

## 50 - 54 YEAR OLD FEMALE (INDOOR)

### 60M

2018	Julie Valente	11.44
2019	Julie Valente	11.63
2013	Lori Graham	11.98

### 200M

2018	Julie Valente	39.17
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### 300M

2018	Julie Valente	1:04.29
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### 400M

2019	Julie Valente	1:29.50
2018	Julie Valente	1:30.40

### 800M

2018	Julie Valente	3:27.10
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### 1500M

2019	Julie Valente	6:58.37
2018	Julie Valente	7:02.71

### 3000M

2019	Julie Valente	15:19.03
2018	Julie Valente	15:36.68

### 1500M RACE WALK

2013	Lori Graham	13:40.63
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