

We plan to include times for distances recorded for best performances by the National Union of Track Statisticians – 15 kms, 10 miles, half-marathon and marathon. Beyond these we show the ultra-distances in tens of miles up to 50 miles, tens of kilometres up to 50 kilometres, plus 100 kilometres, 100 miles and the three standard elapsed time runs of 6, 12 and 24 hours. For some of these events no Belgrave performances have been recorded but research is still ongoing – in particular searching for split times in the Comrades Marathon and Isle of Man Races from the 1960s.

Senior Men

5 kms	13:27	Nick Goolab	3 Herculis 5k, Monaco, MON	16 Feb 2020
5 miles	22:18	¹ Paul Evans M35	2 Puma Cell 5 miles, Welwyn	31 Mar 1997
	23:17	Gerry North	2 Bracknell '5'	3 Aug 1968
	23:17	Paul Evans M35	2 Hillingdon '5', Ruislip	28 Feb 1999
10 kms	28:13	Paul Evans M35	1 Silvesterlauf, Dusseldorf, GER	8 Jan 1995
15 kms	44:26	Paul Evans M35	11 Zevenheuvelenloop, Nijmegen, NED	24 May 1999
10 miles	46:11	Gary Staines	1 BUPA Great South Run, Portsmouth	10 Oct 1993
20 kms	58:47	Paul Evans M35	1 20 of Alphen, Alphen aan den Rijn, NED	9 Mar 1996
½ Marathon	1:00:09	² Paul Evans	1 Marrakesh Half Marathon, MAR	15 Jan 1995
	1:01:18	Paul Evans	4 Great North Run, Newcastle to South Shields	14 Sep 1997
30 kms +	1:40:56	³ Henry Hart	- 5th IAU & WMA 50k World Champs, New Delhi, IND	14 Mar 2026
20 miles				
40 kms +	2:14:41	⁴ Henry Hart	- 5th IAU & WMA 50k World Champs, New Delhi, IND	14 Mar 2026
Marathon	2:08:52	Paul Evans	1 LaSalle Bank Chicago Marathon, IL, USA	20 Oct 1996
30 miles +	2:46:12	^{5,6} Ollie Garrod	- 37th Annual Barry 40, Jenner Pk. Track, Barry	5 Mar 2023
50 kms	2:48:32	Henry Hart	5 5th IAU & WMA 50k World Champs, New Delhi, IND	14 Mar 2026
40 miles	3:45:07	⁷ Ollie Garrod	1 37th Annual Barry 40, Jenner Pk. Track, Barry	5 Mar 2023
50 miles				
100 kms	6:37:18	Henry Hart	1 Anglo-Celtic Plate & British Champs., Mallory Park	3 May 2025
100 miles				

Under 20 Men

5 miles	23:33	Kassa Tadesse	5 Mizuno Sportsworld Classic, Dublin IRL	2 May 1993
10 kms	29:20	Kassa Tadesse	11 Yorkshire Electricity Barnsley 10k	17 Oct 1993
10 miles	47:43	Kassa Tadesse	8 BUPA Great South Run, Portsmouth	10 Oct 1993
Marathon	2:19:14	Kassa Tadesse	1 Citta di Livorno, Livorno, ITA	14 Nov 1993

¹ Course reported to be 10.6 yards short. In view of this, the next best time is also shown.

² Course reported to be short, but it is unknown as to how short it was.

³ Paul Evans must have gone through 30 kms in about 1:31:38, 20 miles in 1:38:23 and 40 kms in 2:02:10 during his epic Boston Marathon run in 1996, but no official split times have been found. There will have been a few others – Staines, Dent, Fyfe and Edwards – on their way to fast marathons; but again no official split times available.

⁴ Ibid.

⁵ Official 30 mile split during Ollie Garrod's 40 miles record run.

⁶ We have no official 30 mile split, but Henry Hart must have gone through 30 miles in about 2:42:45 during his 50 kms record run.

⁷ World Best time.