

### Chargers Age Group Records 45-49 Women

55m	Irene Thompson	7.6	12/16/01
60m	Irene Thompson	8.59	3/1/00
100m	Irene Thompson	14.10	8/6/99
200m	Irene Thompson	27.62	8/6/99
300m	Irene Thompson	45.3	1/15/00
400m	Irene Thompson	63.12	8/6/99
600m	Estelle Hahn	2:28.2	3/22/87
800m	Irene Thompson	2:35.6	1/00
1000m	Patti Ford	3:10.3	1/13/01
1500m	Patti Ford	4:51.38	12/17/00
1 mile	Patti Ford	5:18.10	1/20/01
2000m	Patti Ford	7:19.6	3/16/02
3000m	Patti Ford	10:23.10	12/29/00
5km (r)	Kelly Dworak	18:41	9/6/08
5km (t)	Kelly Dworak	18:51.47	8/2/07
8km (r)	Suzanne Gardinier	32:39	6/4/88
5 miles	Nancy Frisillo	36:45	6/24/90
10km (r)	Kelly Dworak	38:46	11/4/07
10km (t)	Barbara Blaszak	41:12.5	1/19/96
15km (r)	Kelly Dworak	58:42	9/1/08
15km (t)	Patti Ford	67:53.1	2/26/04
10 miles	Kelly Dworak	65:53	7/4/08
1/2 marathon	Kelly Dworak	1:22:04	9/21/08
25km	Lennie Tucker	1:56:30	5/5/85
Marathon	Kelly Dworak	2:56:54	11/18/07
50km (t)	Lennie Tucker	5:26:10	5/19/84
50 miles (t)	Lennie Tucker	10:39:47	5/28/84
100km (t)	Lennie Tucker	13:52:14	5/28/84
24 hour run	Lennie Tucker	87mi. 1357yd	5/28/84
55m HH	Irene Thompson	9.2	3/11/00
60m HH	Irene Thompson	10.19	3/25/00
80m HH	Irene Thompson	13.65	7/12/01
100m HH	Irene Thompson	15.3	6/24/01
400m IH	Irene Thompson	71.87	7/12/01
Long Jump	Irene Thompson	15-2	12/29/01
Triple Jump	Irene Thompson	30-1/2	7/10/00
High Jump	Irene Thompson	4-6 3/4	3/11/00
High Jump	Irene Thompson	4-6 3/4	3/25/00
Shot Put, 4kg	Kathy Cirina	31-8 1/4	1/22/94
Discus	Kathy Cirina	88-11 1/2	8/4/90
Javelin	Kathy Cirina	93-1 1/4	8/96

Hammer (4kg)	Kathy Cirina	76-3	6/25/96
Weight Throw, 20#	Kathy Cirina	33-11	1/18/97
Wgt. Pentathlon	Kathy Cirina	2284	6/10/97
Pentathlon, Indoor	Irene Thompson	2541	3/11/00
Heptathlon	Irene Thompson	3378	8/6/99

submitted 1/8/12