

## MEN'S ROAD RECORDS at 7<sup>th</sup> March 2024

### 5km

Sen	16:03	Matthew Nutt	Embankment 4.07.2017
M35	18:24	James Kirkwood	Newstead Abbey 29.07.22
M40	16:00	Stewart Gregory	Falmouth 17.09.2006
M45	16:44	Stewart Gregory	Newstead Abbey 20.07.2013
M50	16:38	Stewart Gregory	Macclesfield 27.09.2015
M55	20:45	Simon Reed	Lady Bay 15.12.2016
M60	18:45	Howard Partridge	Lady Bay 12.2011
M65	19:10	Howard Partridge	Lady Bay 13.12.2018
M70	21:59	John Oldfield	Perth, Australia 11.2013
M75	27:49	John Oldfield	Newstead 26.07.2019

### 5 miles

Sen	25:56	Stewart Gregory	Boston 14.11.2004
M35	29:45	Chris Campbell	Trent5 24.05.2023
M40	26:05	Stewart Gregory	Boston 13.11.2005
M45	27:15	Stewart Gregory	NWSC 9.05.2012
M50	27:14	Stewart Gregory	Thorney 14.08.2016
M55	29:04	Howard Partridge	NWSC 14.05.2008
M60	29:29	Howard Partridge	NWSC 11.05.2011
M65	34:10	Neil Hamilton	Boston 20.06.2004
M70	36:59	Frank Makin	Long Eaton 10.06.2007
M75	38:50	Frank Makin	Notts 5 19.07.2008
M80	46:03	Neil Hamilton	Colwick 7.07.2016

### 10km

Sen	31:44	Daniel Bagley	Sheffield 05.12.2021
M35	34:34	Chris Campbell	Wilne 03.09.2023
M40	33:12	Stewart Gregory	Merrill 2.10.2005
M45	34:10	Neil Hamilton	Place unknown 1981-1986
M50	34:42	Stewart Gregory	Worthing 7.06.2015
M55	36:48	Howard Partridge	Newark 13.07.2008
M60	38:13	Howard Partridge	NWSC 26.06.2012
M65	41:03	John Foden	Derby 1994
M70	42:21	Frank Makin	Merrill 7.10.2007
M75	46:54	Frank Makin	Merrill 12.10.2008
M80	56:47	Neil Hamilton	NOTFAST 10.07.2016

### 10 miles

Sen	53:50	Daniel Bagley	Notts 10 21.06.2019
M35	56:07	Chris Campbell	Notts 10 11.03.2023
M40	52:41	Stewart Gregory	Carlisle 20.11.2005
M45	55:58	Stewart Gregory	Swinton 30.09.2012
M50	55:54	Stewart Gregory	Notts 10 12.06.2015
M55	60:12	Howard Partridge	Notts 10 5.06.2009
M60	62:52	Howard Partridge	Notts 10 11.05.2012
M65	66:38	Martin Walters	Derby 19.11.2023
M70	77:13	Frank Makin	Notts 10 1.06.2007
M75	78:03	Frank Makin	Notts 10 5.06.2009

### Half Marathon

Sen	1:10:24	Daniel Bagley	Greenwich 1.03.2020
M35	1:15:00	Chris Campbell	Barcelona 11.02.2024
M40	1:12:24	Stewart Gregory	Turkey Trot 11.12.2005
M45	1:13:31	Stewart Gregory	Worksop 28.10.2012
M50	1:17:22	Stewart Gregory	Eastbourne 1.03.2015
M55	1:21:07	Howard Partridge	Friskney 12.04.2009
M60	1:22:36	Howard Partridge	Mull 7.08.2011
M65	1:26:34	Martin Walters	Manchester 15.10.2023
M70	1:39:12	Frank Makin	White Peak 19.05.2007
M75	1:44:09	Frank Makin	Worksop 26.10.2008
M80	2:26:42	John Oldfield	Worksop 29.10.2023

### 20 miles

Sen	1:51:43	Daniel Bagley	Ashby 24.03.2019
M35	2:01:43	Chris Campbell	Ashby 26.03.2023
M40	2:05:53	Julian Crowther	Ashby 18.03.2007
M45	2:09:37	David Greenwood	Tarpley 25.02.2024
M50	2:11:49	George Berry	Stafford 1983
M55	2:32:32	Derek Poole	Finchley 21.03.2004
M60	2:23:53	Bernard Jarvis	Ashby 13.03.2005
M65	2:33:23	Bernard Jarvis	Ashby 18.03.2012
M70	2:45:28	Frank Makin	Ashby 18.03.2007
M75	2:54:41	Frank Makin	Ashby 22.03.2009

### Marathon

Sen	2:27:32	Daniel Bagley	London 28.04.2019
M35	2:37:57	Chris Campbell	London 23.04.2023
M40	2:32:26	Stewart Gregory	London 23.04.2006
M45	2:47:24	Matthew Clapp	Paris 9.04.2017
M50	2:54:45	Derek Dent	London 10.05.1987
M55	2:58:31	Bernard Jarvis	New York 7.11.1999
M60	3:00:39	Howard Partridge	Robin Hood 12.09.2010
M65	3:16:21	Anthony Madge	London 23.04.2023
M70	3:41:22	Frank Makin	London 22.04.2007
M75	3:59:07	Frank Makin	London 25.04.2010
M80	5:29:49	John Oldfield	Perth Aus 08.10.2023