

MEN'S CLUB RECORDS**Last updated 19 September 2026****5K**

Age Group	Name	Time	Venue	Date
U20	Afewerk Rossom	16:53	Hackney Marshes	Feb 2017
20-39	Noel Thatcher	15:23	Stevenage	May 2000
40-44	Pas Blackwell	16:49	Waltham Abbey	Oct 2021
45-49	Steve Murtagh	16:37	Serpentine	Jul 2012
50-54	Rob Lowe	16:38	Aviles, Spain	Nov 2021
55-59	Rob Lowe	17:10	Waltham Abbey	Mar 2026
60-64	John Tennant	19:15	Stevenage	Aug 2010
65-69	John Tennant	20:22	Hatfield	Sep 2015
70-74	John Tennant	22:44	Hatfield	Sep 2022
75-79	John Tennant	24:39	Hatfield	Aug 2025
80-84	Peter Mills	41.34	Harlow	Feb 2026
Wheelchair				

5 Miles

Age Group	Name	Time	Venue	Date
U20	Daniel Jephcott	32:04	Welwyn Garden City	Jun 2013
20-39	Noel Thatcher	25:55	Basildon	Apr 2005
40-44	Noel Thatcher	27:04	Welwyn Garden City	Jun 2008
45-49	Steve Murtagh	27:14	Wix	Oct 2012
50-54	Rob Lowe	27:50	Hatfield	Nov 2022
55-59	Rob Lowe	29:04	Colchester	Jul 2026
60-64	John Tennant	31:43	Welwyn Garden City	Jun 2010
65-69	John Tennant	35:01	Wix	Oct 2015
70-74	Jim Bates	39:12	Braintree	Mar 2015
75-79	Jim Bates	41:20	Wix	Oct 2019
80-84				
Wheelchair				

10K				
Age Group	Name	Time	Venue	Date
U20	Afewerk Rossom	35:38	Harlow	Jun 2016
20-39	Noel Thatcher	32:05	Hatfield Broad Oak	May 2005
40-44	Noel Thatcher	32:56	Hatfield Broad Oak	May 2006
45-49	Steve Murtagh	34:10	Chelmsford	Nov 2012
50-54	Rob Lowe	34:17	St. Clare	Apr 2023
55-59	Rob Lowe	36:21	Ely	Dec 2024
60-64	John Tennant	39:38	Hatfield Broad Oak	May 2010
65-69	Mick Miller	43:19	Felsted	Jul 2003
70-74	Jim Bates	48:27	Queen Elizabeth Olympic Park	Mar 2015
75-79	John Tennant	52:24	Hatfield Broad Oak	May 2025
80-84	Harry Woodward	1:08:21	Hatfield Broad Oak	May 2009
Wheelchair	Richard Chiassaro	31:09	St Clare	Mar 2010

10 Miles				
Age Group	Name	Time	Venue	Date
U20	Daniel Jephcott	1:09:47	Derwentwater	Nov 2015
20-39	Russell Maddam	53:31	Bishops Stortford	Nov 1996
40-44	Noel Thatcher	56:44	Harlow	Aug 2006
45-49	Steve Murtagh	55:54	Tiptree	Oct 2012
50-54	Steve Murtagh	57:45	Tiptree	Oct 2014
55-59	John Tennant	1:03:58	Tiptree	Oct 2005
60-64	Roy Steven	1:05:39	Welwyn Garden City	Sep 2011
65-69	Mick Miller	1:09:54	Great Bentley	Feb 2003
70-74	Colin Moody	1:21:14	Witham	May 2022
75-79	John Tennant	1:28:30	Tiptree	Oct 2025
80-84				
Wheelchair				

Half Marathon				
Age Group	Name	Time	Venue	Date
U20	Owen Haigh	1:39:02	Watford	Feb 2017
20-39	Noel Thatcher	1:11:06	Bath	Mar 2002
40-44	Pas Blackwell	1:16:20	Cambridge	Mar 2023
45-49	Steve Murtagh	1:13:35	Eton Dorney	Feb 2013
50-54	Rob Lowe	1:15:08	Dorney	Oct 2022
55-59	Rob Lowe	1:18:34	Pleshey	Sep 2026
60-64	John Tennant	1:31:13	St. Albans	Jun 2010
65-69	John Tennant	1:38:22	Pleshey	Sep 2015
70-74	Colin Moody	1:46:11	Pleshey	Sep 2021
75-79	John Tennant	1:58:49	Pleshey	Sep 2025
80-84				
Wheelchair	Richard Chiassaro	1:07:09	Silverstone	Mar 2011

15 Miles				
Age Group	Name	Time	Venue	Date
U20	Daniel Jephcott	2:03:42	Folksworth	Jan 2014
20-39	Russell Maddam	1:28:29	Folksworth	Jan 2000
40-44	Alan Broughton	1:32:30	Benfleet	Jan 2005
45-49	Steve Murtagh	1:29:03	Folksworth	Jan 2012
50-54	Colin Moody	1:35:32	Folksworth	Jan 2003
55-59	John Tennant	1:40:08	Diss	Sep 2005
60-64	John Tennant	1:48:53	Folksworth	Jan 2012
65-69	Colin Moody	1:56:38	Folksworth	Jan 2017
70-74	Colin Moody	2:12:02	Folksworth	Jan 2023
75-79				
80-84				
Wheelchair				

20 Miles				
Age Group	Name	Time	Venue	Date
U20	Daniel Jephcott	2:43:10	Oakley	Mar 2015
20-39	Geoff Morris	1:53:20	Chelmsford	Feb 1997
40-44	Alan Broughton	2:01:25	Rochford	Feb 2005
45-49	Steve Murtagh	1:57:25	Langham	Mar 2013
50-54	Rob Lowe	2:02:32	Debden Airfield	Mar 2024
55-59	Rob Lowe	2:02:01	Debden Airfield	Mar 2025
60-64	Colin Moody	2:31:07	Oakley	Mar 2011
65-69	Colin Moody	2:39:09	Langham	Mar 2016
70-74	Colin Moody	2:50:00	Wymondham	Sep 2021
75-79				
80-84				
Wheelchair				

Marathon				
Age Group	Name	Time	Venue	Date
U20	Daniel Jephcott	3:49:17	London	Apr 2015
20-39	Martin Westley	2:30:46	Berlin	Sep 2026
40-44	Alan Broughton	2:42:18	London	Apr 2006
45-49	Steve Murtagh	2:36:48	London	Apr 2013
50-54	Steve Murtagh	2:39:22	London	Apr 2014
55-59	Rob Lowe	2:48:22	Halstead	May 2026
60-64	John Tennant	3:16:05	London	Apr 2010
65-69	Harry Woodward	3:29:22	London	Apr 1993
70-74	Colin Moody	3:51:40	London	Oct 2021
75-79	John Tennant	4:52:50	London	Apr 2025
80-84				
Wheelchair				