



Cambridge Harriers Men's Road Running Records (Senior to M55)

	Senior	M35	M40	M45	M50	M55
5km						
5 Mile						
10km						
10 Mile						
Half Marathon		1:19:15 Ben Shearer Wokingham 19/02/2012	1:08:08 Ben Shearer Paddock Wood 07/04/2019	1:10:30 Ben Shearer Paddock Wood 13/03/2022	1:18:57 Christian Poulton Paddock Wood 02/04/2017	
20 Mile						
Marathon	2:15:31 Keith Penny London 29/03/1981	2:25:13 Ben Shearer London 24/04/2016	2:23:23 Ben Shearer Valencia (ESP) 01/12/2019	2:25:37 Ben Shearer Valencia (ESP) 05/12/2021	2:45:38 Christian Poulton London 23/04/2017	