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**Men 40-44**

5 kms	15:29	Jim Estall	2	BVAF Champs Race, Eastway, Lea Valley	26 Oct 1997
5 miles	24:19	Laurie O'Hara	23	17th Annual Wycombe 'Furniture 5'	26 Aug 1972
10 kms	31:01	Laurie O'Hara	1	<i>Race unknown</i> , Cophall	15 Jun 1974
10 miles	49:57	Paul Evans	8	BUPA Great South Run	8 Sep 2002
½ Marathon	1:07:08	Jim Estall	11	IBM Half-Marathon, Portsmouth	12 Mar 1995
25 kms	1:22:24	Laurie O'Hara	2	Bruges, BEL	14 Jun 1975
Marathon	2:24:54	Andrius Jaksevicius	21	Cheshire Elite Marathon, Pulton	25 Apr 2021