



## Cambridge Harriers Masters Club Records - W35 to W60

	W35	W40	W45	W50	W55	W60
<b>60m (i)</b>	8.51s Helen Daniel Glasgow 17/03/2002	8.55s Yvonne Salmon Lee Valley 23/02/2008		9.60s Susan Dixon Lee Valley 10/03/2018		
<b>100m</b>	12.5s Kay Kilgallon Deangate 26/07/1992	13.72s Yvonne Salmon Birmingham 28/07/2007	13.1s Abi Onatade Eltham 30/04/2011	15.1s Joanne Murphy Dartford 25/05/2012	15.6s Joanne Murphy Canterbury 01/06/2015	16.9s Caroline Hall Bromley 12/06/2009
<b>200m</b>	26.55s Xanine Powell Newham 22/06/2004	28.12s (i) Yvonne Salmon Lee Valley 24/02/2008	29.4s Clare Elms Ashford 14/06/2010	30.2s Clare Elms Bromley 13/06/2014	33.7s Joanne Murphy Eltham 11/05/2015	36.4s Caroline Hall Ashford 09/06/2008
<b>400m</b>	61.4s Marlow Hadler Eltham 11/07/1981	63.96s (i) Yvonne Salmon Lee Valley 21/02/2008	62.9s Clare Elms Ashford 28/06/2010	69.09s Susan Dixon Mlaga (ESP) 11/09/2018	74.7s Susan Dixon Tonbridge 15/07/2022	74.87s Ros Toabor Izmir (TUR) 27/08/2014
<b>800m</b>	2:11.9s Joan Allison Crystal Palace 05/06/1992	2:43.1S Christine Bond Ashford 06/09/2009	2:15.50s Clare Elms Eltham 23/05/2012	2:43.08s Susan Dixon Malaga (ESP) 18/09/2018	2:42.71s Susan Dixon Tooting 03/10/2020	3:38.3s Maria Macdonald Bromley 07/06/2013
<b>1500m</b>	4:25.2 Joan Allison Crystal Palace 06/06/1992	5:28.8s Christine Bond Battersea 05/09/2004	4:31.87s Clare Elms Brighton 11/08/2010	5:21.49s Julie Backley Eltham 22/06/2022	5:46.0s Susan Dixon Eltham 09/05/2022	5:34.05s Ros Tabor Lahti (FIN) 06/08/2009
<b>3000m</b>	9:34.3s Glynis Penny Welwyn Garden City 12/07/1987	12:57.5s Christine Bond Canterbury 22/05/2005	9:56.7s Clare Elms Horsham 19/088/2012	11:22.14s Julie Backley Eltham 22/05/2022		12:10.7s Ros Tabor Bedford 05/09/2009

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5000m	16:45.8s Glynis Penny Bromley 23/08/1989	17:05.76S Alison Fletcher Potsdam (GER) 19/08/2002				21:10.64s Ros Tabor 15/09/2013 Birmingham
10,000m		35:10.30s Alison Fletcher Potsdam (GER) 16/08/2002				44:07.0s Ros Tabor Battersea Park 02/09/2009
80m H						
100m H	17.3s Susan Last  2001					
300m H						
400m H	69.1s Christine Bond Ilford 17/07/1999					
2000m Steeplechase			8:25.67s Clare Elms Eltham 09/05/2012			
3000m Steeplechase						

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<b>2000m Walk</b>	10:12.0s Fiona Edington Ashford 15/08/1999			16:16.0 Christine Bond Ashford 07/07/2014	14:16.2s Maria Macdonald Asford 02/09/2012	14:42.6s Maria Macdonald Bromley 12/06/2015
<b>3000m Walk</b>	17:33.8s Hazel Rider  1978					
<b>5000m Walk</b>	27:59.05s Fiona Edington Gateshead 06/08/1999					
<b>10,000m Walk</b>						
<b>High Jump</b>	1.55m Christine Bond Deangate 04/09/1999	1.40m Christine Bond Ashford 06/09/2009	1.45m Christine Bond Ashford 06/09/2009	1.35m Christine Bond Ashford 07/09/2014	1.30m Christine Bond Erith 19/07/2018	1.05m Maria Macdonald Canterbury 12/05/2012
<b>Pole Vault</b>	1.80m Susan Last Milton Keynes 19/05/2001	1.80m Christine Bond Erith 24/05/2004	1.79m Christine Bond Erith 13/09/2009	1.70m Christine Bond Bromley 15/06/2018	1.60m Christine Bond Tonbridge 31/05/2019	
<b>Long Jump</b>	4.19m Christine Bond Battersea 22/05/1999	3.69m Christine Bond Brighton 03/07/2004	2.78m Sally Carr Ashford 14/05/2018	3.61m Joanne Murphy Ashford 17/05/2010	3.74m Joanne Murphy Gillingham 01/06/2015	3.56m Caroline Hall Bromley 12/06/2009
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<b>Triple Jump</b>	9.58m Helen Garrett Eltham	7.00m Christine Bond Deangate	7.09m Lisa Atkinson Eltham	5.67m Joanne Murphy Eltham	4.99m Joanne Murphy Eltham	7.06m Caroline Hall Erith

	27/04/2012	09/05/2005	29/04/2016	27/04/2012	29/04/2016	11/07/2008
<b>Discus</b>	26.48m (1k) Natalie Mann Eltham 24/05/2023	33.56m (1k) Helen Daniel Erith 21/09/2008	33.80m (1k) Helen Daniel Crawley 27/06/2009	28.92m (1k) Helen Daniel Ashford 07/09/2014	14.59m (1k) Christine Bond Dartford 13/05/2019	17.94m (1k) Marlow Hadler Erith 17/09/2006
<b>Hammer</b>	35.15m (4k) Natalie Mann Finsbury Park 09/09/2023	32.84m (4k) Natalie Mann Gillingham 14/09/2024	29.43m (4k) Sigi Roberts Kingston 27/08/2006	37.87m (3kg) Jenny Agyepong Dartford 23/06/2021	39.36m (3k) Jenny Agyepong Dartford 29/06/2022	27.19m (3k) Marlow Hadler Canterbury 07/05/2010
<b>Javelin</b>	23.13m (600g) Natalie Mann Eltham 20/06/2021	21.87m (600g) Natalie Mann Corby 07/09/2024	16.80m (600g) Christine Bond Eltham 08/09/2012	17.40m (500g) Helen Daniel Ashford 07/09/2014	14.59m (500g) Christine Bond Eltham 03/05/2019	8.79m (500g) Maria Macdonald Bromley 12/06/2015
<b>Shot</b>	8.91m (4k) Xanine Powell Eltham 22/05/2016	8.17m (i) (4k) Natalie Mann Lee Valley 09/02/2025	8.54m (4k) Helen Daniel Ashford 06/09/2009	9.83m (3k) Jenny Agyepong Chelmsford 29/08/2020	9.67m (3k) Jenny Agyepong Eltham 25/05/2022	5.66m (3k) Glynis Penny Ashford 07/09/2014