

### **Chargers Age Group Records 40-44 Women**

45m	Irene Thompson	6.4	3/5/95
50m	Kathy Pierce	7.2	2/17/89
55m	Irene Thompson	7.4	2/16/97
60m	Irene Thompson	8.11	3/31/96
100m	Irene Thompson	12.8	8/28/94
200m	Irene Thompson	26.31	7/14/95
300m	Irene Thompson	43.2	7/27/94
400m	Irene Thompson	58.78	7/14/95
500m	Kathy Pierce	1:30.3	3/5/88
600m	Patti Ford	1:50.0	3/15/97
800m	Patti Ford	2:22.67	3/26/00
1000m	Barbara Blaszak	3:19.2	1/23/93
1500m	Patti Ford	4:54.1	6/4/99
1 mile	Patti Ford	5:06.95	3/5/00
2000m	Karen Vanderwold	7:10.95	3/16/03
3000m	Patti Ford	10:04.93	3/24/00
2 miles	Patti Ford	10:59.5	7/22/99
5km (r)	Patti Ford	17:30	8/21/99
5km (t)	Patti Ford	18:16.4	11/20/97
8km (t)	Barbara Blaszak	32:01.7	2/24/94
5 miles	Andrea Burke	29:50	9/16/90
10km (r)	Patti Ford	37:06	5/21/00
10km (t)	Patti Ford	37:48.8	3/12/99
15km (r)	Patti Ford	55:58	7/11/99
15km (t)	Patti Ford	60:45.8	5/15/96
10 miles (r)	Kelly Dworak	1:02:36	4/1/07
10 miles (t)	Lennie Tucker	1:29:49.0	6/28/81
20km	Kelly Dworak	1:20:24	4/1/05
1/2 mar	Kelly Dworak	1:23:18	9/18/05
25km	Carol Rider	1:58:46	5/5/85
30km	Barbara Blaszak	2:12:18	3/27/94
Marathon	Kelly Dworak	2:55:40	6/18/05
60km	Sister Nicolette	5:55:44	3/8/81
50 miles (r)	Lennie Tucker	7:41:02	11/15/81
50 miles (t)	Lennie Tucker	8:05:54.0	6/27/81
100km (t)	Lennie Tucker	13:03:19	7/4/82
24 hr. run (t)	Lennie Tucker	91.84 miles	7/4/82
55m HH	Irene Thompson	9.53	3/19/95
60m HH	Irene Thompson	10.27	3/28/99
80m HH	Irene Thompson	13.94	7/20/96
100m HH	Irene Thompson	15.9	7/8/98
400m IH	Irene Thompson	1:08.47	7/15/95

5km walk (r)	Sarah Lalonde	30:18	7/30/04
Long Jump	Irene Thompson	16-11 1/4	7/14/95
Triple Jump	Kathy Pierce	31-4 1/2	8/21/88
High Jump	Irene Thompson	4-9	7/13/95
Shot Put, 4kg	Kathy Pierce	34-9 1/2	3/27/88
Shot Put, 5kg	Kathy Pierce	28-9	8/22/87
Discus	Kathy Pierce	96-9 1/4	6/18/88
Javelin	Kathy Pierce	100-11	7/9/87
Hammer	Kathy Pierce	66-6 1/4	9/22/87
Wgt, 16 lb.	Kathy Pierce	32-9	8/12/89
Wgt, 20 lb.	Kathy Pierce	24-11 1/4	3/24/90
Wgt, 35 lb.	Kathy Pierce	19-7 1/4	4/2/89
Pent, Ind	Irene Thompson	2633	3/28/99
Pent, Outd	Kathy Pierce	2260	1987
Heptathlon	Irene Thompson	3770	7/14/95
Wgt. Pent	Kathy Pierce	2862	8/12/89

submitted 12/22/09