

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- 74	Stephen Mead	00:21:05	Chilton fields parkrun November 2021	P
MEN 75+	Frank Moggan	00:24:57	Felixstowe Parkrun Feb 2025	
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- 74	Stephen Mead	00:34:20	Great Bentley July 2022	P
MEN 75+	Frank Moggan	00:43:01	Sudbury June 2025	
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 70-74	Stephen Mead	00:42:37	Bury October 2021	P
MEN 75+	Frank Moggan	00:54:26	Thurston (Stephen Williams)May 2025	
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 70-74	Stephen Mead	01:09:00	Hadleigh November 2021	P
MEN 75+	Frank Moggan	01:30:05	Felixstowe September 2025	
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 70-74	Stephen Mead	01:31:58	Stowmarket March 2022	P
MEN 75+	Frank Moggan	01:56:47	Ipswich September 2025	
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 70-74	Stephen Mead	01:50:17	Colchester March 2023	P
MEN 75+	Frank Moggan	02:09:21	Folksworth January 2026	
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	Beyton (Tarpley) February 2023	G
MEN 55-59	Chris Seymour	02:31:27	Beyton (Tarpley) 20 March 2024	S
MEN 60-64	Steve Pretty	02:31:53	Wymondham March 2018	G
MEN 65-69	Stephen Mead	02:27:15	Beyton (Tarpley) February 2017	G
MEN 70-74	Stephen Mead	02:26:21	Beyton (Tarpley) February 2022	P
MEN 75+	Frank Moggan	02:58:38	Beyton (Tarpley) February 2026	
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 70-74	Stephen Mead	03:30:17	Chester October 2023	G
MEN 75+	Frank Moggan	03:59:27	Chester October 2024	