

5KM	RECORD HOLDER	RECORD	RACE	CLUB STAN
MEN SENIOR	Chris Ling	00:15:33	Northgate stadium May 1998	P
MEN 40-44	Colin Pitts	00:16:24	Ipswich Sept : 2002	P
MEN 45-49	Chris Starmer	00:17:20	Harwich 2009	P
MEN 50-54	Chris Starmer	00:18:06	Harwich 2010	P
MEN 55-59	Chris Starmer	00:18:15	Northgate stadium June 2015	P
MEN 60-64	Steve Pretty	00:20:11	Bury S.E Sept 2018	G
MEN 65-69	Stephen Mead	00:20:02	Bury S.E Sept 2017	P
MEN 70+	Peter Gay	00:25:10	Ipswich park run Sept 2012	S

5 miles

MEN SENIOR	Chris Starmer	00:25:55	Blisworth August 1990	P
MEN 40-44	Colin Pitts	00:27:03	Kirton June 2000	P
MEN 45-49	Chris Starmer	00:29:25	Great Bentley July 2004	P
MEN 50-54	Glen Sharman	00:28:29	Great Bentley July 2009	P
MEN 55-59	Chris Starmer	00:30:50	Bury June 2015	G
MEN 60-64	Stephen Mead	00:32:23	Gt Bentley July 2016	P
MEN 65-69	Stephen Mead	00:32:46	Framlingham June 2017	P
MEN 70+	Peter Gay	00:43:13	Bury June 2014	S

10KM

MEN SENIOR	Chris Ling	00:31:40	Martlesham October 1998	P
MEN 40-44	Colin Pitts	00:33:45	Martlesham October 2002	P
MEN 45-49	Richard Jordon	00:33:51	Dedham Sept 2004 (TBC)	P
MEN 50-54	Richard Jordon	00:35:16	Framlingham 2007	P
MEN 55-59	Chris Starmer	00:38:12	Ipswich twilight 10k August 2015	P
MEN 60-64	Stephen Mead	00:40:49	London May 2016	P
MEN 65-69	Stephen Mead	00:40:38	Ipswich twilight 10k August 2017	P
MEN 70+	Peter Gay	00:52:06	Breckland May 2015	S

10 miles

MEN SENIOR	Chris Ling	00:52:06	Fenland 1997	P
MEN 40-44	Colin Pitts	00:55:54	Hadleigh November 2000	P
MEN 45-49	Richard Jordon	00:55:39	Ipswich 10 May 2004	P
MEN 50-54	Richard Jordon	00:56:15	Tarpley 10 September 2008	P
MEN 55-59	Chris Starmer	01:02:56	Beccles Dec 2015	P
MEN 60-64	John Squirrell	01:10:39	Beccles Turkey Trot December 2014	G
MEN 65-69	Stephen Mead	01:06:45	Bure Valley October 2017	P
MEN 70+	Peter Gay	01:27:47	Freethorpe 10 January 2016	S

Half Marathon

MEN SENIOR	Chris Ling	01:10:45	Wissey September 1998	
MEN 40-44	Colin Pitts	01:14:14	Grunty Fenn 2002	
MEN 45-49	Richard Jordon	01:14:24	Great Bentley 2007	
MEN 50-54	Richard Jordon	01:18:05	Felixstowe 2007	
MEN 55-59	Chris Starmer	01:24:06	Silverstone March 2015	
MEN 60-64	John Squirrell	01:35:29	Lode Cambridgeshire November 2015	
MEN 65-69	Stephen Mead	01:28:53	Great North Run September 2017	
MEN 70+	Peter Gay	02:06:28	Wissey September 2017	

15 miles

MEN SENIOR	Chris Ling	01:20:54	Stour Valley March 1998	P
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MEN 40-44	Chris Seymour	01:41:49	Diss September 2009	S
MEN 45-49	Chris Starmer	01:34:53	Diss September 2009	G
MEN 50-54	Steve Hughes	01:40:16	Folksworth January 2017	G
MEN 55-59	Steve Pretty	01:55:41	Folksworth January 2015	S
MEN 60-64	Steve Pretty	01:59:10	Folksworth January 2018	S
MEN 65-69	Stephen Mead	01:47:16	Folksworth January 2017	P
MEN 70+	no record			

20 miles

MEN SENIOR	Chris Ling	01:49:40	Bury St Edmunds March 1998	P
MEN 40-44	Colin Pitts	02:00:50	Wymondham March 2007	G
MEN 45-49	Richard Jordon	02:00:21	Wymondham March 2006	P
MEN 50-54	Steve Hughes	02:20:05	Tarpley February 2017	G
MEN 55-59	Steve Pretty	02.32.04	Essex 20 March 2015	S
MEN 60-64	Steve Pretty	02:31:53	Wymondham March 2018	G
MEN 65-69	Stephen Mead	02:27:15	Tarpley February 2017	G
MEN 70+	no record			

Marathon

MEN SENIOR	Chris Ling	02:30:17	London April 1998	P
MEN 40-44	Colin Pitts	02:38:36	London April 2000	P
MEN 45-49	Richard Jordon	02:42:39	London April 2006	P
MEN 50-54	Chris Starmer	02:59:34	Abingdon October 2013	G
MEN 55-59	Chris Starmer	02:53:03	London April 2015	P
MEN 60-64	Stephen Pretty	03.27.23	Abingdon October 2017	S
MEN 65-69	Stephen Mead	03:15:21	Abingdon October 2017	P
MEN 70+	no record			