



Cambridge Harriers Masters Club Records - M65 to M90

	M65	M70	M75	M80	M85	M90
60m (i)	9.38s Tim Carter Eltham 18/12/2022	9.25s Tim Carter Lee Valley 26/03/2023	9.65s Barry Ferguson Deagu (KOR) 20/03/2017	12.01s Barry Ferguson Torun (POL) 28/03/2023		
100m	13.85s Doug Lucas Battersea Park 24/06/2018	14.07s Doug Lucas Ashford 29/06/2021	15.71s Barry Ferguson Erith 17/09/2017	18.72s Barry Ferguson Tampere (FIN) 29/06/2022		
200m	28.09s Doug Lucas Crawley 08/04/2017	29.10s Doug Lucas Gillingham 03/09/2022	33.25s (i) Barry Ferguson Lee Valley 19/02/2007			
400m	63.85s Doug Lucas Gillingham 02/08/2018	67.47s Doug Lucas Gillingham 02/09/2023				
800m	2:24.0s Derek Thomas Watford 27/09/1995	2:38.6s Edward Obree Glasgow 14/07/1990				
1500m	5:00.28s Edward Obree Rome (ITA) 01-30/06/1985	5:30.5s Edward Obree Glasgow 15/07/1990				
3000m	12:44.5s Mick Ellsmore Dartford 02/07/2018	11:21.65s (i) Martin Leat Lee Valley 09/02/2025				

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5000m	20:00.28s Alan Black Birmingham 26/08/2018					
10,000m	44:28.9s Russell Williams Canterbury 20/06/2012					
80m H		13.50s Barry Ferguson Zittau (GER) 23/08/2012	15.57s Barry Ferguson Malaga (ESP) 15/09/2018	19.45s Barry Ferguson Pescara (ITA) 29/09/2023		
100m H	15.79s Barry Ferguson Ljubljana (SLO) 01/08/2008					
110m H						
200m H				46.07s Barry Ferguson Pescara (ITA) 22/09/2023		
300m H	49.08s Barry Ferguson Ljubljana (SLO) 27/08/2008	51.62s Barry Ferguson Zittau (GER) 19/08/2012	64.63s Barry Ferguson Jesolo (ITA) 07/09/2019			
400m H						

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2000m Steplechase						
3000m Steplechase						
2000m Walk						
3000m Walk						
5000m Walk						
10,000m Walk						
High Jump	1.25m Barry Ferguson Ashford 04/09/2011	1.05m Derek Briscoe Gilingham 21/06/2013		0.87m Barry Ferguson Ashford 10/09/2023		
Pole Vault						

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Long Jump	3.96m (i) Tim Carter Lee Valley 01/03/2020	3.58m (i) Tim Carter Lee Valley 26/02/2023		2.17m Barry Ferguson Ashford 10/09/2023		
Triple Jump	7.35m Derek Briscoe Eltham 27/04/2012	6.74m Barry Ferguson Eltham 28/04/2014				
Discus	34.15m (1k) Christopher Melliush Ewell 21/01/2012	33.42m (1k) Warwick Dixon Eltham 23/07/2008	27.64m (1k) Warwick Dixon Eltham 03/09/2011	30.93m (1k) Warwick Dixon Ewell 03/10/2015	24.91m (1k) Warwick Dixon Erith 19/09/2021	
Hammer	46.10m (5k) Christopher Melliush Twickenham 13/09/2009	44.31 (4k) Peter Barber Erith 20/09/2003	37.18m (4k) Peter Barber Eltham 31/08/2008	38.67m (3k) Warwick Dixon Lyon (FRA) 04/08/2015	31.34m (3k) Warwick Dixon Dartford 13/09/2020	
Javelin	26.18m (600g) Peter Hawney Bromley 03/09/2016	15.70m (500g) Christopher Melliush Ewell 06/12/2014		19.88m (400g) Warwick Dixon Ewell 07/10/2017	20.95m (400g) Warwick Dixon Derby 21/08/2021	
Shot	10.08m (i) (5k) Peter Hawney Lee Valley 07/03/2015	7.64m (4k) Christopher Melliush Ewell 06/12/2014	8.29m (i) (4k) Peter Barber Lee Valley 26/02/2011	8.90m (3k) Warwick Dixon Birmingham 18/09/2016	8.38m (3k) Warwick Dixon Dartford 13/09/2020	