

Masters running records – at 1st August 2010

	Record held
	Good chance of record based on current form
	Difficult to beat but worth a try

50 – 54 years	World	Australian	NSW	Keith's times	Keith's PB	
1500m	04:05.20	04:05.20	04:11.04	04:11.04	04:11.04	2008
1 mile	04:27.90	04:30.06	04:41.76	04:41.76	04:41.76	2009
3000m	08:47.14	08:59.62	08:59.62	08:59.62	08:59.62	2009
5000m	14:53.20	15:49.40	15:52.10	15:52.10	15:49.90	2005
10000m	30:56.08	32:54.80	33:20:30	33:20:30	33:20:30	2005
Half Marathon	01:06.42	01:11:32	01:11:53	01:11:53	01:11:53	2010
Marathon	02:19.29	02:30.52	02:36:30	03:06:10	02:41:48	1986

55 – 59 years	World	Australian	NSW	Keith's times	Keith's PB	
1500m	04:12.50	04:17.60	04:30.70		04:11.04	2008
1 mile	04:36.94	04:37.30	04:37.30	04:37.30	04:37.30	2010
3000m	08:57.28	09:20.00	10:27.94		08:59.62	2009
5000m	15:37.00	15:52.80	15:57.00		15:49.90	2005
10000m	32:27.70	33:36.20	34:28.17		33:20:30	2005
Half Marathon	01:09:17	01:13:06	01:22:39		01:12:13	2009
Marathon	02:25:56	02:38:19	03:00:23		02:41:48	1986