



Cambridge Harriers Masters Club Records - W65 to W90

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

	W65	W70	W75	W80	W85	W90
10,000m						
80m H						
100m H						
200m H						
300m H						
400m H						
2000m Steplechase						

	W65	W70	W75	W80	W85	W90
3000m Steplechase						
2000m Walk	13:56.8s Maria Macdonald Ashford 02/07/2012					
3000m Walk						
5000m Walk						
10,000m Walk						
High Jump	1.05m Maria Macdonald Erith 07/07/2017					
Pole Vault						
Long Jump	2.35m Maria Macdonald Ashford 14/05/2018					

	W65	W70	W75	W80	W85	W90
Triple Jump	5.59m Maria Macdonald Erith 07/07/2017					
Discus						
Hammer	22.48m (3k) Marlow Hadler Erith 20/09/2008					
Javelin	7.00m (500g) Maria Macdonald Eltham 03/05/2019					
Shot	8.95m (3k) Marlow Hadler Erith 22/09/2009					