

Senior Men

5 kms	13:48	Paul Evans	6 BUPA International, Portsmouth	13 Apr 1996
5 miles	23:17	Gerry North	2 Bracknell '5'	3 Aug 1968
	22:18	¹ Paul Evans	Welwyn	31 Mar 1997
10 kms	28:13	Paul Evans	1 Silvesterlauf, Dusseldorf, GER	8 Jan 1995
10 miles	46:11	Gary Staines	1 BUPA Great South Run, Portsmouth	10 Oct 1993
20 kms	58:47	Paul Evans	1 Van Alpen, NED	Mar 1996
H-Marathon	1:01.18	Paul Evans	Great North Run, Newcastle	14 Sep 1997
	1:00.09	² Paul Evans	1 Marrakesh Half Marathon, MAR	15 Jan 1995
Marathon	2:08.52	Paul Evans	1 Chicago Marathon, USA	20 Oct 1996

Under 20 Men

10 miles	47:43	Kassa Tadesse	8 Portsmouth	10 Oct 1993
Marathon	2:19:14	Kassa Tadesse	1 Livorno, Italy	14 Nov 1993

¹ Course reported to be 10.6 yards short.

² Course reported to be short but it is unknown as to how short it was.