

HPRC Track Records – Women (as at 8 August 2016)

WOMEN	SENIOR	W35	W40	W45	W50	W55	W60	W65	W70
100m	Anne De Rover TIME: 14.8 Bingham 26 Aug 15 Age Grade 70.9%	Jo Spinak TIME: 18.6 Bingham 1 May 08 Age Grade 56.4%	Editha Van Loon TIME: 16.5 Bingham 26 Aug 15 Age Grade 69.7%	Editha Van Loon Time: 16.0 Bingham 27 July 2016 Age Grade 72.69%	Sue Chicker Time: 16.1 Bingham 27 July 2016 Age Grade 76.2%	TIME: DATE: Age Grade	Christine Oldfield TIME: 19.2 Perth (AUS) 5 Feb 08 Age Grade 70.5%	Sandy Poole TIME: 19.8 Bingham 23 Aug 09 Age Grade 71.6%	
200m	Suze Watts TIME: 36.8 Bingham 19 Jun 08	Anne De Rover TIME: 31 Bingham 26 Aug 15 Age Grade 68.8%	Editha Van Loon TIME: 34.3 Bingham 26 Aug 15 Age Grade 69.2%	Lindsey Marshall TIME: 39.1 Bingham 1 May 08 Age Grade 61.4%	Jean Inglis TIME: 37.2 Bingham 26 Aug 15 Age Grade 69.2%	TIME: DATE: Age Grade	Christine Oldfield TIME: 42.4 Perth (AUS) 17 Jan 08 Age Grade 66.7%	Christine Oldfield TIME: 44.3 Perth (AUS) 10 Dec 09 Age Grade 67.09%	
400m	Louise Read Time: 1:11.7 Bingham 27 July 2016 Age Grade 68.47%	TIME: DATE: Age Grade	TIME: DATE: Age Grade	Gina Granger Time: 1:11.4 Bingham 27 July 2016 Age Grade 78.27%	Sue Chicker Time: 1:17.9 Bingham 27 July 2016 Age Grade 74.6%	TIME: DATE: Age Grade	Christine Oldfield TIME: 1:41.5 Perth (AUS) 1 Nov 07 Age Grade 62.8%	Christine Oldfield TIME: 1:48.4 Perth (AUS) 5 Jan 10 Age Grade 61.47%	Sandy Poole TIME: 1:37.7 Derby 25 May 14 Age Grade 73.7%
800m	Anna Heaton TIME: 2:51.2 Bingham 27 July 2016 Age Grade 66.17%	Jackie Welburn TIME: 3:17.9 Bingham 26 Aug 15 Age Grade 57.2%	Christine Heaton TIME: 2:57.8 Bingham 1 May 08 Age Grade 65.5%	Serena Bignell TIME: 2:47.9 Bingham 1 May 13 Age Grade 73.74%	Christine Heaton TIME: 2:53.1 Bingham 27 July 2016 Age Grade 74.32%	TIME: DATE: Age Grade	Christine Oldfield TIME: 3:46.2 Perth (AUS) 17 Jan 08 Age Grade 64.4%	Sandy Poole TIME: 3:32.2 Bingham 23 Aug 09 Age Grade 75.9%	Christine Oldfield TIME: 4:04.8 Perth (AUS) 3 Mar 15 Age Grade 72.82%
1500m	TIME: DATE:	Ruth Jones TIME: 6:28.6 Bingham 26 Aug 15 Age Grade 61.3%	Serena Bignell TIME: 5:42.0 Loughborough 1 Jul '09 Age Grade 71.8%	Serena Bignell TIME: 5:40.75 Loughborough 15 July 15 Age Grade 80.2%	Christine Heaton TIME: 5:40.0 Bingham 27 July 2016 Age Grade 82.41%	TIME: DATE: Age Grade	Friedel Plant TIME: 7:31.8 Bingham 23 Aug 09 Age Grade 70.1%	Sandy Poole TIME: 6:50.1 Bingham 23 Aug 09 Age Grade 83.3%	Sandy Poole TIME: 7:48.8 Bingham 26 Aug 15 Age Grade 80.5%
Mile	TIME: DATE:	Dorothy Michalak TIME: 5:48 Harvey Hadden Sep 01	Dorothy Michalak TIME: 5:47:08 Harvey Hadden Aug 02	Serena Bignell TIME: 6:09.2 Bingham 6 Sep 12 Age grade 76.1%	Sandy Poole TIME: 6:31 Harvey Hadden Sep 97	Sandy Poole TIME: 6:24.9 Harvey Hadden Aug 02	Sandy Poole TIME: 7:02:00 Harvey Hadden Aug '06	Sandy Poole TIME: 7:29.3 Harvey Hadden 18 Aug 11	Sandy Poole TIME: 8:22.9 Harvey Hadden 29 Aug 15 Age Grade 81.1%
3000m	Claire Hayes-Gill TIME: 12:32.8 Bingham 1 May 08	Kathryn Mellor TIME: 13:38.52 Berry Hill 30 Aug 10 Age Grade 62.1%	Christine Heaton TIME: 12:44.8 Bingham 1 May 08 Age Grade 68.6%	Serena Bignell TIME: 11:54.12 Loughborough 19 Aug 15 Age Grade 81.31	Christine Heaton TIME: 11:56.5 Bingham 27 July 2016 Age Grade 83.12%	TIME: DATE: Age Grade	Sandy Poole TIME: 14:29.6 Bingham 1 May 08 Age Grade 77.5%	Sandy Poole TIME: 13:51.43 Berry Hill 30 Aug 10 Age Grade 88.9%	Sandy Poole TIME: 15:08.5 Derby 24 May 14 Age Grade 86.89%
5000m	Debbie Phelps TIME: 20:36.9 Bingham 6 Sep 12 Age Grade 69.91%	Linda Robb TIME: 18:37 Eugene (USA) Aug 89 Age Grade 71.1%	TIME: DATE: Age Grade	Lesley Cliff TIME: 18:12 Berry Hill Jun 93 Age Grade 76.1%	TIME: DATE: Age Grade	TIME: DATE: Age Grade	Christine Oldfield TIME: 28:08.6 Perth (AUS) 4 Sep 08 Age Grade 75.6%	Sandy Poole TIME: 24:39.4 Bingham 6 Sep 12 Age Grade 86.6%	Christine Oldfield TIME: 30:19.3 Perth (AUS) 17 Feb 15 Age Grade 74.04%

Note: Records in **bold** denote all time club record