

Border Harriers Club Records

Men

Updated - 14th March 2013

Event	Performance	Name	Year
100m	10.35	Gary Ryan	2004
200m	20.67	Gary Ryan	1997
400m	45.57	Jared Deacon	2002
800m	1:47.59	Peter Hackley	1993
1500m	3:40.43	Chris Mulvaney	2004
Mile	3:58.20 (i)	Tom Farrell	2013
3000m	7:51.77 (i)	Tom Farrell	2013
5000m	13:15.31	Tom Farrell	2012
10000m	29:52.16	Alaister Russell	1995
110m H	13.88 (13.87 (w))	Ian McDonald	2008
400m H	50.68	Jared Deacon	2002
3000m S/C	8:51.06	Steve Cairns	2002
Long Jump	7.36m	Alex Kruger	1995 ?
	7.37m (w)	Simon Clarke	1997
Triple Jump	16.00m	Desmond Kapofu	2004
	16.36m (w)	Desmond Kapofu	2004
High Jump	2.18m	Alex Kruger	1995 ?
Pole Vault	5.47m (i)	Keith Higham	2006
Shot Putt	17.03m	Neil Elliot	2004
Discus	54.11m	Paul Reed	2001 ?
Javelin	75.43m	Michael Allen	2002
Hammer	73.44m	Paddy McGrath	2003
Decathlon	8131 pts	Alex Kruger	1995
4 x 100m	41.2		2001 ?
4 x 400m	3:11.9		2001 ?
Half Marathon	62:40	Dave Swanston	1992
Marathon	2:16:06	Dave Cavers	1998

