

**Masters Championship Best Performances**

**10000m**

M35	Stuart Gibson	32:00.96	2019
M40	Leon Jonhston	32:54.06	2018
M45	Kerry-Liam Wilson	31:33.38	2016
M50	Ian Jonhston	34:09.51	2018
M55	Duncan MacFadyen	35:36.39	2016
M60	Alastair Walker	34:54.08	2019
M65	Andrew McLinden	39:39.54	2019
M70	Malcolm Hammond	44:08.66	2021
M75	Robert Young	45:02.12	2019
W35	Michelle Sandison	36:14.70	2019
W40	Suzanne Gilmour	38:01.84	2017
W45	Allie Chong	40:12.52	2021
W50	Marianne McLevy	48:37.92	2019
W55	Fiona Matheson	37:04.54	2018
W60	Fiona Matheson	39:07.46	2021