

MEN'S 5 KILOMETRE PERSONAL BESTS**Last updated 28 September 2026**

*** 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
15.23	Noel Thatcher	20-39*	Stevenage	May 2000
15.28	Russell Maddams	20-39	Stevenage	May 1998
15.47	Rob Dewhurst	20-39	Gloucester	Aug 2002
15.49	Martin Westley	20-39	Waltham Abbey	Sep 2026
15.56	Afewerk Rossom (2 nd Claim)	U20	Hackney Marshes	Oct 2017
16.10	Richard Holland (2 nd Claim)	45-49	Hyde Park	Dec 2004
16.12	John Burnett	20-39	Stevenage	Nov 2002
16.18	Phil Jones	20-39	Stevenage	Nov 2000
16.37	Steve Murtagh	45-49*	Serpentine	Jul 2012
16.38	Rob Lowe	50-54*	Aviles, Spain	Nov 2021
16.49	Pas Blackwell	40-44*	Waltham Abbey	Oct 2021
16.58	Jack Shury	20-39	Hatfield	Sep 2024
17.08	Christopher Warburton	40-44	Long Eaton	Mar 2024
17.13	Craig Segal	20-39	Hackney Marshes	Dec 2018
17.16	Terry Martin	45-49	Serpentine	Mar 1998
17.17	Ken Deally	20-39	St. Albans	Jun 1989

17.23	Jonathan Brown	20-39	Harlow	Jun 2006
17.25	Dan Chapman	20-39	Hackney Marshes	Nov 2018
17.33	Amaniel Tesfay (2 nd Claim)	U20	Hackney Marshes	May 2017
17.36	Alan Broughton	40-44	Harlow	Jun 2005
17.38	Tom Quinn	20-39	York	May 2019
17.39	Lyndon Cooper	20-39	Waltham Abbey	Aug 2013
17.40	Rich Hynes	20-39	Hackney Marshes	Jun 2017
17.45	Daniel Jephcott	20-39	Morecombe	Aug 2021
17.46	Jared Bethell	20-39	Harlow	Oct 2015
17.46	Danny McCree	20-39	Victoria Dock/Hatfield	Apr 2019
17.50	Ryan Smith	40-44	Hackney Marshes	Aug 2019
17.52	Owen Haigh	U20	Hatfield Forest	Sep 2017
17.58	John Tennant	55-59*	Stevenage	Dec 2005
17.59	Martyn Coulter	20-39	York	Aug 2022
18.00	Peter Weyers	20-39	Stevenage	May 1998
18.01	Roy Steven	50-54	Harlow	Jun 2005
18.07	Ian Charters	20-39	Hackney Marshes	Jul 2017
18.08	Rob Parsons	40-44	St. Albans	Jun 1989
18.08	George Andreou	U 20	Harlow	Aug 2026
18.09	Laurence Maddock	20-39	Hackney Marshes	Aug 2019
18.12	Andy Levett	20-39	Stevenage	Dec 2001

18.13	Kirk Crudgington	50-54	Cambridge	Aug 2024
18.13	Jamie Jephcott	45-49	Waltham Abbey	Apr 2015
18.16	Scott Bird	20-39	Harlow	Nov 2022
18.19	Art Tonge	20-39	Harlow	Dec 2024
18.25	Stuart Saville	20-39	Waltham Abbey	Sep 2013
18.28	Gwyn Jones	40-44	Stevenage	May 1998
18.28	Barry Mooney	40-44	Hackney Marshes	Jul 2017
18.33	Rick Ricketts	20-39	Stevenage	Nov 2003
18.34	Marc Witham	45-49	Debden Airfield	Nov 2025
18.34	Steve Mackenzie	20-39	Stevenage	Nov 2001
18.38	Alex Smith	20-39	Hackney Marshes	Jun 2017
18.41	Ben Chitiyo	45-49	Harlow	Oct 2015
18.42	Jason Haigh	20-39	Harlow	Jun 2007
18:42	Ben Usher	20-39	Hackney Marshes	Aug 2019
18.43	Adrian Fell	45-49	Hatfield	Oct 2013
18.44	Josh Shelton	20-39	Firenze, Italy	Feb 2020
18.45	Tom Beales	40-44	Debden Airfield	Nov 2023
18.45	Andy Steel	40-44	Bishop's Stortford	Mar 2025
18.48	Neil Riddoch	20-39	Stevenage	Dec 2003
18.48	Andy Pearson	20-39	Harlow	Jun 2006
18.52	Brooke Lafferty	20-39	Stevenage	May 2001
18.57	Pasquale Pellecchia	50-54	Stevenage	Nov 2000
18.57	Andy Kitson	40-44	Cambridge	Apr 2017

18.57	Paul Jeffrey-Read	20-39/40-44	Waltham Abbey	Apr 2012/Apr 2013
18.59	Jamie Luck	20-39	Middlesex	May 2004
19.00	Colin Baker	45-49	Cairns, Australia	Jul 2023
19.03	Alan Donald	20-39	Stevenage	Nov 2003
19.06	John Gifford	20-39	Harlow	Jan 2020
19.07	Stuart Glynn	20-39/40-44	Harlow	Oct 2024/May 2025
19.08	Jim Martin	45-49	Hackney Marshes	May 2018
19.08	Andy Sims	40-44	Serpentine	Nov 2006
19.09	John Evans	20-39	Bushey Park	Feb 2008
19.12	Brendon MacLean	20-39	Waltham Abbey	Jun 2016
19.13	Michael Woodruff	55-59	Waltham Abbey	Jan 2019
19.16	Peter Wickham	40-44	Stevenage	Nov 2000
19.17	Kevin Smith	50-54	Lydiard	Dec 2019
19.18	Lee Webber	45-49	Harlow	Apr 2022
19.19	Jon Waight	55-59	Waltham Abbey	Nov 2021
19.22	Jason Donovan	40-44	Basildon	Jun 2016
19.25	Chris Mella	20-39	Waltham Abbey	Sep 2024
19.26	Andy Terrell	40-44	Penrose	Aug 2017
19.29	Darren Tiley	45-49	Wanstead Flats	Jan 2017
19.35	Joseph Riley	20-39	Waltham Abbey	Aug 2024
19.37	Paul Schroder	20-39	Hackney Marshes	Feb 2019

19.39	Colin Moody	55-59	Harlow	Jun 2006
19.41	Joe Longman	20-39	Harlow	May 2026
19.42	Rangwedi Sello	40-44	Harlow	Dec 2018
19.45	Jermaine Shand	20-39	Victoria Dock	Sep 2022
19.45	Will Wall	20-39	Norwich	Dec 2015
19.46	Terry Ridge	20-39	Hackney Marshes	Jul 2016
19.48	Dave Judge	60-64	Stevenage	Nov 2000
19.48	Lewis Townsend	20-39	Harlow	Mar 2026
19.49	Richard Solomons (2 nd Claim)	60-64	Stevenage	Sep 2011
19.49	Marc Lowers	20-39	Waltham Abbey	Dec 2012
19.50	Mark Bentley	50-54	Waltham Abbey	Sep 2021
19.52	James Dowsett	40-44	Harlow	May 2023
19.57	Alan Dean	40-44	Stevenage	May 1998
19.57	Pat Whitelaw	40-44	Stevenage	Nov 2000
20.00	Robert Foxley	40-44	Waltham Abbey	Jul 2022
20.01	Lex Ellington	50-54	Harlow	Sep 2026
20.04	Josh Chinn	20-39	Waltham Abbey	Oct 2024
20.04	Tony Russell	20-39	Maldon	Oct 2021
20.11	Keith Streeter	50-54	Harlow	Oct 2021
20.11	Jack Wood	20-39	Queen Elizabeth Olympic Park	Jul 2025
20.11	Grant Beuken	20-39	Waltham Abbey	Aug 2026

20.14	James Ebsworth	50-54	Swansea	Mar 2026
20.15	Martin McColgan	40-44	Stevenage	Dec 2001
20.16	Sam Carter	20-39	Harlow	Jul 2017
20.18	Jack Waight	20-39	Queen Elizabeth Olympic Park	Jan 2026
20.19	Lewis Arkell	U20	Harlow	Aug 2026
20.20	Andy Bradley	50-54	Hackney Marshes	May 2018
20.21	Harry Pluckrose	20-39	Harlow	Feb 2026
20.23	Andy Smith	20-39	Dulwich	Dec 2019
20.28	James Peacock	20-39	Harlow	Jul 2026
20.30	Dave Stewart	40-44	Stevenage	Nov 2000
20.37	John Bull	50-54	Hackney Marshes	May 2018
20.41	Alan Knightley	50-54	Waltham Abbey	Oct 2021
20.41	Graeme Butler	20-39	Harlow	Aug 2017
20.44	Jon Steadman	20-39	Harlow	Jun 2007
20.46	Greg Goodey	20-39	Harlow	Feb 2017
20.48	Steven Good	20-39	Harlow	Jan 2019
20.49	Luke Healy	20-39	Worthing	Sep 2026
20.50	Andrew Ramage	20-39	Waltham Abbey	May 2019
20.50	Frank Pardoe	20-39	Great Notley	Sep 2014
20.51	Sam Spurgeon	20-39	Debden Airfield	Mar 2025
20.52	Bradley Power	20-39	Aberystwyth	Jul 2026

20.52	David Swatton	20-39	Harlow	Jun 2006
20.53	Tim Wood	40-44	Bishop's Stortford	Apr 2026
20.55	Mark Hayward	20-39	Manchester	Jun 2015
20.55	David Ayling	20-39	Bushey Park	Feb 2008
21.00	Matt Jones	40-44	Harlow	Jun 2005
21.02	Paul Lee	40-44	Hackney Marshes	Jan 2017
21.03	Grahame Thomas	45-49	Harlow	Jun 2007
21.08	Simon Couper	40-44	Harlow	Feb 2020
21.09	Sean Flynn	55-59	Waltham Abbey	Jul 2014
21.09	Jason Fox	45-49	Waltham Abbey	Nov 2019
21.11	Brett Savidge	50-54	Aloha Long Beach, California	Sep 2025
21.11	Graham Pugh	45-49	Harlow	Jun 2005
21.15	Luke Howard	20-39	Harlow	Jan 2022
21.20	Liam Boylan	40-44	Ilford	Mar 2026
21.22	Rob Scott	40-44	Harlow	Sep 2018
21.23	Andrew Smith	45-49	Hackney Marshes	Oct 2018
21.23	Adam Galloway	20-39	Harlow	Dec 2021
21.25	Paul McFarlane	40-44	Hatfield	Sep 2013
21.27	Danny Latham	20-39	Harlow	Sep 2025
21.30	Phil Middleton	45-49	Bishop's Stortford	Jun 2024
21.32	Richard Fryer	45-49	Hastings	May 2019

21.37	Justin Patten	45-49	Hatfield Forest	Aug 2015
21.38	Shane Peacock	20-39	Duxford	Oct 2024
21.42	Luke Fargeot	40-44	Harlow	Apr 2024
21.47	Robin Lozeau	55-59	Pymmes Park	Aug 2015
21.47	Martin Elven	55-59	Hackney Marshes	Nov 2018
21.47	Dominic Emery	50-54	London	Jul 2021
21.49	Graham Saville	55-59	Ilford	May 2017
21.51	Keith Davie	45-49	Harlow	Oct 2023
21.53	James Catton	20-39	Waltham Abbey	Aug 2024
21.55	Bobby Draper	55-59	Waltham Abbey	Oct 2021
21.55	Iain Freeman	55-59	Waltham Abbey	May 2026
21.56	Gary Godfrey	50-54	Bury St. Edmunds	Aug 2015
21.56	Liam Reilly	20-39	Bishop's Stortford	Aug 2026
21.57	Michael Robey	40-44	Hackney Marshes	May 2018
21.57	Danny Reston	40-44	Harlow	Jan 2026
21.58	Matthew Spires	45-49	Harlow	Feb 2024
21.59	Mick Maddams	50-54	Harlow	Feb 2024
21.59	Iain Bulloch	45-49	Harlow	Apr 2022
22.02	Richard Thornton	50-54	Harlow	Jun 2023
22.03	Darren Rautenbach	40-44	Bishop's Stortford	Jul 2018

22.06	Benison George	20-39	Harlow	Aug 2023
22.07	Carl Williams	45-49	Waltham Abbey	Aug 2026
22.09	Steve Jack	55-59	Harlow	Nov 2016
22.10	Carl Whay	55-59	Waltham Abbey	Oct 2024
22.11	Chris Burgess	50-54	Maldon	Feb 2024
22.11	Matthew Austin	40-44	Harlow	Apr 2019
22.13	Tj Rowlands	50-54	Waltham Abbey	Dec 2025
22.17	Godfrey Osei	50-54	Tottenham	Jun 2026
22.21	Luke Pykett	20-39	Harlow	Oct 2023
22.21	Frankie Forsyth	20-39	Waltham Abbey	Apr 2025
22.22	Chris Arnell	45-49	Harlow	Apr 2023
22.22	Spencer Brooks	40-44	Hackney Marshes	Oct 2016
22.23	Jon Wickings	40-44	Harlow	Jun 2018
22.24	Tony Robinson	40-44	Harlow	May 2009
22.26	Ron Newton	50-54	Harlow	Jun 2006
22.26	Mark Bellworthy	20-39	Harlow	May 2016
22.28	Daz Red	50-54	Duxford	Oct 2023
22.33	Sean Wardle	60-64	Watford	Aug 2025
22.34	Graham George	45-49	Waltham Abbey	Aug 2013
22.35	Frank Heinen	20-39	Waltham Abbey	Jun 2012
22.37	Darren Coates	45-49	Harlow	Sep 2018

22.38	Paul Dixon	45-49	Harlow	May 2015
22.38	Mark Moulds (2 nd Claim)	45-49	Harlow	Jun 2017
22.52	Mike Eaton	50-54	Harlow	Jun 2005
22.57	Steve Warren	55-59	Harlow	Aug 2018
23.01	Steve Wright	55-59	Harlow	Apr 2025
23.04	Toby Walsh	40-44	Waltham Abbey	Sep 2026
23.06	Gary Mead	50-54	Harlow	Apr 2022
23.06	Mark Ramsey	20-39	Harlow	Sep 2016
23.08	Miguel Luque	50-54	Harlow	Feb 2020
23.08	Alan Moir	45-49	Harlow	Jun 2006
23.09	Chris McCarthy	40-44	Waltham Abbey	Apr 2018
23.09	Sam MacDonald	20-39	Waltham Abbey	Oct 2024
23.10	Rob Peters	50-54	Harlow	Feb 2023
23.12	David Morley	50-54	Fareham	Oct 2017
23.15	Peter Ayling	55-59	Harlow	Aug 2015
23.16	Richard Smith	40-44	Reading	Oct 2015
23.18	Alan Wellbelove	55-59	Malling	Mar 2016
23.19	Michael Richards	20-39	Harlow	Oct 2023
23.24	Nick Goff	50-54	Harlow	Nov 2019
23.26	Marius van der Lith	55-59	Harlow	Sep 2026
23.26	Sergio Pelado	40-44	Harlow	Feb 2020

23.29	John McCarthy	40-44	Harlow	Feb 2022
23.30	Dave Page	50-54	Chelmsford	Aug 2013
23.30	Daniel Worby	20-39	Harlow	Mar 2019
23.31	Stephen Mayo	45-49	Teignmouth	Aug 2022
23.34	Jon Dean	40-44	Waltham Abbey	Aug 2026
23.35	Steve Cowlin	55-59	Harlow	Feb 2019
23.35	Ben Fowler	45-49	Harlow	May 2026
23.35	Matt Bradley	20-39	Harlow	Sep 2024
23.37	Alejandro Latif	20-39	Harlow	Jan 2019
23.38	Alan Cootes	60-64	Harlow	May 2015
23.45	Jamie Olsen Ferreira	40-44	Brighton & Hove	Jul 2025
23.48	Simon Haigh	55-59	Holkham	Feb 2024
23.54	Jim Bates	70-74	Worthing	Nov 2017
23.59	David Johnson	50-54	Hamilton Lake, New Zealand	Jan 2020
24.00	Dean Toussaint	20-39	Harlow	Jan 2026
24.05	Kris Foster	20-39	Harlow	May 2023
24.11	Robert Cochrane	20-39	Harwich	Jun 2024
24.15	Terry Pike	45-49	Waltham Abbey	Nov 2013
24.16	Ron Luck	55-59	Barking	Aug 2005
24.18	Richard Barnett	20-39	Harlow	Oct 2023
24.21	Lee A. Walker	20-39	Harlow	Jan 2020
24.29	Glen Wilson	40-44	Harlow	Nov 2022

24.31	Ryan Kaye	40-44	Harlow	Aug 2022
24.44	Oliver Skipper	20-39	Harlow	Jan 2020
24.52	Jason Manning	45-49	Harlow	May 2026
24.52	Mark Unwin	40-44	Harlow	May 2023
24.52	Dan Winter	40-44	Harlow	Oct 2023
24.58	Nick D'Alton	45-49	Eden Project	Sep 2019
25.05	Andy Kinney	45-49	Cambridge	Apr 2014
25.18	Alan Chatterton	20-39	Harlow	Sep 2019
25.20	Dave Goosetree	40-44	Milton Keynes	May 2018
25.21	Daniel Finch	40-44	Bishop's Stortford	Jan 2020
25.23	Craig Clarke	20-39	Harlow	Oct 2015
25.27	Bradley Holmes	20-39	Waltham Abbey	Jan 2026
25.31	Sean Murphy	20-39	Harlow	Nov 2025
25.34	Derek Seymour	70-74	Harlow	May 2015
25.36	Rhys Shimmen	20-39	Waltham Abbey	Aug 2023
25.38	Leigh Brown	20-39	Bournemouth	Jan 2019
25.41	Cyril Cornillet	45-49	Harlow	Feb 2023
25.46	Austin Nyamande	55-59	Harlow	Dec 2018
25.49	Paul Cadogan	20-39	Bishop's Stortford	Feb 2019
25.51	Vincent Martin	55-59	Harlow	Sep 2019

25.53	Paul Watts (2 nd Claim)	50-54	Hereford	Jun 2017
25.57	Dean Bull	45-49	Hackney Marshes	Nov 2018
26.09	Jacobus Van der Poel	65-69	Harlow	Sep/Nov 2019
26.09	Colin Langbridge	20-39	Harlow	Apr 2023
26.13	Peter Mills	65-69	Waltham Abbey	Nov 2013
26.16	Tony Harman	55-59	Harlow	Sep 2019
26.21	John Edwards	50-54	Harlow	Aug 2019
26.24	Michael Houlihan	55-59	Harlow	Nov 2023
26.26	Jeff Mace	20-39	Harlow	Oct 2017
26.31	Sam Nicholls	20-39	Harlow	Jun 2026
26.39	Bill Brunton	60-64	Dalby Forest	Aug 2019
26.48	Josh ThurLOW	20-39	Waltham Abbey	Aug 2026
26.52	Darren Beckwith	45-49	Harlow	Apr 2025
26.59	Nick Burnage	55-59	Harlow	May 2025
27.02	Michael Gornall	55-59	Hatfield	Jul 2019
27.09	Hosseini Erfani	70-74	Harlow	Oct 2021
27.17	Sean Clibbens	40-44	Waltham Abbey	Aug 2026
27.24	Gavin Johnson	45-49	Basildon	Aug 2011
27.44	Luke Remfrey	20-39	Harlow	Mar 2024
27.50	Kevin Peacock	40-44	Harlow	Jan 2022

27.51	Saul Lintonbon-Baker	20-39	Harlow	Dec 2016
27.53	Mick Gleeson	45-49	Waltham Abbey	Sep 2021
27.59	Micky Warwick	65-69	Harlow	May 2023
28.09	Steve Cozens	40-44	Harlow	Nov 2024
28.11	Mark King	20-39	Harlow	Sep 2026
28.16	Jason Pite	40-44	Bishop's Stortford	Jan 2020
28.26	Kemal Deniz	20-39	Harlow	Jul 2026
28.50	Salvatore Maggiulli	65-69	Queen Elizabeth Olympic Park	Feb 2020
29.00	John Taylor	50-54	Harlow	Jan 2024
29.15	Alan Godbold	55-59	Southampton	Feb 2023
29.22	Ronald Peacock	60-64	Harlow	Dec 2019
30.01	Lee J. Walker	20-39	Bishop's Stortford	Jan 2018
30.40	Leon Bethell	40-44	Harlow	Apr 2026
31.19	Steve Crosby	20-39	Reading	Jun 2016
31.53	Glen Smith	20-39	Harlow	Jul 2019
31.54	Michael Houlihan	55-59	Harlow	Oct 2022
31.58	Nigel Barton	45-49	Harlow	Jun 2024
32.14	Peter Cleverdon	40-45	Harlow	Nov 2019
32.22	Michael Casey	60-64	Harlow	Jan 2022
33.27	Paul Horscroft	20-39	Harlow	Dec 2019

34.29	David Nicholas	50-54	Harlow	Mar 2020
34.30	Danny Mohr	20-39	Harlow	Jan 2026
35.35	Jack Fitzpatrick	20-39	Hunstanton	Mar 2025
36.36	Dennis Udall	55-59	Harlow	Jun 2023
37.44	Alan Bore	75-79	Bishop's Stortford	May 2019
37.51	David Spears	55-59	Harlow	Dec 2019
41.52	Stewart Brown	20-39	Harlow	Jan 2019