

| 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     | Chris Starmer  | 00:19:30 | Bury S.E Sept 2021                   | G             |
| MEN 65-69     | Stephen Mead   | 00:20:02 | Bury S.E Sept 2017                   | P             |
| MEN 70+       | Stephen Mead   | 00:21:05 | Chilton fields parkrun November 2021 | P             |
|               |                |          |                                      |               |
|               |                |          |                                      |               |
| 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     | Colin Pitts    | 00:27:57 | Kirton May 2005                      | P             |
| MEN 50-54     | Richard Jordan | 00:27:55 | Great Bentley July 2008              | 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+       | Stephen Mead   | 00:34:20 | Great Bentley July 2022              | P             |
|               |                |          |                                      |               |
|               |                |          |                                      |               |
| 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+       | Stephen Mead   | 00:42:37 | Bury October 2021                    | P             |
|               |                |          |                                      |               |
|               |                |          |                                      |               |
| 10 miles      |                |          |                                      |               |
| MEN SENIOR    | Chris Ling     | 00:52:06 | Fenland 1997                         | P             |
| MEN 40-44     | Colin Pitts    | 00:55:31 | Great Bentley 10 October 2001        | 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     | Chris Starmer  | 01:06:56 | Hadleigh November 2021               | P             |
| MEN 65-69     | Stephen Mead   | 01:06:05 | York October 2019                    | P             |
| MEN 70+       | Stephen Mead   | 01:09:00 | Hadleigh November 2021               | P             |
|               |                |          |                                      |               |
|               |                |          |                                      |               |
| Half Marathon |                |          |                                      |               |
| MEN SENIOR    | Chris Ling     | 01:08:25 | Reading 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     | Chris Starmer  | 01:32:44 | Cambridge March 2022                 | G             |
| MEN 65-69     | Stephen Mead   | 01:28:53 | Great North Run September 2017       | P             |
| MEN 70+       | Stephen Mead   | 01:31:58 | Cambridge 2022                       | P             |
|               |                |          |                                      |               |
|               |                |          |                                      |               |
| 15 miles      |                |          |                                      |               |
| 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 Hughes   | 01:43:11 | Colchester March 2019                | G             |
| 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+       | Stephen Mead   | 01:50:17 | Colchester March 2023                | P             |
|               |                |          |                                      |               |
|               |                |          |                                      |               |
| 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     | Chris Seymour  | 02:13:49 | Tarpley February 2023                | 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+       | Stephen Mead   | 02:26:21 | Tarpley February 2022                | P             |
|               |                |          |                                      |               |
|               |                |          |                                      |               |
| 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     | Chris Starmer  | 03:11:35 | Manchester October 2021              | G             |
| MEN 65-69     | Stephen Mead   | 03:15:21 | Abingdon October 2017                | P             |
| MEN 70+       | Stephen Mead   | 03:33:26 | Manchester April 2023                | G             |