

SKM	RECORD HOLDER	RECORD	RACE	CLUB STANDARD	SKM	RECORD HOLDER	RECORD	RACE	CLUB STANDARD
LADIES SENIOR	Maddie-Jordon-Lee	00:16:21	Ipswich Twilight May 2022	P	MEN SENIOR	Chris Ling	00:15:33	Northgate stadium May 1998	P
LADIES 35-39	Tamara Jordan	00:18:30	Suffolk CC Northgate Sept 2014	G	MEN 40-44	Colin Pitts	00:16:24	Ipswich Sept : 2002	P
LADIES 40-44	Tamara Jordan	00:19:54	Bury S.E park run March 2019	G	MEN 45-49	Chris Starmer	00:17:20	Harwich 2009	P
LADIES 45-49	Juliet Garnham	00:21:16	Northgate stadium September 2023	G	MEN 50-54	Chris Starmer	00:18:06	Harwich 2010	P
LADIES 50-54	Jo Hayward	00:21:17	Northgate stadium September 2023	G	MEN 55-59	Chris Starmer	00:18:15	Northgate stadium June 2015	P
LADIES 55-59	Mary Narey	00:21:33	Northgate stadium September 2023	P	MEN 60-64	Chris Starmer	00:19:30	Bury S.E Sept 2021	G
LADIES 60-64	Dianne Hughes	00:24:09	Bury St Edmunds June 2024	G	MEN 65-69	Stephen Mead	00:20:02	Bury S.E Sept 2017	P
LADIES 65-70	Christine Marsh	00:25:20	Northgate stadium June 2022	P	MEN 70+	Stephen Mead	00:21:05	Chilton fields parkrun November 2021	P
LADIES 70-74	Anne Fish	00:29:46	Arlie Beach parkrun (Australia) Sept 2018	G					
LADIES 75+	Sue Moggan	00:47:34	Chilton Fields Parkrun						
5 miles					5 miles				
LADIES SENIOR	Maddie Jordan-Lee	00:28:03	Great Bentley July 2022	P	MEN SENIOR	Chris Starmer	00:25:55	Blisworth August 1990	P
LADIES 35-39	Tamara Jordan	00:30:20	Kirton June 2013	G	MEN 40-44	Colin Pitts	00:27:03	Kirton June 2000	P
LADIES 40-44	Tamara Jordan	00:32:12	Wix October 2019	G	MEN 45-49	Colin Pitts	00:27:57	Kirton May 2005	P
LADIES 45-49	Juliet Garnham	00:34:54	Great Bentley July 2023	G	MEN 50-54	Richard Jordan	00:27:55	Great Bentley July 2008	P
LADIES 50-54	Juliet Garnham	00:34:33	Great Bentley July 2024	G	MEN 55-59	Chris Starmer	00:30:50	Bury June 2015	G
LADIES 55-59	Sandra Mayhew	00:35:36	Great Bentley July 2022	P	MEN 60-64	Stephen Mead	00:32:23	Gt Bentley July 2016	P
LADIES 60-64	Dianne Hughes	00:40:50	Great Bentley July 2024	G	MEN 65-69	Stephen Mead	00:32:46	Framlingham June 2017	P
LADIES 65-70	Christine Marsh	00:43:28	Framlingham June 2022	G	MEN 70+	Stephen Mead	00:34:20	Great Bentley July 2022	P
LADIES 70+	no record								
10KM					10KM				
LADIES SENIOR	Tamara Jordan	00:36:23	Honnington Sept 2008	P	MEN SENIOR	Chris Ling	00:31:40	Martlesham October 1998	P
LADIES 35-39	Tamara Jordan	00:37:20	Kings Lynn May 2014	P	MEN 40-44	Colin Pitts	00:33:45	Martlesham October 2002	P
LADIES 40-44	Tamara Jordan	00:40:02	Wymondham January 2020	G	MEN 45-49	Richard Jordon	00:33:51	Dedham Sept 2004 (TBC)	P
LADIES 45-49	Juliet Garnham	00:43:29	Colchester May 2023	G	MEN 50-54	Richard Jordon	00:35:16	Framlingham 2007	P
LADIES 50-54	Juliet Garnham	00:43:10	Ipswich Twilight 2024	G	MEN 55-59	Chris Starmer	00:38:12	Ipswich twilight 10k August 2015	P
LADIES 55-59	Sandra Mayhew	00:45:09	Little Bromley April 2022	P	MEN 60-64	Stephen Mead	00:40:49	London May 2016	P
LADIES 60-64	Dianne Hughes	00:50:29	Brekland May 2024	G	MEN 65-69	Stephen Mead	00:40:38	Ipswich twilight 10k August 2017	P
LADIES 65-70	Christine Marsh	00:52:45	Little Bromley April 2022	G	MEN 70+	Stephen Mead	00:42:37	Bury October 2021	P
LADIES 70+	no record								
10 miles					10 miles				
LADIES SENIOR	Tamara Jordan	01:00:10	Beccles Dec 2010	P	MEN SENIOR	Chris Ling	00:52:06	Fenland 1997	P
LADIES 35-39	Tamara Jordan	01:02:54	Fenland 10 October 2014	G	MEN 40-44	Colin Pitts	00:55:31	Great Bentley 10 October 2001	P
LADIES 40-44	Tamara Jordan	01:04:36	Freethorpe 10 Jan 2020	G	MEN 45-49	Richard Jordon	00:55:39	Ipswich 10 May 2004	P
LADIES 45-49	Juliet Garnham	01:13:16	Bedford January 2024	S	MEN 50-54	Richard Jordon	00:56:15	Tarpley 10 September 2008	P
LADIES 50-54	Haley Suttle	01:13:24	Hadleigh November 2015	G	MEN 55-59	Chris Starmer	01:02:56	Beccles Dec 2015	P
LADIES 55-59	Mary Narey	01:15:51	Tarpley 10 February 2023	G	MEN 60-64	Chris Starmer	01:06:56	Hadleigh November 2021	P
LADIES 60-64	Margery Brown	01:24:18	Wymondham March 2008	G	MEN 65-69	Stephen Mead	01:06:05	York October 2019	P
LADIES 65-70	Anne Fish	01:36:06	Waveney Turkey Trott December 2015	S	MEN 70+	Stephen Mead	01:09:00	Hadleigh November 2021	P
LADIES 70+	no record								
Half Marathon					Half Marathon				
LADIES SENIOR	Emily Moyes	01:17:44	Stowmarket March 2023	P	MEN SENIOR	Chris Ling	01:08:25	Reading 1998	P
LADIES 35-39	Tamara Jordan	01:22:45	Great Eastern run Oct 2014	G	MEN 40-44	Colin Pitts	01:14:14	Grunty Fenn 2002	P
LADIES 40-44	Tamara Jordan	01:27:25	St Neots Riverside November 2019	G	MEN 45-49	Richard Jordon	01:14:24	Great Bentley 2007	P
LADIES 45-49	Juliet Garnham	01:37:19	Stowmarket March 2023	S	MEN 50-54	Richard Jordon	01:18:05	Felixstowe 2007	P
LADIES 50-54	Haley Suttle	01:37:55	Cambridge March 2015	G	MEN 55-59	Chris Starmer	01:24:06	Silverstone March 2015	P
LADIES 55-59	Mary Narey	01:40:09	Cambridge March 2023	G	MEN 60-64	Chris Starmer	01:32:44	Cambridge March 2022	G
LADIES 60-64	Charlotte Hawes	01:56:02	Cambridge March 2023	G	MEN 65-69	Stephen Mead	01:28:53	Great North Run September 2017	P

LADIES 65-70	Anne Fish	02:10:45	Stowmarket March 2016	S	MEN 70+	Stephen Mead	01:31:58	Stowmarket March 2022	P
LADIES 70+	no record								
15 miles					15 miles				
LADIES SENIOR	Tamara Jordan	01:36:13	Diss September 2009	G	MEN SENIOR	Chris Ling	01:20:54	Stour Valley March 1998	P
LADIES 35-39	Claire Baile	02:40:09	Benfleet Jan 2016	-	MEN 40-44	Chris Seymour	01:41:49	Diss September 2009	S
LADIES 40-44	Debbie Ghant	02:10:27	Diss September 2009	B	MEN 45-49	Chris Starmar	01:34:53	Diss September 2009	G
LADIES 45-49	Juliet Garnham	01:59:08	Folksworth January 2024	S	MEN 50-54	Steve Hughes	01:40:16	Folksworth January 2017	G
LADIES 50-54	Mary Narey	02:02:36	Colchester March 2019	S	MEN 55-59	Steve Hughes	01:43:11	Colchester March 2019	G
LADIES 55-59	Mary Narey	01:58:36	Colchester March 2023	G	MEN 60-64	Steve Pretty	01:59:10	Folksworth January 2018	S
LADIES 60-64	no record				MEN 65-69	Stephen Mead	01:47:16	Folksworth January 2017	P
LADIES 65-70	no record				MEN 70+	Stephen Mead	01:50:17	Colchester March 2023	P
LADIES 70+	no record								
20 miles					20 miles				
LADIES SENIOR	Tamara Jordan	02:11:32	Wymondham March 2010	G	MEN SENIOR	Chris Ling	01:49:40	Bury St Edmunds March 1998	P
LADIES 35-39	Tamara Jordan	02:14:37	Wymondham March 2015	G	MEN 40-44	Colin Pitts	02:00:50	Wymondham March 2007	G
LADIES 40-44	Haley Suttle	02:39:00	Wymondham March 2007	S	MEN 45-49	Richard Jordon	02:00:21	Wymondham March 2006	P
LADIES 45-49	Juliet Garnham	02:36:31	Bedford running festival September 2023	S	MEN 50-54	Chris Seymour	02:13:49	Tarpley February 2023	G
LADIES 50-54	Juliet Garnham	02:37:44	Essex 20 March 2024	G	MEN 55-59	Chris Seymour	02:31:27	Tarpley 20 March 2024	S
LADIES 55-59	Jo Stephenson	02:43:38	Tarpley Feb 2023	G	MEN 60-64	Steve Pretty	02:31:53	Wymondham March 2018	G
LADIES 60-64	Wendy Hughes	03:09:57	Tarpley Feb 2020	S	MEN 65-69	Stephen Mead	02:27:15	Tarpley February 2017	G
LADIES 65-70	no record				MEN 70+	Stephen Mead	02:26:21	Tarpley February 2022	P
LADIES 70+	no record								
Marathon					Marathon				
LADIES SENIOR	Tamara Jordan	02:58:54	Dublin October 2009	G	MEN SENIOR	Chris Ling	02:30:17	London April 1998	P
LADIES 35-39	Tamara Jordan	02:58:42	London April 2013	G	MEN 40-44	Colin Pitts	02:38:36	London April 2000	P
LADIES 40-44	Gail Sparkes	03:31:00	London April 2000	S	MEN 45-49	Richard Jordon	02:42:39	London April 2006	P
LADIES 45-49	Juliet Garnham	03:26:26	Pisa December 2023	S	MEN 50-54	Chris Starmar	02:59:34	Abingdon October 2013	G
LADIES 50-54	Juliet Garnham	03:34:07	London April 2024	G	MEN 55-59	Chris Starmar	02:53:03	London April 2015	P
LADIES 55-59	Dianne Hughes	03:44:27	Manchester April 2017	G	MEN 60-64	Chris Starmar	03:11:35	Manchester October 2021	G
LADIES 60-64	Dianne Hughes	04:11:25	Manchester April 2023	S	MEN 65-69	Stephen Mead	03:15:21	Abingdon October 2017	P
LADIES 65-70	no record				MEN 70+	Stephen Mead	03:30:17	Chester October 2023	G
LADIES 70+	no record								