

HPRC Track Records – Women (as at 3 September 2010)

WOMEN	SENIOR WOMEN	W35	W40	W45	W50	W55	W60	W65
100m	Suze Watts TIME: 17.1 Bingham DATE: 1 May 08	Jo Spinak TIME: 18.6 Bingham DATE: 1 May 08 Age Grade 56.4%	Christine Heaton TIME: 17.3 Bingham DATE: 1 May 08 Age Grade 63.5%	Lindsey Marshall TIME: 16.8 Bingham DATE: 1 May 08 Age Grade 69.2%	TIME: DATE: Age Grade	TIME: DATE: Age Grade	Christine Oldfield TIME: 19.2 Perth (Aus) DATE: 5 Feb 08 Age Grade 70.5%	Sandy Poole TIME: 19.8 Bingham DATE: 23 Aug 09 Age Grade 71.6%
200m	Suze Watts TIME: 36.8 Bingham DATE: 19 Jun08	Jo Spinak TIME: 40.3 Bingham DATE: 1 May 08 Age Grade 52.9%	Jean Inglis TIME: 41.3 Bingham DATE: 1 May 08 Age Grade 54.7%	Lindsey Marshall TIME: 39.1 Bingham DATE: 1 May 08 Age Grade 61.4%	TIME: DATE: Age Grade	TIME: DATE: Age Grade	Christine Oldfield TIME: 42.4 Perth (Aus) DATE: 17 Jan 08 Age Grade 66.7%	Christine Oldfield TIME: 44.3 Perth (Aus) DATE: 10 Dec 09 Age Grade 67.09%
400m	TIME: DATE:	TIME: DATE: Age Grade	TIME: DATE: Age Grade	TIME: DATE: Age Grade	TIME: DATE: Age Grade	TIME: DATE: Age Grade	Christine Oldfield TIME: 1:41.5 Perth (Aus) DATE: 1 Nov 07 Age Grade 62.8%	Christine Oldfield TIME: 1:48.4 Perth (Aus) DATE: 5 Jan 10 Age Grade 61.47%
800m	Claire Hayes-Gill TIME: 3:00.7 Bingham DATE: 1 May 08	TIME: DATE: Age Grade	Christine Heaton TIME: 2:57.8 Bingham DATE: 1 May 08 Age Grade 65.5%	TIME: DATE: Age Grade	TIME: DATE: Age Grade	TIME: DATE: Age Grade	Christine Oldfield TIME: 3:46.2 Perth (Aus) DATE: 17 Jan 08 Age Grade 64.4%	Sandy Poole TIME: 3:32.2 Bingham DATE: 23 Aug 09 Age Grade 75.9%
1500m	TIME: DATE:	TIME: DATE: Age Grade	Serena Bignell TIME: 5:42.0 Loughborough DATE: 1 Jul '09 Age Grade 71.8%	TIME: DATE: Age Grade	Mandy Andrews TIME: 7:31.7 Bingham DATE: 23 Aug 09 Age Grade 61.2%	TIME: DATE: Age Grade	Friedel Plant TIME: 7:31.8 Bingham DATE: 23 Aug 09 Age Grade 70.1%	Sandy Poole TIME: 6:50.1 Bingham DATE: 23 Aug 09 Age Grade 83.3%
3000m	Claire Hayes-Gill TIME: 12:32.8 Bingham DATE: 1 May 08	Kathryn Mellor TIME: 13:38.52 Berry Hill DATE: 30 Aug 10 Age Grade 62.1%	Christine Heaton TIME: 12:44.8 Bingham DATE: 1 May 08 Age Grade 68.6%	TIME: DATE: Age Grade	Mandy Andrews TIME: 16:14.1 Bingham DATE: 23 Aug 09 Age Grade 60.3%	TIME: DATE: Age Grade	Sandy Poole TIME: 14:29.6 Bingham DATE: 1 May 08 Age Grade 77.5%	Sandy Poole TIME: 13:51.43 Berry Hill DATE: 30 Aug 10 Age Grade 88.9%
5000m	TIME: DATE: Age Grade	Linda Robb TIME: 18:37 Eugene (USA) DATE Aug 89 Age Grade 71.1%	TIME: DATE: Age Grade	Lesley Cliffe TIME: 18:12 Berry Hill DATE: Jun 93 Age Grade 76.1%	TIME: DATE: Age Grade	TIME: DATE: Age Grade	Christine Oldfield TIME: 28:08.6 Perth (Aus) DATE: 4 Sep 08 Age Grade 75.6%	Christine Oldfield TIME: 28:50.0 Perth (Aus) DATE: 1 Dec 09 Age Grade 71.71%