Senior and Veteran Male Road Records

Last Updated: 30/09/18

Final

Park Run		Name	Time	Location/ Meeting	Date
	Open	Richard Shephard	00:16:21	Stratford	17/12/16
	Senior				
	M35	Richard Shephard	00:16:21	Stratford	17/12/16
	M40	Rob Minton	00:17:25	Stratford	26/08/17
	M45	Tim Hutchinson	00:17:12	Stratford	15/04/17
	M50	Paul Hawkins	00:20:13	Coventry	04/09/10
	M55	Robin Kindersley	00:18:31	Stratford	08/10/16
	M60	Robin Kindersley	00:18:30	Stratford	26/11/16
	M65	David Jones	00:21:42	Stratford	02/04/16
	M70	Roger Wilson	00:21:26	Stratford	30/04/16
	M75	Roger Wilson	00:21:36	Stratford	12/08/17
5K		Name	Time	Location/ Meeting	Date
	Open	Joe Brocklehurst	00:15:14	Shrewsbury	27/12/11
	Senior	Joe Brocklehurst	00:15:14	Shrewsbury	27/12/11
	M35				
	M40	Paul Hawkins	0:18:08		15/03/2001
	M45	Richard Dobedoe	0.17:37	Coventry	14/05/2011
	M50	Paul Hawkins	0:20:13		04/09/2010
	M55	John Turner	0:19:23	Hereford	01/05/2003
	M60	John Turner	0:19:21	Hereford	13/06/2004
	M65	John Turner	0:20:50	Hereford	09/07/2009
	M70	Roger Wilson	0:21:25	Horwich	16/06/2013
	M75	Roger Wilson	00:22:42	Horwich	18/06/17
5k Walk		Name	Time	Location/ Meeting	Date
	Open	Paul Hawkins	00:32:36	Madrid	23/03/18
	M60	Paul Hawkins	00:32:36	Madrid	23/03/18
4 Miles		Name	Time	Location/ Meeting	Date
	Open	Martin Proctor	0:20:50		20/06/1993
	Senior				
	M35				
	M40	Keith Hawkes	0:24:30		12/07/2005
	M45	Phil Howell	0:24:18		14/08/2007
	M50	Pete Hill	0:25:36		11/05/2004
	M55	John Turner	0:26:35	Redwick, Wales	14/08/2001
	M60	John Turner	0:25:35	Redwick, Wales	14/08/2007
	M65	John Turner	0:25:38	Redwick, Wales	12/05/2009
	M70	Geoff Vance	0:37:00		14/08/2001
5 Miles		Name	Time	Location/ Meeting	Date
	Open	Joe Brocklehurst	0:25:37	Alsager	01/02/2009
	Senior	Joe Brocklehurst	0:25:37	Alsager	01/02/2009
	M35	Rob Minton	0:28.21	Coventry	00/00/2012
	M40	Steve Cook	0:28:23		18/12/1994
	M45	Tim Hutchinson	00:28:45	Coventry	14/06/17
	M50	Brian Thornett	0:28:56		19/04/1992
	M55	Colin Green	0:32:55		23/06/2004
	M60	Brian Wall	0:32:05		17/06/1997
	M65	Roger Wilson	0:32:53		05/11/2006
	M70	Roger Wilson	0:35:28	Sphinx 5	12/06/2013
6 Miles		Name	Time	Location/ Meeting	Date
	Open	David Wright	0:34:17		16/10/1994
	Senior				
	M35				
	M40	Steve Cook	0:34:26		13/07/1994
	M45	Tim Hutchinson	10:42:00	Summer Six	22/07/17
	M50	Brian Thornett	0:36:18		13/08/1994
	M55	John Turner	0:41:25	Saxilby	28/05/2001
	M60	John Turner	0:40:41	Daventry	12/10/2003
	M65	Roger Wilson	0:41:03		29/06/2008
	M70	Roger Wilson	0:43:13	Stratford 6	30/06/2012
10k		Name	Time	Location/ Meeting	Date
	Open	Joe Brocklehurst	0:32:14	Telford	21/12/2008
	Senior	Joe Brocklehurst	0:32:14	Telford	21/12/2008
	M35	Rob Minton	0:33:48	Bourton	24/02/2013
	M40	Steve Cook	0:34:21		19/06/1994
	M45	Tim Hutchinson	00:36:06	Two Castles	11/06/17
	M50	Brian Thornett	0:36:34		21/02/1993
	M55	Robin Kindersley	0:41:12	Bourton	22/02/2015
	M60	Robin Kindersley	00:38:26	Bourton	26/02/17
	M65	Roger Wilson	0:42:21		06/04/2008
	M70	Roger Wilson	00:46:29	Regency 10k	07/04/2013
	M75	Roger Wilson	0:44:24	Stoneleigh	16/04/17

10k Walk		Name	Time	Location/ Meeting	Date
	Open	Paul Hawkins	01:03:50	Birchfield	30/10/16
	M60	Paul Hawkins	01:03:50	Birchfield	30/10/16
10 Miles		Name	Time	Location/ Meeting	Date
	Open	Richard Dobedoe	0:57:09		20/10/2002
	Senior				
	M35	Richard Dobedoe	0:57:09		20/10/2002
	M40	Brian Hotchkiss	0:57:39		14/04/1996
	M45	Brian Thornett	0:58:42		05/04/1987
	M50	Brian Thornett	0:59:59		25/09/1993
	M55	John Martin	1:08:03		10/12/1988
	M60	John Turner	1:07:50	Nuneaton	09/09/2007
	M65	John Turner	1:10:07	Sneyd	14/12/2008
	M70	Phil Brennan	1:14:00	Sneyd	09/12/2012
	M75	Phil Brennan	01:20:01	Rhyl	24/02/18
20k		Name	Time	Location/ Meeting	Date
	Open	Graham Taylor	01:19:40	Moreton	09/08/14
	Senior				
	M35	James Cusack	01:25:29	Xmas Cracker	17/12/16
	M40	Tim Tandy	01:25:15	Xmas Cracker	08/12/14
	M45	Graham Taylor	01:19:40	Moreton	09/08/14
	M50				
	M55	Paul Hawkins	01:36:53	Moreton Morrell	11/08/12
	M60				
	M65	David Jones	01:37:53	Moreton Morrell	04/02/17
	M70				
Half Marathon		Name	Time	Location/ Meeting	Date
	Open	Richard Shephard	01:13:41	Warwick	22/03/15
	Senior	Richard Shephard	01:13:41	Warwick	22/03/15
	M35	Richard Shephard	01:14:37	Stratford	24/04/16
	M40	Brian Hotchkiss	1:15:40		17/03/1996
	M45	Tim Hutchinson	01:18:11	Kenilworth	06/09/15
	M50	Brian Thornett	1:19:11		23/04/1993
	M55	Colin Green	1:30:06		10/10/2004
	M60	John Turner	1:29:31	Kenilworth	07/10/2007
	M65	John Turner	1:33:01	Jersey	17/05/2009
	M70	Phil Brennan	1:38:55	Stratford	28/04/2013
15 Miles		Name	Time	Location/ Meeting	Date
	Open	Rob Minton	1:29.35	Banbury 15	00/00/2010
	Senior	Rob Minton	1:29.35	Banbury 15	00/00/2010
	M35				
	M40	Brian Hotchkiss	1:29:40		31/03/1996
	M45	Richard Dobedoe	1.34.49	Banbury 15	20/03/2011
	M50	Colin Green	1:41:33		31/03/1996
	M55	Colin Green	1:49:47		13/03/2005
	M60	Brian Wall	1:45:45		28/06/1997
	M65	John Turner	1:52:35	Banbury 15	08/03/2009
	M70	Phil Brennan	02:08:07	Banbury 15	20/03/16
20 Miles		Name	Time	Location/ Meeting	Date
	Open	Steve Cook	2:02:11		20/03/1994
	Senior	Rob Minton	2:06.44	Ashby 20	13/03/2011
	M35	Rob Minton	2:07.10	Ashby 20	00/03/2012
	M40	Paul Hawkins	2:09:06		05/03/2000
	M45	Richard Dobedoe	2.12.41	Ashby 20	13/03/2011
	M50	Malcolm Bowyer	2:15:39	Ashby 20	17/03/2013
	M55	Pete Hill	2:24:21		18/03/2007
	M60	John Martin	2:38:08		14/03/1993
	M65	John Turner	2:38:35	Ashby 20	22/03/2009
	M70	Phil Brennan	2:42:39	Ashby 20	17/03/2013
Marathon		Name	Time	Location/ Meeting	Date
	Open	Chris Bacon	2:40:36	Worcester	04/05/2014
	Senior	Rob Minton	2:53.40	London	22/04/2007
	M35	Chris Bacon	2:47.08	Leicester	00/00/2010
	M40	Chris Bacon	2:40:36	Worcester	04/05/2014
	M45	Andy Cockerill	2:51:13	London	22/04/2012
	M50	Phil Howell	02:53:21	London	26/04/15
	M55	John Martin	3:24:32		01/04/1988
	M60	John Martin	3:31:07		01/10/1990
	M65	David Jones	03:39:56	Manchester	19/04/15
	M70	Phil Brennan	3:55:20	Newcastle	27/10/2013
20k Walk		Name	Time	Location/ Meeting	Date
	Open	Paul Hawkins	02:18:13	Warwick Uni	09/07/17