

Colchester and Tendring AC - Club Records



It is now 15 years since Bob started researching the club records which were in a poor old state.

By looking through old copies of the Essex County Standard at the library & also looking at British Athletics ranking list books going back to 1959.

There are still from time-to-time old records that come to light. Thanks to Roger Breese, Simon Bryant & Kate Odell (Sketchley) for previous work & help.

In 2023 Bob received old papers from Julia Butcher, daughter of the Late Ted Butcher, which has highlighted some more records that have now been included- also from Andrew Bright. We will probably never have a complete list due to older records being lost but if you think you have a claim to a club record contact Bob at bobkimber141@btinternet.com.

This is the latest update 05/01/2026.

New Club records set in 2025 are highlighted in GREEN

U/11s



U/11 records - Not these only go back to 2019.

U11 Male					Notes					Notes
Event	Name	Date	Venue	Time/Distance		Name	Date	Venue	Time	
60m	Wilbur Wheatley	23/03/24	Lee Valley	9.99		Sofia Lyttle	23/03/24	Lee Valley	9.61	
80m	Iain Mante	21/07/19	Ipswich	12.00		Sienna Cronk	25/07/21	Braintree	11.80	
200m	Aiden Burgoyne	23/03/24	Lee Valley	34.03		Sofia Lyttle	23/03/24	Lee Valley	31.91	
600m	Adam Hart	19/09/21	Colchester	1.48.07		Lucy Thompson	12/08/18	Ipswich	1.54.70	
Mile						Ronni Townsend	29/06/24	Chelmsford	6.10.13	
Long Jump	Laiton Berryman-Burgoyne	06/07/25	Norwich	3.93		Evie Smith	21/07/19	Ipswich	3.56	
Shot	Louis Agostini	21/07/19	Bury St Edmunds	6.28		Laura Walecka	30/04/23	Cambridge	5.69	

TRACK



60 Metres Male					Notes	60 Metres Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
U/13	Esirhueme Alegeh	01/03/25	Lee Valley	8.47		U/13	Bethany Ibbotson	12/12/09	Lee Valley	8.4	
U/15	Akin Akinboh	06/02/16	Lee Valley	7.52		U/15	Joy Ogunleye	28/02/15	Sheffield	7.7	
U/17	Simon Bryant	23/02/92	Birmingham	7.14		U/17	Sarah Claxton	1996	?	7.63	
U/20	Simon Bryant	19/09/21	Birmingham	7.00		U/20	Angel Wright	02/03/24	Lee Valley	8.2	
Snr	Jerome Fronton	2012	Lee Valley	7.42		Snr	Kate Sketchley	19/03/93	Bedford	7.9	

100 Metres Male					Notes	100 Metres Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
U/13	Joshua Famujuro	26/06/21	Dagenham	12.28		U/13	Sarah Claxton	31/08/92	Ipswich	12.4	
U/15	Simon Bryant	08/06/90	Basildon	11.4		U/15	Sarah Claxton	08/07/94	Telford	11.9	
U/17	Simon Bryant	31/08/92	Ipswich	11.1		U/17	Sarah Claxton	28/04/96	Wimbledon	11.7	
U/20	Dylan Stewart	17/08/25	Stratford	10.93		U/20	Angle Joseph	14/07/13	Ipswich	12.8	
Snr	Simon Bryant	02/05/93	Colchester	10.7		Snr	Kate Sketchley	02/05/93	Colchester	12.3	
							Sarah Claxton	18/04/99	Bury St Eds	12.3	

150 Metres Male					Notes	150 Metres Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
U/13						U/13	Bethany Ibbotson	04/05/09	Lee Valley	20.47	
U/15						U/15					
U/17						U/17	Lisa Allen	14/3/94	Dagenham	19.30	
U/20						U/20					
Snr						Snr	Lisa Allen	23/3/97	Dagenham	18.70	

200 Metres Male					Notes	200 Metres Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
U/13	Sam Shippey	03/07/16	Ipswich	25.6		U/13	Kimberley Shreeve	1988	?	26.6	
U/15	Simon Bryant	14/07/90	Derby	23.0		U/15	Joy Ogunleye	11/07/15	Gateshead	25.03 w	
U/17	Simon Bryant	26/06/92	Kings Lynn	22.3		U/17	Joy Ogunleye	14/05/17	Chelmsford	24.96	
U/20	R Smith	2001	?	22.6		U/20	Angle Joseph	14/07/13	Ipswich	26.4	
Snr	Simon Bryant	1991	Dagenham	22.0		Snr	Nikki Smith	31/08/92	Ipswich	25.4	
	Simon Ciarvella		?	22.0			Jo Nicklin	1983	?	25.4	

TRACK



300 Metres Male					Notes	300 Metres Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
U/13	James Ford	?	?	48.5		U/13	Amanda Pisani	?	?	47.8	
U/15	Sam Shippey	09/06/18	Chelmsford	37.05		U/15	Joy Ogunleye	09/08/15	Cambridge	42.3	
U/17	Simon Bryant	17/03/91	Havering	37.0		U/17	Ami Fosker	03/08/13	Chelmsford	41.8	
U/20						U/20					
Snr	Simon Bryant	14/03/94	Dagenham	35.1		Snr	Denise Morley	?	?	41.4	

400 Metres Male					Notes	400 Metres Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
U/13	Simon Bryant	Aug 88	Colchester	60.5		U/13	N/A				
U/15	Robert Smith	?	?	52.8		U/15	Naomi Sandercock	13/08/23	Newham	62.68	
U/17	Louis Persent	08/07/06	Gateshead	48.33		U/17	Mary Kitson	?	?	58.1	
U/20	R Smith	2000	?	49.2		U/20	Tracey Smedley	26/08/14	Colchester	57.8	
Snr	Robert Smith	29/04/05	Glasgow	47.55		Snr	Mary Kitson	1984	20/5 84	56.2	

600 Metres Male					Notes	600 Metres Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
U/13	Sam Shippey	14/04/16	Yarmouth	1.38.0		U/13	Charlotte Taylor	19/06/01	?	1.46.5	
U/15	Robert Smith	07/03/99	Havering	1.30.9		U/15	Hayley Cole	01/03/92	Dagenham	1.42.4	
U/17	Tom Payn	19/03/95	Havering	1.27.6		U/17	Hayley Cole	14/03/93	Dagenham	1.39.5	
U/20						U/20					
Snr	Tom Payn	15/03/98	Havering	1.21.7		Snr	Tracey Smedley	Feb 87	?	1.35	

800 Metres Male					Notes	800 Metres Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
U/13	Henry Dover	12/08/18	Lee Valley	2.10.51		U/13	Mia Lawes	10/08/24	Walton on Thames	2.25.38	
U/15	Henry Dover	15/08/20	Lee Valley	1.58.38		U/15	Hayley Cole	23/08/92	Hayes	2.15.7	
U/17	Lloyd Heard	23/06/07	Colchester	1.54.3		U/17	Hayley Cole	01/08/93	W London	2.12.8	
U/20	David Gibbon	20/06/09	Watford	1.55.42		U/20	Samantha Redgrave	01/07/11	Gateshead	2.11.03	
Snr	Chris Van-Rees	1970s	Crystal Palace	1.48.8		Snr	Mary Kitson	1980 s	?	2.10.8	

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1000 Metres Male					Notes	1000 Metres Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
U/13	N/A					U/13	Heidi Graham	?	?	3.15.5	
U/15	Max Williams	04/12/13	Lee Valley	2.54.93		U/15	Kerry Bailey	?	?	3.10.5	
U/17	Tom Payn	10/04/96	Watford	2.35.7		U/17	Kerry Bailey	?	?	3.05.8	
U/20						U/20					
Snr	Tom Payn	18/05/97	Loughborough	2.33.01		Snr	N/A				

1200 Metres Male					Notes	1200 Metres Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
U/13						U/13					
U/15	Richard Noone	?	?	3.32.0		U/15	Hayley Cole	01/03/92	Dagenham	3.55.8	
U/17	Tom Payn	20/04/96	Cambridge	3.13.3		U/17	Hayley Cole	14/03/93	Dagenham	3.47.0	
U/20						U/20					
Snr						Snr					

1500 Metres Male					Notes	1500 Metres Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
U/13	Henry Dover	12/05/18	Chelmsford	4.34.60		U/13	Mia Lawes	21/07/24	Chelmsford	4.56.7	
U/15	Henry Dover	29/08/20	Lee Valley	4.03.05		U/15	Laura Condron	25/06/05	Solihull	4.38.81	
U/17	Jordon Rowe	18/08/13	Ashford	4.00.51		U/17	Laura Condron	27/05/07	Ashford	4.41.57	
U/20	David Gibbon	28/06/09	Bedford	3.53.23		U/20	Laura Condron	10/05/08	Basildon	4.47.50	
Snr	Freddy Richardson	18/04/25	Ausa Calif. USA	3.43.27		Snr	Charlotte Goff	?	?	4.36.1	

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1 Mile Male					Notes	1 Mile Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
U/13	Mason Partridge	29/06/24	Chelmsford	6.06.28		U/13					
U/15	Arthur Ballard	06/08/21	Chelmsford	4.48.3		U/15	Sophia Harvey	29/06/24	Chelmsford	5.33.16	
U/17	Sam Plummer	24/06/23	Chelmsford	4.28.08		U/17	Naomi Sandercock	29/06/24	Chelmsford	5.18.77	
U/20	David Gibbon	25/05/09	Bedford	4.20.54		U/20	N/A				
Snr	Freddy Richardson	10/02/24	Boston USA	4.02.30		Snr	N/A				

3000 Metres Male					Notes	3000 Metres Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
U/13	Lee Bright	?	?	10.59.0		U/13	N/A				
U/15	Henry Dover	12/09/20	Norwich	8.58.5		U/15	N/A				
U/17	Adrian Mussett	1980 s	?	8.45.7		U/17	Laura Condron	13/06/07	Watford	10.24.16	
U/20	Robert Malseed		?	8.15		U/20	Grace Greenhalgh	1996	?	10.22.22	
Snr	Freddy Richardson	14/02/25	Boston USA	8.04.34		Snr	Nicola Rogers	20/09/08	Southend	10.00.04	

5000 Metres Male					Notes	5000 Metres Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
U/17						U/17					
U/20	Robert Malseed			14.58		U/20	Amy Milburn	23/06/23	Harrow	20.59.17	
Snr	Freddy Richardson	17/04/25	Boston USA	13.44.82		Snr	Danielle Tatum	11/05/08	Basildon	18.45.62	

10000 Metres Male					Notes	10000 Metres Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
U/20	Andrew Bright	1978	??	33.09		U/20					
Snr	Robert Malseed	?		29.32		Snr	Nothing Yet				

TRACK



Steeplechase Male					Notes	Steeplechase Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
U/17	Glynn Thomas	?	?	4.30.5	1500 S/C	U/17	Lucy Thompson	17/08/24	Dartford	5.47.19	1500 S/C
U/17	Ben Miller	2016	Croydon	6.54.1	2000 S/C	U/17	Lucy Thompson	09/07/23	Bromley	8.15.15	2000 S/C
U/20	Michael Porter		Cambridge	7.16.1	2000 S/C	U/20	Lucy Thompson	22/06/25	Kingston	5.45.3	1500 S/C
U/17	Ben Miller	09/07/16	Ashford	10.32.2	3000 S/C	U/20	Lucy Thompson	13/07/25	Finsbury Park	8.06.49	2000 S/C
U/20	Andrew Bright	1979	????	10.21.8	3000 S/C						
Snr	Robert Malseed	09/06/90	Basildon	6.08	2000 S/C						
Snr	Henry Emmerton	1988	?	9.13.0	3000 S/C						

Hurdles Male					Notes	Hurdles Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	Time	
U/13	Joshua Harvey	25/07/10	Kingston	12.52	75 H	U/13	Chloe Allam	02/03/24	Lee Valley	10.58	60 H
U/13	Matthew Lewis	1987	?	13.1	80 H	U/13	Sarah Claxton	14/06/92	Ipswich	11.1	70 H
						U/13	Angela Rothwell	1975	Crystal P	11.5	75 H
						U/13	M Pime	?		12.1	80 H
U/15	Thomas Cuninghame-F	12/03/11	Lee Valley	9.17	60H	U/15	Isobel Duah	2012	Lee Valley	9.97	60H
U/15	Damon Bainbridge	?	?	11.6	80 H	U/15	Nina Thompson	1987	?	10.9	75 H
U/15	Damon Bainbridge	?	?	15.3	100 H	U/15	Faye Manning	1987	?	12.0	80 H
U/17	Louis Persent	27/02/05	Birmingham	8.68	60 H	U/17	Nina Thompson	1989	?	11.3	80 H
U/17	Damon Bainbridge	09/07/88	Yeovil	13.3	100 H	U/17	Sarah Claxton	15/09/96	Cambridge	14.7	100 H
U/20	Damon Bainbridge	13/06/89	Harrow	15.0	110 H	U/20	Sarah Claxton	1997	?	13.65	100 H
Snr	Damon Bainbridge	29/06/90	?	15.55	110 H	Snr	Kate Sketchley	12/06/93	Crystal P	14.44	100 H

400 Hurdles Male					Notes	400/300 Hurdles Female					Notes
Age	Name	Date	Venue	time		Age	Name	Date	Venue	time	
U/17	Danny Corcos	Jul 71	Colchester	55.7		U/17	Sarah Granville	28/07/07	Chelmsford	47.9	300H
U/20	Danny Corcos	09/05/73	C Palace	54.2		U/20	Sian Sanders	?	?	66.5	
Snr	Danny Corcos	01/06/74	C Palace	53.6		Snr	Jo Nicklin	1993	Norwich	62.2	

JUMPS



High Jump Male					Notes	High jump Female					Notes
Age	Name	Date	Venue	Height (m)		Age	Name	Date	Venue	Height (m)	
U/13	Anthony Osbourne	?	?	1.51		U/13	Jane Falconer	1980s	?	1.65	
U/15	Neil Pilgrim	27/05/90	?	1.85		U/15	Jane Falconer	10/06/89	?	1.75	
U/17	Jakub Walecki	25/09/21	Derby	2.03		U/17	Jane Falconer	1990	?	1.76	
U/20	Jakub Walecki	19/09/21	Jerusalem	2.15		U/20	Kate Sketchley	17/05/92	Walthamstow	1.58	
Snr	Dimitri Solomonov	2016	Ashford	1.85		Snr	C Mann	?	?	1.66	

Long Jump Male					Notes	Long jump Female					Notes
Age	Name	Date	Venue	Distance (m)		Age	Name	Date	Venue	Distance (m)	
U/13	Paul Beaumont	?	?	4.90		U/13	Sarah Claxton	31/08/92	Ipswich	4.88	
U/15	Craig Beecham	1987	?	6.41		U/15	Sarah Claxton	28/08/94	Colchester	5.68	
U/17	Craig Beecham	25/06/88	Stoke	6.70		U/17	Sarah Claxton	16/06/96	Germany	6.27	
U/20	Arron Bollu	?	Ipswich	6.75		U/20	Sarah Claxton	05/09/97	Sheffield	6.53	
Snr	Craig Beecham	1990s	?	6.82		Snr	Sarah Claxton	As U/20			

Triple Jump Male					Notes	Triple jump Female					Notes
Age	Name	Date	Venue	Distance (m)		Age	Name	Date	Venue	Distance (m)	
U/15	Craig Beecham	?	?	12.39		U/15	Courtney Bland	27/08/12	Southend	8.62	
U/17	Nick Leach	July 78	Chesterfield	14.84		U/17	Jane Falconer	16/08/90	?	10.64	
U/20	Arron Bollu	?	Cambridge	13.88		U/20	Jane Falconer	1990	?	12.10	
Snr	Arron Bollu		Bury St E	13.84		Snr	Jane Falconer	31/08/93	Colchester	12.37	

Pole Vault Male					Notes	Pole Vault Female					Notes
Age	Name	Date	Venue	Height (m)		Age	Name	Date	Venue	Height (m)	
U/15	Matt Lewis	25/06/89	Stevenage	2.50		U/15	Kiera Fitzpatrick	10/06/27	Grays	2.00	
U/17	Samuel Davis	09/06/07	Chelmsford	3.00		U/17	Amy Milburn	22/07/10	Colchester	1.70	
U/20	Samuel Davis	07/07/08	Colchester	3.20		U/20	Amy Milburn	24/06/15	Eaton	1.20	
Snr	Liam Flynn	Jul 80	Watford	2.70		Snr	Sarah Kelley	17/08/19	Colchester	2.70	

THROWS



Shot Put Male					Notes	Shot Put Female					Notes
Age	Name	Date	Venue	Distance (m)		Age	Name	Date	Venue	Distance (m)	
U/13	John Stalham	1988	Colchester	9.46		U/13	Emma Blowers		Colchester	9.04	
U/15	Peter Pooran	1980s	?	14.18		U/15	Adanna Udechuku	11/06/25	Birmingham	14.08	
U/17	Peter Pooran	19/09/21	?	14.50		U/17	Rebecca Shreeve	14/07/90	Derby	11.89	
U/20	Steve Parsons	?	?	12.68		U/20	Jade Morgan	16/09/06	Derby	10.59	
Snr	Ian Blake	08/08/93	Colchester	13.01		Snr	Emma Blowers	01/07/89	?	10.99	

Discus Male					Notes	Discus Female					Notes
Age	Name	Date	Venue	Distance (m)		Age	Name	Date	Venue	Distance (m)	
U/13	Lee Fitzgerald		Kingston	26.52		U/13	Valarie Pain	1975	Colchester	33.41	
U/15	Steve Parsons	?	?	38.40		U/15	Emma Blowers	?	?	35.02	
U/17	Peter Pooran	1989	?	41.44		U/17	Emma Blowers	?	?	39.78	
U/20	Steve Parsons	?	Colchester	37.18		U/20	Kundai Matringe	27/06/10	Bedford	19.53	
Snr	Emeka Udechuku	11/05/24	Chelmsford	46.65		Snr	Emma Blowers	01/07/89	?	41.14	

Hammer Male					Notes	Hammer Female					Notes
Age	Name	Date	Venue	Distance (m)		Age	Name	Date	Venue	Distance (m)	
U/15	Steve Parsons	?	?	32.06		U/15	Adanna Udechuku	28/08/25	Colchester	46.08	
U/17	M Morseley	?	?	38.95		U/17	Mellisa Clapham	22/08/98	?	23.37	
U/20	A Burford	02/08/92	Peterborough	27.78		U/20	Mellisa Clapham	2000	?	38.15	
Snr	Neil Clare	27/05/89	?	36.26		Snr	Debbie Castle	09/07/16	Ashford	27.98	

Javelin Male					Notes	Javelin Female					Notes
Age	Name	Date	Venue	Distance (m)		Age	Name	Date	Venue	Distance (m)	
U/13	Justin Diaz	2005	Colchester	30.25		U/13	Fazia Kafala	21/07/19	Ipswich	26.97	
U/15	Adam Newley	05/09/93	Braintree	51.14		U/15	L McMordie	?	?	29.85	
U/17	Eric Hill	1976	Aldershot	58.94		U/17	Hannah Branch	?	?	37.01	
U/20	David Sketchley	15/06/95	Colchester	57.46		U/20	K Sketchley	13/05/92	Kingston	32.64	
Snr	Above?					Snr	Hannah Branch	10/06/89	?	46.88	
V 80	Robert Kimber	03/09/23	Bury St Edmunds	8.40							

Relays



4 x 100 Relay Male					Notes	4 x 100 Relay Female					Notes
Age	Name	Date	Venue	Distance (m)		Age	Name	Date	Venue	Distance (m)	
U/13		27/08/16	Southend	54.0		U/13		?	?	54.3	
U/15	F.Bates, J Asamoah, O.Alegah, F.Atiku,	01/08/24	Birmingham	45.91		U/15		?	?	50.8	
U/17		19/09/21	Southend	46.6		U/17		27/08/16	Southend	50.5	
Snr		?	?	43.5		Snr		12/09/93	Bedford	49.71	

4 x 400 Relay Male					Notes	4 x 400 Relay Female					Notes
Age	Name	Date	Venue	Distance (m)		Age	Name	Date	Venue	Distance (m)	
U/15		?	?	4.06.5		U/15					
U/17						U/17		?	?	3.52.5	
Snr		31/08/91	Wimbledon	3.29.0		Snr		?	?	3.57.4	

Multi Events



Pentathlon Male					Notes	Pentathlon Female					Notes
Age	Name	Date	Venue	Points		Age	Name	Date	Venue	Points	
U/13	Mason Partridge	28/09/25	Peterborough	1097		U/13	Ivy-Rose Hallahan	27/09/25	Peterborough	1584	
U/15	Robert Smith	Sep 99	Basildon	2610		U/15	Angela Rothwell	1975	Crystal P	3094	
U/17	Louis Persent	Jan 06	Carshalton I	3273							
Snr						Snr	Kate Sketchley	10/08/91	Haringey	3271	

Heptathlon Female					Notes
Age	Name	Date	Venue	Points	
U/17	Jo Nicklin	?	?	4277	
U/20	Jade Morgan	17/09/06	Derby	4278	
Snr	Kate Sketchley	31/05/92	Barnet	4509	

Octathlon Male					Notes
Age	Name	Date	Venue	Points	
U/17	Louis Persent	25/09/06	Bedford	4799	

Decathlon Male					Notes
Age	Name	Date	Venue	Points	
U/20	Tom Payn	19/09/98	Hull	5409	

ROAD RUNNING RECORDS

Standard distances only



PARK RUNS are not included because of the wide variability in courses and measurement accuracy.

5 K Road Male					Notes	5 K Road Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
U/13	Rowan Stringer	08/08/25	Colchester	18.23		U/13					
U/15	??					U/15	Sophia Harvey?	03/03/24	Chelmsford	20.23	
U/17	Sam Plummer	19/09/21	Colchester	15.08		U/17	Naomi Sandercock	09/08/24	Colchester	20.37	
U/20	Freddy Richardson	13/12/20	Ardingly	14.47		U/20					
Snr	Freddy Richardson	08/08/25	Colchester	14.19		Snr	Sarah Stradling	05/07/08	Norwich	17.52	

5 Mile Road Male					Notes	5 Mile Road Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
U/17	David Gibbon	15/07/06	Gt Bentley	26.57							
U/20	Sam Clayton	20/05/11	Ipswich	27.34		U/20	Danielle Tatum	09/04/04	Sudbury	30.45	
Snr	Alex Gladley	07/07/23	Bentley	24.50		Snr	Sarah Stradling	10/07/09	Gt Bentley	29.02	

10 K Road Male					Notes	10 K Road Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
U/17	Sam Clayton	13/06/10	Bluewater	35.55		U/17	Amy Milburn	14/05/23	Colchester	42.15	
U/20	David Gibbon	18/11/07	Chelmsford	33.23		U/20	Danielle Tatum	20/11/05	Chelmsford	39.43	
Snr	Freddy Richardson	14/12/25	Telford	28.57		Snr	Sarah Stradling	15/06/08	Bluewater	35.56	

10 Mile Road Male					Notes	10 Mile Road Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
Snr	Glynn Thomas	10/10/84	Tipton	49.32		Snr	Sarah Stradling	06/11/12	Stebbing	59.5	



ROAD RUNNING RECORDS

Standard distances only

PARK RUNS are not included because of the wide variability in courses and measurement accuracy.

Half Marathon Male					Notes	Half Marathon Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
U/20	Ben Howard	14/09/25	Halstead	99.49							
Snr	Sam Clayton	03/02/23	GtBentley	1.09.29		Snr	Sarah Stradling	29/03/09	Wilmslow	1.17.34	

20 Mile Male					Notes	20 Mile Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
Snr	Edwin Butcher	07/05/66	Colchester	1.51.45		Snr	Margaret Deasy	15/02/04	Chelmsford	2.09.14	

Marathon Male					Notes	Marathon Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
Snr	Gladley Alex	02/10/22	London	2.22.59		Snr	Margaret Deasy	18/04/04	London	2.52.00	