

5KM	RECORD HOLDER	RECORD	RACE	CLUB STANDARD
MEN SENIOR	Chris Ling	0:15:33	Northgate stadium May 1998	P
MEN 40-44	Colin Pitts	0:16:24	Ipswich Sept : 2002	P
MEN 45-49	Chris Starmer	0:17:20	Harwich 2009	P
MEN 50-54	Chris Starmer	0:18:06	Harwich 2010	P
MEN 55-59	Chris Starmer	0:18:15	Northgate stadium June 2015	P
MEN 60-64	Chris Starmer	0:19:30	Bury S.E Sept 2021	G
MEN 65-69	Stephen Mead	0:20:02	Bury S.E Sept 2017	P
MEN 70- 74	Stephen Mead	0:21:05	Chilton fields parkrun November 2021	P
MEN 75+	Frank Moggan	0:25:10	Chilton fields parkrun September 2024	

5 miles

MEN SENIOR	Chris Starmer	0:25:55	Blisworth August 1990	P
MEN 40-44	Colin Pitts	0:27:03	Kirton June 2000	P
MEN 45-49	Colin Pitts	0:27:57	Kirton May 2005	P
MEN 50-54	Richard Jordan	0:27:55	Great Bentley July 2008	P
MEN 55-59	Chris Starmer	0:30:50	Bury June 2015	G
MEN 60-64	Stephen Mead	0:32:23	Gt Bentley July 2016	P
MEN 65-69	Stephen Mead	0:32:46	Framlingham June 2017	P
MEN 70+	Stephen Mead	0:34:20	Great Bentley July 2022	P

10KM

MEN SENIOR	Chris Ling	0:31:40	Martlesham October 1998	P
MEN 40-44	Colin Pitts	0:33:45	Martlesham October 2002	P
MEN 45-49	Richard Jordon	0:33:51	Dedham Sept 2004 (TBC)	P
MEN 50-54	Richard Jordon	0:35:16	Framlingham 2007	P
MEN 55-59	Chris Starmer	0:38:12	Ipswich twilight 10k August 2015	P
MEN 60-64	Stephen Mead	0:40:49	London May 2016	P
MEN 65-69	Stephen Mead	0:40:38	Ipswich twilight 10k August 2017	P
MEN 70+	Stephen Mead	0:42:37	Bury October 2021	P

10 miles

MEN SENIOR	Chris Ling	0:52:06	Fenland 1997	P
MEN 40-44	Colin Pitts	0:55:31	Great Bentley 10 October 2001	P
MEN 45-49	Richard Jordon	0:55:39	Ipswich 10 May 2004	P
MEN 50-54	Richard Jordon	0:56:15	Tarpley 10 September 2008	P
MEN 55-59	Chris Starmer	1:02:56	Beccles Dec 2015	P
MEN 60-64	Chris Starmer	1:06:56	Hadleigh November 2021	P
MEN 65-69	Stephen Mead	1:06:05	York October 2019	P
MEN 70+	Stephen Mead	1:09:00	Hadleigh November 2021	P

Half Marathon

MEN SENIOR	Chris Ling	1:08:25	Reading 1998	P
MEN 40-44	Colin Pitts	1:14:14	Grunty Fenn 2002	P
MEN 45-49	Richard Jordon	1:14:24	Great Bentley 2007	P
MEN 50-54	Richard Jordon	1:18:05	Felixstowe 2007	P
MEN 55-59	Chris Starmer	1:24:06	Silverstone March 2015	P
MEN 60-64	Chris Starmer	1:32:44	Cambridge March 2022	G
MEN 65-69	Stephen Mead	1:28:53	Great North Run September 2017	P
MEN 70+	Stephen Mead	1:31:58	Stowmarket March 2022	P

15 miles

MEN SENIOR	Chris Ling	1:20:54	Stour Valley March 1998	P
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MEN 40-44	Chris Seymour	1:41:49	Diss September 2009	S
MEN 45-49	Chris Starmer	1:34:53	Diss September 2009	G
MEN 50-54	Steve Hughes	1:40:16	Folksworth January 2017	G
MEN 55-59	Steve Hughes	1:43:11	Colchester March 2019	G
MEN 60-64	Steve Pretty	1:59:10	Folksworth January 2018	S
MEN 65-69	Stephen Mead	1:47:16	Folksworth January 2017	P
MEN 70+	Stephen Mead	1:50:17	Colchester March 2023	P

20 miles

MEN SENIOR	Chris Ling	1:49:40	Bury St Edmunds March 1998	P
MEN 40-44	Colin Pitts	2:00:50	Wymondham March 2007	G
MEN 45-49	Richard Jordon	2:00:21	Wymondham March 2006	P
MEN 50-54	Chris Seymour	2:13:49	Tarpley February 2023	G
MEN 55-59	Chris Seymour	2:31:27	Tarpley 20 March 2024	S
MEN 60-64	Steve Pretty	2:31:53	Wymondham March 2018	G
MEN 65-69	Stephen Mead	2:27:15	Tarpley February 2017	G
MEN 70+	Stephen Mead	2:26:21	Tarpley February 2022	P

Marathon

MEN SENIOR	Chris Ling	2:30:17	London April 1998	P
MEN 40-44	Colin Pitts	2:38:36	London April 2000	P
MEN 45-49	Richard Jordon	2:42:39	London April 2006	P
MEN 50-54	Chris Starmer	2:59:34	Abingdon October 2013	G
MEN 55-59	Chris Starmer	2:53:03	London April 2015	P
MEN 60-64	Chris Starmer	3:11:35	Manchester October 2021	G
MEN 65-69	Stephen Mead	3:15:21	Abingdon October 2017	P
MEN 70-74	Stephen Mead	3:30:17	Chester October 2023	G
MEN 75+	Frank Moggan	3:59:27	Chester October 2024	