

## HPRC Road Records – Men (as at 11 October 2018)

| MEN   | SENIOR   | M40   | M45   | M50  | M55  | M60   | M65  | M70  | M75   | M80  |
|---|--|---|---|--|--|---|--|--|---|--|
| <b>Parkrun bests</b><br>(note: not records as courses vary) | Tony Meenaghan<br>TIME: 16:57<br>Long Eaton<br>10 September 2016                   | <b>Paul Roome</b><br>TIME: <b>16:36</b><br><b>Copenhagen</b><br><b>4 Nov 2017</b>   | Graham Moffatt<br>TIME: 17:02<br>King's Lynn<br>9 August 2014   | Stewart Gregory<br>TIME: 16:57<br>Worthing<br>6 August 2016            | Kevin Ford<br>TIME: 19:02<br>Rushcliffe<br>15 July 2017        | <b>Kevin Ford</b><br>TIME: <b>18:18</b><br><b>Long Eaton</b><br><b>5 May 2018</b> | Bernard Jarvis<br>TIME: 21:36<br>Colwick<br>3 Mar 2012     | John Oldfield<br>TIME: 21:44<br>ClaisebrookAUS<br>4 Jan 2014 | Frank Makin<br>TIME: 26:18<br>Colwick<br>1 Oct 2011   | Neil Hamilton<br>TIME: 25:40<br>Colwick<br>29 April 2017 |
| <b>5K</b>   | Matthew Nutt<br>TIME: 16:03<br>Embankment<br>4 July 2017                           | <b>Stewart Gregory</b><br>TIME: <b>16:00</b><br><b>Falmouth</b><br><b>17 Sep 06</b> | Stewart Gregory<br>TIME: 16:44<br>Newstead Dash<br>20 July 2013 | Stewart Gregory<br>TIME: 16:38<br>Macclesfield<br>27 September<br>2015 | Simon Reed<br>Time: 20:45<br>Lady Bay<br>15 December<br>2016   | Howard Partridge<br>TIME: 18:45<br>Lady Bay<br>Dec 2011                           | Howard Partridge<br>TIME: 19:26<br>Lady Bay<br>18 Dec 2017 | John Oldfield<br>TIME: 21:59<br>Perth AUS<br>Nov 2013        |   |  |
| <b>5 MILES</b>  | <b>Stewart Gregory</b><br>TIME: <b>25:56</b><br><b>Boston</b><br><b>14 Nov 04</b>  | Stewart Gregory<br>TIME: 26:05<br>Boston<br>13 Nov 05                               | Stewart Gregory<br>TIME: 27:15<br>NWSC<br>9 May 2012            | Stewart Gregory<br>TIME: 27:14<br>Thorney<br>14 August 2016            | Howard Partridge<br>TIME: 29:04<br>NWSC<br>14 May 08           | Howard Partridge<br>TIME: 29:29<br>NWSC<br>11 May 2011                            | Neil Hamilton<br>TIME: 34:10<br>Boston<br>20 Jun 04        | Frank Makin<br>TIME: 36:59<br>Long Eaton<br>10 Jun 07        | Frank Makin<br>TIME: 38:50<br>Notts 5<br>19 Jul 08    | Neil Hamilton<br>TIME: 46:03<br>Colwick<br>7 July 2016   |
| <b>10K</b>  | <b>Stewart Gregory</b><br>TIME: <b>33:06</b><br><b>Sinfin</b><br><b>22 Mar '98</b> | Stewart Gregory<br>TIME: 33:12<br>Merrill<br>2 Oct 05                               | Neil Hamilton<br>TIME: 34:10<br>??<br>??                        | Stewart Gregory<br>TIME: 34:42<br>Worthing<br>7 June 2015              | Howard Partridge<br>TIME: 36:48<br>Newark<br>13 July 08        | Howard Partridge<br>TIME: 38:13<br>NWSC<br>26 June 2012                           | John Foden<br>TIME: 41:03<br>Derby<br>DATE:94              | Frank Makin<br>TIME: 42:21<br>Merrill<br>7 Oct 07            | Frank Makin<br>TIME: 46:54<br>Merrill<br>12 Oct 08    | Neil Hamilton<br>TIME: 56:47<br>NOTFAST<br>10 Jul 2016   |
| <b>10 MILES</b>   | Stewart Gregory<br>TIME: 54:24<br>Notts 10<br>5 Jun 98                             | <b>Stewart Gregory</b><br>TIME: <b>52:41</b><br><b>Carlisle</b><br><b>20 Nov 05</b> | Stewart Gregory<br>TIME: 55:58<br>Swinton<br>30 Sep 12          | Stewart Gregory<br>TIME: 55:54<br>Notts 10<br>12 June 2015             | Howard Partridge<br>TIME: 60:12<br>Notts 10<br>5 Jun 2009      | Howard Partridge<br>TIME: 62:52<br>Notts 10<br>11 May 2012                        | Frank Makin<br>TIME: 70:50<br>Erewash<br>22 Aug 99         | Frank Makin<br>TIME: 77:13<br>Notts 10<br>1 Jun 07           | Frank Makin<br>TIME: 78:03<br>Notts 10<br>5 Jun 09    |  |
| <b>HALF MARATHON</b>  | <b>Trevor Radford</b><br>TIME: <b>1:12:10</b><br><b>Lincoln</b><br><b>'85??</b>    | Stewart Gregory<br>TIME: 1:12:24<br>Turkey Trot<br>11 Dec 05                        | Stewart Gregory<br>TIME: 1:13:31<br>Worksop<br>28 Oct 2012      | Stewart Gregory<br>TIME: 1:17:22<br>Eastbourne<br>01 Mar 2015          | Howard Partridge<br>TIME: 1:21:07<br>Friskney<br>12 April 2009 | Howard Partridge<br>TIME: 1:22:36<br>Mull<br>7 Aug 2011                           | Frank Makin<br>TIME: 1:32:40<br>Napier (NZ)<br>15 Nov 98   | Frank Makin<br>TIME: 1:39:12<br>White Peak<br>19 May 07      | Frank Makin<br>TIME: 1:44:09<br>Worksop<br>26 Oct 08  |  |
| <b>20 MILES</b>   | <b>Paul Fooks</b><br>TIME: <b>2:00:03</b><br><b>Finchley</b><br><b>29 Mar 1998</b> | Julian Crowther<br>TIME: 2:05:53<br>Ashby<br>18 Mar '07                             | Derek Dent<br>TIME: 2:10:19<br>N Staffs<br>DATE:18 Mar 84       | George Berry<br>TIME: 2:11:49<br>Stafford<br>1983                      | Derek Poole<br>TIME: 2:32:32<br>Finchley<br>21 Mar 04          | Bernard Jarvis<br>TIME: 2:23:53<br>Ashby<br>13 Mar 05                             | Bernard Jarvis<br>TIME: 2:33:23<br>Ashby<br>18 Mar 12      | Frank Makin<br>TIME: 2:45:28<br>Ashby<br>18 Mar 07           | Frank Makin<br>TIME: 2:54:41<br>Ashby<br>22 Mar 09    |  |
| <b>MARATHON</b>   | Noel Fowler<br>TIME: 2:34<br>London<br>23 Apr 89                                   | <b>Stewart Gregory</b><br>TIME: <b>2:32:26</b><br><b>London</b><br><b>23 Apr 06</b> | Matthew Clapp<br>TIME: 2:47:24<br>Paris<br>09 April 2017        | Derek Dent<br>TIME: 2:54:45<br>London<br>10 May 87                     | Bernard Jarvis<br>TIME: 2:58:31<br>New York<br>7 Nov 99        | Howard Partridge<br>TIME: 3:00:39<br>Robin Hood<br>12 Sep 2010                    | Bernard Jarvis<br>TIME: 3:26:40<br>London<br>25 Apr 10     | Frank Makin<br>TIME: 3:41:22<br>London<br>22 Apr 07          | Frank Makin<br>TIME: 3:59:07<br>London<br>25 Apr 2010 |  |
| <b>LAKE</b>   | <b>Stewart Gregory</b><br>TIME: <b>15:06</b><br><b>15 May 03</b>                   | Graham Moffatt<br>TIME: 15:58<br>31 May 2012  | Stewart Gregory<br>TIME: 15:48<br>31 May 2012                   | Stewart Gregory<br>TIME: 16:02<br>8 September 2016                     | Howard Partridge<br>TIME: 16:46<br>12 Jul 2010                 | Howard Partridge<br>TIME: 17:12<br>5 May 2011                                     | Frank Makin<br>TIME: 20:06<br>18 Jun 01                    | Neil Hamilton<br>TIME: 21:27<br>31 Aug 06                    | John Foden<br>TIME: 28:33<br>15 May 03                | Neil Hamilton<br>TIME: 25:25<br>11 July 2016             |
| <b>CLIFFS</b>   | <b>Trevor Radford</b><br>TIME: <b>34 mins</b><br>??                                | David Greenwood<br>TIME: 34:40<br>29 Jan 2017                                       | Neil Marshall<br>TIME: 38:46<br>02 Feb 03                       | Neil Marshall<br>TIME: 38:48<br>03 Feb 08                              | Derek Dent<br>TIME: 40:13<br>12 Jan 92                         | Howard Partridge<br>TIME: 37:34<br>29 Jan 2012                                    | Howard Partridge<br>TIME: 40:44<br>31 Jan 16               | Frank Makin<br>TIME: 48:46<br>02 Feb 04                      | TIME:<br>DATE:  |  |

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