

AGE CATEGORY	DISTANCE	TIME	NAME	DATE	EVENT
Senior	5K	<b>15.36</b>	Neil Boniface	28/07/2010	Bexhill On Sea
Senior	10K	31.16	Neil Boniface	21/11/2010	Brighton
Senior	10 Miles	59.31	Matt Mason	15/10/2023	Twickenham
Senior	Half Marathon	69.06	Neil Boniface	20/03/2011	Reading
Senior	Marathon	2.26.46	Neil Boniface	17/04/2011	London
Veteran over 35	5K	16.21	Neil Boniface	30/07/2014	Bexhill On Sea
Veteran over 35	10K	<b>30.54</b>	Neil Boniface	08/02/2015	Chichester
Veteran over 35	10 Miles	53.34	Neil Boniface	26/10/2014	Portsmouth
Veteran over 35	Half Marathon	<b>68.37</b>	Neil Boniface	02/03/2014	Reading
Veteran over 35	Marathon	2.31.26	Neil Boniface	13/04/2014	London
Veteran over 40	5K	17.01	Dean Angell	10/06/2007	Hove
Veteran over 40	10K	31.36	Neil Boniface	19/03/2017	Eastleigh
Veteran over 40	10 Miles	<b>52.54</b>	Rob Brundish	15/10/2023	Portsmouth
Veteran over 40	Half Marathon	68.48	Neil Boniface	02/04/2017	Paddock Wood
Veteran over 40	Marathon	<b>2.24.51</b>	Rob Brundish	03/12/2023	Valencia
Veteran over 45	5K	16.54	Bryan Camfield	31/07/2013	Bexhill On Sea
Veteran over 45	10K	34.32	Gary Tomlinson	24/03/2024	Mels Milers
Veteran over 45	10 Miles	60.02	Bryan Camfield	25/05/2014	Peasmarsh
Veteran over 45	Half Marathon	78.18	Bryan Camfield	30/09/2012	Barns Green
Veteran over 45	Marathon	2.43.45	Bryan Camfield	22/04/2012	London
Veteran over 50	5K	33.43	Ian Hines	11/06/2023	Wisborough Green
Veteran over 50	10K	35.50	Pete O'Connell	06/02/2011	Chichester
Veteran over 50	10 Miles	63.07	Bryan Camfield	26/10/2019	Lea Valley
Veteran over 50	Half Marathon	79.49	Dean Angell	01/04/2012	Reading
Veteran over 50	Marathon	2.51.38	Bryan Camfield	08/10/2017	Chester
Veteran over 55	5K	18.22	Dean Angell	04/12/2022	Battersea
Veteran over 55	10K	36.18	Pete O'Connell	07/02/2016	Chichester
Veteran over 55	10 Miles	64.48	Dean Angell	02/06/2019	Brockham
Veteran over 55	Half Marathon	83.17	Keith Valentine	02/11/2008	Barns Green
Veteran over 55	Marathon	3.06.20	Stuart Adesilu	13/10/2019	Chicago
Veteran over 60	5K	18.39	Pete O'Connell	05/04/2021	Ardingly
Veteran over 60	10K	37.50	Dean Angell	09/10/2022	Worthing
Veteran over 60	10 Miles	75.35	Steve Wilson	26/05/2013	Peasmarsh
Veteran over 60	Half Marathon	91.12	Keith Valentine	10/11/2013	Bexhill On Sea
Veteran over 60	Marathon	3.18.52	John Dyckes	26/04/2015	London
Veteran over 65	5K	23.00	Christopher Lee	02/04/2024	Battersea
Veteran over 65	10K	44.25	Steve Wilson	05/02/2017	Chichester
Veteran over 65	10 Miles	77.49	John Dyckes	21/10/2018	Portsmouth
Veteran over 65	Half Marathon	1.41.06	Dave Dawson	26/09/2021	Barns Green
Veteran over 65	Marathon	3.53.33	Steve Wilson	17/04/2016	Brighton
Veteran over 70	5K				
Veteran over 70	10K	50.10	Geoff Fisher	27/11/2022	Dunstable
Veteran over 70	10 Miles	88.13	Geoff Fisher	16/10/2022	Portsmouth
Veteran over 70	Half Marathon	1.47.59	Jim Hawthorne	30/09/2018	Barns Green
Veteran over 70	Marathon	4.34.52	Brian Vine	22/04/2012	London