



## Cambridge Harriers Masters Club Records - M35 to M60

	M35	M40	M45	M50	M55	M60
<b>60m (i)</b>		6.93s Anthony Noel Carshalton 11/03/2006	8.40s Wole Odele Lee Valley 11/03/2012	7.85s Wole Odele Eltham 03/03/2019	7.96s Wole Odele Newham 19/02/2020	9.70s Richard Lewis Eltham 06/02/2022
<b>100m</b>	11.7s Dean Durrant Datford 18/07/2014	10.74s Anthony Noel San Sebastian (ESP) 26/08/2005	11.7s Anthony Noel Manchester (SC) 14/08/2013	12.0s Anthony Noel Ashford 07/09/2014	12.6s Doug Lucas Canterbury 21/07/2009	13.0s Doug Lucas Canterbury 11/04/2012
<b>200m</b>	24.0s Dean Durrant Bromley 13/06/2014	21.75s Anthony Noel San Sebastian (ESP) 29/08/2005	24.0s Anthony Noel Manchester (SC) 14/08/2013	24.3s Anthony Noel Ashford 07/09/2014	25.5s Doug Lucas Canterbury 17/07/2008	27.0s Doug Lucas Canterbury 11/04/2012
<b>400m</b>	54.5s Jamie Wass Eltham 27/04/2012	50.2s Anthony Noel Eltham 03/09/2006	52.75s Andy Knight Eltham 23/07/2014	53.71s Doug Lucas Potsdam (GER) 21/08/2002	56.08s Wole Odele Bromley 13/08/2021	60.52s Doug Lucas Eltham 20/06/2012
<b>800m</b>	1:53.3s Glen Grant Crawley 05/08/1989	1:55.32s Glen Grant Jarrow 18/07/1993	1:59.91s Edmund Adigwe Erith 18/09/2021	2:09.43s Ray Daniel Lahti (FIN) 01/08/2009	2:11.2s Derek Thomas Crystal Palace 30/10/1985	2:18.4s Derek Thomas Croydon 06/06/1993
<b>1500m</b>	3:46.36s Glen Grant Koblenz (GER) 23/08/1989	3:51.5s Glen Grant Cardiff 01/09/1993	4:00.98s Glen Grant Valkaekoski (FIN) 30/05/1999	4:44.55s (i) Matthew Preston Lee Valley 11/02/2024	5:00.28s Edward Obree Rome (ITA) 30/06/1985	5:18.8s Martin Leat Dartford 26/05/2023
<b>3000m</b>	8:13.18s Glen Grant Crystal Palace 06/05/1992	9:06.09s Andrew Inglis Wimbledon 26/06/2019	9:33.6s Nebojsa Jonanovic Dartford 29/07/2022	9:44.7s William Laws Kingston 27/06/2000	10:19.0s Mick Ellsmore Ashford 21/05/2007	11:28.5s Alan Black Ashford 27/06/2016

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5000m	15:16.69s Chris Loudon Tooting 03/07/2024	15:05.19s Ben Shearer Wimbledon 07/08/2019	15:35.3s Ben Shearer Eltham 25/05/2022	17:14.21s Christian Poulton Eltham 24/05/2017	18:31.91s Christian Poulton Eltham 14/07/2021	19:45.57s Micheal Ellsmore Erith 12/09/2015
10,000m	32:52.15s Ben Shearer Parliament Hill 06/06/2013		32:20.67s Ben Shearer Parliament Hill 14/05/2022	38:32.68s Christian Poulton Dartford 23/06/2021	39:05.53s Christian Poulton Dartford 29/06/2022	44:31.23 Martin Hawkins Dartford 29/06/2022
80m H						
100m H				14.58s Barry Ferguson Athens (GRE) 01/06/1994	15.18s Barry Ferguson Durban (RSA) 23/07/1997	15.77s Barry Ferguson San Sebastian (ESP) 31/08/2005
110m H	16.78s Francois Potgieter Eltham 20/04/2013	17.00s Barry Ferguson Brighton 20/08/1984	16.1s Barry Ferguson Crystal Palace 15/05/1988			
200m H						
300m H						54.95s Ray Daniel Erith 18/09/2022
400m H	60.36s Francois Potgieter Eltham 20/04/2013	61.8s Andy Knight Crawley 01/08/2009	58.56s Ray Daniel Derby 07/06/2003	64.63s Ray Daniel Birmingham 25/06/2011		

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<b>2000m Steeplechase</b>						
<b>3000m Steeplechase</b>						
<b>2000m Walk</b>	11:12.1s Bobby Walker Eltham 28/04/2014	8:16.0s Noel Carmody Dartford 11/07/1997		12:49.6s John Murphy Eltham 27/04/2012	10:49.03s Noel Carmody Erith 15/09/2012	11:02.77s Mark Ashby Nuneaton 31/07/2022
<b>3000m Walk</b>	12:45.05s Noel Carmody Crystal Palace 14/05/1995	12:36.04s Noel Carmody Enfield 03/08/1997			17:44.22s Mark Culshaw Tonbridge 28/08/2023	17:41.44s (i) Mark Ashby Lee Valley 12/02/2023
<b>5000m Walk</b>		23:25.40s Noel Carmody Stockholm (SWE) 20/07/1999			31:31.77s Mark Culshaw Eltham 22/10/2023	30:34.3s Mark Ashby Tonbridge 19/11/2022
<b>10,000m Walk</b>	46:49.12 Noel Carmody Crystal Palace 05/07/1992	46:58.8 Noel Carmody Deangate 19/09/1993				
<b>High Jump</b>	1.80m Francois Potgieter Eltham 11/05/2011	1.60m Barry Ferguson Havering 25/05/1985	1.50m Tony Tipping Bromley 10/06/2011	1.60m (i) Wole Odele Lee Valley 12/03/2017	1.46m Wole Odele Bromley 23/06/2023	1.36m Paris Hunt Tonbridge 15/07/2022
<b>Pole Vault</b>	3.50m Francois Potgieter Eltham 28/04/2014	2.70m Tony Tipping Horspath 13/08/2006	2.60m Tony Tipping Ashford 01/07/2011	2.60m Tony Tipping Derby 27/05/2012	1.90m Paris Hunt Bromley 13/04/2019	1.80m Paris Hunt Eltham 19/08/2023

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<b>Long Jump</b>	6.22m Dean Durrant Ashford 07/09/2014	5.14m Tony Tipping Cardiff 04/07/2006	5.19m Tony Tipping Horspath 07/07/2007	5.02m Wole Odele Gillingham 16/09/2018	5.09m Wole Odele Erith 12/09/2021	4.52m Paris Hunt Erith 17/06/2022
<b>Triple Jump</b>	12.44m Francois Potgieter Eltham 28/04/2014	10.17m Barry Ferguson Havering 25/05/1985	10.30m Tony Tipping Ashford 21/05/2007	10.94m Wole Odele Gillingham 16/09/2018	10.60m Wole Odele Derby 03/09/2023	8.92m Paris Hunt Dartford 19/07/2024
<b>Discus</b>	37.14m (2kg) Steven Marlow Dartford 28/07/2023	36.67m (2kg) Tony Tipping Eltham 03/06/2006	48.52m (2kg) Andrew Kruszewski Ashford 14/05/2005	43.13m (1.5k) Tony Tipping Eltham 17/07/2013	35.10m (1.5k) Peter Wishart Hendon 30/06/2018	40.63m (1k) Peter Wishart Eltham 19/07/2023
<b>Hammer</b>		38.91m (7.26kg) Tony Tipping Walton 08/07/2006	40.07m (7.26kg) Tony Tipping Eltham 20/08/2011	54.51m (6kg) Christopher Melliush Crawley 07/07/1998	53.70m (6kg) Christopher Melliush Kingston 29/08/1999	53.67m (5kg) Christopher Melliush Hendon 26/09/2004
<b>Javelin</b>	80.68m (800g) Steve Backley Athens (GRE) 26/08/2004	38.44m (800g) Tony Tipping Walton 08/07/2006	40.09m (800g) Tony Tipping Milton Keynes 21/06/2009	42.46m (700g) Tony Tipping Hendon 01/07/2012	37.69m (700g) Paris Hunt Bromley 15/06/2018	35.53m (600g) Paris Hunt Eltham 14/08/2024
<b>Shot</b>	10.98m (7.26k) Francois Potgieter Gillingham 21/06/2013	11:01m (7.26k) Tony Tipping Milton Keynes 18/06/2006	12.69m (7.26k) Andrew Kruszewski Portsmouth 12/08/2007	13.90m (6k) Tony Tipping Eltham 23/05/2012	10.42m (6k) Peter Wishart Ewell 04/06/2017	10.94m (6k) Peter Wishart Bromley 02/05/2021