

HPRC Records – Men (as at Jan 29 2012)

MEN	SENIOR	M40	M45	M50	M55	M60	M65	M70	M75
MILE	Stewart Gregory TIME: 4:36 NWSC May 98	Graham Moffatt TIME: 4:55 H Hadden 16 July 09	Derek Dent TIME: 5:33 NWSC 22 Jan 84	Howard Partridge TIME: 5:11 H Hadden Aug 03	Howard Partridge TIME: 5:03 H Hadden Aug 07	Neil Hamilton TIME: 6:06 NWSC Sep 99	John Oldfield TIME: 6:15:2 Perth April 09	Neil Hamilton TIME: 6:11:07 H Hadden Aug '06	TIME: DATE:
5K	Matthew Moore TIME: 16:03 H Hadden ??	Stewart Gregory TIME: 16:00 Falmouth Sep '06	Pete Swords TIME: 19:36 NWSC Jun 01	Mark Salkild TIME: 17:56 Berry Hill Sep 3 2010	Howard Partridge TIME: 18:20 Derby Jul 2007	Howard Partridge TIME: 18:45 Lady Bay Dec 2011	John Oldfield TIME: 21:39.6 Perth Nov 2011	Frank Makin TIME: 22:03 Hinckley Jul '07	John Foden TIME: 29:02 Nene Valley Sep 02
5 MILES	Stewart Gregory TIME: 25:56 Boston Nov 04	Stewart Gregory TIME: 26:05 Boston Nov 05	Derek Dent TIME: 29:25 MC Sports 9Jul85	Howard Partridge TIME: 29:30 NWSC May 04	Howard Partridge TIME: 29:04 NWSC May 08	Howard Partridge TIME: 29:29 NWSC May 11 2011	Neil Hamilton TIME: 34:10 Boston Jun 04	Frank Makin TIME: 36:59 Long Eaton Jun '07	Frank Makin TIME: 38:50 Notts 5 2008
10K	Stewart Gregory TIME: 33:06 Sinfin '98	Stewart Gregory TIME: 33:12 Merrill Oct 05	Neil Hamilton TIME: 34:10 ?? ??	Howard Partridge TIME: 37:15 Clumber Pk 7 Sep 03	Howard Partridge TIME: 36:48 Newark July 08	Howard Partridge TIME: 39:04 Heanor Nov 2011	John Foden TIME: 41:03 Derby DATE:94	Frank Makin TIME: 42:21 Merrill Oct '07	Frank Makin TIME: 46:54 Merrill Oct 08
10 MILES	Stewart Gregory TIME: 54:24 Notts 10 5 Jun 98	Stewart Gregory TIME: 52:41 Carlisle 20 Nov 05	Neil Hamilton TIME: 56:10 Sutton ??	Derek Dent TIME: 61:03 Beeston 14 Sep 86	Howard Partridge TIME: 60:12 Notts 10 5 Jun 2009	Howard Partridge TIME: 64:18 Notts 10 20 May 2011	Frank Makin TIME: 70:50 Erewash Aug 99	Frank Makin TIME: 77:13 Notts 10 1 Jun 07	Frank Makin TIME: 78:03 Notts 10 5 Jun 09
HALF MARATHON	Trevor Radford TIME: 1:12:10 Lincoln '85??	Stewart Gregory TIME: 1:12:24 Turkey Trot 11 Dec 05	Neil Hamilton TIME: 1:16:30 ?? ??	Bernard Jarvis TIME: 1:20:49 Belvoir Apr95	Howard Partridge TIME: 1:21:07 Friskney April 2009	Howard Partridge TIME: 1:22:36 Mull Aug 2011	Frank Makin TIME: 1:32:40 Napier (NZ) 15 Nov 98	Frank Makin TIME: 1:39:12 White Peak May 07	Frank Makin TIME: 1:44:09 Worksop 26 Oct 08
20 MILES	Paul Fooks TIME: 2:00:03 Finchley 1998	Julian Crowther TIME: 2:05:53 Ashby Mar '07	Derek Dent TIME: 2:10:19 N:Staffs DATE:18 Mar 84	George Berry TIME: 2:11:49 Stafford 1983	Derek Poole TIME: 2:32:32 Finchley Mar 04	Bernard Jarvis TIME: 2:23:53 Ashby 13 Mar 05	Bernard Jarvis TIME: 2:36:22 Ashby 21 Mar 10	Frank Makin TIME: 2:45:28 Ashby 18 Mar 07	Frank Makin TIME: 2:54:41 Ashby 22 Mar 09
MARATHON	Noel Fowler TIME: 2:34 London '89	Stewart Gregory TIME: 2:32:26 London Apr '06	Phil Huxley TIME: 2:50:28 Berlin Sep 97	Derek Dent TIME: 2:54:45 London 10 May 87	Bernard Jarvis TIME: 2:58:31 New York Nov 99	Howard Partridge TIME: 3:00:39 Robin Hood 12 Sep 2010	Bernard Jarvis TIME: 3:26:40 London 25 Apr 10	Frank Makin TIME: 3:41:22 London Apr '07	Frank Makin TIME: 3:59:07 London 25 Apr 2010
LAKE	Stewart Gregory TIME: 15:06 May 03	Graham Moffatt TIME: 16:05 Sep 2 2010	Stewart Gergory TIME: 16:42 Sep 1 2011	Howard Partridge TIME: 16:53 22Jul 2004	Howard Partridge TIME: 16:46 12 Jul 2010	Howard Partridge TIME: 17:12 May 5 2011	Frank Makin TIME: 20:06 18 Jun 01	Neil Hamilton TIME: 21:27 Aug '06	John Foden TIME: 28:33 15 May 03
CLIFFS	Trevor Radford TIME: 34 mins ??	Graham Moffatt TIME: 36:03 29 Jan 2012	Neil Marshall TIME: 38:46 02 Feb 03	Neil Marshal TIME: 38:48 03 Feb 08	Derek Dent TIME: 40:13 12 Jan 92	Howard Partridge TIME: 37:34 29 Jan 2012	Bernard Jarvis TIME: 43:41 31 Jan '10	Frank Makin TIME: 48:46 02 Feb 04	TIME: DATE: