

WOMEN'S TRACK RECORDS at 1st August 2020

100m

Sen	14.8	Anne De Rover	Bingham 28.08.2015
W35	16.5	Emma Cupitt	Bingham 18.07.2018
W40	16.5	Editha Van Loon	Bingham 26.08.2015
W45	16.0	Editha Van Loon	Bingham 27.07.2016
W50	16.1	Sue Chicken	Bingham 27.07.2016
W55	Vacant		
W60	19.2	Christine Oldfield	Perth, Australia 5.02.2008
W65	19.8	Sandy Poole	Bingham 23.08.2009
W70	21.9	Christine Oldfield	Perth, Australia 21.03.2018
W75	23.99	Christine Oldfield	Perth, Australia 19.03.2020

200m

Sen	34.9	Hannah Sampson	Bingham 19.06.2019
W35	31.0	Anne De Rover	Bingham 26.08.2015
W40	34.3	Editha Van Loon	Bingham 26.08.2015
W45	33.88	Editha Van Loon	Loughborough 29.07.2019
W50	35.4	Sue Chicken	Bingham 19.06.2019
W55	Vacant		
W60	42.4	Christine Oldfield	Perth, Australia 17.01.2008
W65	44.3	Christine Oldfield	Perth, Australia 10.12.2009
W70	47.6	Sandy Poole	Bingham 19.07.2017
W75	Vacant		

400m

Sen	71.7	Louise Read	Bingham 27.07.2016
W35	78.3	Emma Cupitt	Bingham 18.07.2018
W40	78.6	Michele Noble	Bingham 19.06.2019
W45	71.4	Gina Grainger	Bingham 27.07.2016
W50	77.9	Sue Chicken	Bingham 27.07.2016
W55	86.24	Katie Holmes	Loughborough 25.08.2018
W60	1:41.5	Christine Oldfield	Perth, Australia 1:11.2007
W65	1:48.4	Christine Oldfield	Perth, Australia 5.01.2010
W70	1:37.7	Sandy Poole	Derby 25.05.2014
W75	2:00.16	Christine Oldfield	Perth, Australia 19.03.2020

800m

Sen	2:45.6	Hannah Sampson	Bingham 19.06.2019
W35	2:51.2	Emma Cupitt	Bingham 18.07.2018
W40	2:57.8	Christine Heaton	Bingham 1.05.2008
W45	2:45.0	Ruth Brandon	Bingham 19.06.2019
W50	2:47.5	Christine Heaton	Bingham 19.07.2017
W55	3:11.19	Katie Holmes	Loughborough 24.08.2019
W60	3:46.2	Christine Oldfield	Perth, Australia 17.01.2008
W65	3:32.2	Sandy Poole	Bingham 23.08.2009
W70	3:58.5	Sandy Poole	Bingham 19.07.2017
W75	4:26.0	Sandy Poole	Bingham 19.06.2019

1500m

Sen	Vacant		
W35	5:52.2	Claire Lewis	Bingham 19.08.2019
W40	5:42.0	Serena Bignall	Loughborough 1.07.2009
W45	5:40.75	Serena Bignall	Loughborough 15.07.2015
W50	5:40.0	Christine Heaton	Bingham 27.07.2016
W55	6:29.75	Katie Holmes	Loughborough 1.07.2019
W60	7:31.8	Friedel Plant	Bingham 23.08.2009
W65	6:50.1	Sandy Poole	Bingham 23.08.2009
W70	7:48.8	Sandy Poole	Bingham 26.08.2015
W75	Vacant		

Mile

Sen	6:04.4	Anna Heaton	Bingham 19.07.2017
W35	5:48.0	Dorothy Michalak	Harvey Hadden 09.2001
W40	5:47.08	Dorothy Michalak	Harvey Hadden 08.2002
W45	6:09.2	Serena Bignall	Bingham 6.09.2012
W50	6:01.4	Christine Heaton	Bingham 19.07.2017
W55	6:24.9	Sandy Poole	Harvey Hadden 08.2002
W60	7:02.00	Sandy Poole	Harvey Hadden 08.2006
W65	7:29.3	Sandy Poole	Harvey Hadden 18.08.2011
W70	8:22.9	Sandy Poole	Harvey Hadden 29.08.2015
W75	Vacant		

3000m

Sen	11:36.7	Hannah Sampson	Bingham 18.07.2018
W35	12:39.8	Lindsay Simpson	Bingham 19.06.2019
W40	12:44.8	Christine Heaton	Bingham 1.05.2008
W45	11:54.12	Serena Bignall	Loughborough 19.08.2015
W50	11:56.5	Christine Heaton	Bingham 27.07.2016
W55	Vacant		
W60	14:29.6	Sandy Poole	Bingham 1.05.2008
W65	13:51.43	Sandy Poole	Berry Hill 30.08.2010
W70	15:08.5	Sandy Poole	Derby 24.05.2014
W75	18:48.1	Sandy Poole	Derby 11.05.2019

5000m

Sen	20:36.9	Debbie Phelps	Bingham 6.09.2012
W35	18:37.0	Linda Robb	Eugene, USA 08.1989
W40	Vacant		
W45	18:12.0	Lesley Cliff	Berry Hill 06.1993
W50	24:59.0	Katie Holmes	Bingham 24.03.2018
W55	Vacant		
W60	28:08.6	Christine Oldfield	Perth, Australia 4.09.2008
W65	24:39.4	Sandy Poole	Bingham 6.09.2012
W70	27:06.0	Sandy Poole	Bingham 6.09.2017
W75	Vacant		