

## USA Cycling National Records

## Elite Men

## Track Time Trial — Flying Start

200 m	9.868	Matt Baranoski	Aguascalientes, Mexico, 9/13/14
250 m	13.304	David Espinoza	Frisco, Texas, 5/16/14
500 m	26.496	Marty Nothstein	Blaine, Minn., 8/12/98

## Track Time Trial — Standing Start

250 m	17.659	David Espinoza	Aguascalientes, Mexico, 9/10/14
1 km	1:01.085	Jimmy Watkins	Mexico City, Mexico, 7/30/09
4 km	4:15.160	Taylor Phinney	Pruszkow, Poland, 3/26/09
4 km team	4:06.73	Zach Conrad, Dirk Copeland, Mariano Friedick, Adam Laurent	Paris, France, 10/22/95
1 hour (best performance)	51.505 km	Norm Alvis	Colorado Springs, Colo., 9/26/97

## Team Sprint

750 m	44.036	Dean Tracy, Michael Blatchford, Jimmy Watkins	Guadalajara, Mexico, 10/21/11
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## Road Time Trials — Individual

40 km	47:35.37	John Frey	Moriarty, N.M., 9/2/90
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## Road Time Trials — Tandem

40 km	44:18.84	John Frey, Rod Bush	Moriarty, N.M., 9/6/92
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## Elite Women

## Track Time Trial — Flying Start

200 m	10.933	Madalyn Godby	CNAR, Mexico, 2/8/13
250 m	13.794	Jennifer Valente	Aguascalientes, Mexico, 9/14/14
500 m	29.662	Jennie Reed	Carson, Calif., 6/16/08

## Track Time Trial — Standing Start

250 m	19.416	Madalyn Godby	CNAR, Mexico, 2/9/13
500 m	34.426	Tammy Thomas	Mexico City, Mexico, 8/12/01
1 km	1:12.298	Janie Eickhoff	Trexlerstown, Penn., 6/14/91
3 km	3:22.269	Sarah Hammer	Aguascalientes, Mexico, 5/11/10
1 hour	44.028 km	Carolyn Donnelly	Colorado Springs, Colo., 10/29/90

## Track Team Time Trial — Standing Start

3,000 m	3:16.853	Sarah Hammer, Dotsie Bausch, Jennie Reed	London, England, 8/4/12
4,000 m	4:24.279	Sarah Hammer, Kimberly Geist, Jennifer Valente, Ruth Winder	Aguascalientes, Mexico, 12/5/13

## Team Sprint

500 m	34.364	Madalyn Godby, Missy Erickson	CNAR, Mexico, 2/7/13
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## Road Time Trials — Individual

40 km	51:36.24	Mari Holden	Moriarty, N.M., 9/3/95
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## Road Time Trials — Tandem

40 km	52:00.55	Carolyn Donnelly, Paula Higgens	Moriarty, N.M., 9/3/95
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Elite Mixed Tandem  
Road Time Trials

40 km 47:17.84 Kent Bostick, Carol Anne Bostick Moriarty, N.M., 9/2/96

## Junior Men

## Track Time Trial — 200m Flying Start

14- 11.575 Andy Lakatosh Trexlertown, Penn., 8/12/99  
 16- 10.654 Andy Lakatosh Colorado Springs, Colo. 8/24/00  
 18- 10.499 William Clay Colorado Springs, Colo. 7/91

## Track Time Trial — 250m Flying Start

17-18 14.343 Mathew Valencia Carson, Calif., 6/26/14

## Track Time Trial — 500m Standing Start

9-10 49.982 Luc Mainvielle Carson, Calif., 6/28/14  
 11-12 43.240 Alexander Lochmiller Carson, Calif., 6/28/14  
 14- 35.419 Andy Lakatosh Indianapolis, Ind., 6/30/99  
 16- 33.961 Andy Lakatosh Ft. Lauderdale, Fla., 8/10/01

## Track Time Trial — 1km Standing Start

18- 1:04.400 David Espinoza Aguascalientes, Mexico, 8/8/07

## Track Time Trial — 3km Standing Start

18- 3:16.589 Taylor Phinney Carson, Calif., 6/15/08

## Track Time Trial — 3km Team Time Trial, Standing Start

15-16 3:33.660 Gage Hecht, Grant McElroy, Sandor Delgado, Jules Gilliam Carson, Calif., 6/29/14

## Track Time Trial — 4km Team Time Trial, Standing Start

18- 4:17.678 Greg Daniel, Mathew Lipscomb, Paul Lynch, Thomas Wrona Moscow, Russia, 8/17/11

## Track Time Trial — 1 hour

18- 38.766 km Noah Williams Houston, Texas, 12/18/13

## Road Time Trial — 10km

12- 14:22.30 Alex Coelho Moriarty, N.M., 9/1/02  
 14- 13:11.73 Chris Stockburger Moriarty, N.M. 9/2/01

## Road Time Trial — 20km

16- 25:08.48 Blake Caldwell Moriarty, N.M., 9/4/00  
 18- 24:13.00 Heath Sandall Quito, Ecuador, 7/24/94

## Junior Women

## Track Time Trial — 200m Flying Start

15-16 12.264 Jennifer Valente Trexlertown, Penn., 7/8/10  
 18- 11.47 Missy Thompson Colorado Springs, Colo., 6/19/96

## Track Time Trial — 250m Flying Start

15-16 15.442 Summer Moak Carson, Calif., 6/25/14  
 17-18 15.990 Danielle Mullis Carson, Calif., 6/26/14

## Track Time Trial — 500m Standing Start

9-10 48.921 Chloe Patrick Carson, Calif., 6/28/14  
 11-12 43.247 Kayla Hankins Carson, Calif., 6/28/14  
 14- 37.863 Summer Moak Trexlertown, Penn., 7/25/13

1/6/2015

USA Cycling National Records - USA Cycling

16-	37.364	Coryn Rivera	Colorado Springs, Colo., 7/1/07
18-	36.656	Collen Hayduk	Colorado Springs, Colo., 6/30/07

Track Time Trial — 2km Standing Start

14-	2:51.67	Lauren Shirock	Trexertown, Penn., 8/26/03
15-16	2:35.255	Summer Moak	Carson, Calif., 6/26/14
18-	2:27.92	Jessica Grieco	Colorado Springs, Colo., 7/16/91

Track Time Trial — 3km Team Pursuit, Standing Start

15-16	4:02.575	Hanna Arensman, Summer Moak, Kristin Wolfe	Carson, Calif., 6/29/14
18-	3:52.574	Addyson Albershardt, Jaqueline Denny, Kate Wilson	Moscow, Russia, 8/18/11

Track Time Trial — 4km Team Pursuit, Standing Start

18-	5:00.909	Sarah Huang, Nadia Latzgo, Tara McCormick, Laurel Rathbun	Glasgow, Scotland, 8/8/13
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Road Time Trial — 10 km

12-	16:41.62	Jeanne Eriksson	Moriarty, N.M., 9/5/99
14-	15:19.24	Danielle Haulman	Moriarty, N.M., 9/5/04

Road Time Trial — 20 km

16-	29:48.61	Ryan Kelly	St. Louis, Mo., 7/7/94
18-	29:41.97	Jessica Grieco	Borrego Springs, Calif., 8/10/90

Masters Men

Track Time Trial — 200m Flying Start

30+	10.333	Stephen Alfred	Colorado Springs, Colo., 8/6/02
35+	10.490	Sky Christopherson	Colorado Springs, Colo., 8/20/11
40+	10.511	Stephen Hill	Colorado Springs, Colo., 8/9/06
45+	10.713	James Lawrence	Colorado Springs, Colo., 7/13/13
50+	11.116	Kurt Sato	Colorado Springs, Colo., 8/21/09
55+	10.923	Richard Voss	Colorado Springs, Colo., 7/13/13
60+	11.473	Victor Copeland	Colorado Springs, Colo., 8/6/02
65+	11.858	Mark Rodamaker	Colorado Springs, Colo., 7/13/13
70+	12.074	James Martins	Colorado Springs, Colo., 7/27/12
75+	12.938	James Kloss	Manchester, England, 10/9/14
80+	15.517	David Ellefson	Redmond, Wash., 8/23/14

Track Time Trial — 250m Flying Start

35+	14.228	Jonathan Davy	Carson, Calif., 8/9/13
40+	14.932	Kevin Phillips	Carson, Calif., 8/9/13
45+	14.688	David Brinton	Carson, Calif., 8/9/13
50+	15.203	Derek Everling	Rock Hill, S.C., 8/17/12
55+	18.352	Terrence Shiels	Rock Hill, S.C., 8/17/12

Track Time Trial — 500m Standing Start

40+	34.781	Michael Paulin	Colorado Springs, Colo., 8/27/11
45+	34.88	Todd Hayes	Colorado Springs, Colo., 7/17/11
50+	34.834	Roy Simonson	Colorado Springs, Colo., 8/6/02
55+	34.525	Kurt Sato	Colorado Springs, Colo., 7/26/12
60+	35.654	Victor Copeland	Colorado Springs, Colo., 8/4/04
65+	37.242	Earl Henry	Colorado Springs, Colo., 8/9/06
70+	37.855	Victor Copeland	Colorado Springs, Colo., 7/24/12
75+	39.284	James Kloss	Manchester, England, 10/7/14
80+	43.810	Carl Grove	Colorado Springs, Colo., 7/24/12

Track Time Trial — 750m Standing Start

40-44	49.107	Stephen Hill	Manchester, England, 2006
45-49	49.616	Alphonso Whaley	Manchester, England, 2005

## Track Time Trial — 1km Standing Start

30+	1:04.271	Jeff Solt	Colorado Springs, Colo., 7/13/93
35+	1:04.927	Anton Quist	Colorado Springs, Colo., 8/4/04
40+	1:05.063	Roy Simonson	Colorado Springs, Colo., 8/24/00
45+	1:06.96	Bobby Walthour	Colorado Springs, Colo., 7/24/12

## Track Time Trial — 2km Standing Start

50+	2:17.051	Larry Nolan	Colorado Springs, Colo., 8/19/09
55+	2:20.413	James Host	Colorado Springs, Colo., 7/25/12
60+	2:24.780	Victor Copeland	Colorado Springs, Colo., 8/4/04
65+	2:32.102	James Murdock	Colorado Springs, Colo., 7/21/07
70+	2:40.224	James Kloss	Colorado Springs, Colo., 10/20/09
75+	2:47.723	James Kloss	Manchester, England, 10/11/14
80+	2:50.933	Carl Grove	Colorado Springs, Colo., 7/28/12

## Track Time Trial — 3km Standing Start

30+	3:23.31	Chris Carlson	Manchester, England, 8/26/95
35+	3:24.60	Kent Bostick	Colorado Springs, Colo., 10/16/93
40+	3:24.60	Kent Bostick	Colorado Springs, Colo., 10/16/93
45+	3:21.06	Kent Bostick	Manchester, England, 9/23/99

## Track Time Trial — 3km Team Time Trial, Standing Start

50+	3:28.305	Robert Black, Chris Regan, Mark Sommers, Scot Butler	Colorado Springs, Colo., 8/8/11
55+	3:36.695	James Host, Robert Black, Carl Westergrew, Paul Schuler	Colorado Springs, Colo., 7/29/12
60+	3:38.229	Steven Worley, Barry Messmer, Paul Mack, Larry Bosch	Colorado Springs, Colo., 8/26/11
65+	3:54.332	Jerry Shafer, Michael Williams, Gary Bridges, Jack Kelso	Colorado Springs, Colo., 7/29/12

## Track Time Trial — 4km Team Time Trial, Standing Start

30+	4:31.463	Dan Vogt, Curtis Tolson, Kenny Williams, Leif Clarke	Colorado Springs, Colo., 8/13/06
35+	4:35.823	Jason Meidhof, David Bozak, Joshua Frick, Daniel Casper	Colorado Springs, Colo., 7/29/12
40+	4:36.895	Kent Bostick, Richard Meeker, Jeff Fillerup, Larry Nolan	Colorado Springs, Colo., 8/13/06
45+	4:36.849	Curtis Tolson, Kenny Williams, Chris Charlson, Dean Peterson	Colorado Springs, Colo., 7/29/12
50+	4:38.365	Robert Black, Andrew Buck, Scott Butler, Christopher Regan	Colorado Springs, Colo., 8/20/09

## Track Time Trial — 1 Hour Best Performance, Standing Start

30-34	47.7644	Curtis Gunn	Carson, Calif., 11/20/04
35-39	45.641	Jason Sprouse	Trexlertown, Penn., 7/31/07
40-44	49.806	Colby Pearce	Colorado Springs, Colo., 9/30/13
45-49	49.3610	Kent Bostick	Manchester, England, 1999
50-54	45.386	Keith Ketterer	Carson, Calif., 10/1/09
55-59	45.019	Keith Ketterer	Carson, Calif., 1/29/12
60-64	44.228	Kenny Fuller	Carson, Calif., 10/1/09
75-79	35.075	Jim Turner	San Jose, Calif., 5/1/14

## Track Time Trial — 1 Hour Absolute, Standing Start

40-44	46.452	Colby Pearce	Colorado Springs, Colo., 10/8/13
50-54	39.250	Mark Neuman	Carson, Calif., 10/26/13

## Road Time Trial — 20 km

65+	26:45.94	Josef Lemire	Sattley, Calif., 6/29/14
70+	27:16.52	William Meyers	Moriarty, N.M., 9/3/07
75+	29:50.90	Walter Axthelm	Moriarty, N.M., 9/5/10
80+	31:38.21	Walter Axthelm	Moriarty, N.M., 9/1/13
85+	35:10.81	Gordon Shields	Moriarty, N.M., 8/31/03
90+	44:53.98	Gordon Shields	San Diego, Calif., 4/11/08

## Road Time Trial — 40 km

30+	47:35.37	John Frey	Moriarty, N.M., 9/2/90
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35+	47:48.69	Kent Bostick	Moriarty, N.M., 9/2/90
40+	48:25.48	Kent Bostick	Moriarty, N.M., 9/1/96
45+	48:28.52	Daniel Bryant	Sattley, Calif., 6/29/14
50+	49:29.94	Kevin Metcalf	Sattley, Calif., 6/12/13
55+	50:59.19	Gary Painter	Sattley, Calif., 6/29/14
60+	52:42.65	Scott Tucker	Moriarty, N.M., 9/5/99

## Road Time Trial — 40 km Tandem

70+	45:56.47	John Frey, Jim Warsa	Moriarty, N.M., 9/1/96
90+	46:47.72	John Verheul, Andrew Coggan	Moriarty, N.M., 9/1/08
110+	48:56.06	David Spangler, Vic Copeland	Moriarty, N.M., 8/31/97

## Masters Women

## Track Time Trial — 200m Flying Start

30+	11.064	Connie Paraskevin-Young	Bogota, Colombia, 9/26/95
35+	11.426	Jill Gianettoni	Colorado Springs, Colo., 8/12/96
40+	12.149	Annette Hanson	Colorado Springs, Colo., 8/6/02
45+	12.001	Gea Johnson	Colorado Springs, Colo., 7/27/12
50+	12.708	Annette Williams	Colorado Springs, Colo., 7/24/12
55+	13.152	Rita Kacala	Colorado Springs, Colo., 7/25/12
60+	13.605	Charlotte Miller	Colorado Springs, Colo., 7/25/12
65+	13.888	Bonnie Woodbury	Colorado Springs, Colo., 7/25/12
70+	14.565	Bonnie Woodbury	Manchester, England, 2013
75+	20.757	Patricia Baker	Redmond, Wash., 8/19/14

## Track Time Trial — 500m Standing Start

30+	34.426	Tammy Thomas	Mexico City, Mexico, 8/12/01
35+	35.400	Jill Gianettoni	Colorado Springs, Colo., 8/12/96
40+	37.439	Gea Johnson	Carson, Calif., 12/11/11
45+	35.613	Gea Johnson	Colorado Springs, Colo., 7/28/12
50+	39.265	Annette Williams	Colorado Springs, Colo., 7/26/12
55+	39.439	Rita Kacala	Colorado Springs, Colo., 7/27/12
60+	42.029	Linda Miller	Carson, Calif., 2/10/08
65+	41.933	Linda Miller	Colorado Springs, Colo., 7/27/12
70+	42.656	Bonnie Woodbury	Manchester, England, 2013
75+	55.686	Patricia Baker	Redmond, Wash., 8/23/14

## Track Time Trial — 1km Standing Start

30+	1:13.287	Rebecca Twigg	Indianapolis, Ind., 8/9/95
35+	1:14.278	Carol Ann Bostick	Colorado Springs, Colo., 7/13/93
40+	1:17.935	Betsy King	Colorado Springs, Colo., 7/13/93
45+	1:18.435	Terry Roach	Manchester, England, 9/25/98

## Track Time Trial — 2km Standing Start

30+	2:33.697	Nancy Lux	Colorado Springs, Colo., 8/6/04
35+	2:33.697	Nancy Lux	Colorado Springs, Colo., 8/6/04
40+	2:31.465	Annette Hanson	Manchester, England, 2004
45+	2:36.441	Terry Ann Roach	Colorado Springs, Colo., 8/9/02
50+	2:36.441	Terry Ann Roach	Colorado Springs, Colo., 8/9/02
55+	2:43.483	Lenita Anthony	Carson, Calif., 9/27/12
60+	2:42.706	Marsha Macro	Colorado Springs, Colo., 8/4/04
65+	2:52.674	Marsha Macro	Colorado Springs, Colo., 8/19/09
70+	3:07.792	Bonnie Woodbury	Redmond, Wash., 8/22/14
75+	4:16.685	Patricia Baker	Redmond, Wash., 8/22/14

## Track Time Trial — 3km Team Time Trial, Standing Start

30+ (4 person)	3:51.772	Annette Hanson, Tracy Huber, Kele Murdin, Debbie Preller	Colorado Springs, Colo., 8/13/06
30+ (3 person)	3:55.36	CJ Boyenger, Shane Ellis, Tara Unverzagt	Carson, Calif., 7/1/12
35+ (3 person)	3:52.768	Jane Evelyn, Neva Day, Annette Williams	Colorado Springs, Colo., 7/29/12
45+ (3 person)	4:05.710	Annabell Holland, Mary Ann Levenson, Andi Smith	Carson, Calif., 9/28/12

## Track Time Trial — 4km Team Time Trial, Standing Start

30+ 5:18.81 Wendy Boglioli, Rebecca Everling, Robin Nordberg, Cristine Smith

San Diego, Calif., 7/12/96

## Track Time Trial — 1 Hour, Standing Start

35-39	40.7556	Jacquie Lockwood	Manchester, England, 2000
45-49	41.2397	Lillian Pfluke	Manchester, England, 2006
55-59	38.122	Mary Ann Levenson	San Jose, Calif., 5/1/14

## Road Time Trial — 20km

55+	28:36.58	Camille Deluca-Flaherty	Sattley, Calif., 6/12/13
60+	29:36.43	Laura Lindgren	Sattley, Calif., 6/12/13
65+	32:10.93	Martha Iverson	Sattley, Calif., 6/29/14
70+	34:11.28	Eleanor Hamre	Moriarty, N.M., 9/4/06
75+	43:03.58	Martha Hanson	Moriarty, N.M., 9/3/95
80+	44:24.88	Martha Hanson	Moriarty, N.M., 9/3/00
85+	48:24.34	Martha Hanson	Moriarty, N.M., 9/3/07

## Road Time Trial — 40km

30+	52:50.23	Phyllis Hines	Dunlap, Tenn., 6/11/95
35+	53:01.99	Vickie Marlatt	Moriarty, N.M., 8/31/97
40+	53:01.99	Vickie Marlatt	Moriarty, N.M., 8/31/97
45+	56:02.64	Jane Despas	Sattley, Calif., 6/29/14
50+	58:13.97	MaryAnn Levenson	Sattley, Calif., 6/29/14

## Road Time Trial — 40km Tandem

70+	53:01.95	Carolyn Donnelly, Paula Higgins	Moriarty, N.M., 9/1/97
90+	52:41.76	Elizabeth Benshin, Julie Kaplan	Moriarty, N.M., 9/1/02

## Masters Mixed

## Road Time Trial — 40km Tandem

70+	47:17.84	Kent Bostick, Carol Ann Bostick	Moriarty, N.M., 9/2/96
90+	48:47.77	Carol Ann Bostick, David Spangler	Moriarty, N.M., 9/3/95
110+	51:59.27	Elaine Miller, Jim Miller	Moriarty, N.M., 9/4/01
130+	57:42.37	Eleanor Hamre, Bradley Snyder	Moriarty, N.M. 8/31/03

For more information on national records, please contact USA Cycling Technical Programs Manager Tom Mahoney at [tmahoney@usacycling.org](mailto:tmahoney@usacycling.org).

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