

STOWMARKET STRIDERS MENS CLUB RECORDS

| 5KM | RECORD HOLDER | RECORD | RACE | CLUB STANDARD |
|------------------|---------------------|-----------------|----------------------------------|---------------|
| 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 | 00:20:23 | Ipswich Twilight May 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

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|------------|---------------|----------|-------------------------|---|
| 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

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|------------|----------------|----------|----------------------------------|---|
| 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

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|------------|----------------|----------|-----------------------------------|---|
| 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

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

15 miles

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|------------|---------------|----------|-------------------------|---|
| MEN SENIOR | Chris Ling | 01:20:54 | Stour Valley March 1998 | P |
| 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 | | | |

STOWMARKET STRIDERS MENS CLUB RECORDS

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

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|------------|----------------|----------|-----------------------|---|
| 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 | | | |