WADAC, MEN'S ROAD RUNNING RECORDS - updated August 2019

EVENT	AGE	TIME	ATHLETE	DATE	LOCATION	EVENT	UK
5 k	Under 15	16:50	Keir Sullivan	27-May-15	Portsmouth	Lakeside 5K Series	14
	Under 17	16:00	James Heneghan	27-Jul-16	Portsmouth	Lakeside 5K Series	77
	Under 20	00:15:29	Toby Cooke	27/07/16	Portsmouth	Lakeside 5K Series	37
	Senior	14:58	Chris Powner	15-Dec-12		Event 90	64
	Vet 40	15:46	Alan Murchison	15-Dec-12	Poole	Event 90	17
	Vet 45	16:49	Martin Mannion	27-Aug-14	Portsmouth	Lakeside 5K Series	49
	Vet 50	16:15	Paul Stoodley	28-Aug-13	Portsmouth	Lakeside 5K Series	3
	Vet 55	18:25	Bernard Bennett	1991			
	Vet 60	20:39	Jonathan Kane	2003			
	Vet 65	20:08	Richard Gould	2002			
	Vet 70	20:29	Wiliam Davies	2000			
	Vet 75	22:44	Wiliam Davies	10-Aug-05	Portsmouth	Promenade	
	Vet 80	24:32	Wiliam Davies	01-Sep-10	Portsmouth	Promenade	1
10 k	Under 15	36:44	Calum Upton	25-Mar-12	Eastleigh	B&Q Eastleigh 10k	28
	Under 17	32:55	James Heneghan	30/05/16	London	Vitality 10K	
	Under 20	32:34	James Heneghan	15-Apr-18	Brighton	Brighton Marathon 10k	
	Senior	29:32	Toby Lambert	07-Feb-10	Chichester	Priory 10k	13
	Vet 35	00:30:03	Toby Lambert	08/02/15	Chichester	Chichester Priory 10K	5
	Vet 40	31:42	Alan Murchison	23-Mar-14	Eastleigh	Eastleigh 10k	3
	Vet 45	34:17	Simon Stevens	18-Jan-15	Stubbington	10k Road	5
	Vet 50	33:36	Paul Stoodley	25-Mar-12	Eastleigh	Eastleigh 10k	2
	Vet 55	36:27	Bernard Bennett	1991			
	Vet 60	39:50	Bernard Bennett	1998			
	Vet 65	41:22	Richard Gould	2001			
	Vet 70	42:09	Wiliam Davies	2000			
	Vet 75	46:34	Wiliam Davies	11-Dec-05	Christchurch	Christmas 10k	
	Vet 80	52:30	Wiliam Davies	14-Aug-11	Merthyr Tydfil	Welsh 10k Champs	1
5 Miles	Under 15	29:27	Calum Upton	27-Oct-12	Portsmouth	Victory 5	32
	Under 17	27:51	Kier Sulivan	6-Dec-15	Portsmouth	Victory 5	9
	Under 20	26:43	Toby Cooke	06/09/15	Overton	Overton 5M	12
	Senior	23:49	Toby Lambert	24-Jan-10	Romsey	Romsey 5	7
	Vet 35	00:25:21	Toby Lambert	06/09/15	Overton	Overton 5M	5
	Vet 40	26:23	Alan Murchison	07-Sep-13	Overton	Overton 5M	13
	Vet 45	27:52	Marius Kwint	19-Sep-10	Portsmouth	Victory 5	40
	Vet 50	27:52	Paul Stoodley	26-May-14	Columbus	UACA Men's Day	2
	Vet 55	31:20		1992			
	Vet 60	32:57	Martyn West	07-Sep-13	Overton	Overton 5M	41
	Vet 65	31:57	Richard Gould	2002			
	Vet 70	33:35	Wiliam Davies	2002			
	Vet 75	37:32	Wiliam Davies	04-Dec-05	Portsmouth	Victory 5	1
	Vet 80	40:59	Wiliam Davies	19-Sep-10	Portsmouth	Victory 5	3
10 Miles	Under 17	01:02:23	Calum Upton	9-Mar-14	Salisbury	Salisbury 10	1
	Under 20	55:34	Calum Upton	25-Oct-15	Portsmouth	Great South 10M (EA Championships)	2
	Senior	48:59	Chris Powner	12-Feb-12	Bramley	Bramley 10	1
	Vet 35	00:52:45	Toby Lambert	10/05/15	Alton	Alton 10	8
	Vet 40	53:35	Alan Murhison	06-Apr-12	Maidenhead	Easter 10	5
	Vet 45	57:15	Simon Stevens	08-Mar-15	Sailsbury	10k Road	17
	Vet 50	57:06	Paul Stoodley	11-Mar-12	Salisbury	Salisbury 10	2
	Vet 55	59:43	Bernard Bennett	1990			
	Vet 60	01:07:34	Bernard Bennett	1996			
	Vet 65	01:08:25	Richard Gould	2001			
	Vet 70	01:10:17	Wiliam Davies	2000			
	Vet 75	01:16:53	Wiliam Davies	07-Sep-05	Portsmouth		
	Vet 80	01:28:09	Wiliam Davies	07-Nov-10	Southampton	Lordshill 10	1
20 Miles	Under 20	02:42:01	Tom Oliver	10-Mar-13	Christchurch	Zoom Mad March 20	-
	Senior	01:55:56	Simon Stevens	15-Feb-09	Bramley	Bramley 20	38

PREVIOUS RECORDS

Time.	Athlete.	Date.	Time.	Athlete.	Date.	Time.	Athlete.	Date.
17:28	Keir Sullivan	25-Oct-14						
16:09	Bonnor Sullivan	25-Oct-14	16:45	Bert Leach	29-Oct-11			
16:15	Calum Upton	27-May-15	16:31	Robert Leach	11-Sep-13	16:44	Matt Duffin	15-Dec-12
15:13	Chris Powner	02-Nov-07	15:52	Mark Gregory	2002			
16:04	Alan Murchison	08-Jun-11	16:47	Marius Kwint	16-Jul-09			
17:09	Keith Taylor	2001						
17:48	Bernard Bennett	1987						
35:04	Bonnor Sullivan	22-Mar-15	35:45	Calum Upton	24-Mar-13	36:44	Calum Upton	25-Mar-12
32:36	Philip Bernsten	28-Mar-10	36:17:00	Alex Pritchard	2003			
31:38	Nick Anderson	2000						
33:11	Alan Murchison	30-May-11	33:14	George Hide	2007			
34:50	Martin Mannion	28-May-14	35:31	Marius Kwint	16-Jan-11			
35:25	Bernard Bennett	1986						
53:42	Wiliam Davies	12-Oct-10						
28:40	Calum Upton	15-Sep-13						
27:55	Matthew Duffin	16-Sep-12						
25:25	M Gregory	2003						
27:28	Simon Stevens	18-Sep-11	27:52	Marius Kwint	05-Sep-09			
28:27	Keith Taylor	2001						
28:23	Paul Stoodley	01-Sep-12	28:33	Bernard Bennett	1987			
34:07	Bernard Bennett	1998						
56:09	Andy Greenleaf	06-Jun-03						
49:38	Toby Lambert	07-Mar-10	52:20	M Jones	1988			
56:19	Simon Stevens	07-Nov-10	56:20	George Hide	2007			
58:41	Paul Sidaway	2003						
57:17	Bernard Bennett	1986						
01:59:58	George Hide	2002						

	Vet 35	02:01:24	Ryan Snell	15/02/15	Bramley	Bramley 20	24
	Vet 40	01:55:56	Robin Houghton	15-Feb-09	Bramley	Bramley 20	
	Vet 45	02:05:35	Paul Sidaway	2002			
	Vet 50	02:14:25	Steve Goodwin	2006			
	Vet 55	02:19:12	Steve Oliver	13-Mar-16	Ruislip	Finchley 20	
	Vet 60	02:29:59	Jonathan Kane	25-Jun-05			
	Vet 65	02:34:22	Jonathan Kane	01-Mar-09	Christchurch	Mad March 20	5
	Vet 70	02:38:46	Jonathan Kane	10-Mar-13	Christchurch	Mad March 20	2
	Vet 75	03:16:36	Jonathan Kane	11-Feb-18	Bramley	Bramley 20	
	Vet 80						

02:14:15	Tony Britten	2002						
02:24:46	Malcolm Leatherdale	2002						