

Stevenage Phoenix Running Club - age category records

	1 mile	5k	5 miles	10k	10 miles	Half marathon	20 miles	Marathon	50 km	50 miles	100km	100 miles
Men												
Senior	Alex Wasley Run around the garden 21/09/2025 05:15	Alex Wasley Menzies 5k 14/09/2025 18:22	Alex Wasley Phoenix 5 11/05/2025 31:13	Alex Wasley RunThrough QE Olympic Park 10k 01/02/2025 38:27	Alex Wasley BrightEN 10 19/01/2025 01:06:41	Alex Wasley London landmarks 06/04/2025 1:24:21	Jay Papa Oakley 20 24/03/2024 2:22:27	Jay Papa Manchester marathon 14/4/24 3:21:01	James Woodcock The Goring Gap 19/5/2024 6:21:21	TBC	TBC	TBC
MV40	Lewis Green Run around the garden 21/09/2025 06:14	Ian Harvey Doug Anderson 5k 17/7/2024 19:39	Lewis Green Hatfield 5 26/11/2023 34:28	Ian Harvey Harlow Mwl 19/6/2024 41:33	Ian Harvey Cabbage Patch 15/10/2023 1:12:38	Graham Eden Stevenage half 19/10/2025 1:37:29	Lewis Green Oakley 20 24/03/2024 2:51:25	Graham Eden The Kilkeny marathon 13/09/2025 3:47:37	Lewis Green Run to the Sea 6/5/2023 6:15:30	Lewis Green LDWA Winter Poppyline 11/02/2024 12:20:56	Lewis Green Race to the Stones 9/7/2023 19:31:12	TBC
MV50	TBC	Simon Lodge Resolution 5k 30/04/2025 17:41	Simon Lodge The Phoenix 5 11/5/2025 29:45	Simon Lodge Green Park Reading 10k 01/06/2025 36:48	Ian Young Bedford 10 26/01/2025 1:16:00	Paul Smith Cambridge half 5/3/2023 1:37:05	Paul Smith Oakley 20 26/3/2023 2:51:02	Paul Smith Manchester Marathon 16/4/2023 4:00:31	TBC	TBC	TBC	TBC
MV60	TBC	Neil Homewood Doug Anderson 5k 19/7/2023 27:05	Wayne Simmons Hatfield 5 26/11/2023 39:12	Paul Smith Standalone 10k 05/10/2025 46:35	Paul Smith Leighton 10 21/09/2025 1:20:36	Paul Smith Cambridge half 3/3/2024 1:40:35	Paul Smith Oakley 20 24/3/2024 2:51:20	TBC	TBC	TBC	TBC	TBC
MV70	TBC	Ken Hall Hatfield 5k 04/09/2024 23.42	Ken Hall Hatfield 5 26/11/2023 40:19	Ken Hall Standalone 10k 06/10/2024 49:40	TBC	TBC	TBC	TBC	TBC	TBC	TBC	TBC

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