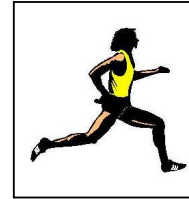


3K to Marathon

Coburg Harriers Club Records -3K to MARATHON

EVENT	AGE	PERFORMANCE	NAME	DATE	LOCATION
LADIES PERFORMANCES					
Womens 3000 @		31-Jul-08			
3000m	UNDER 13	11.15.42	KELLY WALLIS	16-Mar-85	0
3000m	UNDER 14	10.47.00	KELLY WALLIS	26-Nov-85	ABERFELDIE
3000m	UNDER 15	10.47.00	KELLY WALLIS	26-Nov-85	ABERFELDIE
3000m	UNDER 16	10.47.00	KELLY WALLIS	26-Nov-85	ABERFELDIE
3000m	UNDER 17	10.43.00	MAUREEN MATHEWS	19-Dec-85	0
3000m	UNDER 18	10.43.00	MAUREEN MATHEWS	19-Dec-85	0
3000m	UNDER 19	10.43.00	MAUREEN MATHEWS	19-Dec-85	0
3000m	UNDER 20	10.43.00	MAUREEN MATHEWS	19-Dec-85	0
3000m	OPEN	10.37.87	SHAREE WAKIM	29-Jul-00	Olympic Park
3000m	30-34	10.37.87	SHAREE WAKIM	29-Jul-00	Olympic Park
3000m	35-39	10.55.61	STACEY VAN DUEREN	09-Feb-07	AV Shield Olympic Pk.
3000m	40-44	10.55.61	STACEY VAN DUEREN	09-Feb-07	AV Shield Olympic Pk.
3000m	45-49	10.55.61	STACEY VAN DUEREN	09-Feb-07	AV Shield Olympic Pk.
3000m	60-64	15.06.55	DIANE BRIMACOMBE	15-Oct-05	ABERFELDIE - AV Shield
Womens 5000 @		31-Jul-08			
5000m	OPEN	18.16.08	STACEY VAN DUEREN	23-Feb-07	Olympic Park Vic Champs
5000m	30-34	18.16.08	STACEY VAN DUEREN	23-Feb-07	Olympic Park Vic Champs
5000m	35-39	18.16.08	STACEY VAN DUEREN	23-Feb-07	Olympic Park Vic Champs
5000m	40-44	18.16.08	STACEY VAN DUEREN	23-Feb-07	Olympic Park Vic Champs
5000m	45-49	18.16.08	STACEY VAN DUEREN	23-Feb-07	Olympic Park Vic Champs
5000M	50-54	21.33.00	M CASSIDY-B DALGLIESH	7/4/1997-0/12/1987	Aus Vet Games OP/World Vet Games Melb
5000M	55-59	21.44.70	BARBARA DALGLIESH	0/0/1992	Aus.Vets Chmp Tas
5000m	60-64	22.30	BARBARA DALGLEISH	29-Sep-99	7th Australian Masters Games - Adelaide



3K to Marathon

Womens 10000 @

31-Jul-08

10000m	OPEN	39.19	STACEY VAN DUEREN	06-Dec-04	BOX HILL Zatopec
10000m	30-34	39.19	Stacey Van Dueren	06-Dec-04	Box Hill Zatopec
10000m	35-39	39.19	Stacey Van Dueren	06-Dec-04	Box Hill Zatopec
10000m	40-44	39.19	Stacey Van Dueren	06-Dec-04	Box Hill Zatopec
10000m	45-49	42.36	MARGARET BURROUGHS	18-Mar-89	Vic.Vets Chmps Glenhuntly
10000m	50-54	45.17.5	BARBARA DALGLIESH	05-Apr-92	Vets Vic Titles Abfid
10000m	55-59	45.17.5	BARBARA DALGLIESH	05-Apr-92	Vets Vic Titles Abfid
10000m	60-64	47.25	BARBARA DALGLEISH	28-Mar-98	Vets Vic Titles Caulfield

Womens Half Marathon @

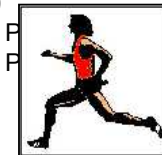
31-Jul-08

HALF MARATHON	OPEN	1.16.11	EMMA JACKOWSKI	12-Sep-99	Victorian Half Marathon Championships
HALF MARATHON	30-34	1.19.45	SHAREE WAKIM	12-Sep-99	Victorian Half Marathon Championships
HALF MARATHON	35-39	1.21.43	STACY VAN DUEREN	03-Sep-06	BurnleyVic. Half Marathon Champs
HALF MARATHON	45-49	1.21.43	STACY VAN DUEREN	03-Sep-06	BurnleyVic. Half Marathon Champs
HALF MARATHON	45-49	1.21.43	STACY VAN DUEREN	03-Sep-06	BurnleyVic. Half Marathon Champs
HALF MARATHON	50-54	1.39.28	BARBARA DALGLIESH	16-Aug-87	
HALF MARATHON	55-59	1.41.58	BARBARA DALGLEISH	09-Aug-98	
HALF MARATHON	60-64	1.41.58	BARBARA DALGLEISH	09-Aug-98	

Womens Marathon @

31-Jul-08

MARATHON	OPEN	2.58.25	STACY VAN DUEREN	08-Oct-06	Melb Marathon
MARATHON	30-34	2.58.25	STACY VAN DUEREN	08-Oct-06	Melb Marathon
MARATHON	35-39	2.58.25	STACY VAN DUEREN	08-Oct-06	Melb Marathon
MARATHON	40-44	2.58.25	STACY VAN DUEREN	08-Oct-06	Melb Marathon
MARATHON	45-49	2.58.25	STACY VAN DUEREN	08-Oct-06	Melb Marathon
MARATHON	50-54	3.27.46	BARBARA DALGLIESH	0/0/1993	Melb Marathon
MARATHON	55-59	3.27.46	BARBARA DALGLIESH	0/0/1993	Melb Marathon
MARATHON	60-64	3.38.01	BARBARA DALGLEISH	20-Oct-96	Melb. Marathon



3K to Marathon

MENS PERFORMANCES

Mens 3000 @

31-Jul-08

3000m	UNDER 13	10.45.4	WAYNE BROWN	0/0/1981	0
3000m	UNDER 14	10.45.4	WAYNE BROWN	0/0/1981	0
3000m	UNDER 15	9.36.4	M. COOK	0/0/1977	0
3000m	UNDER 16	9.32.0	GRAHAM GLASSFORD	0/0/1984	0
3000m	UNDER 17	8.58	GRAHAM GLASSFORD	02-Nov-85	OLYMPIC PARK
3000m	UNDER 18	8.56	CHRIS HAMMOND	0/3/1986	OLYMPIC PARK
3000m	UNDER 19	8.45.6	HERB ELLIOT	23-Feb-57	0
3000m	UNDER 20	8.45.6	HERB ELLIOT	23-Feb-57	0
3000m	OPEN	8.09.06	HERB ELLIOT	03-Feb-60	0
3000m	35 - 39	9.38	KEVIN SEVIOR	21-Jan-89	Aberfeldie
3000m	40 - 44	9.46.8	KEN FRASER	11-Feb-86	Olympic Pk.
3000m	45 - 49	9.46.8	KEN FRASER	11-Feb-86	Olympic Pk.
3000m	50 - 54	9.46.8	KEN FRASER	11-Feb-86	Olympic Pk.
3000M	55 - 59	11.10.52	KEN SOUYAVE	12-Feb-86	ABERFELDIE - AV Shield
800m	55- 59	02.22.81	KEN SOUYAVE	12-Feb-86	ABERFELDIE - AV Shield

Mens 5000 @

31-Jul-08

5000m	UNDER 13	20.42	CRAIG BARNES	80/81	0
5000m	UNDER 14	20.03	GRAEME O'CONNELL	80/81	0
5000m	UNDER 15	19.01	GRAEME O'CONNELL	07-Nov-81	Olympic Pk.
5000m	UNDER 16	19.01	GRAEME O'CONNELL	07-Nov-81	Olympic Pk.
5000m	UNDER 17	15.31.5	CARL McMILLAN	23-Jan-80	Olympic Park
5000m	UNDER 18	15.31.5	CARL McMILLAN	23-Jan-80	Vic Vets Murrumbeena
5000m	UNDER 19	15.31.5	CARL McMILLAN	23-Jan-80	AV Shield
5000m	UNDER 20	15.31.5	CARL McMILLAN	23-Jan-80	Aberfeldie
5000m	OPEN	14.09.0	HERB ELLIOT	0/0/1960	Vets Vic Titles
5000m	35 - 39	16.07	KEN FRASER	05-Mar-81	Abfld
5000m	40 - 44	16.07	KEN FRASER	05-Mar-81	
5000m	45 - 49	16.07	KEN FRASER	05-Mar-81	
5000m	50 - 54	17.15	KEN FRASER	23-Mar-86	
5000m	55 - 59	19.17	Ken Souyave	06-Mar-07	
5000m	65 - 69	22.34.5	NEVILLE WILSON	26-Mar-95	



0

0

Olympic Pk.

Olympic Pk.

Olympic Park

Vic Vets Murrumbeena

AV Shield

Aberfeldie

Vets Vic Titles

3K to Marathon

Mens 10000 @

31-Jul-08

10000m	UNDER 19	34.06	J. VARLEY	11-Jan-67	0
10000m	UNDER 20	34.06	J. VARLEY	11-Jan-67	0
10000m	OPEN	31.19	JEFF SHARAM	18-Dec-85	Olympic Park
10000m	35 - 39	34.40	KEN FRASER	15-Dec-80	Olympic Pk.
10000m	40 - 44	34.40	KEN FRASER	15-Dec-80	Olympic Park
10000m	45 - 49	34.40	KEN FRASER	15-Dec-80	Olympic Park
10000m	50 - 54	37.02	KEN FRASER	05-Mar-88	Vic Vets Murrumbeena
10000m	55 - 59	48.50.85	GORDON PROUDFOOT	06-Mar-88	Aus. Masters Titles Melbourne
10000m	60 - 64	48.50.85	GORDON PROUDFOOT	07-Mar-88	Aus. Masters Titles Melbourne

Mens Half Marathon @

31-Jul-08

HALF MARATHON	OPEN	1.07.03	DAVID OWEN	12-Sep-99	Victorian Half Marathon Championships
HALF MARATHON	35 - 39	1.14.00	JEFF SHARAM	12-Sep-99	Victorian Half Marathon Championships
HALF MARATHON	40 - 44	1.21.39	KEN FRASER	11-Aug-85	Vic Vets Champs. Princes Pk.
HALF MARATHON	45 - 49	1.21.39	KEN FRASER	11-Aug-85	Vic Vets Champs. Princes Pk.
HALF MARATHON	50 - 54	1.23.35	KEN FRASER	31-Aug-86	Vic Vets Princes Pk.
HALF MARATHON	55 - 59	1.25.51.00	KEN SOUYAVE	04-Sep-05	BURNLEY
HALF MARATHON	60 - 64	1.42	NEVILLE WILSON	31-May-92	Melbourne Half Marathon
HALF MARATHON	65 - 69	1.47.1	NEVILLE WILSON	06-Apr-95	Melb Half Marathon

Mens Marathon @

31-Jul-08

MARATHON	OPEN	14.86	R. TENDER	14-Dec-63	ABERFELDIE - AV Shield
MARATHON	35 - 39	2.42.42	KEN FRASER	12-Oct-80	Melb. Marathon
MARATHON	40 - 44	2.42.42	KEN FRASER	12-Oct-80	Melb. Marathon
MARATHON	45 - 49	2.42.42	KEN FRASER	12-Oct-80	Melb. Marathon
MARATHON	50 - 54	2.51.53	KEN FRASER	12-Oct-86	Melb. Marathon
MARATHON	55 - 59	03:11.56	KEN SOUYAVE	08-Oct-05	MELBOURNE
MARATHON	60 - 64	4.01.42	BILL KYTE	24-Jun-01	Gold Coast Marathon