

CLUB RECORDS - MEN

5K RACE

	<u>RUNNER</u>	<u>TIME</u>	<u>EVENT</u>	<u>YEAR</u>
1	Alex Haines	15:44	SSAFA 5k Cardiff	2001
2	Ben Butler-Madden	15:49	Summer Sizzler	2019
3	Richard Jackson-Hookins	16:19	SSAFA 5k Cardiff	2017
4	Gary Brown	16:31	Summer Sizzler	2018
5	Darren Hendley	16:52	SSAFA 5k Cardiff	2002

parkrun

1	Ben Butler-Madden	15:49	Cardiff	2019
2	Richard Jackson-Hookins	15:50	Cardiff	2017
3	Sam Humphrey	16:02	Cardiff	2021
4	Gary Brown	16:36	Cardiff	2019
5	Ian Southwell	17:19	Cardiff	2019

5 Miles

1	Richard Jackson-Hookins	26:50	Old Father Time	2017
2	Clem Clement	27:10	Old Father Time	1994
3	Ben Butler-Madden	27:20	Old Father Time	2017
4	Gary Brown	27:43	Old Father Time	2019
5	Andrew Martin	28:19	Glyneath	1994

10K

1	Phil Clarke	32:37	Cornelly	1995
2	Alex Haines	32:41	Cardiff	2001
3	Richard Jackson-Hookins	33:16	Swansea	2017
4	Ben Butler-Madden	33:17	Cardiff Bay	2019
5	Gary Brown	33:46	Cardiff	2018

Half Marathon

1	Paul Millar	70:49	Lake Vyrnwy	1998
2	Ben Butler-Madden	72:50	Paddock Wood	2019
3	Richard Jackson-Hookins	73:49	Cardiff	2017
4	Sam Humphrey	75:01	Llanelli	2021
5	Gary Brown	75:02	Bristol	2019

Marathon

1	Ben Butler-Madden	2:32:23	London	2019
2	Richard Jackson-Hookins	2:34:46	Abingdon	2017
3	Paul Millar	2:39:45	Chicago	1998
4	Clem Clement	2:42:39	London	1997
5	Gary Brown	2:46:18	Newport	2019