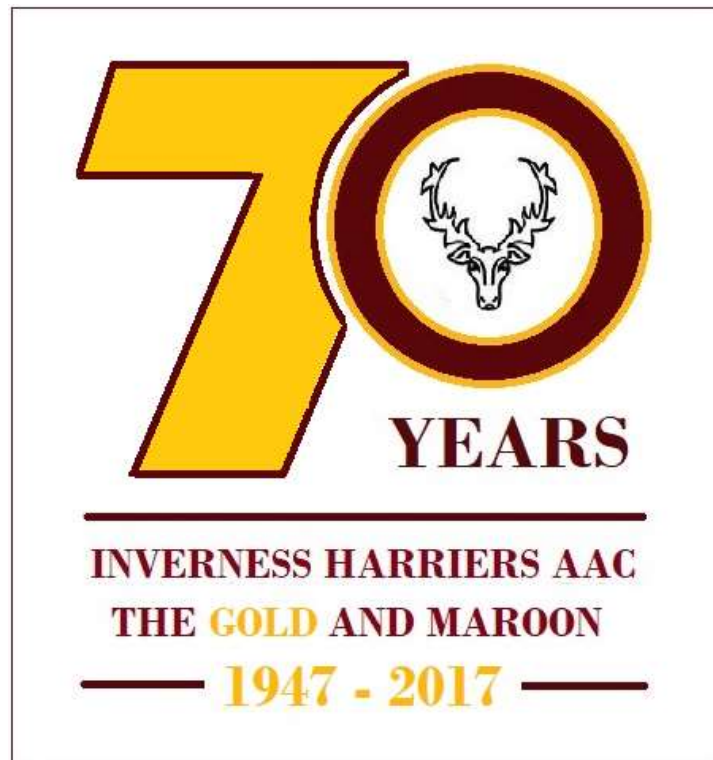


INVERNESS HARRIERS AAC



MASTERS AGE GROUPS CLUB RECORDS TRACK & FIELD AND ROAD RUNNING

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Track & Field Club Records

Road Running Club Records

Males:

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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 | Brian Fieldsend | 32:28 | 2004 |
| | Donnie MacDonald | 32:28 | 2014 |
| 10 Mile | Donnie MacDonald | 54:03 | 2014 |
| Half Marathon | Brian Fieldsend | 70:52 | 2004 |
| Marathon | Brian Fieldsend | 2:35:02 | 2002 |

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 | Jonny Macleod | 17:41.9 | 2019 |
| 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 | 17:31 | 2019 |
| 5 Mile | --- | --- | --- |
| 10K | Donnie MacDonald | 32:00 | 2019 |
| 10 Mile | Donnie MacDonald | 55:31 | 2018 |
| Half Marathon | Donnie MacDonald | 70:35 | 2019 |
| Marathon | Donnie MacDonald | 2:34:19 | 2019 |

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 | Cameron Roger | 33.08 | 1994 |
| Javelin Throw | Derek Glasgow | 31.33 | 2010 |
| Hammer Throw | Cameron Roger | 38.62 | 1993 |
| 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 | Paul Miller | 34:56 | 2019 |
| 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 | 5.54 | 2019 |
| 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 | 2:56.03 | 2020 |
| 1500 Metres | Ian Johnstone | 5:36.77 | 2019 |
| 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 – W35 Women

| Track & Field Event | Name | Performance | Year |
|-------------------------|-------------------------------------|-------------|------|
| 100 Metres | Kathryn Nicholson | 12.69 | 2003 |
| 200 Metres | Kathryn Nicholson | 26.43 | 2001 |
| 400 Metres | Kathryn Nicholson | 61.61 | 2001 |
| 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 | @IHAAC 50 th Anniversary | 55.2 | 1997 |
| 4 x 400 Metres | @IHAAC 50 th Anniversary | 4:24.6 | 1997 |
| Long Jump | --- | --- | --- |
| Triple Jump | Moira MacBeath | 10.02 | 1997 |
| 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 | Roma Shepherd | 11:51 | 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 | Lesley Hansen | 3:04:50 | 2019 |

Females – W40 Women

| Track & Field Event | Name | Performance | Year |
|-------------------------|-------------------|-------------|------|
| 100 Metres | Dianne MacKenzie | 13.14 | 2000 |
| 200 Metres | Dianne MacKenzie | 27.00 | 2000 |
| 400 Metres | Dianne MacKenzie | 59.47 | 2000 |
| 800 Metres | Dianne MacKenzie | 2:29.16 | 1999 |
| 1500 Metres | Julie Wilson | 5:24.03 | 2008 |
| 3000 Metres | --- | --- | --- |
| 5000 Metres | --- | --- | --- |
| 10000 Metres | --- | --- | --- |
| 80 Metre Hurdles | Dorothy Bannerman | 12.77 | 2006 |
| 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 – W45 Women

| Track & Field Event | Name | Performance | Year |
|-------------------------|-------------------|-------------|------|
| 100 Metres | Audrey Munro | 13.70 | 1999 |
| 200 Metres | Audrey Munro | 28.90 | 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 | --- | --- | --- |
| 80 Metre Hurdles | Dorothy Bannerman | 13.71 | 2008 |
| 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 | --- | --- | --- |
| 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 – W50 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 | Julie Wilson | 6:11 | 2019 |
| 3K | --- | --- | --- |
| 5K | Heather Gardiner | 21:26 | 2018 |
| 5 Mile | --- | --- | --- |
| 10K | Heather Gardiner | 43:13 | 2018 |
| 10 Mile | --- | --- | --- |
| Half Marathon | Heather Gardiner | 1:36:16 | 2018 |
| Marathon | --- | --- | --- |

Females – W55 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 – W60 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 – W65 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 – W70 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 | Margaret Woodhouse | 64:44 | 2019 |
| 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/>

