

Chargers Age Group Records 50-54 Women

55m	Nadine Lowenstein	8.53	3/3/96
55m	Nadine Lowenstein	8.4	2/16/97
55m	Nadine Lowenstein	8.4	4/1/97
60m	Kathy Cirina	9.0	3/14/99
100m	Kathy Cirina	14.2	8/2/97
200m	Nadine Lowenstein	30.13	6/25/96
200m	Kathy Cirina	30.1	6/20/98
300m	Kathleen Cirina	50.3	1/15/00
400m	Nadine Lowenstein	67.73	7/14/95
600m	Kathleen Collins	2:09.9	3/15/98
800m	Coreen Steinbach	2:34.90	3/29/03
1000m	Yvonne Rothenberg	3:51.6	7/27/94
1500m	Coreen Steinbach	5:19.6	12/14/04
1 mile	Coreen Steinbach	5:36.49	3/27/04
3000m	Coreen Steinbach	11:24.74	2/22/04
5km (r)	Nancy Frisillo	19:05	10/4/92
5km (t)	Yvonne Rothenberg	22:41.6	8/6/94
8km	Nancy Frisillo	32:08	5/23/93
5 miles	Coreen Steinbach	33:25	6/19/04
10km (r)	Nancy Frisillo	40:09	4/4/93
10km (t)	Coreen Steinbach	41:16.5	12/20/03
15km (r)	Nancy Frisillo	60:14	11/8/92
15km (t)	Coreen Steinbach	67:19.5	2/26/04
10 miles	Nancy Frisillo	67:32	9/9/95
20km	Nancy Frisillo	1:27:51	8/3/96
1/2 marathon	Nancy Frisillo	1:30:49	10/12/96
25km	Nancy Frisillo	1:54:12	7/31/94
30km	Jean O'Hara	2:53:33	3/24/85
Marathon	Lennie Tucker	3:40:20	5/6/90
12 hr. run (r)	Laurel Baum	33.334 mi.	5/15/10
80m Hurdles	Barbara Stewart	22.87	7/27/96
Long Jump	Kathy Cirina	13-8	8/2/97
Triple Jump	Kathy Cirina	28-1	8/2/97
High Jump	Kathy Cirina	4-0 1/2	7/28/00
Pole Vault	Barbara Stewart	6-6	7/20/96
Shot Put, 4kg	Kathy Cirina	34-1	8/2/97
Discus	Kathy Cirina	88-2	8/2/97
Javelin	Kathy Cirina	92-3	8/2/97
Hammer (4kg)	Barbara LoPiccolo	97-9	6/6/02
Weight Throw, 20#	Barbara LoPiccolo	35-6 1/2	3/22/02

submitted 6/10/10

