

5KM	RECORD HOLDER	RECORD	RACE	CLUB STANDARD
LADIES SENIOR	Tamara Jordon	00:17:30	Harwich July 2009	P
LADIES 35-39	Tamara Jordon	00:18:30	Suffolk CC Northgate Sept 2014	G
LADIES 40-44	Mary Narey	00:20:14	Ipswich September 2008	G
LADIES 45-49	Mary Narey	00:21:38	Ipswich Jaffa Ekiden Relay July 2014	S
LADIES 50-54	Haley Suttle	00:21:27	Northgate stadium June 2016	G
LADIES 55-59	Dianne Hughes	00:22:15	Northgate stadium June 2018	P
LADIES 60-64	Anne Fish	00:27:19	Dereham July 2013	S
LADIES 65-70	Anne Fish	00:27:30	Striders club championships July 2015	G
LADIES 70+	Anne Fish	00:29:46	Airlie Beach parkrun (Australia) Sept 2018	G

#### 5 miles

LADIES SENIOR	Tamara Jordon	00:28:29	Great Bentley July 2009	P
LADIES 35-39	Tamara Jordon	00:30:20	Kirton June 2013	G
LADIES 40-44	Haley Suttle	00:32:19	Great Bentley July 2006	G
LADIES 45-49	Mary Narey	00:35:53	Framlingham June 2017	S
LADIES 50-54	Mary Narey	00:35:41	Framlingham June 2018	S
LADIES 55-59	Dianne Hughes	00:37:55	Wix October 2017	G
LADIES 60-64	Margery Brown	00:44:41	Great Bentley July 2009	S
LADIES 65-70	Anne Fish	00:46:09	Hadleigh November 2014	S
LADIES 70+	no record			

#### 10KM

LADIES SENIOR	Tamara Jordon	00:36:23	Honnington Sept 2008	P
LADIES 35-39	Tamara Jordon	00:37:20	Kings Lynn May 2014	P
LADIES 40-44	Mary Narey	00:44:29	Framlingham Sept 2010	S
LADIES 45-49	Jo Stephenson	00:46:21	Colchester May 2014	S
LADIES 50-54	Haley Suttle	00:44:46	Thurston May 2015	G
LADIES 55-59	Dianne Hughes	00:46:16	Bungay June 2018	G
LADIES 60-64	Anne Fish	00:54:01	Honnington Sept 2010	S
LADIES 65-70	Anne Fish	00:55:22	Wyndham January 2015	G
LADIES 70+	no record			

#### 10 miles

LADIES SENIOR	Tamara Jordon	01:00:10	Beccles Dec 2010	P
LADIES 35-39	Tamara Jordon	01:02:54	Fenland 10 October 2014	G
LADIES 40-44	Haley Suttle	01:09:27	Wyndham March 2006	G
LADIES 45-49	Haley Suttle	01:15:38	Bury Feb 2013	S
LADIES 50-54	Haley Suttle	01:13:24	Hadleigh November 2015	G
LADIES 55-59	Dianne Hughes	00:01:20	Waveney Turkey Trott December 2017	G
LADIES 60-64	Margery Brown	01:24:18	Wyndham March 2008	G
LADIES 65-70	Anne Fish	01:36:06	Waveney Turkey Trott December 2015	S
LADIES 70+	no record			

#### Half Marathon

LADIES SENIOR	Tamara Jordon	01:18:53	Peterborough Oct 2009	P
LADIES 35-39	Tamara Jordon	01:22:45	Great Eastern run Oct 2014	G
LADIES 40-44	Haley Suttle	01:31:50	Bildeston March 2006	G
LADIES 45-49	Haley Suttle	01:43:20	Peterborough Oct 2011	S
LADIES 50-54	Haley Suttle	01:37:55	Cambridge March 2015	G
LADIES 55-59	Dianne Hughes	01:44:53	Broadland November 2018	G
LADIES 60-64	Anne Fish	01:56:02	Norwich November 2008	G
LADIES 65-70	Anne Fish	02:10:45	Stowmarket March 2016	S
LADIES 70+	no record			

#### 15 miles

LADIES SENIOR	Tamara Jordon	01:36:13	Diss September 2009	G
LADIES 35-39	Claire Baile	02:40:09	Benfleet Jan 2016	
LADIES 40-44	Debbie Ghant	02:10:27	Diss September 2009	B
LADIES 45-49	Anne Fellingham	02:04:43	unknown	B
LADIES 50-54	Dianne Hughes	02:29:54	Benfleet Jan 2014	T
LADIES 55-59	Dianne Hughes	02:05:24	Folksworth January 2018	S
LADIES 60-64	no record			
LADIES 65-70	no record			
LADIES 70+	no record			

#### 20 miles

LADIES SENIOR	Tamara Jordon	02:11:32	Wyndham March 2010	G
LADIES 35-39	Tamara Jordon	02:14:37	Wyndham March 2015	G
LADIES 40-44	Haley Suttle	02:39:00	Wyndham March 2007	S
LADIES 45-49	Jo Stephenson	02:52:18	Tarpley Feb 2014	B
LADIES 50-54	Mary Narey	02:45:16	Tarpley Feb 2018	S
LADIES 55-59	Rosemary Thurston	03:18:34	Bury 2006	B
LADIES 60-64	no record			
LADIES 65-70	no record			

LADIES 70+ no record

Marathon

LADIES SENIOR	Tamara Jordon	02:58:54	Dublin October 2009	G
LADIES 35-39	Tamara Jordon	02:58:42	London April 2013	G
LADIES 40-44	Gail Sparkes	03:31:00	London April 2000	S
LADIES 45-49	Haley Suttle	03:29:34	Abingdon: Oct 2012	S
LADIES 50-54	Jo Stephenson	03:37:26	Manchester April 2018	S
LADIES 55-59	Dianne Hughes	03:44:27	Manchester 2017	G
LADIES 60-64	no record			
LADIES 65-70	no record			
LADIES 70+	no record			