

## Road Running: Senior Club Records

Updated to 14 April 2019 [highlighting recent updates]

MEN				WOMEN			
5k open	Tim Woulfe	August 2017 Ipswich	15:36	5k open			
5k 40+	Barry Plowman	01 Aug 2017 Harwich	20:11.02	5k 35+			
5k 50+	Ross Boyer	Aug 2013 SAL Div3	18:58.5	5k 45+			
5k 70+	David Reaves	Oct 2014	23:10	5k 55+			
5ml open	Shaun Pickering	Apr 2012	26:09	5ml open	Jess Park	April 2013	32:57
5ml 40+	Simon Mennell	Dec 2009	32:31	5ml 35+	Anita Cox	April 2013	31:38
5ml 50+	Ross Boyer	Dec 2011	30:44	5ml 45+	Lindsay Rolerkite	Dec 2013	36:28
5ml 60+				5ml 55+			
10k open	Tim Woulfe	14 Apr 2019 Lt Bromley	32:40	10k open	Jess Park	July 2013	41:02
10k 40+	Barry Plowman	26May2014	39:59	10k 35+	Anita Cox	Nov 2013	39:19
10k 50+	Ross Boyer	June 2012	38:48	10k 45+	Josie Sheffield	May 2010	43:16
10k 60+	David Reaves	Sept 2010 Bardfield 10	43:52	10k 55+			
10 miles	Shaun Pickering	May 2012	53:09	10 miles	Michelle Caulfield	Nov 2008	1:10:45
10 40+	Barry Plowman	Nov 2009	1:05:49	10 35+	Claire Gordon	Nov 2013	1:19:53
10 50+	Ross Boyer	May 2012	1:05:47	10 45+	Michelle Caulfield	Nov 2012	1:12:44
10 60+				10 55+			
open half marathon	Shaun Pickering	Oct 2011	1:11:42	open half marathon			
half 40+	Lee Cousins	22Sep2013	1:30:01	half 35+	Michelle Caulfield	Feb 2010	1:35:56
half 50+	Ross Boyer	June 2012	1:20:46	half 45+	Josie Sheffield	June 2010	1:36:40

