



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

	Senior	M35	M40	M45	M50	M55
5km		14:52 Christopher Loudon Battersea Park 21/04/2023	15:14 Ben Shearer London 16/07/2019	15:41 Ben Shearer Battersea Park 15/09/2022	17:59 Christian Poulton Battersea Park 01/06/2017	19:30 Graham Maynard Hyde Park 29/04/2022
5 Mile						
10km	31:58 Tom Brooke Battersea Park 01/04/2023	31:53 Ben Shearer Eastleigh 24/03/2013	31:43 Ben Shearer Battersea Park 22/02/2020	32:16 Ben Shearer Battersea Park 20/10/2021	36:01 Christian Poulton London 30/05/2016	37:09 Christian Poulton Hyde Park 01/01/2022
10 Mile						
Half Marathon	1:05:41 Dean Lacy Bath 01/03/2015	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	1:20:50 Christian Poulton Paddock Wood 13/03/2022
20 Mile						
Marathon	2:15:08 Barry Watson Rotherham May 1976	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	2:55:31 Christian Poulton London 03/10/2021