

## QMA. LADIES' TRACK WALK RECORDS AS AT 13/02/2009

### 1500M TRACK WALK

W35	Barbara Keelan	8.34.10	
W40	Lynda Bateson	9.26.1	
W45	Judy Moller	8.21.69	
W50	Felicja Schmidt	8.01.65	
W55	Sally Lynch	8.39.51	
W60	Sally Lynch	8.11.27	
W65	Sally Lynch	9.36.22	
W70	Christiane Dauphin	10.08.6	
W75	Lorna Thompson	10.20.98	
W80	Lorna Thompson	11.12.83	<b>AR</b>

### 3000M TRACK WALK

W30	Karen Iselin	13.55.8	<b>AR</b>
W35	Lyn Gordon	14.42.7	
W40	Lyn Lewis	15.34.9	
W45	Georgina Mackay	15.58.3	
W50	Felicja Schmidt	16.28.10	
W55	Noela McKinven	17.56.6	
W60	Sally Lynch	17.51.63	
W65	Sally Lynch	19.10.21	
W70	Christiane Dauphin	19.56.80	
W75	Lorna Thompson	20.42.15	<b>AR</b>
W80	Lorna Thompson	22.15.42	<b>AR</b>

### 5000M TRACK WALK

W30	Karen Iselin	24.13.2	
W35	Lyn Gordon	25.23.5	
W40	Karen Iselin	25.55.34	
W45	Lyn Lewis	27.47.00	
W50	Felicja Schmidt	28.03.69	
W55	Noela McKinven	30.17.93	
W60	Sally Lynch	30.29.0	
W65	Lorna Thompson	33.23.99	
W70	Lorna Thompson	34.06.8	
W75	Lorna Thompson	34.40.70	<b>AR</b>
W80	Lorna Thompson	38.54.73	<b>AR</b>
W85	Margaret Russell	44.52.07	<b>AR</b>

### 10,000M TRACK WALK

W30	Karen Iselin	50.58.0	
W35	Lyn Gordon	53.50.8	
W40	Lyn Lewis	55.14.3	
W45	Georgina Mackay	56.23.7	
W50	Felicja Schmidt	58.04.8	
W55	Noela McKinven	63.02.4	
W60	Sally Lynch	65.35.00	
W65	Christiane Dauphin	68.14.5	
W70	Christiane Dauphin	70.59.7	
W75	Lorna Thompson	70.48.2	

## **QMA MENS' TRACK WALK RECORDS AS AT 13/02/2009**

### **1500M TRACK WALK**

M35	Andrew Ludwig	6.24.70
M40	Iggy Jimenez	6.54.73
M45	Peter Bennett	6.25.06
M50	Peter Bennett	6.44.38
M55	Ian Richardson	6.53.4
M60	Ian Richardson	8.41.73
M65	Patrick Sela	8.44.42
M70	Richard Lynch	9.19.86
M75	Richard Lynch	9.18.56 <b>AR</b>
M80	Dick Keatinge	10.33.46
M85	Dick Keatinge	11.07.00 <b>AR</b>
M90	John Alroy	12.56.85

### **3000M TRACK WALK**

M30	Ignacio Jimenez	12.45.81 <b>AR</b>
M35	Dave Smith	11.34.1
M40	Dave Smith	12.08.42
M45	Dave Smith	13.20.2
M50	Ian Richardson	13.48.6
M55	Ian Richardson	14.10.80
M60	Ian Richardson	15.31.90
M65	Patrick Sela	18.06.2
M70	Richard Lynch	18.11.87
M75	Richard Lynch	19.07.78
M80	Dick Keatinge	20.46.80
M85	Dick Keatinge	21.42.09
M90	John Alroy	25.33.9

### **5000M TRACK WALK**

M30	Ignacio Jimenez	21.38.52 <b>AR</b>
M35	Dave Smith	19.53.0 <b>AR</b>
M40	Dave Smith	20.47.7
M45	Dave Smith	22.30.1 <b>AR</b>
M50	Robert Mee	23.57.42
M55	Ian Richardson	24.19.7
M60	Ian Richardson	26.59.3
M65	Patrick Sela	30.50.0
M70	Richard Lynch	30.49.35
M75	Richard Lynch	32.19.64
M80	Dick Keatinge	34.50.11
M85	Dick Keatinge	37.27.25
M90	John Alroy	43.08.0

### **10,000M TRACK WALK**

M30	Ignacio Jimenez	44.45.4
M35	Andrew Ludwig	47.07.04
M40	Dave Smith	44.04.84
M45	Peter Bennett	48.28.4
M50	Klaus Maurer	50.45.7
M55	Robert Mee	49.50.3
M60	Ian Richardson	58.42.34
M65	Patrick Sela	63.22.1
M70	Eric Bailey	63.09.5
M75	Richard Lynch	67.39.25
M80	Dick Keatinge	72.09.6
M85	Dick Keatinge	75.34.0