

## Senior Men

5 kms	13:27	Nick Goolab	3 Herculis 5k, Monaco, MON	16 Feb 2020
5 miles	22:18	<sup>1</sup> Paul Evans M35	2 Puma Cell 5 miles, Welwyn	31 Mar 1997
	23:17	Gerry North	2 Bracknell '5'	3 Aug 1968
	23:17	Paul Evans M35	2 Hillingdon '5', Ruislip	28 Feb 1999
10 kms	28:13	Paul Evans M35	1 Silvesterlauf, Dusseldorf, GER	8 Jan 1995
15 kms	44:26	Paul Evans M35	11 Zevenheuvelenloop, Nijmegen, HOL	24 May 1999
10 miles	46:11	Gary Staines	1 BUPA Great South Run, Portsmouth	10 Oct 1993
20 kms	58:47	Paul Evans M35	1 20 of Alphen, Alphen aan den Rijn, NED	9 Mar 1996
½ Marathon	1:00:09	<sup>2</sup> Paul Evans	1 Marrakesh Half Marathon, MAR	15 Jan 1995
	1:01.18	Paul Evans	Great North Run, Newcastle to South Shields	14 Sep 1997
Marathon	2:08.52	Paul Evans	1 LaSalle Bank Chicago Marathon, IL, USA	20 Oct 1996
40 miles	3:45:07	<sup>3</sup> Ollie Garrod	1 37th Annual Barry 40, Jenner Pk. Track, Barry	5 Mar 2023

## Under 20 Men

5 miles	23:33	Kassa Tadesse	5 Mizuno Sportsworld Classic, Dublin IRL	2 May 1993
10 kms	29:20	Kassa Tadesse	11 Yorkshire Electricity Barnsley 10k	17 Oct 1993
10 miles	47:43	Kassa Tadesse	8 BUPA Great South Run, Portsmouth	10 Oct 1993
Marathon	2:19:14	Kassa Tadesse	1 Citta di Livorno, Livorno, ITA	14 Nov 1993

<sup>1</sup> Course reported to be 10.6 yards short. In view of this, the next best time is also shown.

<sup>2</sup> Course reported to be short, but it is unknown as to how short it was.

<sup>3</sup> World Best time.