

MEN'S 5 MILE PERSONAL BESTS

Last updated 14 June 2026

PLEASE NOTE:- Before April 1997 Victoria Park was not a verified 5 Mile, Bishop's Stortford, Hatfield Heath, Epping and Copped Hall have never been measured courses.

* In the Age column denotes the Club Record.
 # In the Name column denotes course measurement not verified.
 ** In the Name column denotes self, not official time.

TIME	NAME	AGE	VENUE	DATE
25.27	Geoff Morris #	20-39	Victoria Park	Apr 1996
25.55	Noel Thatcher	20-39*	Basildon	Apr 2005
26.00	Keith Worsdell	20-39	Cheshunt	Apr 1990
26.00	Russell Maddams #	20-39	Hatfield Heath	Jun 1998
26.11	Alan Broughton # **	20-39	Epping (Rhys Daniels)	Jun 2003
26.20	Jason Fielding #	20-39	Victoria Park	Apr 1996
26.21	Leigh Williams #	20-39	Hatfield Heath	Jun 1995
26.39	Rob Dewhurst	20-39	Welwyn Garden City	Apr 2000
26.50	Paul Dunne #	20-39	Hatfield Heath	Jun 1993
26.59	Richard Holland (2 nd Claim)	45-49	Basildon	Apr 2006
27.00	John Williams #	20-39	Victoria Park	Apr 1989
27.04	Martin Westley	20-39	Pleshey	Jun 2025
27.14	Steve Murtagh	45-49*	Wix	Oct 2012
27.22	Barry Concannon #	40-44	Victoria Park	Apr 1989
27.30	Pasquale Pellecchia #	40-44	Hatfield Heath	Jun 1991
27.44	John Burnett	20-39	Dunmow	Jun 2002
27.50	Rob Lowe	50-54*	Hatfield	Nov 2022
27.52	Pas Blackwell	40-44	Hatfield	Nov 2022
27.52	Rick Ricketts #	20-39	Hatfield Heath	Jun 1995
28.00	Mike Pask	20-39	Dunmow	Mar 1993
28.29	Graham Pugh #	20-39	Victoria Park	Apr 1989
28.30	Salvatore Maggiulli #	20-39	Hatfield Heath	Jun 1990
28.32	Terry Martin	45-49	Ingatestone	Sep 1997
28.33	Jamie Luck # **	20-39	Epping (Rhys Daniels)	Jun 2003

28.36	John O'Connor	20-39	Welwyn Garden City	Jun 2007
28.40	Steve Read (2 nd Claim)	20-39	Ingatestone	Sep 2005
28.45	Lyndon Cooper	20-39	Ingatestone	Sep 2013
28.46	Steve Mackenzie	20-39	Ingatestone	Sep 1996
28.46	Tom Scanlan #	20-39	Hatfield Heath	Jun 1995
28.47	Mike Armsworth #	20-39	Victoria Park	Apr 1989
29.08	Alex Smith	20-39	Saffron Striders Fast 5	Oct 2017
29.09	Gwyn Jones #	40-44	Hatfield Heath	Jun 1996
29.13	Ken Deally #	20-39	Victoria Park	Apr 1989
29.17	John MacLennan	20-39	Ingatestone	Sep 1997
29.18	John Tennant #	40-44	Victoria Park	Apr 1996
29.19	Rob Parsons #	40-44	Victoria Park	Apr 1989
29.19	Jared Bethell	20-39	Welwyn Garden City	Jul 2009
29.28	Scott Bird	20-39	Witham	Dec 2022
29.30	Justin Revell	20-39	Welwyn Garden City	Jul 2009
29.31	Alan Dearling #	20-39	Hatfield Heath	Jun 1989
29.37	Roy Steven	50-54	Ingatestone	Sep 2005
29.41	Martin Wells #	40-44	Victoria Park	Apr 1989
29.46	Sven Meinen	20-39	Welwyn Garden City	Jul 2009
29.47	Neil Coster #	U17	Hatfield Heath	Jun 1995
29.48	Rob Mossop #	20-39	Hatfield Heath	Jun 1997
29.48	Gary Nosedo	20-39	Dunmow	Mar 1990
29.53	Alan Wise	20-39	Welwyn Garden City	Jun 2008
29.57	Peter Weyers	20-39	Welwyn Garden City	Apr 1998
30.01	Malcolm Coster	20-39	Canvey Island	Apr 1996
30.13	George Hucklesby #	20-39	Victoria Park	Apr 1989
30.17	Stuart Heywood #	20-39	Hatfield Heath	Jun 1996
30.19	Stuart Gee #	20-39	Victoria Park	Apr 1989
30.23	Jason Haigh	20-39	Ingatestone	Sep 2003
30.27	Jamie Jephcott	40-44	Ingatestone	Sep 2012
30.30	Paul Jeffery-Read	40-44	Welwyn Garden City	Jun 2013

30.33	Martyn Coulter	20-39	Ingatestone	Sep 2022
30.36	Danny McCree	20-39	Hatfield	Nov 2017
30.39	Kirk Crudgington	50-54	Hatfield	Nov 2025
30.42	Dave Cameron #	20-39	Victoria Park	Apr 1989
31.06	Ryan Smith	40-44	Hatfield	Nov 2023
31.12	Dave Loomes	20-39	Battersea	Jul 1995
31.14	Nigel Allen	20-39	Ingatestone	Oct 1994
31.16	Andy Sims	45-49	Springfield	Jun 2009
31.16	Dan Chapman	20-39	Witham	May 2016
31.18	Dave Stewart	40-44	Witham	Dec 1997
31.20	Philip Smith #	40-44	Hatfield Heath	Jun 1994
31.20	Andy Bradley	20-39	Chingford	May 2003
31.23	Lee Daniel	40-44	Welwyn Garden City	Jun 2011
31.23	Matt Jones	20-39	Loughton	May 2003
31.25	Ralph Grimes	20-39	Ingatestone	Oct 1991
31.36	Marc Witham	45-49	Hatfield	Nov 2025
31.36	Alan Cootes	20-39	Ingatestone	Oct 1994
31.37	Alan Dean #	20-39	Hatfield Heath	Jun 1997
31.39	Dave McDonald	20-39	Chigwell	Jul 1995
31.40	Colin Moody	50-54	Chingford	May 2003
31.41	Joe Mulligan #	20-39	Hatfield Heath	Jun 1996
31.44	Andy Pearson	20-39	Welwyn Garden City	Jun 2006
31.45	John Evans	20-39	Welwyn Garden City	Jun 2008
31.53	Mark Bentley	20-39	Springfield	Jun 2000
31.54	Mick Miller #	50-54	Hatfield Heath	Jun 1991
31.54	John Cook # **	20-39	Epping (Rhys Daniels)	Jun 2004
31.56	Andy Terrell	20-39	Welwyn Garden City	Jun 2011
32.03	Adrian Fell	45-49	Saffron Striders Fast 5	Oct 2017
32.04	Daniel Jephcott	U20*	Welwyn Garden City	Jun 2013
32.06	Bob Wood #	45-49	Hatfield Heath	Jun 1996
32.07	Tom Beales	40-44	Hatfield	Nov 2023

32.09	Richard Jennings	20-39	Springfield	Jun 2005
32.12	Darren Tiley	45-49	Braintree	Apr 2017
32.20	Tom Freeman #	45-49	Victoria Park	Apr 1996
32.23	Lee Webber	40-44	Hatfield	Nov 2019
32.27	Michael Woodruff	55-59	Saffron Striders Fast 5	Oct 2019
32.29	Peter Wickham	50-54	Welwyn Garden City	Jun 2007
32.30	Kevin Marsh	40-44	Ingatestone	Sep 1998
32.30	Eddie Boldizsar #	20-39	Victoria Park	Apr 1989
32.30	Russell Harris #	20-39	Hatfield Heath	Jun 1992
32.23	Jon Waight	55-59	Hatfield	Nov 2021
32.35	David Ayling	20-39	Welwyn Garden City	Jun 2010
32.39	Neil Riddoch	20-39	Chingford	May 2003
32.44	Lex Ellington	45-49	Pleshey	Jun 2022
32.55	Richard Solomons (2 nd Claim)	60-64	Braintree	Mar 2011
32.59	Marc Lowers	20-39	Witham	Dec 2012
33.04	Len Hurst	20-39	Ingatestone	Sep 1997
33.10	Chris Mella	20-39	Hatfield	Nov 2023
33.14	Ben Usher	20-39	Witham	Dec 2022
33.14	Jermaine Shand	20-39	Hatfield	Nov 2023
33.15	John Nicholls	40-44	Dunmow	Mar 1993
33.17	Jon Steadman	20-39	Welwyn Garden City	Jul 2009
33.20	Martin McColgan #	20-39	Hatfield Heath	Jun 1991
33.22	Dave Judge	60-64	Ingatestone	Sep 2000
33.25	Grahame Thomas	45-49	Ingatestone	Sep 2008
33.26	Paul Schroder	20-39	Braintree	Mar 2019
33.31	Simon Peters #	20-39	Hatfield Heath	Jun 1996
33.33	David Wood	20-39	Chigwell	May 1993
33.38	Clinton Murr	20-39	St. Clare	Oct 1994
33.39	Terry Ridge	20-39	Ingatestone	Sep 2010
33.43	Alan Donald	20-39	Chingford	May 2003
33.46	Paul Barfoot #	40-44	Hatfield Heath	Jun 1996

33.50	Lewis Townsend	20-39	Hatfield	Nov 2025
33.52	Keith Streeter	45-49	Hemel Hempstead	May 2021
33.54	Donal Conway	45-49	Ingatestone	Sep 1997
34.00	John Bull	45-49	Braintree	Mar 2011
34.03	Colin Sibley #	20-39	Victoria Park	Apr 1989
34.10	Steve Ambrose	45-49	Welwyn Garden City	Jun 2011
34.13	Rich Hynes	20-39	Orion	Jun 2017
34.24	Terry Heapy	40-44	Ingatestone	Sep 1998
34.25	Phil Murrant #	20-39	Hatfield Heath	Jun 1995
34.26	David Croly	45-49	Ingatestone	Sep 2010
34.28	Dougie Gray (2 nd Claim)	45-49	Welwyn Garden City	Jun 2011
34.36	Nick D'Alton	45-49	Hatfield	Nov 2018
34.48	Steve Foy	50-54	Ingatestone	Sep 1997
34.50	Dave Swatton	20-39	Welwyn Garden City	Jun 2006
34.55	Jack Waight	20-39	Hatfield	Nov 2025
34.57	Andrew Eves #	20-39	Hatfield Heath	Jun 1991
34.58	Dave Howes #	40-44	Hatfield Heath	Jun 1997
34.58	Stuart Glynn	20-39	Welwyn Garden City	Jun 2010
35.00	Len Saterlay #	45-49	Copped Hall	Sep 2015
35.08	Mark Stevens #	40-44	Hatfield Heath	Jun 1995
35.24	Paul McFarlane	40-44	Welwyn Garden City	Jun 2011
35.26	Mark Jex	40-44	Ingatestone	Sep 2003
35.28	Kieran Collins	20-39	Welwyn Garden City	Jun 2008
35.33	Derek Morris #	55-59	Hatfield Heath	Jun 1995
35.35	Frank Pardoe	20-39	Orion	Jun 2013
35.38	Mike Eaton	45-49	Dunmow	Jul 2000
35.42	Pete Brewin	20-39	Welwyn Garden City	Jun 2013
35.44	Graham Saville	45-49	Welwyn Garden City	Jun 2007
35.45	Andy Smith	20-39	Saffron Striders Fast 5	Oct 2019
35.45	John Leij's #	45-49	Victoria Park	Apr 1989
35.47	Colin Reeves	45-49	St. Clare	Sep 1995

35.50	Mark Walker #	20-39	Hatfield Heath	Jun 1995
35.59	Chris Conlon #	20-39	Victoria Park	Apr 1989
36.01	Martin Elven	55-59	Saffron Striders Fast 5	Sep 2018
36.02	Sean Flynn	45-49	Welwyn Garden City	Jun 2007
36.06	Peter Ayling	55-59	Welwyn Garden City	Jun 2013
36.10	Carl Whay	55-59	Hatfield	Nov 2025
36.10	Gary Hudson	20-39	Woking	Apr 1998
36.11	Richard Thornton	55-59	Hatfield	Nov 2024
36.18	Shane Peacock	20-39	Hatfield	Nov 2024
36.32	Alf Keen #	45-49	Victoria Park	Apr 1994
36.36	Mark Hayward	20-39	Welwyn Garden City	Jun 2013
36.54	Brendan Kennedy	20-39	Ingatstone	Oct 1994
36.54	Ian Smith #	20-39	Hatfield Heath	Jun 1995
36.58	Chris Arnell	45-49	Pleshey	Jun 2023
36.59	John Hunt #	20-39	Hatfield Heath	Jun 1996
37.05	James Ebsworth	50-54	Hatfield	Nov 2025
37.08	Willie Keeling	40-44	Welwyn Garden City	Jun 2010
37.11	Robin Lozeau	60-64	Wix	Oct 2015
37.11	Alan Doherty	20-39	Dunmow	Jul 1995
37.19	Alan Bore #	50-54	Victoria Park	Apr 1994
37.30	Ron Luck # **	55-59	Epping (Rhys Daniels)	Jun 2004
37.36	Simon Poon	20-39	Witham	Dec 2003
37.39	Spencer Brooks	40-44	Welwyn Garden City	Jun 2013
37.43	Nick Luck	20-39	London Heathside	Mar 2004
37.44	Alan Wellbelove	55-59	Wix	Oct 2015
37.45	Derek Seymour	65-69	Welwyn Garden City	Jun 2008
37.48	Chris Pask	20-39	Dunmow	Jun 2003
37.50	Alan Moir	50-54	Welwyn Garden City	Jun 2010
37.53	Jeff Tamplin	40-44	Welwyn Garden City	Jul 2009
38.00	Robert Cochrane	20-39	Witham	Dec 2024
38.10	Andy Presland	20-39	Ingatstone	Sep 1998

38.15	Luke Healy	20-39	Pleshey	Jun 2025
38.18	Justin Patten	40-44	Welwyn Garden City	Jun 2013
38.25	Liam Reilly	20-39	Hatfield	Nov 2025
38.26	Andrew Ramage	20-39	Welwyn Garden City	Jun 2013
38.28	Liam Boylan	40-44	Orion	Jun 2026
38.31	Ron Newton	50-54	Welwyn Garden City	Jun 2008
38.57	Harry Woodward #	65-69	Hatfield Heath	Jun 1996
38.57	Brian Bostock	50-54	Ingatestone	Sep 2003
39.01	Howard Gaines	20-39	Tilty	Jun 2010
39.06	Paul Bailey	20-39	Witham	Dec 2007
39.10	Willie Bisland #	50-54	Hatfield Heath	Jun 1991
39.12	Jim Bates	70-74*	Braintree	Mar 2015
39.17	Sam Macdonald	20-39	Hatfield	Nov 2025
39.21	Ron Sambridge	20-39	Ingatestone	Oct 1994
39.44	Liam Reilly	20-39	Pleshey	Jun 2025
39.45	Peter Meerloo	55-59	Dunmow	Mar 1990
40.15	David Page	50-54	Braintree	Apr 2014
40.29	Mark Ramsey	20-39	Hatfield	Nov 2017
40.38	Paul Dixon	60-64	Hatfield	Nov 2024
40.40	Terry Pike	45-49	Welwyn Garden City	Jun 2013
40.43	Jamie Olsen Ferreira	40-44	Hatfield	Nov 2024
40.44	Vince Hayward	55-59	Welwyn Garden City	Jun 2011
41.00	Simon Barnes # **	40-44	Epping (Rhys Daniels)	Jun 2004
41.04	Steve Warren	55-59	Saffron Striders Fast 5	Oct 2019
41.12	Alan Stevens #	50-54	Hatfield Heath	Jun 1991
41.20	Bob Wase	40-44	Dunmow	Mar 1990
41.23	Jerry Kaminski	50-54	Ingatestone	Oct 1995
41.32	Ray Hawkins #	40-44	Hatfield Heath	Jun 1995
41.58	Glen Wilson	40-44	Witham	Dec 2023
41.58	Daniel Finch	40-44	Hatfield	Nov 2019
42.04	Peter Mills	60-64	Victoria Park	Mar 2008

42.43	Frank Heinen #	20-39	Copped Hall	Oct 2012
42.51	Cyril Cornillet	50-54	Hatfield	Nov 2025
43.22	Dave Goosetree	40-44	Welwyn Garden City	Dec 2018
43.40	Andy Kinney	45-49	Witham	May 2017
43.44	Bill Brunton	60-64	Saffron Striders Fast 5	Sep 2018
43.52	Paul Watts (2 nd Claim)	50-54	Marlow	May 2018
44.21	Dean Bull **	45-49	Braintree	Mar 2019
44.52	Steve Page	40-44	Chingford	May 2003
45.18	Gavin Johnson	45-49	Mersea Island	Aug 2011
45.44	Jason Manning	45-49	Hatfield	Nov 2024
46.05	Colin Langbridge	20-39	Hatfield	Nov 2023
46.25	Austin Nyamande	55-59	Hatfield House	Jul 2016
46.58	Jeff Mace	20-39	Braintree	Apr 2016
47.50	Steve Marshall	45-49	Witham	Dec 2006
48.20	Mick Gleeson	45-49	Endure 24	Jul 2021
49.10	Ronald Peacock	60-64	Hatfield	Nov 2019
50.52	Mick Guinan	50-54	Ingatstone	Sep 2006
51.46	Michael Gornall	55-59	Hatfield	Nov 2018
53.27	Ray Mash	40-44	Dunmow	Jun 1999(?)
58.42	Jamie Kaminsky	20-39	Tiptree	Oct 2004
1.05.18	Alan Godbold	55-59	Stevenage	May 2025