

SUFFOLK A.A. ROAD RECORDS

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	Ray Roberts	Felixstowe RR	30.18	2005	
	Mens V60	Terry Back	Ipswich Jaffa	30.13	2017	
	Mens V65	Peter Oldman	Lowestoft RR	34.37	2005	
	Mens V70	Colin Weight	St.Edmund Pacers	38.26	2005	
	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	Jenny Sheahan	Unattached	37.48	2017	
	Ladies V60	Jenny Morgan	St.Edmund Pacers	38.38	2017	
	Ladies V65	Moira 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		Rod Allard	St.Edmund Pacers	37.48	1998	
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+		Moira 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						