

### 85 - 89 YEAR OLD FEMALE (OUTDOOR)

| 100M |             |       |
|------|-------------|-------|
| 2004 | Ann Fleming | 23.66 |

| 400M |                          |                |
|------|--------------------------|----------------|
| 2017 | <b>Lenore Montgomery</b> | <b>2:10.81</b> |
| 2015 | Lenore Montgomery        | 2:11.85        |

| 800M |                          |                |
|------|--------------------------|----------------|
| 2015 | Lenore Montgomery        | 4:33.86        |
| 2017 | <b>Lenore Montgomery</b> | <b>4:48.21</b> |

| 1500M |                          |                |
|-------|--------------------------|----------------|
| 2015  | Lenore Montgomery        | 9:06.76        |
| 2016  | Lenore Montgomery        | 9:16.87        |
| 2017  | <b>Lenore Montgomery</b> | <b>9:24.77</b> |

| 3000M |                          |                 |
|-------|--------------------------|-----------------|
| 2017  | <b>Lenore Montgomery</b> | <b>19:58.05</b> |

| 5000M |                   |          |
|-------|-------------------|----------|
| 2015  | Lenore Montgomery | 32:36.20 |
| 2016  | Lenore Montgomery | 33:21.73 |

### 85 - 89 YEAR OLD FEMALE (INDOOR)

| 400M |                   |         |
|------|-------------------|---------|
| 2016 | Lenore Montgomery | 2:11.47 |

| 800M |                   |         |
|------|-------------------|---------|
| 2016 | Lenore Montgomery | 4:52.80 |

| 1500M |                   |         |
|-------|-------------------|---------|
| 2016  | Lenore Montgomery | 9:31.42 |

| 3000M |                   |          |
|-------|-------------------|----------|
| 2016  | Lenore Montgomery | 19:59.56 |