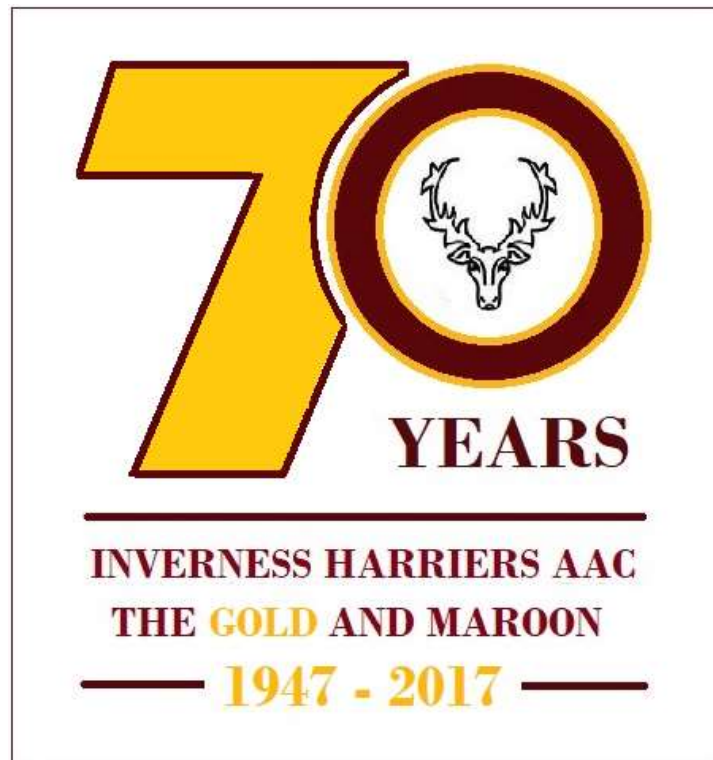


# INVERNESS HARRIERS AAC



## MASTERS AGE GROUPS CLUB RECORDS TRACK & FIELD AND ROAD RUNNING

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Track & Field Club Records

Road Running Club Records

### **Males:**

**M35**

**M40**

**M45**

**M50**

**M55**

**M60**

**M65**

**M70**

**M75**

### **Females:**

**F35**

**F40**

**F45**

**F50**

**F55**

**F60**

**F65**

**F70**

**F75**

Males – M35 Men

Track & Field Event	Name	Performance	Year
100 Metres	Alastair Beaton	11.70	2017
200 Metres	Alastair Beaton	23.62	2016
400 Metres	Ross Cairns	58.22	2012
800 Metres	Dean Kane	2:09.36	2015
1500 Metres	Dean Kane	4:22.98	2017
3000 Metres	Tony Golabek	9:36.77	2017
5000 Metres	Graham Whyte	14:43.75	1997
10000 Metres	Donnie MacDonald	32:55.03	2017
110 Metre Hurdles	---	---	---
400 Metre Hurdles	---	---	---
3000 Metre Steeplechase	Tony Golabek	10:42.25	2017
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	---	---	---
Triple Jump	---	---	---
High Jump	Dean Kane	1.40	2016
Pole Vault	---	---	---
Shot Put	---	---	---
Discus Throw	---	---	---
Javelin Throw	Tony Golabek	26.75	2017
Hammer Throw	---	---	---
Decathlon	---	---	---

Road Event	Name	Performance	Year
1 Mile	Dean Kane	4:53	2016
3K	Jonny Macleod	10:15	2013
5K	Ross Nixon	20:27	2012
5 Mile	Paul Miller	27:39	2007
10K	Donnie MacDonald	32:28	2014
10 Mile	Donnie MacDonald	54:03	2014
Half Marathon	Donnie MacDonald	71:46	2018
Marathon	Donnie MacDonald	2:37:09	2018

Males – M40 Men

Track & Field Event	Name	Performance	Year
100 Metres	Derek Glasgow	12.84	2009
200 Metres	---	---	---
400 Metres	Derek Glasgow	59.42	2009
800 Metres	Tom McWilliam	2:14.95	2013
1500 Metres	Tom McWilliam	4:46.1	2013
3000 Metres	Tom McWilliam	10:28.1	2014
5000 Metres	---	---	---
10000 Metres	Jonny Macleod	36:57.10	2018
110 Metre Hurdles	Derek Glasgow	20.86	2009
400 Metre Hurdles	---	---	---
3000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	Derek Glasgow	5.25	2006
Triple Jump	---	---	---
High Jump	Derek Glasgow	1.56	2005
Pole Vault	Derek Glasgow	2.50	2009
Shot Put	Derek Glasgow	8.29	2009
Discus Throw	Derek Glasgow	20.39	2009
Javelin Throw	Derek Glasgow	31.99	2009
Hammer Throw	Russell Devine	52.16	2012
Decathlon	Derek Glasgow	4930	2006

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	Donnie MacDonald	9:12	2018
5K	Jonny Macleod	17:54	2018
5 Mile	---	---	---
10K	Stan MacKenzie	33:26	2005
10 Mile	Donnie MacDonald	55:31	2018
Half Marathon	Donnie MacDonald	70:35	2019
Marathon	Paul Raistrick	2:43:28	2013

Males – M45 Men

Track & Field Event	Name	Performance	Year
100 Metres	I. Fleming	12.42	2006
200 Metres	Derek Glasgow	26.52	2012
400 Metres	Derek Glasgow	58.42	2011
800 Metres	---	---	---
1500 Metres	Derek Glasgow	5:18.14	2011
3000 Metres			
5000 Metres	---	---	---
10000 Metres	---	---	---
110 Metre Hurdles	Derek Glasgow	20.12	2011
400 Metre Hurdles	Derek Glasgow	71.20	2013
3000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	Derek Glasgow	5.11	2011
Triple Jump	---	---	---
High Jump	Derek Glasgow	1.57	2011
Pole Vault	Derek Glasgow	3.00	2012
Shot Put	Derek Glasgow	9.17	2014
Discus Throw	Derek Glasgow	25.78	2014
Javelin Throw	Derek Glasgow	31.33	2010
Hammer Throw	---	---	---
Decathlon	Derek Glasgow	5206	2011

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	---	---	---
5K	Hugh Marwick	20:52	2014
5 Mile	Cameron Spence	31:08	2005
10K	Stan MacKenzie	36:00	2009
10 Mile	Paul Miller	59:35	2016
Half Marathon	Paul Miller	77:16	2016
Marathon	Timothy Cooke	2:54:35	2012

Males – M50 Men

Track & Field Event	Name	Performance	Year
100 Metres	Derek Glasgow	13.07	2015
200 Metres	Derek Glasgow	27.84	2018
400 Metres	Derek Glasgow	60.93	2015
800 Metres	---	---	---
1500 Metres	Derek Glasgow	5:33.42	2015
3000 Metres			
5000 Metres	---	---	---
10000 Metres	---	---	---
110 Metre Hurdles	Derek Glasgow	19.02	2015
400 Metre Hurdles	---	---	---
3000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	Derek Glasgow	5.18	2017
Triple Jump	---	---	---
High Jump	Derek Glasgow	1.47	2015
Pole Vault	Derek Glasgow	2.81	2018
Shot Put	Derek Glasgow	9.06	2015
Discus Throw	Cameron Roger	36.32	1999
Javelin Throw	Derek Glasgow	31.73	2014
Hammer Throw	Cameron Roger	43.76	1999
Decathlon	Derek Glasgow	5349	2014

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	Steven Worsley	10:26	2017
5K	Steven Worsley	17:58	2018
5 Mile	Steven Worsley	30:05	2018
10K	Graham Laing	35:27	2008
10 Mile	Timothy Cooke	62:27	2017
Half Marathon	Graham Laing	77:43	2008
Marathon	Timothy Cooke	3:03:48	2017

Males – M55 Men

Track & Field Event	Name	Performance	Year
100 Metres	---	---	---
200 Metres	---	---	---
400 Metres	---	---	---
800 Metres	---	---	---
1500 Metres	---	---	---
3000 Metres			
5000 Metres	---	---	---
10000 Metres	---	---	---
110 Metre Hurdles	---	---	---
400 Metre Hurdles	---	---	---
3000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	---	---	---
Triple Jump	---	---	---
High Jump	---	---	---
Pole Vault	---	---	---
Shot Put	---	---	---
Discus Throw	---	---	---
Javelin Throw	---	---	---
Hammer Throw	---	---	---
Decathlon	---	---	---

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	---	---	---
5K	George Mitchell	17:56	2004
5 Mile	George Mitchell	30:26	2005
10K	George Mitchell	35:57	2005
10 Mile	Graham Whyte	70:01	2017
Half Marathon	Graham Laing	84:27	2012
Marathon	---	---	---

Males – M60 Men

Track & Field Event	Name	Performance	Year
100 Metres	---	---	---
200 Metres	---	---	---
400 Metres	---	---	---
800 Metres	---	---	---
1500 Metres	Ian Johnstone	5:02.95	2013
3000 Metres	Ian Johnstone	10:05.13	2013
5000 Metres	Graham Laing	19:08.74	2017
10000 Metres	Ian Johnstone	41:46.15	2015
110 Metre Hurdles	---	---	---
400 Metre Hurdles	---	---	---
3000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	---	---	---
Triple Jump	---	---	---
High Jump	---	---	---
Pole Vault	---	---	---
Shot Put	---	---	---
Discus Throw	---	---	---
Javelin Throw	---	---	---
Hammer Throw	---	---	---
Decathlon	---	---	---

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	---	---	---
5K	Graham Laing	19:21	2018
5 Mile	Alex Sutherland	32:17	2011
10K	George Mitchell	37:19	2007
10 Mile	---	---	---
Half Marathon	Graham Laing	1:33:24	2019
Marathon	Douglas Lamont	4:12:55	2011



Males – M65 Men

Track & Field Event	Name	Performance	Year
100 Metres	---	---	---
200 Metres	---	---	---
400 Metres	---	---	---
800 Metres	Ian Johnstone	3:06.29	2018
1500 Metres	Ian Johnstone	6:14.34	2018
3000 Metres			
5000 Metres	Alex Sutherland	19:36.0	2015
10000 Metres	Alex Sutherland	42:17.06	2015
110 Metre Hurdles	---	---	---
400 Metre Hurdles	---	---	---
3000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	---	---	---
Triple Jump	---	---	---
High Jump	---	---	---
Pole Vault	---	---	---
Shot Put	---	---	---
Discus Throw	---	---	---
Javelin Throw	---	---	---
Hammer Throw	---	---	---
Decathlon	---	---	---

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	---	---	---
5K	---	---	---
5 Mile	---	---	---
10K	Alex Sutherland	39:19	2015
10 Mile	Alex Sutherland	69:41	2016
Half Marathon	Timothy Kirk	93:51	2015
Marathon	Timothy Kirk	3:25:35	2014

Males – M70 Men

Track & Field Event	Name	Performance	Year
100 Metres	---	---	---
200 Metres	---	---	---
400 Metres	---	---	---
800 Metres	---	---	---
1500 Metres	---	---	---
3000 Metres			
5000 Metres	---	---	---
10000 Metres	---	---	---
110 Metre Hurdles	---	---	---
400 Metre Hurdles	---	---	---
3000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	---	---	---
Triple Jump	---	---	---
High Jump	---	---	---
Pole Vault	---	---	---
Shot Put	---	---	---
Discus Throw	---	---	---
Javelin Throw	---	---	---
Hammer Throw	---	---	---
Decathlon	---	---	---

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	---	---	---
5K	---	---	---
5 Mile	---	---	---
10K	Alex Sutherland	40:21	2018
10 Mile	Timothy Kirk	68:52	2016
Half Marathon	Timothy Kirk	96:45	2016
Marathon	Timothy Kirk	3:26:49	2017

Females – F35 Women

Track & Field Event	Name	Performance	Year
100 Metres	---	---	---
200 Metres	---	---	---
400 Metres	---	---	---
800 Metres	Julie Wilson	2:35.45	2004
1500 Metres	---	---	---
3000 Metres	---	---	---
5000 Metres	---	---	---
10000 Metres	---	---	---
100 Metre Hurdles	---	---	---
400 Metre Hurdles	---	---	---
2000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	---	---	---
Triple Jump	---	---	---
High Jump	---	---	---
Pole Vault	---	---	---
Shot Put	---	---	---
Discus Throw	Tracy Tamijmarane	30.02	2008
Javelin Throw	---	---	---
Hammer Throw	---	---	---
Heptathlon	---	---	---

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	Sarah Liebnitz	10:37	2014
5K	Julie Wilson	21:14	2004
5 Mile	---	---	---
10K	Sarah Liebnitz	36:45	2016
10 Mile	Sarah Liebnitz	61:10	2014, 2016
Half Marathon	Sarah Liebnitz	79:24	2016
Marathon	Sarah Liebnitz	3:08:47	2014

Females – F40 Women

Track & Field Event	Name	Performance	Year
100 Metres	Dorothy Bannerman	13.34	2006
200 Metres	Dianne MacKenzie	27.04	1999
400 Metres	Dianne MacKenzie	60.09	1999
800 Metres	---	---	---
1500 Metres	Julie Wilson	5:24.03	2008
3000 Metres	---	---	---
5000 Metres	---	---	---
10000 Metres	---	---	---
100 Metre Hurdles	---	---	---
400 Metre Hurdles	---	---	---
2000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	Dorothy Bannerman	4.53	2007
Triple Jump	---	---	---
High Jump	---	---	---
Pole Vault	---	---	---
Shot Put	---	---	---
Discus Throw	---	---	---
Javelin Throw	---	---	---
Hammer Throw	---	---	---
Heptathlon	---	---	---

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	---	---	---
5K	---	---	---
5 Mile	---	---	---
10K	Melissa Whyte	35:18	2009
10 Mile	Melissa Whyte	58:57	2009
Half Marathon	Alison Wilson	90:03	2013
Marathon	Fiona MacRitchie	3:17:34	2013

Females – F45 Women

Track & Field Event	Name	Performance	Year
100 Metres	Dorothy Bannerman	14.14	2009
200 Metres	Audrey Munro	29.28	1999
400 Metres	Sheila Gollan	63.38	2010
800 Metres	Sheila Gollan	2:25.08	2010
1500 Metres	Sheila Gollan	4:51.78	2011
3000 Metres	Sheila Gollan	10:57.86	2010
5000 Metres	---	---	---
10000 Metres	---	---	---
100 Metre Hurdles	Dorothy Bannerman	19.91	2010
400 Metre Hurdles	---	---	---
2000 Metre Steeplechase	Julie Wilson	8:10.23	2016
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	---	---	---
Triple Jump	---	---	---
High Jump	---	---	---
Pole Vault	---	---	---
Shot Put	---	---	---
Discus Throw	---	---	---
Javelin Throw	---	---	---
Hammer Throw	---	---	---
Heptathlon	---	---	---

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	Jackie Mair	11:36	2012
5K	Heather Gardiner	20:47	2018
5 Mile	Melissa Whyte	30:04	2011
10K	Melissa Whyte	35:05	2011
10 Mile	Melissa Whyte	59:00	2011
Half Marathon	Melissa Whyte	77:26	2011
Marathon	Fiona MacRitchie	3:14:55	2016

Females – F50 Women

Track & Field Event	Name	Performance	Year
100 Metres	---	---	---
200 Metres	---	---	---
400 Metres	Julie Wilson	68.86	2018
800 Metres	Julie Wilson	2:36.44	2018
1500 Metres	Julie Wilson	5:18.84	2018
3000 Metres	Julie Wilson	11:34.77	2018
5000 Metres	---	---	---
10000 Metres	---	---	---
100 Metre Hurdles	---	---	---
400 Metre Hurdles	---	---	---
2000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	---	---	---
Triple Jump	---	---	---
High Jump	---	---	---
Pole Vault	---	---	---
Shot Put	---	---	---
Discus Throw	---	---	---
Javelin Throw	---	---	---
Hammer Throw	---	---	---
Heptathlon	---	---	---

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	---	---	---
5K	---	---	---
5 Mile	---	---	---
10K	Ann Smart	48:15	2018
10 Mile	---	---	---
Half Marathon	Liz Forbes	1:59:01	2011
Marathon	---	---	---

Females – F55 Women

Track & Field Event	Name	Performance	Year
100 Metres	---	---	---
200 Metres	---	---	---
400 Metres	---	---	---
800 Metres	---	---	---
1500 Metres	---	---	---
3000 Metres	---	---	---
5000 Metres	---	---	---
10000 Metres	---	---	---
100 Metre Hurdles	---	---	---
400 Metre Hurdles	---	---	---
2000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	---	---	---
Triple Jump	---	---	---
High Jump	---	---	---
Pole Vault	---	---	---
Shot Put	---	---	---
Discus Throw	---	---	---
Javelin Throw	---	---	---
Hammer Throw	---	---	---
Heptathlon	---	---	---

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	---	---	---
5K	---	---	---
5 Mile	---	---	---
10K	Liz Gray	52:04	2011
10 Mile	Liz Forbes	1:54:44	2014
Half Marathon	---	---	---
Marathon	Liz Forbes	4:17:40	2014

Females – F60 Women

Track & Field Event	Name	Performance	Year
100 Metres	---	---	---
200 Metres	---	---	---
400 Metres	---	---	---
800 Metres	---	---	---
1500 Metres	---	---	---
3000 Metres	---	---	---
5000 Metres	---	---	---
10000 Metres	---	---	---
100 Metre Hurdles	---	---	---
400 Metre Hurdles	---	---	---
2000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	---	---	---
Triple Jump	---	---	---
High Jump	---	---	---
Pole Vault	---	---	---
Shot Put	---	---	---
Discus Throw	---	---	---
Javelin Throw	---	---	---
Hammer Throw	---	---	---
Heptathlon	---	---	---

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	---	---	---
5K	---	---	---
5 Mile	---	---	---
10K	Liz Gray	49:58	2012
10 Mile	Liz Gray	1:50:31	2012
Half Marathon	Margaret Woodhouse	2:05:11	2014
Marathon	Liz Gray	4:23:48	2014



Females – F65 Women

Track & Field Event	Name	Performance	Year
100 Metres	---	---	---
200 Metres	---	---	---
400 Metres	---	---	---
800 Metres	---	---	---
1500 Metres	---	---	---
3000 Metres	---	---	---
5000 Metres	---	---	---
10000 Metres	---	---	---
100 Metre Hurdles	---	---	---
400 Metre Hurdles	---	---	---
2000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	---	---	---
Triple Jump	---	---	---
High Jump	---	---	---
Pole Vault	---	---	---
Shot Put	---	---	---
Discus Throw	---	---	---
Javelin Throw	---	---	---
Hammer Throw	---	---	---
Heptathlon	---	---	---

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	---	---	---
5K	---	---	---
5 Mile	---	---	---
10K	Liz Gray	51:46	2018
10 Mile	---	---	---
Half Marathon	Liz Gray	2:01:07	2018
Marathon	Margaret Woodhouse	5:03:31	2015

Females – F70 Women

Track & Field Event	Name	Performance	Year
100 Metres	---	---	---
200 Metres	---	---	---
400 Metres	---	---	---
800 Metres	---	---	---
1500 Metres	---	---	---
3000 Metres	---	---	---
5000 Metres	---	---	---
10000 Metres	---	---	---
100 Metre Hurdles	---	---	---
400 Metre Hurdles	---	---	---
2000 Metre Steeplechase	---	---	---
4 x 100 Metres	---	---	---
4 x 400 Metres	---	---	---
Long Jump	---	---	---
Triple Jump	---	---	---
High Jump	---	---	---
Pole Vault	---	---	---
Shot Put	---	---	---
Discus Throw	---	---	---
Javelin Throw	---	---	---
Hammer Throw	---	---	---
Heptathlon	---	---	---

Road Event	Name	Performance	Year
1 Mile	---	---	---
3K	---	---	---
5K	---	---	---
5 Mile	---	---	---
10K	---	---	---
10 Mile	---	---	---
Half Marathon	Margaret Woodhouse	2:21:01	2019
Marathon	---	---	---

**SOURCES**

Power of 10

World Masters Athletics –

<https://world-masters-athletics.com/championships/results-championships-outdoor/>

