

SUFFOLK A.A. ROAD RECORDS

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|-------------|-------------|-------------------|---------------------|---------------|-------|------|
| 5 Mile | Mens Open | Andrew Rooke | Ipswich Jaffa | 25.03 | 2017 | |
| | Mens V40 | David Reed | St.Edmund Pacers | 27.22 | 2003 | |
| | Mens V45 | Brian Tate | Lowestoft RR | 26.54 | 1996 | |
| | Mens V50 | Raymond Hill | Ipswich Jaffa | 29.24 | 2004 | |
| | Mens V55 | Chris Cooke | St.Edmund Pacers | 29.31 | 2018 | |
| | Mens V60 | Terry Back | Ipswich Jaffa | 30.13 | 2017 | |
| | Mens V65 | Peter Oldman | Lowestoft RR | 34.37 | 2005 | |
| | Mens V70 | Ron McCullough | Ipswich Jaffa RC | 35.10 | 2018 | |
| | Ladies Open | Sara Bird | Woodford Green & EL | 29.04 | 2014 | |
| | Ladies V40 | Odette Robson | St.Edmund Pacers | 29.21 | 2014 | |
| | Ladies V45 | Odette Robson | St.Edmund Pacers | 29.12 | 2017 | |
| | Ladies V50 | Pat Partridge | St.Edmund Pacers | 33.35 | 2004 | |
| | Ladies V55 | Christine Anthony | St.Edmund Pacers | 34.22 | 2018 | |
| | Ladies V60 | Jenny Morgan | St.Edmund Pacers | 38.34 | 2018 | |
| | Ladies V65 | Moir Pinkney | Ipswich Tri | 44.56 | 2017 | |
| | 10 K | Mens Open | Nigel Powley | Felixstowe RR | 30.28 | 1993 |
| | | Mens V40 | Brad Jones | Ipswich Jaffa | 33.55 | 2013 |
| Mens V45 | | Jon Davy | Felixstowe RR | 34.39 | 2001 | |
| Mens V50 | | Paul Holley | Newmarket Joggers | 35.44 | 2016 | |
| Mens V55 | | Steve Langley | Ipswich Jaffa | 37.35 | 2018 | |
| Mens V60 | | Ed Dean | Framlingham Flyers | 40.16 | 1994 | |
| Mens V65 | | Steven W Mead | Stowmarket Striders | 40.45 | 2017 | |
| Mens V70 | | Colin Weight | St.Edmund Pacers | 50.21 | 2005 | |
| Ladies Open | | Kim Markland | St.Edmund Pacers | 33.32 | 1996 | |
| Ladies V40 | | Odette Robson | St.Edmund Pacers | 37.37 | 2014 | |
| Ladies V45 | | Odette Robson | St.Edmund Pacers | 37.23 | 2017 | |
| Ladies V50 | | Pat Partridge | St.Edmund Pacers | 42.02 | 2004 | |
| Ladies V55 | | Julia Middleton | Newmarket Joggers | 45.03 | 2005 | |
| Ladies V60 | | Cheryl Trundle | Haverhill RC | 48.54 | 2014 | |
| Ladies V65+ | | Moir Pinkney | Ipswich Tri | 55.26 | 2017 | |
| 10 Mile | Mens Open | Pete Ratcliffe | West Suffolk AC | 49.46 | 1980 | |
| | Mens V40 | David Reed | St.Edmund Pacers | 55.49 | 2002 | |
| | Mens V45 | Richard Jordan | Ipswich Jaffa | 54.48 | 2002 | |
| | Mens V50 | Robert Price | St.Edmund Pacers | 59.58 | 1993 | |
| | Mens V55 | Robert Price | St.Edmund Pacers | 62.10 | 1998 | |
| | Mens V60 | Peter Gorham | St.Edmund Pacers | 63.14 | 2000 | |
| | Mens V65 | Peter Gorham | Unattached | 75.31 | 2005 | |
| | Mens V70 | Ron Mccullough | Ipswich Jaffa | 82.05 | 2017 | |
| | Ladies Open | Sally Eastall | St.Edmund Pacers | 59.08 | 1991 | |
| | Ladies V40 | Odette Robson | St.Edmund Pacers | 63.16 | 2015 | |
| | Ladies V45 | Odette Robson | St.Edmund Pacers | 64.17 | 2017 | |
| | Ladies V50 | Julia Middleton | St.Edmund Pacers | 70.26 | 2001 | |
| | Ladies V55 | Julia Middleton | Newmarket Joggers | 75.20 | 2006 | |
| | Ladies V60 | Cheryl Trundle | Haverhill RC | 82.14 | 2014 | |
| | Ladies V65 | Maureen Wright | Ipswich Jaffa RC | 91.14 | 2015 | |

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|-------------|-------------|------------------|------------------------|---------------------|---------|------|
| 15 Mile | Mens Open | Howard Beasley | St.Edmund Pacers | 1 : 24.54 | 1998 | |
| | Mens V40 | Malcolm Penn | Stowmarket Striders | 1 : 31.17 | 1999 | |
| | Mens V45 | Clive Sparkes | Ipswich Jaffa | 1 : 32.49 | 1995 | |
| | Mens V50 | Alan Roper | Newmarket Joggers | 1 : 33.27 | 1995 | |
| | Mens V55 | Rod Allard | St.Edmund Pacers | 1 : 38.19 | 1998 | |
| | Mens V60 | NOT HELD | | | | |
| | Mens V65 | Ron Knight | St.Edmund Pacers | 1 : 55.02 | 1998 | |
| | Ladies Open | Gillian Leathers | St.Edmund Pacers | 1 : 39.37 | 1999 | |
| | Ladies V40 | Hillary Depper | Stowmarket Striders | 2 : 04.34 | 1998 | |
| | Ladies V45 | Anne Fellingham | Stowmarket Striders | 2 : 04.55 | 1998 | |
| | Ladies V50 | NOT HELD | | | | |
| | Half.Mara. | Mens Open | Paul Evans | Belgrave Harriers | 1.05.27 | 1994 |
| | | Mens V40 | Richard Jordan | Ipswich Jaffa | 1.11.59 | 1998 |
| | | Mens V45 | Richard Jordan | Ipswich Jaffa | 1.13.26 | 2002 |
| Mens V50 | | Alan Roper | Newmarket Joggers | 1.18.13 | 1994 | |
| Mens V55 | | Peter Goreham | Newmarket Joggers | 1.20.54 | 1997 | |
| Mens V60 | | Peter Goreham | Newmarket Joggers | 1.24.54 | 2000 | |
| Mens V65 | | John Tillotson | Hadleigh Hares | 1.37.41 | 1994 | |
| Mens V70 | | Ron Mccullough | Ipswich Jaffa | 1.37.52 | 2017 | |
| Ladies Open | | Sally Eastall | St.Edmund Pacers | 1.17.41 | 1995 | |
| Ladies V40 | | Odette Robson | St.Edmund Pacers | 1.20.55 | 2015 | |
| Ladies V45 | | Odette Robson | St.Edmund Pacers | 1.23.48 | 2017 | |
| Ladies V50 | | Julia Middleton | St.Edmund Pacers | 1.31.14 | 2000 | |
| Ladies V55 | | Jenny Sheahan | | 1.45.53 | 2017 | |
| Ladies V60 | | Carole Spong | Gt.Yarmouth RR | 1.43.48 | 2006 | |
| Ladies V65 | | Carole Spong | Gt.Yarmouth RR | 1.57.30 | 2015 | |
| 20 Mile | | Mens Open | Nigel Powley | Colchester Harriers | 1.46.05 | 1994 |
| | Mens V40 | Robin Coll | Newmarket Joggers | 1.57.33 | 2004 | |
| | Mens V45 | Richard Jordan | Stowmarket Striders | 2.00.00 | 2005 | |
| | Mens V50 | Andy Roper | St.Edmund Pacers | 2.04.54 | 1997 | |
| | Mens V55 | P.Lusardi | Ipswich Jaffa | 2.06.54 | 1994 | |
| | Mens V60 | Ed Dean | Framlingham Flyers | 2.27.01 | 1994 | |
| | Mens V65 | Frank Copping | Ipswich Jaffa | 2.52.26 | 1994 | |
| | Ladies Open | Sally Eastall | St.Edmund Pacers | 1.59.29 | 1994 | |
| | Ladies V40 | Gail Pryke | Ipswich Jaffa | 2.20.44 | 2003 | |
| | Ladies V45 | Carina Sewell | Woodbridge Shufflers | 2.39.08 | 2005 | |
| | Ladies V50 | Jean Richardson | Bildeston Bounders | 2.40.38 | 1993 | |
| | Ladies V55 | Maureen Wright | Ipswich Jaffa | 3.07.39 | 2006 | |
| | Marathon | Mens Open | Robert Payne | RAF Wattisham | 2.27.12 | 1986 |
| | | Mens V40 | Clive Sparks | Ipswich Jaffa | 2.45.49 | 1987 |
| Mens V45 | | Darren France | Unattached | 3.26.20 | 2016 | |
| Mens V50 | | Jerry Barr | | 2.59.20 | 1987 | |
| Mens V55 | | | | | | |
| Mens V60 | | | | | | |
| Mens V65 | | | | | | |
| Mens V70 | | | | | | |
| Ladies Open | | Sarah JC Lewis | Unattached | 3.51.33 | 2016 | |
| Ladies V40 | | Sarah Gould | Ipswich Jaffa | 3.38.40 | 1987 | |
| Ladies V45 | | Lisa Riley | Lowestoft Road Runners | 3.49.41 | 2016 | |
| Ladies V50 | | | | | | |
| Ladies V55 | | | | | | |
| Ladies V60 | | | | | | |
| Ladies V65 | | | | | | |