

## 85 - 89 YEAR OLD FEMALE (OUTDOOR)

### 100M

2004 Ann Fleming 23.66

### 400M

2017 Lenore Montgomery 2:10.81  
2015 Lenore Montgomery 2:11.85

### 800M

2015 Lenore Montgomery 4:33.86  
2017 Lenore Montgomery 4:48.21

### 1500M

2015 Lenore Montgomery 9:06.76  
2016 Lenore Montgomery 9:16.87  
2017 Lenore Montgomery 9:24.77

### 3000M

2017 Lenore Montgomery 19:58.05

### 5000M

2015 Lenore Montgomery 32:36.20  
2016 Lenore Montgomery 33:21.73