

Northern Masters Age Group Womens Track Records

EVENT

<u>AGE CAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>YEAR</u>
----------------	-------------	-------------	-------------	-------------

100 METRES

35	Kim Goodwin	Kingston Upon Hull	12.02	2005
40	Naana Aduesei	Leeds City	13.18	2019
45	Averil McClelland	Lancs & Morcambe	12.40	2003
50	Averil McClelland	Lancs & Morcambe	13.33	2010
55	Averil McClelland	Lancs & Morecambe	14.10	2014
60	Averil McClelland	Lancs & Morecambe	14.71	2018
65	Ilse Hemmings	BoltonUtd Harriers	15.70	2021
70	Caroline Marler	Otley AC	16.98	2021
75	Monica Shone	Menai AC	17.70	2004
80	Monica Shone	Altrincham AC	19.50	2010

200 METRES

35	Kim Goodwin	Kingston Upon Hull	25.00	2005
40	Wendy Laing	Lancs & Morcambe	27.08	2005
45	Averil McClelland	Lancs & Morcambe	25.71	2002
50	Averil McClelland	Lancs & Morcambe	27.36	2010
55	Averill McClelland	Lancs & Morcambe	28.17	2015
60	Averill McClelland	Lancs & Morcambe	31.24	2018
65	Caroline Marler	Otley AC	31.68	2017
70	Caroline Marler	Otley AC	35.81	2021
75	Monica Shone	Menai AC	35.98	2005
80	Monica Shone	Altrincham AC	40.60	2008

400 METRES

35	Maria Williams	Rowntrees	63.20	1985
40	Carol Simpson	Wakefield Harriers	61.05	2005
45	Caroline Marler	Otley AC	59.86	1997
50	Caroline Marler	Otley AC	62.56	2001
55	Caroline Marler	Otley AC	66.82	2006
60	Caroline Marler	Otley AC	69.00	2012
65	Caroline Marler	Otley AC	70.98	2017
70	Monica Shone	Altrincham AC	80.50	1996

800 METRES

35	Louise Rudd	Stockport Harriers	02:14.0	2014
40	Louise Rudd	Stockport Harriers	02:15.7	2015
45	Clare Constable	Southport & Waterloo AC	02:19.5	2017
50	Caroline Marler	Otley AC	02:25.3	2001
55	Caroline Marler	Otley AC	02:42.0	2006
60	Caroline Marler	Otley AC	02:44.4	2012
65	Caroline Marler	Otley AC	02:59.1	2013

75	Lola Smal	Horwich RMI Harriers	04:16.0	2008
----	-----------	----------------------	---------	------

1500 METRES

35	Louise Rudd	Stockport Harriers	04:33.54	2014
40	Louise Rudd	Stockport Harriers	04:32.2	2015
45	Louise Rudd	Stockport Harriers	04:48.29	2020
50	Cathy Flitcroft	Bolton Utd Harriers	05:22.0	2017
55	Cathy Flitcroft	Bolton Utd Harriers	05:35.5	2021
60	Glennis Richardson	Stockport Harriers	05:59.41	2021
65	Marjorie Leigh	Leigh Harriers	07:20.8	2017
70	Lola Smal	Horwich RMI Harriers	08:35.7	2008

1 MILE

35	Rachel Burns	Liverpool Harriers	04:56.7	2016
40	Louise Rudd	Stockport Harriers	05:02.41	2015
45	Louise Rudd	Stockport Harriers	05:13.4	2020
50	Cathy Flitcroft	Bolton Utd Harriers	05:56.35	2015
55	Hilary West	Macclesfield Harriers	06:31.8	2015
60	Jenny Wakeman	Barnsley AC	06:18.9	2017

3000 METRES

35	Rachel Burns	Liverpool Harriers	09:27.1	2016
40	Louise Rudd	Stockport Harriers	09:56.5	2015
45	Louise Rudd	Stockport Harriers	10:22.22	2020
50	Jennie Ransome	RRC	12:33.0	2017
55	Jenny Yates	Radcliffe AC	11:58.82	2021
60	Hilary West	macclesfield Harriers	14:07.98	2021
65	Marjorie Leigh	Leigh Harriers & AC	14:29.1	2015

5000 METRES

35	Louise Rudd	Stockport Harriers	17:56.0	2014
40	Carol Wild	Hallamshire Harriers	18:20.0	1989
45	Ann Nally	Altrincham AC	18:54.2	1988
50	Susan Cooper	Southport Waterloo	18:47.4	2004
55	Carol Wolstenholme	Hallamshire Harriers	19:35.8	2004
60	Carol Wolstenholme	Hallamshire Harriers	19:58.0	2007
65	Marjorie Leigh	Leigh Harriers & AC	24:48.2	2015

10000 METRES

35	Rebecca Mills	Swinton RC	44:29.6	2018
40	Elizabeth Renondeau	West Cheshire AC	36:22.17	2021
45	Nichola McNally	Denby Dale	39:14.32	2013
50	Fiona Geldard	Lytham St Annes RR	47:20.0	2014
55	Jan Needham	Rochdale Harriers	37:52.2	2011
60	Jan Needham	Rochdale Harriers	41:38.41	2013

2000 METRES STEEPLECHASE

40	Louise Rudd	Stockport Harriers	07:20.6	2015
----	-------------	--------------------	---------	------

80 METRES HURDLES

40	Mandy Laing	Liverpool	11.9	2001
45	Mandy Laing	NVAC	12	2005
50	Hazel Barker	Leeds City	13.8	2009
55	Caroline Marler	Otley AC	15.1	2006

100 METRES HURDLES

35	Wendy Laing	Liverpool Harriers	15.4	2000
----	-------------	--------------------	------	------

300 METRES HURDLES

35	Nicola Pickford	Stockport Harriers	54.9	2011
50	Paula Booth	Oldham & Royton	60.0	2008
55	Caroline Marler	Otley AC	53.6	2009
60	Caroline Marler	Otley AC	60.6	2014

400 METRES HURDLES

35	Alison Brown	Edinburgh	58.5	196
40	Marjorie Hocknell	Barton	70.4	1988
45	F Griffiths	Blackburn Harriers	79.5	1994
50	Karen Marsh	St Helens & Sutton AC	85.5	2016

3000 METRES WALK

35	S Howard		16:56.0	1989
40	Sylvia Jenkins		17:36.8	1991
50	Cath McGrath	West Cheshire	19:29.4	2006
55	Renee Scott		18:43.0	1985
60	Renee Scott		19:16.6	1989
65	Renee Scott		20:15.8	1993

Please note that records can only be ratified if on Power of 10 or at Northern Masters Track Championship

If you have broken a club record please contact Hon Treasurer with details

