

HPRC Road Records – Men (as at 15 September 2016)

MEN	SENIOR	M40	M45	M50	M55	M60	M65	M70	M75
Parkrun bests <small>(note: not records as courses vary)</small>	Tony Meenaghan TIME: 16:57 Long Eaton 10 September 2016	David Greenwood TIME: 16:39 Long Eaton 6 Jun 2016	Graham Moffatt TIME: 17:02 King's Lynn 9 August 2014	Stewart Gregory TIME: 16:57 Worthing 6 August 2016	Kevin Ford TIME: 19:16 Rushcliffe 6 August 2016	Howard Partridge TIME: 18:35 Beeston 5 April 2014	Bernard Jarvis TIME: 21:36 Colwick 3 Mar 2012	John Oldfield TIME: 21:44 ClaisebrookAUS 4 Jan 2014	Frank Makin TIME: 26:18 Colwick 1 Oct 2011
5K	Matthew Moore TIME: 16:03 H Hadden ??	Stewart Gregory TIME: 16:00 Falmouth 17 Sep 06	Stewart Gregory TIME: 16:44 Newstead Dash 20 July 2013	Stewart Gregory TIME: 16:38 Macclesfield 27 September 2015		Howard Partridge TIME: 18:45 Lady Bay Dec 2011	John Oldfield TIME: 21:40 Mansfield Sept 2010	John Oldfield TIME: 21:59 Perth AUS Nov 2013	TIME:
5 MILES	Stewart Gregory TIME: 25:56 Boston 14 Nov 04	Stewart Gregory TIME: 26:05 Boston 13 Nov 05	Stewart Gregory TIME: 27:15 NWSC 9 May 2012	Stewart Gregory TIME: 27:14 Thorney 14 August 2016	Howard Partridge TIME: 29:04 NWSC 14 May 08	Howard Partridge TIME: 29:29 NWSC 11 May 2011	Neil Hamilton TIME: 34:10 Boston 20 Jun 04	Frank Makin TIME: 36:59 Long Eaton 10 Jun 07	Frank Makin TIME: 38:50 Notts 5 19 Jul 08
10K	Stewart Gregory TIME: 33:06 Sinfin 22 Mar '98	Stewart Gregory TIME: 33:12 Merrill 2 Oct 05	Neil Hamilton TIME: 34:10 ?? ??	Stewart Gregory TIME: 34:42 Worthing 7 June 2015	Howard Partridge TIME: 36:48 Newark 13 July 08	Howard Partridge TIME: 38:13 NWSC 26 June 2012	John Foden TIME: 41:03 Derby DATE:94	Frank Makin TIME: 42:21 Merrill 7 Oct 07	Frank Makin TIME: 46:54 Merrill 12 Oct 08
10 MILES	Stewart Gregory TIME: 54:24 Notts 10 5 Jun 98	Stewart Gregory TIME: 52:41 Carlisle 20 Nov 05	Stewart Gregory TIME: 55:58 Swinton 30 Sep 12	Stewart Gregory TIME: 55:54 Notts 10 12 June 2015	Howard Partridge TIME: 60:12 Notts 10 5 Jun 2009	Howard Partridge TIME: 62:52 Notts 10 11 May 2012	Frank Makin TIME: 70:50 Erewash 22 Aug 99	Frank Makin TIME: 77:13 Notts 10 1 Jun 07	Frank Makin TIME: 78:03 Notts 10 5 Jun 09
HALF MARATHON	Trevor Radford TIME: 1:12:10 Lincoln '85??	Stewart Gregory TIME: 1:12:24 Turkey Trot 11 Dec 05	Stewart Gregory TIME: 1:13:31 Worksop 28 Oct 2012	Stewart Gregory TIME: 1:17:22 Eastbourne 01 Mar 2015	Howard Partridge TIME: 1:21:07 Friskney 12 April 2009	Howard Partridge TIME: 1:22:36 Mull 7 Aug 2011	Frank Makin TIME: 1:32:40 Napier (NZ) 15 Nov 98	Frank Makin TIME: 1:39:12 White Peak 19 May 07	Frank Makin TIME: 1:44:09 Worksop 26 Oct 08
20 MILES	Paul Fooks TIME: 2:00:03 Finchley 29 Mar 1998	Julian Crowther TIME: 2:05:53 Ashby 18 Mar '07	Derek Dent TIME: 2:10:19 N Staffs DATE:18 Mar 84	George Berry TIME: 2:11:49 Stafford 1983	Derek Poole TIME: 2:32:32 Finchley 21 Mar 04	Bernard Jarvis TIME: 2:23:53 Ashby 13 Mar 05	Bernard Jarvis TIME: 2:33:23 Ashby 18 Mar 12	Frank Makin TIME: 2:45:28 Ashby 18 Mar 07	Frank Makin TIME: 2:54:41 Ashby 22 Mar 09
MARATHON	Noel Fowler TIME: 2:34 London 23 Apr 89	Stewart Gregory TIME: 2:32:26 London 23 Apr 06	Phil Huxley TIME: 2:50:28 Berlin 28 Sep 97	Derek Dent TIME: 2:54:45 London 10 May 87	Bernard Jarvis TIME: 2:58:31 New York 7 Nov 99	Howard Partridge TIME: 3:00:39 Robin Hood 12 Sep 2010	Bernard Jarvis TIME: 3:26:40 London 25 Apr 10	Frank Makin TIME: 3:41:22 London 22 Apr 07	Frank Makin TIME: 3:59:07 London 25 Apr 2010
LAKE	Stewart Gregory TIME: 15:06 15 May 03	Graham Moffatt TIME: 15:58 31 May 2012	Stewart Gregory TIME: 15:48 31 May 2012	Stewart Gregory TIME: 16:02 8 September 2016	Howard Partridge TIME: 16:46 12 Jul 2010	Howard Partridge TIME: 17:12 5 May 2011	Frank Makin TIME: 20:06 18 Jun 01	Neil Hamilton TIME: 21:27 31 Aug 06	John Foden TIME: 28:33 15 May 03
CLIFFS	Trevor Radford TIME: 34 mins ??	Graham Moffatt TIME: 36:03 29 Jan 2012	Neil Marshall TIME: 38:46 02 Feb 03	Neil Marshall TIME: 38:48 03 Feb 08	Derek Dent TIME: 40:13 12 Jan 92	Howard Partridge TIME: 37:34 29 Jan 2012	Howard Partridge TIME: 40:44 31 Jan 16	Frank Makin TIME: 48:46 02 Feb 04	TIME: DATE:

Note: Records in **bold** denote all time club record