F	60	1:16:48.00	BOURDEAU, NANCY	ANN ARBOR, MI		2013
F	65	1:26:09.00	STRALEY, SUE	FLUSHING, MI		2004
F	70	1:23:30.00	ACTON, PEGGY	MINISTEE, MI		2006
F	75	2:09:36.00	SKROCKI, MARY	SUTTONS BAY, MI		2014
M	50	0:57:57.00	BRINKER, JOHN			