

| AGE CATEGORY | DISTANCE | TIME | NAME | DATE | EVENT |
|-----------------|---------------|----------------|-----------------|------------|------------------|
| Senior | 5K | 15.36 | Neil Boniface | 28/07/2010 | Bexhill On Sea |
| Senior | 10K | 31.16 | Neil Boniface | 21/11/2010 | Brighton |
| Senior | 10 Miles | 59.31 | Matt Mason | 15/10/2023 | Twickenham |
| Senior | Half Marathon | 69.06 | Neil Boniface | 20/03/2011 | Reading |
| Senior | Marathon | 2.26.46 | Neil Boniface | 17/04/2011 | London |
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| Veteran over 35 | 5K | 16.21 | Neil Boniface | 30/07/2014 | Bexhill On Sea |
| Veteran over 35 | 10K | 30.54 | Neil Boniface | 08/02/2015 | Chichester |
| Veteran over 35 | 10 Miles | 53.34 | Neil Boniface | 26/10/2014 | Portsmouth |
| Veteran over 35 | Half Marathon | 68.37 | Neil Boniface | 02/03/2014 | Reading |
| Veteran over 35 | Marathon | 2.31.26 | Neil Boniface | 13/04/2014 | London |
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| Veteran over 40 | 5K | 17.01 | Dean Angell | 10/06/2007 | Hove |
| Veteran over 40 | 10K | 31.36 | Neil Boniface | 19/03/2017 | Eastleigh |
| Veteran over 40 | 10 Miles | 52.54 | Rob Brundish | 15/10/2023 | Portsmouth |
| Veteran over 40 | Half Marathon | 68.48 | Neil Boniface | 02/04/2017 | Paddock Wood |
| Veteran over 40 | Marathon | 2.23.10 | Rob Brundish | 21/04/2024 | London |
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| Veteran over 45 | 5K | 16.54 | Bryan Camfield | 31/07/2013 | Bexhill On Sea |
| Veteran over 45 | 10K | 34.32 | Gary Tomlinson | 24/03/2024 | Mels Milers |
| Veteran over 45 | 10 Miles | 57.04 | Gary Tomlinson | 05/05/2024 | Haywards Heath |
| Veteran over 45 | Half Marathon | 74.49 | Gary Tomlinson | 16/03/2025 | Woking |
| Veteran over 45 | Marathon | 2.43.45 | Bryan Camfield | 22/04/2012 | London |
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| Veteran over 50 | 5K | 33.43 | Ian Hines | 11/06/2023 | Wisborough Green |
| Veteran over 50 | 10K | 35.50 | Pete O'Connell | 06/02/2011 | Chichester |
| Veteran over 50 | 10 Miles | 63.07 | Bryan Camfield | 26/10/2019 | Lea Valley |
| Veteran over 50 | Half Marathon | 79.49 | Dean Angell | 01/04/2012 | Reading |
| Veteran over 50 | Marathon | 2.51.38 | Bryan Camfield | 08/10/2017 | Chester |
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| Veteran over 55 | 5K | 17.56 | Pete O'Connell | 08/05/2016 | Wisborough Green |
| Veteran over 55 | 10K | 36.18 | Pete O'Connell | 07/02/2016 | Chichester |
| Veteran over 55 | 10 Miles | 64.48 | Dean Angell | 02/06/2019 | Brockham |
| Veteran over 55 | Half Marathon | 83.17 | Keith Valentine | 02/11/2008 | Barns Green |
| Veteran over 55 | Marathon | 3.06.20 | Stuart Adesilu | 13/10/2019 | Chicago |
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| Veteran over 60 | 5K | 18.39 | Pete O'Connell | 05/04/2021 | Ardingly |
| Veteran over 60 | 10K | 37.50 | Dean Angell | 09/10/2022 | Worthing |
| Veteran over 60 | 10 Miles | 75.35 | Steve Wilson | 26/05/2013 | Peasmarsh |
| Veteran over 60 | Half Marathon | 88.24 | Simon Markham | 16/03/2025 | Woking |
| Veteran over 60 | Marathon | 3.18.52 | John Dyckes | 26/04/2015 | London |
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| Veteran over 65 | 5K | 23.00 | Christopher Lee | 02/04/2024 | Battersea |
| Veteran over 65 | 10K | 44.25 | Steve Wilson | 05/02/2017 | Chichester |
| Veteran over 65 | 10 Miles | 77.49 | John Dyckes | 21/10/2018 | Portsmouth |
| Veteran over 65 | Half Marathon | 1.41.06 | Dave Dawson | 26/09/2021 | Barns Green |
| Veteran over 65 | Marathon | 3.37.53 | Crispin Scott | 07/04/2024 | Brighton |
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| Veteran over 70 | 5K | | | | |
| Veteran over 70 | 10K | 50.10 | Geoff Fisher | 27/11/2022 | Dunsfold |
| Veteran over 70 | 10 Miles | 88.13 | Geoff Fisher | 16/10/2022 | Portsmouth |
| Veteran over 70 | Half Marathon | 1.47.59 | Jim Hawthorne | 30/09/2018 | Barns Green |
| Veteran over 70 | Marathon | 4.34.52 | Brian Vine | 22/04/2012 | London |