

| SKM           | RECORD HOLDER     | RECORD  | RACE                                      | CLUB STANDARD |
|---------------|-------------------|---------|-------------------------------------------|---------------|
| LADIES SENIOR | Maddie-Jordon-Lee | 0:16:21 | Ipswich Twilight May 2022                 | P             |
| LADIES 35-39  | Tamara Jordan     | 0:18:30 | Suffolk CC Northgate Sept 2014            | G             |
| LADIES 40-44  | Tamara Jordan     | 0:19:54 | Bury S.E park run March 2019              | G             |
| LADIES 45-49  | Juliet Garnham    | 0:21:16 | Northgate stadium September 2023          | G             |
| LADIES 50-54  | Juliet Garnham    | 0:21:08 | Northgate stadium September 2024          | G             |
| LADIES 55-59  | Mary Narey        | 0:21:33 | Northgate stadium September 2023          | P             |
| LADIES 60-64  | Dianne Hughes     | 0:24:09 | Bury St Edmunds June 2024                 | G             |
| LADIES 65-70  | Christine Marsh   | 0:25:20 | Northgate stadium June 2022               | P             |
| LADIES 70     | Anne Fish         | 0:29:46 | Arlie Beach parkrun (Australia) Sept 2018 | G             |
| LADIES 75     | Sue Moggan        | 0:47:34 | Chilton Fields Parkrun                    |               |

#### 5 miles

|               |                   |         |                         |   |
|---------------|-------------------|---------|-------------------------|---|
| LADIES SENIOR | Maddie Jordan-Lee | 0:28:03 | Great Bentley July 2022 | P |
| LADIES 35-39  | Tamara Jordan     | 0:30:20 | Kirton June 2013        | G |
| LADIES 40-44  | Tamara Jordan     | 0:32:12 | Wix October 2019        | G |
| LADIES 45-49  | Juliet Garnham    | 0:34:54 | Great Bentley July 2023 | G |
| LADIES 50-54  | Juliet Garnham    | 0:34:33 | Great Bentley July 2024 | G |
| LADIES 55-59  | Sandra Mayhew     | 0:35:36 | Great Bentley July 2022 | P |
| LADIES 60-64  | Dianne Hughes     | 0:40:50 | Great Bentley July 2024 | G |
| LADIES 65-70  | Christine Marsh   | 0:43:28 | Framlingham June 2022   | G |
| LADIES 70+    | no record         |         |                         |   |

#### 10KM

|               |                 |         |                            |   |
|---------------|-----------------|---------|----------------------------|---|
| LADIES SENIOR | Tamara Jordan   | 0:36:23 | Honnington Sept 2008       | P |
| LADIES 35-39  | Tamara Jordan   | 0:37:20 | Kings Lynn May 2014        | P |
| LADIES 40-44  | Tamara Jordan   | 0:40:02 | Wymondham January 2020     | G |
| LADIES 45-49  | Juliet Garnham  | 0:43:29 | Colchester May 2023        | G |
| LADIES 50-54  | Juliet Garnham  | 0:43:10 | Ipswich Twilight July 2024 | G |
| LADIES 55-59  | Sandra Mayhew   | 0:45:09 | Little Bromley April 2022  | P |
| LADIES 60-64  | Dianne Hughes   | 0:50:29 | Brekland May 2024          | G |
| LADIES 65-70  | Christine Marsh | 0:52:45 | Little Bromley April 2022  | G |
| LADIES 70+    | no record       |         |                            |   |

#### 10 miles

|               |                |         |                                    |   |
|---------------|----------------|---------|------------------------------------|---|
| LADIES SENIOR | Tamara Jordan  | 1:00:10 | Beccles Dec 2010                   | P |
| LADIES 35-39  | Tamara Jordan  | 1:02:54 | Fenland 10 October 2014            | G |
| LADIES 40-44  | Tamara Jordan  | 1:04:36 | Freethorpe 10 Jan 2020             | G |
| LADIES 45-49  | Juliet Garnham | 1:13:16 | Bedford January 2024               | S |
| LADIES 50-54  | Haley Suttle   | 1:13:24 | Hadleigh November 2015             | G |
| LADIES 55-59  | Mary Narey     | 1:15:51 | Tarpley 10 February 2023           | G |
| LADIES 60-64  | Margery Brown  | 1:24:18 | Wymondham March 2008               | G |
| LADIES 65-70  | Anne Fish      | 1:36:06 | Waveney Turkey Trott December 2015 | S |
| LADIES 70+    | no record      |         |                                    |   |

#### Half Marathon

|               |                 |         |                                  |   |
|---------------|-----------------|---------|----------------------------------|---|
| LADIES SENIOR | Emily Moyes     | 1:17:44 | Stowmarket March 2023            | P |
| LADIES 35-39  | Tamara Jordan   | 1:22:45 | Great Eastern run Oct 2014       | G |
| LADIES 40-44  | Tamara Jordan   | 1:27:25 | St Neots Riverside November 2019 | G |
| LADIES 45-49  | Juliet Garnham  | 1:37:19 | Stowmarket March 2023            | S |
| LADIES 50-54  | Haley Suttle    | 1:37:55 | Cambridge March 2015             | G |
| LADIES 55-59  | Mary Narey      | 1:40:09 | Cambridge March 2023             | G |
| LADIES 60-64  | Charlotte Hawes | 1:56:02 | Cambridge March 2023             | G |
| LADIES 65-70  | Anne Fish       | 2:10:45 | Stowmarket March 2016            | S |
| LADIES 70+    | no record       |         |                                  |   |

#### 15 miles

|               |               |         |                     |   |
|---------------|---------------|---------|---------------------|---|
| LADIES SENIOR | Tamara Jordan | 1:36:13 | Diss September 2009 | G |
|---------------|---------------|---------|---------------------|---|

|              |                |         |                         |   |
|--------------|----------------|---------|-------------------------|---|
| LADIES 35-39 | Claire Baile   | 2:40:09 | Benfleet Jan 2016       | - |
| LADIES 40-44 | Debbie Ghant   | 2:10:27 | Diss September 2009     | B |
| LADIES 45-49 | Juliet Garnham | 1:59:08 | Folksworth January 2024 | S |
| LADIES 50-54 | Mary Narey     | 2:02:36 | Colchester March 2019   | S |
| LADIES 55-59 | Mary Narey     | 1:58:36 | Colchester March 2023   | G |
| LADIES 60-64 | no record      |         |                         |   |
| LADIES 65-70 | no record      |         |                         |   |
| LADIES 70+   | no record      |         |                         |   |

#### 20 miles

|               |                |         |                                         |   |
|---------------|----------------|---------|-----------------------------------------|---|
| LADIES SENIOR | Tamara Jordan  | 2:11:32 | Wymondham March 2010                    | G |
| LADIES 35-39  | Tamara Jordan  | 2:14:37 | Wymondham March 2015                    | G |
| LADIES 40-44  | Haley Suttle   | 2:39:00 | Wymondham March 2007                    | S |
| LADIES 45-49  | Juliet Garnham | 2:36:31 | Bedford running festival September 2023 | S |
| LADIES 50-54  | Juliet Garnham | 2:37:44 | Essex 20 March 2024                     | G |
| LADIES 55-59  | Jo Stephenson  | 2:43:38 | Tarpley Feb 2023                        | G |
| LADIES 60-64  | Wendy Hughes   | 3:09:57 | Tarpley Feb 2020                        | S |
| LADIES 65-70  | no record      |         |                                         |   |
| LADIES 70+    | no record      |         |                                         |   |

#### Marathon

|               |                |          |                       |   |
|---------------|----------------|----------|-----------------------|---|
| LADIES SENIOR | Tamara Jordan  | 02:58:54 | Dublin October 2009   | G |
| LADIES 35-39  | Tamara Jordan  | 2:58:42  | London April 2013     | G |
| LADIES 40-44  | Gail Sparkes   | 3:31:00  | London April 2000     | S |
| LADIES 45-49  | Juliet Garnham | 3:26:26  | Pisa December 2023    | S |
| LADIES 50-54  | Juliet Garnham | 3:33:40  | Berlin September 2024 | G |
| LADIES 55-59  | Dianne Hughes  | 3:44:27  | Manchester April 2017 | G |
| LADIES 60-64  | Dianne Hughes  | 4:11:25  | Manchester April 2023 | S |
| LADIES 65-70  | no record      |          |                       |   |
| LADIES 70+    | no record      |          |                       |   |