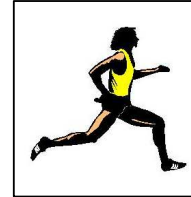


3K to Marathon

Coburg Harriers Club Records -3K to MARATHON

EVENT	AGE	PERFORMANCE	NAME	DATE	LOCATION
LADIES PERFORMANCES					
Womens 3000 @		26-Jan-21			
3000m	UNDER 13	10.03.48	Amelia Mazza-Downie	14-Mar-12	dney Olympic Park
3000m	UNDER 14	9.38.76	Amelia Mazza-Downie	0/0/12	Lakeside
3000m	UNDER 15	9.38.76	Amelia Mazza-Downie	0/0/12	Lakeside
3000m	UNDER 16	9.38.76	Amelia Mazza-Downie	0/0/12	Lakeside
3000m	UNDER 17	9.55.30	#REF!	#REF!	#REF!
3000m	UNDER 18	9.38.76	Amelia Mazza-Downie	0/0/12	Lakeside
3000m	UNDER 19	9.38.76	Amelia Mazza-Downie	0/0/12	Lakeside
3000m	UNDER 20	9.38.76	Amelia Mazza-Downie	0/0/12	Lakeside
3000m	OPEN	9.38.76	Amelia Mazza-Downie	0/0/12	Lakeside
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	10.51.50	STACY VAN DUEREN	20-Dec-11	Box Hill VMC
3000m	45-49	10.51.50	STACY VAN DUEREN	20-Dec-11	Box Hill VMC
3000m	50-54	10.51.50	STACY VAN DUEREN	20-Dec-11	Box Hill VMC
3000m	55-59	10.54.60	STACEY VAN DUEREN	0/0/2012	LAKESIDE
3000m	60-64	15.06.55	DIANE BRIMACOMBE	15-Oct-05	ABERFELDIE - AV Shield
Womens 5000 @		26-Jan-21			
5000m	UNDER 18	17.00.61	STELLA RADFORD	0/0/12	LAKESIDE
5000m	UNDER 19	17.00.61	STELLA RADFORD	0/0/12	LAKESIDE
5000m	UNDER 20	17.00.61	STELLA RADFORD	0/0/12	LAKESIDE
5000m	OPEN	17.00.61	STELLA RADFORD	0/0/12	LAKESIDE
5000m	30-34	18.16.08	STACEY VAN DUEREN	23-Feb-07	Olympic Park Vic Champs
5000m	35-39	10.51.50	STACY VAN DUEREN	20-Dec-11	Box Hill VMC
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	18.18.37	STACY VAN DUEREN	23-Feb-12	Melb Uni Graded Races
5000M	55-59	18.42.20	STACEY VAN DUEREN	0/0/2012	LAKESIDE
5000m	60-64	22.30	BARBARA DALGLEISH	29-Sep-99	7th Australian Masters Games - Adelaide



3K to Marathon

Womens 10000 @

26-Jan-21

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	39.19	Stacey Van Dueren	06-Dec-04	Box Hill Zatopec
10000m	50-54	39.36.41	Stacey Van Dueren	09-Apr-12	Albert Park
10000m	55-59	45.17.5	BARBARA DALGLIESH	05-Apr-92	Vets Vic Titles Abfld
10000m	60-64	47.25	BARBARA DALGLEISH	28-Mar-98	Vets Vic Titles Caulfield

Womens Half Marathon @

26-Jan-21

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	40-44	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	1.22.58	STACY VAN DUEREN	12-Oct-08	Melbourne Marathon
HALF MARATHON	55-59	1.41.58	BARBARA DALGLEISH	09-Aug-98	Albert P
HALF MARATHON	60-64	1.41.58	BARBARA DALGLEISH	09-Aug-98	Albert P

Womens Marathon @

26-Jan-21

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

Womens 1 Hour

26-Jan-21

1 Hour	50-54	15142 Km	STACY VAN DUEREN	27-Sep-10	Doncaster Venue's "60" min run
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3K to Marathon

MENS PERFORMANCES

Mens 3000 @

26-Jan-21

3000m	UNDER 13	10.09.30	KAYNE DAVIES	19-Nov-11	Meadow Glen
3000m	UNDER 14	9.54.90	KAYNE DAVIES	0/0/2012	Lakeside
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	8.26.61	Luke Mathews	0/0/12	Lakeside
3000m	UNDER 19	8.26.61	Luke Mathews	0/0/12	Lakeside
3000m	UNDER 20	8.26.61	Luke Mathews	0/0/12	Lakeside
3000m	OPEN	8.09.06	HERB ELLIOT	03-Feb-60	0
3000m	35 - 39	8.47.40	Liam Magee	30-Nov-10	Box Hill Vic Milers Club
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	10.54.10	KEN SOUYAVE	12-Feb-86	Box Hill AV Shield
3000m	60 - 64	13.40.30	GORDON PROUDFOOT	12-Feb-86	ABERFELDIE

Mens 5000 @

26-Jan-21

5000m	UNDER 13	20.42	CRAIG BARNES	80/81	
5000m	UNDER 14	20.03	GRAEME O'CONNELL	80/81	
5000m	UNDER 15	19.01	GRAEME O'CONNELL	07-Nov-81	
5000m	UNDER 16	19.01	GRAEME O'CONNELL	07-Nov-81	
5000m	UNDER 17	15.31.5	CARL McMILLAN	23-Jan-80	
5000m	UNDER 18	15.31.5	CARL McMILLAN	23-Jan-80	
5000m	UNDER 19	15.31.5	CARL McMILLAN	23-Jan-80	
5000m	UNDER 20	15.31.5	CARL McMILLAN	23-Jan-80	
5000m	OPEN	14.09.0	HERB ELLIOT	0/0/1960	
5000m	35 - 39	15.01.80	Liam Magee	23-Feb-12	
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	19.09.60	KEN SOUYAVE	05-Nov-08	
5000m	60 - 64	22.34.5	NEVILLE WILSON	26-Mar-95	
5000m	65 - 69	22.34.5	NEVILLE WILSON	26-Mar-95	



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Melbourne University
Olympic Pk.
Olympic Park
Vic Vets Murrumbena
Victorian Milers Club
Vets Vic Titles Abfld
Vets Vic Titles Abfld

3K to Marathon

Mens 10000 @

26-Jan-21

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	31.55.54	Liam Magee	18-Dec-09	Geelong RCC
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	39.32	KEN SOUYAVE	06-Mar-88	Aberfeldie (Zatopec)
10000m	60 - 64	48.50.85	GORDON PROUDFOOT	07-Mar-88	Aus. Masters Titles Melbourne

Mens Half Marathon @

26-Jan-21

HALF MARATHON	OPEN	1.07.03	DAVID OWEN	12-Sep-99	Victorian Half Marathon Championships
HALF MARATHON	35 - 39	1.11.48	Liam Magee	05-Sep-10	Burnley Vic Half Marath Champs
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	1.22.28	Philip Van Dueren	06-Sep-09	Burnley
HALF MARATHON	55 - 59	1.25.51	KEN SOUYAVE	04-Sep-05	BURNLEY
HALF MARATHON	60 - 64	1.20.15	KEN SOUYAVE	05-Sep-10	Victorian Half Marathon
HALF MARATHON	65 - 69	1.47.1	NEVILLE WILSON	06-Apr-95	Melb Half Marathon

Mens Marathon @

26-Jan-21

MARATHON	UNDER 17	3.05.48	John Varley	23-Jul-66	VMC Champs Preston
MARATHON	UNDER 18	3.05.48	John Varley	23-Jul-66	VMC Champs Preston
MARATHON	UNDER 19	3.05.48	John Varley	23-Jul-66	VMC Champs Preston
MARATHON	UNDER 20	3.05.48	John Varley	23-Jul-66	VMC Champs Preston
MARATHON	OPEN	2.22.55	JEFF SHARAM	04-Oct-87	0
MARATHON	35 - 39	02:36.35	Liam Magee	#REF!	40363
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