

## RECORDS MEN ROAD RUNNING

### U17

5m	Mathew Quogan	30.51	Harvel	03.06.23
10k	Archie May	31.58	Leeds	05.11.17

### U20

5m	Tom Manning	29.05	Harvel	03.06.17
10k	Richard Pooley	32.58	Brands Hatch	1985
10m	Andrew Pickett	58.44	Sittingbourne	06.10.02

### SM

5k	Nick Wood	15.37	Nos Galan, Wales	31.12.11
5m	Nick Wood	26.02	Witham, Essex	26.12.11
8k	Andrew Pickett	26.22	Amsterdam	21.10.12
10k	Geoff Wightman	29.23	Hemel Hempstead	04.04.87
10m	Geoff Wightman	47.54	Bradford	24.08.87
½ Mar	Geoff Wightman	63.03	The Hague	05.04.86
25k	Ian Pattern	1:16:39	Berlin	03.04.87
20m	David Powell	1:47:16	Worthing	1986
Mar	Geoff Wightman	2:13:17	Berlin	29.09.91
40m	Mark Gulchard	4:21:30		1985
50m	Mark Gulchard	5:35:35		1985
100k	Mark Gulchard	8:28:25		1984
100m	Alan Munday	16:33:13		1984
24hrs	Alan Munday	133m 621y		1984

### M40

5k	Sam Coombes	15.46	London, Olympic Park	11.08.21
5 miles	Andrew Pickett	28:10	Cliffe Woods	02.07.23
½ Mar	Barry Stephenson	68.26	Wokingham	26.02.23
10k	Barry Stephenson	31.29	Leeds	22.10.23
10m	Brian Buonvino	51.04		1988
½ Mar	Barry Stephenson	68.26	Wokingham	26.02.23
25k	Roger Friend	1:24:34		1988
20m	Brian Buonvino	1:49:03		1981
Mar	Barry Nash	2:25:37	London	1983
40m	Merv Nutburn	4:59:29		1991
50m	Alan Munday	6:18:44		1989
100k	Alan Munday	8:55:42		1988
100m	John Fritton	20:38:32		1983
24hrs	John Fritton	113m 1750y		1983

### M45

5k	Reuben Burford	17:10	Chatham	13.07.17
5m	Reuben Burford	29.23	Staplehurst	23.07.17
10k	Brian Buonvino	31:55		1986
10m	Brian Buonvino	51:52		1985
½ Mar	Brian Buonvino	70:37		1985
25k	Mike Burgoyne	1:32:19		1989
20m	Brian Buonvino	1:52:12		1985
Mar	Mike Burgoyne	2:39:32	London	23.04.89
40m	Malcolm Waddell	4:42:42	Southend	25.07.81
50m	Graham Ives	7:05:02		1988
100k	Graham Ives	9:18:04		1988

## RECORDS MEN ROAD RUNNING (CONTINUED)

### M50

5k	Dave Hall	17:59	Hyde Park	30.12.16
5m	Dave Kicher	29:25	Harvel	06.06.09
10k	Tony Farmer	36:15	Cliffe	20.06.97
10m	Tony Farmer	61:08	Sittingbourne	10.97
½ Mar	Tony Farmer	79:28	Newcastle	10.97
25k	Malcolm Waddell	1:41:15	Mitcham	16.01.84
20m	Dave Kicher	2:10:39	Thanet	02.03.08
Mar	Derek Munday	2:53:47		1983
40m	Malcolm Waddell	4:58:57	Isle of Man	29.05.83
50m	Peter Sargeant	7:02:40		1983
100k	Peter Sargeant	9:15:10		1984
100m	Peter Sargeant	19:02:02		1985
24hrs	Peter Sargeant	123m 1419y		1985

### M55

1m	Colin Bates	5.23	Westminster Mile	26.05.19
5k	Colin Bates	19:04	Hyde Park	30.12.16
5m	Colin Bates	33:26	Cliffe Woods	07.07.19
10k	Colin Bates	42:37.52	Whitstable	01.05.17

### M60

5K	Colin Bates	20:29	Battersea Park	04.12.22
5m	Tony Farmer	34:54	London	11.08
10k	Bob Heywood	39:47	Beckenham	02.05.97
10m	Bob Heywood	67:37		28.09.97
½ Mar	Bob Heywood	1:29:30		
20m	Bob Heywood	2:30:12	Finchley	16.03.97

### M65

5k	Arthur Kimber	21:32	Deal	02.01.06
5m	Arthur Kimber	35:16	Witham	26.12.04
10k	Arthur Kimber	42:57	Beckenham	07.05.07
10m	Robert Coombes	79:21	Folkestone	03.04.15
½ Mar	Robert Coombes	1:47:06	St Leonards	23.03.15

### M70

5k	Arthur Kimber	22:37	Deal	01.01.08
10k	Arthur Kimber	46:21	Beckenham	07.05.07

### M75

1m	Arthur Kimber	8:33	Cardiff	03.10.15
10k	Arthur Kimber	55:37	Upice, Czech Republic	24.05.13

### M80

10k	Bob Heywood	69:39	La Loye, France	08.10.17
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### M85

10k	Bob Heywood	1: 33.25	Jura, France	09.10.22
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