

Club Records											
Dist	Cat	Time	Runner	Event	Date	Dist	Cat	Time	Runner	Event	Date
ParkRun	MSenior	00:17:40	Aaron Graves	Hackney Marshes	Nov '18	5K	MSenior	00:16:18	Tim Bartrum	Harwich	June '07
	M35+	00:18:19	Gavin Laws	Maldon	Nov '18		M35+	00:18:37	Gavin Laws	Harwich	Jul '18
	M40+	00:19:23	Peter Banks	Maldon	Jan '18		M40+	00:16:34	Alan Fisher	Harwich	Jul '96
	M45+	00:18:05	Andy Conway	Mersea Island	Aug '17		M45+	00:18:12	Andrew Conway	Maldon	Aug '14
	M50+	00:18:31	Andy Conway	Maldon	Jul '18		M50+	00:16:46	Alan Fisher	Colchester	June '98
	M55+	00:21:35	Kevin Bunton	Maldon	Aug '17		M55+	00:17:21	Paul Mingay	Harwich	Jul '16
	M60+	00:18:05	Paul Mingay	Chelmsford	Sep '17		M60+	00:17:38	Paul Mingay	Harwich	Aug '17
	M65+	00:32:01	Bob Sees	Maldon	Apr '18		M65+	00:26:02	Jim Slater	Maldon (P)	Jan '16
	M70+	00:28:51	Jeff Fairfull	Newby Bridge	Jul '17		M70+	00:23:58	Roger Duffield	Welling, Kent	Oct '09
	M75+	00:32:14	Roger Duffield	Maldon	Oct '17		M75+	00:27:06	Roger Duffield	Maldon (P)	Oct '14
	FSenior	00:23:15	Lucy Willis	Maldon	Nov '18		FSenior	00:19:11	Laura Shrewbridge	Harwich	May '10
	F35+	00:21:00	Danielle Harrington	Maldon	Aug '17		F35+	00:19:28	Brigid Wallen	Harwich	Jun '01
	F40+	00:21:35	Danielle Harrington	Maldon	Oct '18		F40+	00:21:23	Vicky Knight	Maldon (P)	Mar' 17
	F45+	00:23:31	Morven Hurding	Maldon	Nov '18		F45+	00:21:28	Tracy Harrington	Maldon	Aug '13
	F50+	00:21:37	Tracy Harrington	Maldon	May '17		F50+	00:21:20	Tracy Harrington	Maldon	Apr '17
	F55+	00:27:06	Frances Gridley	Maldon	Jun' 18		F55+	00:24:19	Frances Gridley	Maldon (P)	Feb '16
	F60+	00:31:47	Anita Leaver	Maldon	May '17		F60+	00:30:50	Anita Leaver	Maldon (P)	Oct '16
	F65+	00:30:59	Anita Leaver	Maldon	Apr '18		F65+				
F70+					F70+						
5M	MSenior	00:27:34	Matthew Brady	Colchester	July '93	10K	MSenior	00:35:02	Spencer Dobson	Southend	Oct '95
	M35+	00:30:01	Gavin Laws	Witham	Dec '18		M35+	00:39:42	Gavin Laws	Little Bromley	Apr '18
	M40+	00:26:39	Alan Fisher	Kirton	Jun '96		M40+	00:33:04	Peter Richardson	Stowmarket	Apr '93
	M45+	00:29:44	Andy Conway	Great Bentley	Jul '17		M45+	00:37:16	Andrew Conway	Cambridge	Oct '17
	M50+	00:26:52	Alan Fisher	Great Bentley	Jul '98		M50+	00:33:22	Alan Fisher	Stowmarket	Apr ' 98
	M55+	00:27:51	Paul Mingay	Wix	Oct' 15		M55+	00:34:31	Paul Mingay	Great East Anglian	May '14
	M60+	00:28:44	Paul Mingay	Wix	Oct '18		M60+	00:35:52	Paul Mingay	Colchester	May '17
	M65+	00:39:23	Jim Slater	Witham	Dec '13		M65+	00:49:50	Jim Slater	Ipswich	July '14
	M70+	00:39:47	Jim Slater	Wix	Oct '16		M70+	00:50:42	Roger Duffield	Harwich	Oct '09
	M75+	00:51:03	Roger Duffield	Wix	Oct' 15		M75+	01:03:25	Roger Duffield	Canvey	Sept '15
	FSenior	00:30:57	Sue Baker	Ingatestone	Oct '92		FSenior	00:37:59	Sue Baker	Southend	Oct '92
	F35+	00:32:08	Brigid Wallen	Great Bentley	Jul '00		F35+	00:40:54	Brigid Wallen	Hatfield Broad Oak	May '01
	F40+	00:34:07	Danielle Harrington	Wix	Oct '18		F40+	00:43:04	Vicky Knight	Ribble Valley	Dec '16
	F45+	00:36:07	Tracy Harrington	Witham	Dec '14		F45+	00:44:08	Tracy Harrington	Chelmsford	Nov '12
	F50+	00:36:00	Tracy Harrington	Witham	Dec' 16		F50+	00:47:12	Tracy Harrington	Ipswich Ekipen	July '16
	F55+	00:42:16	Frances Gridley	Witham	Dec '16		F55+	00:51:30	Frances Gridley	Chelmsford	Nov '15
	F60+	00:44:00	Ann Gomer	Witham	Dec '05		F60+	00:53:34	Ann Gomer	Canvey	Sep '06
	F65+	00:51:54	Anita Leaver	Saffron Fast 5	Oct '17		F65+	01:06:47	Anita Leaver	Colchester Zoo	May '18
F70+					F70+						

Club Records											
Dist	Cat	Time	Runner	Event	Date	Dist	Cat	Time	Runner	Event	Date
10M	MSenior	00:58:18	Spencer Dobson	Hadleigh	Nov '94	HALF	MSenior	01:17:15	Spencer Dobson	Newcastle	Sep '95
	M35+	01:11:22	Matt Davey	Dereham	May '17		M35+	01:29:06	Gavin Laws	Wissey	Sep '18
	M40+	00:54:43	Peter Richardson	Hadleigh	Nov '92		M40+	01:12:25	Peter Richardson	Roding Valley	Feb '93
	M45+	01:01:42	Andy Conway	Bure Valley	Oct '17		M45+	01:24:10	Andrew Conway	Wissey	Sep '17
	M50+	00:55:27	Alan Fisher	Ipswich	May '98		M50+	01:15:17	Alan Fisher	Southend	Jun '98
	M55+	00:59:35	Paul Mingay	Stebbing	Nov '15		M55+	01:17:04	Paul Mingay	Newburyport	Oct '15
	M60+	00:59:33	Paul Mingay	Stebbing	Nov' 17		M60+	01:19:40	Paul Mingay	Kimbolton	Aug '17
	M65+	01:23:19	Jim Slater	Mersea	Aug' 14		M65+	01:44:30	Jim Slater	Mablethorpe	Oct '14
	M70+	01:24:31	Jim Slater	Mersea	Aug '16		M70+	01:49:16	Jim Slater	Mablethorpe	Oct '16
	M75+						M75+				
	FSenior	01:03:03	Sue Baker	Canterbury	Jan '92		FSenior	01:23:28	Sue Baker	Peterborough	May '92
	F35+	01:07:58	Brigid Wallen	Great Baddow	May '01		F35+	01:31:05	Sue Baker	Paddock Wood	Mar '97
	F40+	01:13:27	Vicky Knight	Great Baddow	May '17		F40+	01:33:18	Vicky Knight	Great Bentley	Feb '17
	F45+	01:13:16	Tracy Harrington	Hadleigh	Nov '11		F45+	01:36:09	Tracy Harrington	Pleshey	Sept '14
	F50+	01:13:55	Tracy Harrington	Great Baddow	May '17		F50+	01:38:43	Tracy Harrington	Great Bentley	Feb '18
	F55+	01:25:42	Frances Gridley	Great Baddow	May '16		F55+	01:53:17	Frances Gridley	Colchester	Mar '16
	F60+	01:26:02	Ann Gomer	Great Bentley	Feb '06		F60+	01:57:09	Ann Gomer	Bungay	Apr '10
	F65+	02:00:33	Anita Leaver	Tiptree	Oct '17		F65+				
	F70+						F70+				
15M	MSenior	01:30:58	Martin Byford	Ipswich	May '94	20M	MSenior	02:05:27	Martin Byford	Chelmsford	Mar '93
	M35+	01:41:07	Gavin Laws	Colchester	Sep '18		M35+	02:42:15	Matt Davey	Essex 20	Mar '17
	M40+	01:27:15	Alan Fisher	Ipswich	May '96		M40+	01:57:19	Peter Richardson	Chelmsford	Mar '93
	M45+	01:46:04	Andrew Conway	Banbury	Mar '17		M45+	02:12:48	Andy Conway	Tarpley 20	Feb '18
	M50+	01:28:49	Alan Fisher	Stour Valley	Mar '98		M50+	01:58:13	Alan Fisher	Wymondham	Mar '98
	M55+						M55+	02:09:40	Paul Mingay	Langham	Mar '16
	M60+	01:37:13	Paul Mingay	Colchester	Sep '18		M60+	02:40:13	Roger Duffield	Wymondham	Mar '00
	M65+						M65+				
	M70+						M70+				
	M75+						M75+				
	FSenior	02:01:17	Brigid Wallen	Ipswich	May '97		FSenior	02:17:39	Sue Baker	Chelmsford	Mar '93
	F35+	01:46:45	Sue Baker	Ipswich	May '97		F35+	02:22:12	Sue Baker	Chelmsford	Feb '97
	F40+						F40+	02:40:01	Katrina Finch	Essex 20	Mar' 14
	F45+						F45+	02:36:03	Tracy Harrington	Bury St Edmunds	Feb '12
	F50+	01:56:14	Tracy Harrington	Colchester	Sep '18		F50+	02:34:08	Tracy Harrington	Tarpley 20	Feb '18
	F55+						F55+	04:21:16	Karen Pearse	Tarpley 20	Feb '18
	F60+						F60+				
	F65+						F65+	04:04:21	Anita Leaver	Tarpley 20	Feb '18
	F70+						F70+				

