



**CLUB RECORDS**  
**MASTERS AGE GROUPS**

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<br>Donnie MacDonald | 32:28       | 2004<br>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              | Ian Fleming    | 12.26       | 2005 |
| 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             | Ian Fleming    | 10.47       | 2005 |
| 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            | Donnie MacDonald | 16:02       | 2021 |
| 5 Mile        | ---              | ---         | ---  |
| 10K           | Donnie MacDonald | 32:00       | 2019 |
| 10 Mile       | Donnie MacDonald | 55:31       | 2018 |
| Half Marathon | Donnie MacDonald | 69:04       | 2020 |
| Marathon      | Donnie MacDonald | 2:34:19     | 2019 |

## Males – M45 Men

| Track & Field Event     | Name          | Performance | Year |
|-------------------------|---------------|-------------|------|
| 100 Metres              | Ian Fleming   | 12.42       | 2006 |
| 200 Metres              | Derek Glasgow | 26.52       | 2012 |
| 400 Metres              | Derek Glasgow | 58.42       | 2011 |
| 800 Metres              | ---           | ---         | ---  |
| 1500 Metres             | Jonny Macleod | 4:42.14     | 2021 |
| 3000 Metres             | ---           | ---         | ---  |
| 5000 Metres             | Jonny Macleod | 17:16.14    | 2022 |
| 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             | Ian Fleming   | 10.00       | 2006 |
| 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            | Jonny Macleod    | 17:12       | 2021 |
| 5 Mile        | Cameron Spence   | 31:08       | 2005 |
| 10K           | Paul Miller      | 34:56       | 2019 |
| 10 Mile       | Paul Miller      | 59:35       | 2016 |
| Half Marathon | Donnie MacDonald | 70:15       | 2024 |
| 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               | Derek Glasgow | 4.53        | 2021 |
| Triple Jump             | Derek Glasgow | 8.09        | 2021 |
| High Jump               | ---           | ---         | ---  |
| Pole Vault              | ---           | ---         | ---  |
| Shot Put                | John Macleod  | 11.56       | 2021 |
| 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             | Ian Johnstone | 5:48.09     | 2021 |
| 3000 Metres             | Ian Johnstone | 12:58.65    | 2022 |
| 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            | Alex Sutherland | 20:35       | 2023 |
| 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 <sup>th</sup> Anniversary | 55.2        | 1997 |
| 4 x 400 Metres          | @IHAAC 50 <sup>th</sup> 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        | Jenny Bannerman | 5:06        | 2023       |
| 3K            | Jenny Bannerman | 10:03       | 2023       |
| 5K            | Jenny Bannerman | 17:13       | 2023       |
| 5 Mile        | Jenny Bannerman | 29:44       | 2024       |
| 10K           | Jenny Bannerman | 36:35       | 2023       |
| 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            | Lesley Hansen    | 19:43       | 2023 |
| 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              | Kate Murdoch | 15.49       | 2021 |
| 200 Metres              | ---          | ---         | ---  |
| 400 Metres              | Julie Wilson | 68.86       | 2018 |
| 800 Metres              | Julie Wilson | 2:35.13     | 2021 |
| 1500 Metres             | Julie Wilson | 5:12.90     | 2021 |
| 3000 Metres             | Julie Wilson | 11:19.02    | 2022 |
| 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            | Kate Murdoch | 14.26       | 2021 |
| Javelin Throw           | ---          | ---         | ---  |
| Hammer Throw            | Kate Murdoch | 21.67       | 2021 |
| Heptathlon              | ---          | ---         | ---  |

| Road Event    | Name             | Performance | Year |
|---------------|------------------|-------------|------|
| 1 Mile        | Julie Wilson     | 6:11        | 2019 |
| 3K            | ---              | ---         | ---  |
| 5K            | Julie Wilson     | 19:34       | 2021 |
| 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           | Ann Smart  | 47:53       | 2019 |
| 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/>