

Beyond the regularly run distances, times have been included for distances recorded as best performances by the National Union of Track Statisticians – 15 kms, 10 miles, half-marathon and marathon. Additionally shown are the ultra-distances in tens of miles up to 50 miles, plus 100 miles, and tens of kilometres up to 50 kilometres, plus 100 kilometres. No performances for the three standard elapsed time runs of 6, 12 and 24 hours have been found.

In the column showing the position in the race, the first number, as long as it is not preceded by ‘/’ is the placing in the race overall. A following number, after ‘/’ is the placing among masters runners. Any number after two occurrences of ‘/’ is the placing in the masters age group. These placings have been investigated thoroughly but are still subject to correction if any further information comes to light.

+ = Official intermediate time in a longer race.

## Men 35-39

5 kms	13:48	Paul Evans	6 BUPA International, Portsmouth	13 Apr 1996
5 miles	22:18	<sup>1</sup> Paul Evans	2 Puma Cell 5 miles, Welwyn	31 Mar 1997
	23:17	Paul Evans	2 Hillingdon ‘5’, Ruislip	28 Feb 1999
10 kms	28:40	Paul Evans	2 Warwick Wright Peugeot 10 k, Perivale	8 Sep 1996
15 kms	44:26	Paul Evans	11 Zevenheuvelenloop, Nijmegen, HOL	24 May 1999
10 miles	46:35	Paul Evans	6 Dam to Dam Run, Zaandam, HOL	21 Sep 1997
20 kms	58:47	Paul Evans	1 Alphen aan den Rijn, NED	9 Mar 1996
½ Marathon	1:01.18	Paul Evans	4 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

## Men 40-44

5 kms	15:29	<sup>2</sup> Jim Estall	2 BVAF Champs, Eastway, Lea Valley	26 Oct 1997
5 miles	24:08	Paul Evans	1 Coombe Hill 5m, Kingston on Thames	13 May 2001
10 kms	29:25	Paul Evans	8 Cheltenham	9 Sep 2001
15 kms	45:27	Paul Evans	19 Utica Boilermaker, Utica, NY, USA	8 Jul 2001
10 miles	49:57	Paul Evans	8 BUPA Great South Run, Portsmouth	8 Sep 2002
20 kms	1:04:05	Paul Evans	12 Ogden Newspapers Classic, Wheeling, WV, USA	26 May 2001
½ Marathon	1:03:15	Paul Evans	5 Great North Run, Newcastle to South Shields	16 Sep 2001
30 kms	1:36:50	+ Paul Evans	- LaSalle Bank, Chicago Marathon, Chicago, IL, USA	7 Oct 2001
Marathon	2:18:34	Paul Evans	22/1 LaSalle Bank, Chicago Marathon, Chicago, IL, USA	7 Oct 2001

## Men 45-49

5 kms	16:13	Paul Freary M50	6/1 Podium 5k, Barrowford	20 Aug 2020
5 miles	24:30	Laurie O’Hara	11/1 Hanwell Carnival ‘5’	16 Jun 1979
10 kms	32:12	Laurie O’Hara M50	29/1 Harrow Open 10k	20 Apr 1985
10 miles	53:13	Laurie O’Hara M50	53/ Walton Grand Prix	2 Feb 1983
½ Marathon	1:12:30	Laurie O’Hara M50	4//1 Harrow Half Marathon	6 Nov 1983
Marathon	2:37:53	Laurie O’Hara	332 Gillette London Marathon	29 Mar 1981

## Men 50-54

5 kms	16:13	Paul Freary	6/1 Podium 5k, Barrowford	20 Aug 2020
5 miles	25:48	Laurie O’Hara	31//1 Easter Monday Feltham ‘5’	8 Apr 1985
10 kms	32:12	Laurie O’Hara	29//1 Harrow Open 10k	20 Apr 1985
10 miles	53:13	Laurie O’Hara	53 Walton Grand Prix	2 Feb 1983
½ Marathon	1:12:30	Laurie O’Hara	4//1 Harrow Half Marathon	6 Nov 1983
30 km	1:52:04	+ Paul Freary M55	- BMW Berlin Marathon, Berlin, GER	24 Sep 2023
40 km	2:30:58	+ Paul Freary	- BMW Berlin Marathon, Berlin, GER	25 Sep 2022
Marathon	2:39:31	Paul Freary	444//5 BMW Berlin Marathon, Berlin, GER	25 Sep 2022

<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> Paul Evans ran 14:30.11 on the track for 2nd at Birmingham on 6 Jul 2002 but did not run the distance on the road as an M40.

**Men 55-59**

5 kms	16:47	Laurie O'Hara	Harrow	3 Apr 1989
5 miles	26:10	Laurie O'Hara	/3/1 Hillingdon '5', Ruislip	14 Feb 1988
10 kms	32:51	Laurie O'Hara	/1 Lensbury 10k, Teddington	7 Jun 1987
10 miles	56:13	Paul Freary	11//1 Preston Harriers '10', Preston	17 Nov 2024
½ Marathon	1:14:55	Laurie O'Hara	/1 Uxbridge	20 Mar 1988
30 km	1:52:04	+ Paul Freary	- BMW Berlin Marathon, Berlin, GER	24 Sep 2023
40 km	2:31:43	+ Paul Freary	- BMW Berlin Marathon, Berlin, GER	24 Sep 2023
Marathon	2:40:55	Paul Freary	734//3 BMW Berlin Marathon, Berlin, GER	24 Sep 2023

**Men 60-64**

5 kms	16:55	Laurie O'Hara	/1 Perivale	22 Aug 1994
5 miles	27:25	Laurie O'Hara	/1 Hillingdon	2 Dec 1992
10 kms	35:18	Laurie O'Hara	/1 Reebok 10k, Harrow	17 Apr 1994
½ Marathon	1:18:42	Laurie O'Hara	/1 Hillingdon	13 Mar 1994
Marathon	3:50:38	Arthur Bruce	8495 New York Marathon, NY USA	3 Nov 1991