AGE CATEGORY	DISTANCE	TIME	NAME	DATE	EVENT
Senior	5K	**15.36**	Neil Boniface	28/07/2010	Bexhill On Sea
	10K	31.16	Neil Boniface	21/11/2010	Brighton
	5,000 metres	15.32	Maxwell Dumbrell	25/06/2014	Eltham
	10,000 metres	33.01	Maxwell Dumbrell	13/08/2014	Brighton
	10 Miles	59.31	Matt Mason	15/10/2023	Twickenham
	Half Marathon	69.06	Neil Boniface	20/03/2011	Reading
	Marathon	2.26.46	Neil Boniface	17/04/2011	London
	50K Ultra	4.19.49	Samuel Rogers	10/05/2025	Run To The Sea (Br)
	100k Ultra	16.21.02	Maldwyn Thornton	19/07/2014	Race to the Stones
Veteran over 35	5K	16.21	Neil Boniface	30/07/2014	Bexhill On Sea
	10K	**30.54**	Neil Boniface	08/02/2015	Chichester
	5,000 metres	**15.03**	Neil Boniface	14/05/2016	Brighton
	10,000 metres				
	10 Miles	53.34	Neil Boniface	26/10/2014	Portsmouth
	Half Marathon	**68.37**	Neil Boniface	02/03/2014	Reading
	Marathon	2.31.26	Neil Boniface	13/04/2014	London
	50K Ultra	5.13.57	Tom Macdonald	04/05/2004	Run To The Sea (Br)
	100k Ultra				
Veteran over 40	5K	17.01	Dean Angell	10/06/2007	Hove
	10K	31.36	Neil Boniface	19/03/2017	Eastleigh
	5,000 metres	16.46	Pete O'Connell	11/05/2002	Crawley
	10,000 metres	**36.15**	Mark Greet	19/08/2010	Brighton
	10 Miles	**52.54**	Rob Brundish	15/10/2023	Portsmouth
	Half Marathon	68.48	Neil Boniface	02/04/2017	Paddock Wood
	Marathon	**2.23.10**	Rob Brundish	21/04/2024	London
	50K Ultra	**3.19.56**	Rob Brundish	04/05/2024	Run To The Sea (Br)
	100k Ultra				
Veteran over 45	5K	16.28	Gary Tomlinson	30/11/2025	Battersea
	10K	34.08	Gary Tomlinson	01/06/2025	Reading
	5,000 metres	16.58	Dean Angell	28/07/2007	Birmingham
	10,000 metres	38.25	Mark Greet	03/08/2017	Brighton
	10 Miles	57.04	Gary Tomlinson	05/05/2024	Haywards Heath
	Half Marathon	74.40	Gary Tomlinson	08/02/2026	Farnborough
	Marathon	2.43.45	Bryan Camfield	22/04/2012	London
	50K Ultra	5.07.01	Paul Davis	06/05/2023	Run To The Sea (Br)
	100k Ultra				
Veteran over 50	5K	33.43	Ian Hines	11/06/2023	Wisborough Green
	10K	35.50	Pete O'Connell	06/02/2011	Chichester
	5,000 metres	17.18	Dean Angell	18/08/2016	Brighton
	10,000 metres	36.21	Dean Angell	04/08/2016	Brighton
	10 Miles	63.07	Bryan Camfield	26/10/2019	Lea Valley
	Half Marathon	79.49	Dean Angell	01/04/2012	Reading
	Marathon	2.51.38	Bryan Camfield	08/10/2017	Chester
	50K Ultra	5.09.15	Michael Dargue	06/05/2023	Run To The Sea (Br)
	100k Ultra				
Veteran over 55	5K	17.56	Pete O'Connell	08/05/2016	Wisborough Green
	10K	36.18	Pete O'Connell	07/02/2016	Chichester
	5,000 metres	17.31	Pete O'Connell	18/08/2016	Brighton
	10,000 metres	37.12	Pete O'Connell	04/08/2016	Brighton
	10 Miles	64.48	Dean Angell	02/06/2019	Brockham
	Half Marathon	83.17	Keith Valentine	02/11/2008	Barns Green
	Marathon	3.06.20	Stuart Adesilu	13/10/2019	Chicago
	50K Ultra	5.45.54	Mikey O'Gradey	04/10/2025	Run To The Sea (Bo)
	100k Ultra				
Veteran over 60	5K	18.39	Pete O'Connell	05/04/2021	Ardingly
	10K	37.50	Dean Angell	09/10/2022	Worthing
	5,000 metres	19.06	Dean Angell	11/05/2025	Kingston
	10,000 metres	41.02	Dean Angell	03/09/2026	Brighton
	10 Miles	66.53	Simon Markham	03/05/2026	Haywards Heath
	Half Marathon	88.24	Simon Markham	16/03/2025	Woking
	Marathon	3.09.16	Simon Markham	27/09/2026	Berlin
	50K Ultra	5.19.51	Alan Pettitt	04/10/2025	Run To The Sea (Bo)
	100k Ultra				
Veteran over 65	5K	20.07	Pete O'Connell	30/11/2025	Battersea
	10K	42.04	Pete O'Connell	01/02/2026	Chichester
	5,000 metres	20.25	Pete O'Connell	31/07/2026	Brighton
	10,000 metres	43.26	Pete O'Connell	03/09/2026	Brighton
	10 Miles	77.49	John Dyckes	21/10/2018	Portsmouth
	Half Marathon	1.35.55	Pete O'Connell	28/09/2025	Barns Green
	Marathon	3.37.53	Crispin Scott	07/04/2024	Brighton
	50K Ultra	5.19.51	Brian Frost	04/10/2025	Run To The Sea (Bo)
	100k Ultra				
Veteran over 70	5K	27.37	Mick Duplock	13/08/2014	Yeovilton
	10K	49.02	Mike Bransden	04/05/2025	Birmingham
	5,000 metres				
	10,000 metres				
	10 Miles	88.13	Geoff Fisher	16/10/2022	Portsmouth
	Half Marathon	1.47.59	Jim Hawthorne	30/09/2018	Barns Green
	Marathon	4.34.52	Brian Vine	22/04/2012	London
	50K Ultra				
	100k Ultra				
Veteran over 75	5K	26.22	Steve Wilson	07/06/2026	Wisborough Green
	10K	61.52	Mick Duplock	03/02/2019	Chichester
	5,000 metres				
	10,000 metres				
	10 Miles				
	Half Marathon				
	Marathon				
	50K Ultra				
	100k Ultra				
Veteran over 80	5K				
	10K	78.44	Mick Duplock	11/02/2024	Goodwood
	5,000 metres	2.54.44	Mick Duplock	08/06/2025	Brighton
	10,000 metres				
	10 Miles	2.30.26	Mick Duplock	05/05/2024	Haywards Heath
	Half Marathon				
	Marathon				
	50K Ultra				
	100k Ultra				