

Distance	U20M	Senior	MV40	MV45	MV50	MV55	MV60	MV65	MV70	MV75
1 Mile	04:52 Jake Martin 14 Sep '16 Denton	04:42.0 Martin Kerr 15 Mar '17 Denton	05:32 T Spate	05:14 Matt Lynas 16 Sept '15 Denton	06:48 Richie Wheatcroft 20 Apr '16 Denton	06:08 Andy Bradley 18 Nov '15 Denton	06:15 Andy Bradley 16 Dec'15 Denton	07:06 Dave Keegan 21 Oct '15 Denton	Time Name Date / Location	Time Name Date / Location
3km	12:31 Jack Surgay 09 April 15 DerbyFR	08:59.4 David Rouse 07 May '91 Derby Trials	13:26 Steve Emerton 09 April 15 DerbyFR	14:56 Luke Bremmer 09 Apr '17 Derby SF						
5km	16:54 Jake Martin 16 Nov 16 D Denton	15:04 David Rouse 29Jul '90 L'borough	17:50 Tuhin Wahid 18 Nov '15 Denton	17:20 Matt Lynas 16 Sept '15 Denton	20:00 Richie Wheatcroft 16 Nov'16 D Denton	20:53 Chris Pooley 22 Oct '16 Parkrun (M)	20:01 Andy Bradley 23 Jan'16 Parkrun (LE)	24:17 Dave Keegan 05 Sep'15 Parkrun (LE)	38:17 Graham Pickering 01 Apr'15 D Nunn	27:00 Graham Barratt 01 Apr'15 D Nunn
5 Miles	28:44 Jake Martin 09 Oct'16 G Gates	25:18 David Rouse 01 Sep '91 Erewash	29:47 Marcel Darling 10 May'15 Wymeswold	29:24 Matt Lynas 14 Jul'16 JCB Lakeside	32:31 Richie Wheatcroft 09 Oct'16 G Gates	34:58 Andy Bradley 08 Mar'15 Weston	46:40 Andrew Simons 08 Mar'15 Weston	35:23 Roger Booth 08 Mar'15 Weston	54:09 Steve Aynsley 09 Oct'16 G Gates	Time Name Date / Location
10km	41:34 Liam Regan 17 Apr '16 Derby SF	31:32 Martin Flowers 04 Jul '89 Sinfyn	36:06 Tuhin Wahid 06 Sep'15 Wilne	35:07 Matt Lynas 17 Apr '16 Derby SF	40:04 Chris Pooley 19 Apr'15 Derby10k	42:47 Andy Bradley 22 Nov '15 H Pud 10K	42:39 Andy Bradley 5 Aug'16 Castle Rock	54:07 Dave Keegan 22 Nov '15 H Pud 10K	1:09:34 Steve Aynsley 06 Apr'17 D Nunn	Time Name Date / Location
8 Miles	Ian Carter / 43:34 / 8th Jun '87 Sinfyn 8									
15km	Time Name Date / Location	1:05:37 A Powell 06 Ap'17 D Nunn	1:00:10 Steve Emerton 01 Apr'15 D Nunn	58:54 Matt Lynas 30 Jul'16 Meerbrook	Time Name Date / Location	Time Name Date / Location	Time Name Date / Location	Time Name Date / Location	Time Name Date / Location	Time Name Date / Location
10 Miles	Time Name Date / Location	53:17 Martin Flowers 03 Aug '86 Derby AC 10	01:02:09 Marcel Darling 06 Sep'15 J Fraser	00:59:46 Matt Lynas 19 Jul'15 Hawkes 10	1:6:53 Richie Wheatcroft 6 Nov'16 Derby 10	01:12:24 Chris Pooley 6 Nov'16 Derby 10	Time Name Date / Location	Time Name Date / Location	Time Name Date / Location	Time Name Date / Location
20km	1:42:10 James Realey 01 Apr'15 D Nunn	1:14:14 Shaun Cooper 2011 D Nunn	1:35:50 Paul Brunt 01 Apr'15 D Nunn	1:24:50 Matt West 06 Ap'17 D Nunn	1:27:40 Ritchie Wheatcroft 23 Oct'16 D Nunn	1:45:00 Dave Thornton 01 Apr'15 D Nunn	1:31:02 Dave Thornton 06 Ap'17 D Nunn	1:42:15 John Thornton 06 Ap'17 D Nunn	Time Name Date / Location	Time Name Date / Location
½ Marathon	1:24:12 Sam White 09 Oct'15 Derby City	1:10:55 Martin Flowers 19 Oct '86 Field Lane	1:20:15 Tuhin Wahid 25 Oct'15 Worksop	1:17:18 Matt Lynas 27 Sep'15 Ealing	1:30:03 Richie Wheatcroft 25 Sep'16 Robin Hood	1:32:07 Andy Bradley 25 Oct'15 Leicester	1:32:04 Andy Bradley 03 Apr'16 Reading	1:57:49 Dave Keegan 12 Dec '15 KT Trot	Time Name Date / Location	Time Name Date / Location
20 Miles	2:48:07 James Realey 22 Mar '15 Ashby	1:58:03 Sam Pearch 22 Mar '15 Ashby	2:11:03 Marcel Darling 22 Mar '15 Ashby	2:01:32 Matt Lynas 06 Sep'15 G Ball	2:23:42 Richie Wheatcroft 20 Mar '16 Ashby	Time Name Date / Location	2:30:56 Andy Bradley 20 Mar '16 Ashby	Time Name Date / Location	Time Name Date / Location	Time Name Date / Location
Marathon	3:40:35 James Realey 26 Apr '15 London	2:29:59 Pete Hahn 22 Apr '90 London	2:52:28 Marcel Darling 26 Apr '15 London	2:39:08 Matt Lynas 24 Apr '16 London	03:08:48 Richie Wheatcroft 24 Apr '16 London	3:38:04 Andy Bradley 16 May'15 White Peak	3:23:43 Andy Bradley 24 Apr '16 London	3:20:29 Roger Booth 26 Apr '15 London	4:07:28 Bill Mitchell 17 May '15 Riga	Time Name Date / Location
50k		3:10:58 Pete Hahn 11Aug'91 East London		3:22:36 Matt Lynas 26 Mar '16 2 Oceans					6:40:33 Bill Mitchell 19 Jul'15 Fairlands	