



Senior and Veteran Male Road Records

Last Updated: **06/10/2020**

Final

Park Run	Name	Time	Location/	Date
Open	Richard Shephard	00:16:21	Stratford	17/12/2016
Senior				
M35	Richard Shephard	00:16:21	Stratford	17/12/2016
M40	Rob Minton	00:17:25	Stratford	26/08/2017
M45	Tim Hutchinson	00:17:12	Stratford	15/04/2017
M50	Paul Hawkins	00:20:13	Coventry	04/09/2010
M55	Robin Kindersley	00:18:31	Stratford	08/10/2016
M60	Robin Kindersley	00:18:30	Stratford	26/11/2016
M65	David Jones	00:21:42	Stratford	02/04/2016
M70	Roger Wilson	00:21:26	Stratford	30/04/2016
M75	Roger Wilson	00:21:36	Stratford	12/08/2017
5K	Name	Time	Location/	Date
Open	Joe Brocklehurst	00:15:14	Shrewsbury	27/12/2011
Senior	Joe Brocklehurst	00:15:14	Shrewsbury	27/12/2011
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	18/06/2017
5k Walk	Name	Time	Location/	Date
Open	Paul Hawkins	00:32:36	Madrid	23/03/2018
M60	Paul Hawkins	00:32:36	Madrid	23/03/2018
4 Miles	Name	Time	Location/	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/	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	14/06/2017
M50	Brian Thomett	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/	Date
Open	David Wright	0:34:17		16/10/1994
Senior				
M35				
M40	Steve Cook	0:34:26		13/07/1994
M45	Tim Hutchinson	00:34:42	Summer Six	22/07/2017
M50	Brian Thomett	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/	Date
Open	Joe Brocklehurst	0:32:14	Telford	21/12/2008
Senior	Joe Brocklehurst	0:32:14	Telford	21/12/2008
M35	Ben Kruze	00:32:33	Eton	05/09/2020
M40	Steve Cook	0:34:21		19/06/1994
M45	Tim Hutchinson	00:36:06	Two Castles	11/06/2017
M50	Brian Thomett	0:36:34		21/02/1993
M55	Robin Kindersley	0:41:12	Bourton	22/02/2015
M60	Robin Kindersley	00:38:26	Bourton	26/02/2017
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	16/04/2017

10k Walk	Name	Time	Location/	Date
Open	Paul Hawkins	01:01:45	Birchfield	28/10/2018
M60	Paul Hawkins	01:01:45	Birchfield	28/10/2018
10 Miles	Name	Time	Location/	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 Thomett	0:58:42		05/04/1987
M50	Brian Thomett	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	24/02/2018
20k	Name	Time	Location/	Date
Open	Graham Taylor	01:19:40	Moreton	09/08/2014
Senior				
M35	James Cusack	01:25:29	Xmas Cracker	17/12/2016
M40	Tim Tandy	01:25:15	Xmas Cracker	08/12/2014
M45	Graham Taylor	01:19:40	Moreton	09/08/2014
M50				
M55	Paul Hawkins	01:36:53	Moreton Morrell	11/08/2012
M60				
M65	David Jones	01:37:53	Moreton Morrell	04/02/2017
M70				
Half Marathon	Name	Time	Location/	Date
Open	Rich Shephard	01:12:50	Warwick	01/03/2020
Senior	Rich Shephard	01:13:41	Warwick	22/03/2015
M35	Rich Shephard	01:12:50	Warwick	01/03/2020
M40	Brian Hotchkiss	1:15:40		17/03/1996
M45	Tim Hutchinson	01:18:11	Kenilworth	06/09/2015
M50	Brian Thomett	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/	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	20/03/2016
20 Miles	Name	Time	Location/	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/	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	26/04/2015
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	19/04/2015
M70	Phil Brennan	3:55:20	Newcastle	27/10/2013
20k Walk	Name	Time	Location/	Date
Open	Paul Hawkins	02:18:13	Warwick Uni	09/07/2017
M60	Paul Hawkins	02:18:13	Warwick Uni	09/07/2017