

5KM	RECORD HOLDER	RECORD	RACE	CLUB STANDARD
LADIES SENIOR	Maddie-Jordon-Lee	00:16:21	Ipswich Twilight May 2022	P
LADIES 35-39	Tamara Jordan	00:18:30	Suffolk CC Northgate Sept 2014	G
LADIES 40-44	Tamara Jordan	00:19:54	Bury S.E park run March 2019	G
LADIES 45-49	Juliet Garnham	00:21:16	Northgate stadium September 2023	G
LADIES 50-54	Juliet Garnham	00:21:08	Northgate stadium September 2024	G
LADIES 55-59	Mary Narey	00:21:33	Northgate stadium September 2023	P
LADIES 60-64	Dianne Hughes	00:24:09	Bury St Edmunds June 2024	G
LADIES 65-70	Christine Marsh	00:25:20	Northgate stadium June 2022	P
LADIES 70	Anne Fish	00:29:46	Arlie Beach parkrun (Australia) Sept 2018	G
LADIES 75	Sue Moggan	00:47:34	Chilton Fields Parkrun	
5 miles				
LADIES SENIOR	Maddie Jordan-Lee	00:28:03	Great Bentley July 2022	P
LADIES 35-39	Tamara Jordan	00:30:20	Kirton June 2013	G
LADIES 40-44	Tamara Jordan	00:32:12	Wix October 2019	G
LADIES 45-49	Juliet Garnham	00:34:54	Great Bentley July 2023	G
LADIES 50-54	Juliet Garnham	00:34:33	Great Bentley July 2024	G
LADIES 55-59	Sandra Mayhew	00:35:36	Great Bentley July 2022	P
LADIES 60-64	Dianne Hughes	00:40:50	Great Bentley July 2024	G
LADIES 65-70	Christine Marsh	00:43:28	Framlingham June 2022	G
LADIES 70+	no record			
10KM				
LADIES SENIOR	Tamara Jordan	00:36:23	Honnington Sept 2008	P
LADIES 35-39	Tamara Jordan	00:37:20	Kings Lynn May 2014	P
LADIES 40-44	Tamara Jordan	00:40:02	Wymondham January 2020	G
LADIES 45-49	Juliet Garnham	00:43:29	Colchester May 2023	G
LADIES 50-54	Juliet Garnham	00:43:10	Ipswich Twilight July 2024	G
LADIES 55-59	Sandra Mayhew	00:45:09	Little Bromley April 2022	P
LADIES 60-64	Dianne Hughes	00:50:29	Breckland May 2024	G
LADIES 65-70	Christine Marsh	00:52:45	Little Bromley April 2022	G
LADIES 70+	Jackie Cuninghame	64:02:00	Breckland May 2025	
10 miles				
LADIES SENIOR	Tamara Jordan	01:00:10	Beccles Dec 2010	P
LADIES 35-39	Tamara Jordan	01:02:54	Fenland 10 October 2014	G
LADIES 40-44	Tamara Jordan	01:04:36	Freethorpe 10 Jan 2020	G
LADIES 45-49	Juliet Garnham	01:13:16	Bedford January 2024	S
LADIES 50-54	Haley Suttle	01:13:24	Hadleigh November 2015	G
LADIES 55-59	Mary Narey	01:15:51	Tarpley 10 February 2023	G
LADIES 60-64	Margery Brown	01:24:18	Wymondham March 2008	G
LADIES 65-70	Anne Fish	01:36:06	Waveney Turkey Trott December 2015	S
LADIES 70+	Jackie Cuninghame	01:42:12	Tarpley 10 February 2025	
Half Marathon				
LADIES SENIOR	Emily Moyes	01:17:44	Stowmarket March 2023	P
LADIES 35-39	Tamara Jordan	01:22:45	Great Eastern run Oct 2014	G
LADIES 40-44	Tamara Jordan	01:27:25	St Neots Riverside November 2019	G
LADIES 45-49	Juliet Garnham	01:37:19	Stowmarket March 2023	S
LADIES 50-54	Haley Suttle	01:37:55	Cambridge March 2015	G
LADIES 55-59	Mary Narey	01:40:09	Cambridge March 2023	G
LADIES 60-64	Charlotte Hawes	01:56:02	Cambridge March 2023	G
LADIES 65-70	Anne Fish	02:10:45	Stowmarket March 2016	S
LADIES 70+	no record			
15 miles				
LADIES SENIOR	Tamara Jordan	01:36:13	Diss September 2009	G
LADIES 35-39	Claire Baile	02:40:09	Benfleet Jan 2016	-
LADIES 40-44	Debbie Ghannt	02:10:27	Diss September 2009	B
LADIES 45-49	Juliet Garnham	01:59:08	Folksworth January 2024	S
LADIES 50-54	Mary Narey	02:02:36	Colchester March 2019	S
LADIES 55-59	Mary Narey	01:58:36	Colchester March 2023	G
LADIES 60-64	no record			
LADIES 65-70	no record			
LADIES 70+	no record			
20 miles				
LADIES SENIOR	Tamara Jordan	02:11:32	Wymondham March 2010	G
LADIES 35-39	Tamara Jordan	02:14:37	Wymondham March 2015	G
LADIES 40-44	Haley Suttle	02:39:00	Wymondham March 2007	S
LADIES 45-49	Juliet Garnham	02:36:31	Bedford running festival September 2023	S
LADIES 50-54	Juliet Garnham	02:37:44	Essex 20 March 2024	G
LADIES 55-59	Jo Stephenson	02:43:38	Tarpley Feb 2023	G
LADIES 60-64	Wendy Hughes	03:09:57	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	02:58:42	London April 2013	G
LADIES 40-44	Gail Sparkes	03:31:00	London April 2000	S
LADIES 45-49	Juliet Garnham	03:26:26	Pisa December 2023	S
LADIES 50-54	Juliet Garnham	03:33:40	Berlin September 2024	G
LADIES 55-59	Dianne Hughes	03:44:27	Manchester April 2017	G
LADIES 60-64	Dianne Hughes	04:11:25	Manchester April 2023	S
LADIES 65-70	no record			
LADIES 70+	no record			