



## Cambridge Harriers Masters Club Records - W65 to W90

|       | W65   | W70   | W75 | W80 | W85 | W90 |
|-------|---|---|-----|-----|-----|-----|
| 100m  | 19.9s<br>Maria Macdonald<br>Tonbridge<br>02/06/2017 |   |     |     |     |     |
| 200m  |   |   |     |     |     |     |
| 400m  | 74.52s<br>Ros Tabor<br>Perth (AUS)<br>31/10/2016    |   |     |     |     |     |
| 800m  | 2:47.38s<br>Ros Tabor<br>Perth (AUS)<br>31/10/2016  | 4:06.0s<br>Maria Macdonald<br>Erith<br>17/06/2022 |     |     |     |     |
| 1500m |   |   |     |     |     |     |
| 3000m |   |   |     |     |     |     |
| 5000m |   |   |     |     |     |     |

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|-------------------|-----|-----|-----|-----|-----|-----|
| 10,000m           |     |     |     |     |     |     |
| 80m H             |     |     |     |     |     |     |
| 100m H            |     |     |     |     |     |     |
|                   |     |     |     |     |     |     |
| 200m H            |     |     |     |     |     |     |
| 300m H            |     |     |     |     |     |     |
| 400m H            |     |     |     |     |     |     |
| 2000m Steplechase |     |     |     |     |     |     |

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|-------------------|--|-----|-----|-----|-----|-----|
| 3000m Steplechase |  |     |     |     |     |     |
| 2000m Walk        | 13:56.8s<br>Maria Macdonald<br>Ashford<br>02/07/2012 |     |     |     |     |     |
| 3000m Walk        |  |     |     |     |     |     |
| 5000m Walk        |  |     |     |     |     |     |
| 10,000m Walk      |  |     |     |     |     |     |
| High Jump         | 1.05m<br>Maria Macdonald<br>Erith<br>07/07/2017      |     |     |     |     |     |
| Pole Vault        |  |     |     |     |     |     |
| Long Jump         | 2.35m<br>Maria Macdonald<br>Ashford<br>14/05/2018    |     |     |     |     |     |

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|--------------------|---|-----|-----|-----|-----|-----|
| <b>Triple Jump</b> | 5.59m<br>Maria Macdonald<br>Erith<br>07/07/2017         |     |     |     |     |     |
| <b>Discus</b>      |   |     |     |     |     |     |
| <b>Hammer</b>      | 22.48m (3k)<br>Marlow Hadler<br>Erith<br>20/09/2008     |     |     |     |     |     |
| <b>Javelin</b>     | 7.00m (500g)<br>Maria Macdonald<br>Eltham<br>03/05/2019 |     |     |     |     |     |
| <b>Shot</b>        | 8.95m (3k)<br>Marlow Hadler<br>Erith<br>22/09/2009      |     |     |     |     |     |
|                    |   |     |     |     |     |     |
|                    |   |     |     |     |     |     |
|                    |   |     |     |     |     |     |