

M or W	Meters	Division	Performance	Names	Location	Date
Masters All-Time List: Nationals 2011 to 2018; 2013 St Charles, MO; and 2015 Penn Relays						
Exhibitions (not eligible): 2006 Mesa, Arizona; 2018 Birmingham, AL; and Nationals 2007/2009/2010						
Women	320 M	40-44	01:06.41	CLUB: TNT Intl. RC: Jill Cypress (42), Linda Jarjisian (54), Christine Roemer (49), Jo Phelps (55)	Winston-Salem, NC	2014-Jul-19
Women	320 M	40-44	52.18	NON-CLUB : Danelle Readinger (42), Lisa Edwards (40), Kimberley Touya (42), Rachel Guest (43)	Spokane, WA	2018-Jul-27
Women	320 M	40-44	55.65	NON-CLUB: Anne Sluder (41), Menka Scott (47), Regina Richardson (49), Susan Wiemer (48)	Winston-Salem, NC	2014-Jul-19
Women	320 M	40-44	56.21	NON-CLUB: Lisa Ryan (43), Anne Sluder (40), Dr Koura Gibson (49), Menka Scott (46)	Olathe, KS	2013-Jul-11-14
Women	320 M	40-44	01:03.49	NON-CLUB: Christine Dorman (48), Kristine Longshore (49), Anne Sluder (44), LaDonna Gooden (49)	Baton Rouge, LA	2017-Jul-16
Women	320 M	45-49	58.84	NON-CLUB: Ellen Andel (45), Christine Roemer (47), Menka Scott (45), Susan Wiemer (46)	Lisle, IL	2012-Aug-03
Women	320 M	45-49	01:10.77	NON-CLUB: Christine Dorman (47), Marioky Scott (47), Kristine Longshore (48), Jovette Jolicoeur (Canada)	Grand Rapid, MI	2016-Jul-17
Women	320 M	50-54	56.81	NON-CLUB : Karen Maxwell (58), Regina Richardson (52), Dr. Koura Gibson (53), Joy Upshaw (56)	Baton Rouge, LA	2017-Jul-16
Women	320 M	50-54	59.20	NON-CLUB: Linda Arnold (50), Karen Maxwell (53), Liz Palmer (52), Kathleen Shook (51)	Lisle, IL	2012-Aug-03
Women	320 M	50-54	01:00.80	NON-CLUB: Dr Koura Gibson (52), Karen Maxwell (57), Wanda Evans (52), Joy Upshaw (55)	Grand Rapid, MI	2016-Jul-17
Women	320 M	50-54	01:01.49	NON-CLUB: Caryl Senn-Griffiths (51), Karen Maxwell (54), Kathleen Shook (52), Shawn Hipp (56)	Olathe, KS	2013-Jul-11-14
Women	320 M	50-54	01:02.18	NON-CLUB: Wanda Evans (50), Dr Koura Gibson (50), Wanda Robinson (52), Mary Wilkins (53)	Winston-Salem, NC	2014-Jul-19
Women	320 M	50-54	01:08.03	NON-CLUB: Karen Maxwell (56), Vicki Fox (56), Pamela Gunneson (54), Jo Phelps (56)	Jacksonville, FL	2015-Jul-25
Women	320 M	50-54	01:08.75	NON-CLUB: Kay Glenn (58), Linda Lowery (59), Jo Phelps (52), Kathleen Shook (50)	Berea, OH	2011-Jul-31
Women	320 M	50-54	01:09.00	NON-CLUB: Daphne Sluys (55), Vicki Fox (57), Ginny Richburg (57), Roxanne Brockner (50)	Grand Rapid, MI	2016-Jul-17
Women	320 M	50-54	01:14.74	NON-CLUB: Kristine Longshore (50), Jo Phelps (59), Janean Shannon (55), Caren Ware (56)	Spokane, WA	2018-Jul-27
Women	320 M	60-64	01:08.26	NON-CLUB : Rita Hanscom (60), Linda Lowery (62), Linda Cohn (61), Brenda Matthews (65)	Winston-Salem, NC	2014-Jul-19
Women	400 M	35-39	01:14.60	NON-CLUB : Lisa Edwards (37), Anne Sluder (42), Shara Coletta (37), Melanie Blake (36)	Jacksonville, FL	2015-Jul-25
Women	400 M	35-39	01:19.04	NON-CLUB: Debra Cane (40), Anne Sluder (43), Melanie Blake (37), Lisa Edwards (38)	Grand Rapid, MI	2016-Jul-17

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Women	400 M	35-39	01:21.91	NON-CLUB: Lisa Edwards (39), Marioky Scott (48), Melanie Blake (38), Wanda Evans (53)	Baton Rouge, LA	2017-Jul-16