

Abbreviations

- A... - If preceded by a number this indicates that the result was split into A and B strings (e.g. 4B – 4th in B string). If preceded by a number and 'r' then this indicates that the race was one of a series, possibly graded, designated A, B, C, etc. (e.g. 3rC = 3rd in race C). Sometimes the graded races are identified by a number (e.g. 1r2 = 1st in race 2, or where there is more than one series of races at a sprints meeting then 1r2.2 = 1st in series 2 race 2).
- AAA - Amateur Athletic Association.
- a - Altitude.
- BAL - British Athletics League
- BUCS - British Universities & Colleges Sport
- CAU - Counties Athletic Union
- d - Decathlon.
- dt - Doubtful timing
- e - Estimated.
- EM - Elite Men.
- h - Heat (e.g. 1h2 = 1st in heat 2).
- i - Indoor performance.
- Inv. - Invitational.
- m - Position in race at the time an intermediate time was published, even though place times and other down the field may have been recorded.
- MSL - Men’s Southern League (until 2010).
- n - Not a winning time. In earlier days often only the winners time was taken using the stipulated three timekeepers.
- NJL - National Junior League.
- ns - non-scoring.
- nwi - No wind-speed indicator.
- q - Quarter-final (e.g. 3q4 = 3rd in quarter final 4).
- r - Race number, used where there is more than one race, usually graded.
- s - Semi-final (e.g. 4s2 = 4th in semi-final 2).
- SAL - Southern Athletics League (from 2011, Men and Women).
- SCAAA - Southern Counties Amateur Athletics Association (from 1961 to 1990, formerly Southern Committee of AAA).
- SCWAA - Southern Counties Women’s Amateur Athletic Association (from 1930 to 1990).
- SEAA - South of England Athletics Association (from 1991 – formed from SCAAAA and SCWAAA)
- SLAN - South London Area Network.
- UKWAL - United Kingdom Women’s Athletics League.
- UKYDL - United Kingdom Youth Development League.
- + - Official intermediate time taken during a longer race.

Consolidated lists over imperial and metric distances

To facilitate the ranking of athletes over the Club’s full history, times set over imperial distances have been converted using a formula for each individual case, i.e., not simply adjusting the time by a set figure for the event. Where the equivalent metric distance is longer, then the assumption is that the race pace would have been maintained for the additional distance. Converted performances may be identified by the presence, after the runner’s name, of the time set for the actual race.

100 yds = 91.44 metres
220 yds = 201.168 metres
440 yds = 402.336 metres

880 yds = 804.672 metres
1 mile = 1,609.344 metres
3 miles = 4,828.032 metres

6 miles = 9,656.064 metres

General notes

Where we are unsure of or do not know performance detail such as position, meeting title, venue or date, we have indicated this with *italics*. Further information would be welcomed, as indeed would be full first names where an initial only is shown.

Only performances where the athlete was a member of Belgrave Harriers are shown. Better performances may have been set before or after membership if the athlete moved clubs.

Performances recorded by earlier statisticians who have marked them ‘unsubstantiated’ or ‘unofficial’ have not been shown in the main list – for all we know, such times may have been taken from the spectator’s stand or during a training time trial. These ‘unofficial’ times, seem to show up for the same people in different events. We have included such times as footnotes, just to acknowledge their appearance in earlier ranking lists.

To maintain numeric sequence, manual times taken to 1/10th have been shown above automatic times of the same value. I.e. a manual 100 metres time of 11.0 is shown before an automatic time of 11.00. The standard of manual timekeeping in the UK is generally very good at the better meetings where times of these standards have been recorded, and a time of 11.0 actually represents a hand-held watch time of anything from, 10.91 to 11.00 as taken by the timekeeper, but rounded up to the next 1/10th. In earlier days, of course, automatic timing was not even available.

For the 100 metres, as far as possible, we have listed athletes by their best fully automatic timing inside the allowable wind limit of 2.0 metres per second. With one exception, this takes us to around 10.70. Beyond that, we have used the best automatic or manual times available assuming performances to be inside the wind limit if there is no evidence to the contrary. In just a couple of cases, where no wind-legal time has been found, we have had to allow a wind-assisted time to position the athlete in the list. Supplementary performances are often listed below each athlete’s name and will help the reader to judge approximately where that athlete might place in the list using other criteria.

100 metres (and 100 yards)

		100 yards time	
9.97	0.2	Dwain Chambers.....	3 IAAF World Champs., Seville, ESP 22.08.1999
10.04	0.3	Darren Campbell.....	1 17th European Champs., Budapest, HUN 19.08.1998
10.15	1.9	John P.L. Regis.....	1r2 European Clubs' Cup, UTE Stad. Budapest, HUN . 29.05.1993
		10.07w 2.2.....	3 15th European Champs., Split, YUG 28.08.1990
10.21	0.6	Ernest A. Obeng GHA	1 International Invitation Meeting, Budapest, HUN 11.08.1980
		10.1 -1.3.....	1h 1st CAA African Champs., Dakar, SEN 02.08.1979
		10.14 w 2.1.....	2r3 Dairy Crest International, Portsmouth 20.06.1987
10.23	1.0	Marcus Adam	1s3 Panasonic AAA Champs., Birmingham..... 26.07.1991
		10.14 w 3.9.....	4 XIV Commonwealth Games, Auckland, NZL 21.01.1990
10.23	0.4	James Ellington.....	1r1 Meet. Nat. D1 de Metz Moselle Athlelor, Metz, FRA 27.07.2011
		10.12 w 3.5.....	2 Loughborough International, Loughborough 22.05.2011
10.24	1.6	Christopher Lambert	2s2 AAA Champs., Birmingham 14.07.2001
		10.19 w 2.9.....	1 Ivy Lg. Heptagonal Champs., Annapolis, MD, USA 12.05.2002
10.24	0.1	Greg Cackett.....	2h2 Resisprint International, La Chaux-de-Fonds, SUI . 07.07.2013
10.32	1.8	Lenny Paul	4 European Clubs' Cup, UTE Stad., Budapest, HUN 29.05.1993
		10.25 w 3.0.....	1 Ron Pickering Memorial Games, Haringey 14.07.1991
10.33	1.0	Wade Bennett-Jackson U20.....	1 IAAF World Junior Champs., Beijing, CHN 15.08.2006
		(10)	
10.37 a	0.0	Darren Chin.....	1r2 Inv. Meeting, Sestriere, ITA..... 01.08.2004
		10.38 1.8.....	1h2 Humbset, Fribourg, SWI..... 15.08.2004
10.43	1.6	Graham Beasley	1 South of England AA Champs., Watford..... 19.06.2004
		10.32 w 2.4.....	3 ECP, Valencia, ESP 24.05.2003
10.45	-0.8	Du'aïne Ladejo	d European Cup Comb. Events, Bressanone, ITA 04.07.1998
		10.28 w 6.0.....	d Kulukundis Invitation Decathlon, Arles, FRA 23.05.1998
10.46	-1.2	Haroun Korjie SLE	2s1 South of England Champs., Crystal Palace 25.06.1994
10.48	0.8	Philip Goedluck	1B Guardian BAL Div. 1, Crawley 06.08.1994
		10.3 w.....	1 Fullerton Open Meet, Fullerton CA, USA 27.04.1995
		10.43 w 3.6.....	3 Bedford International Games, Bedford..... 10.06.1995
10.48	1.3	Jason Fergus	2B BAL Div. 1, Cophthall 11.07.1999
10.49	1.5	Samuel Osewa.....	6r2.11 Be Fit Today Outdoor Series..... 03.07.2022
		10.43 w 2.6.....	4r1 Sprint Open Series, Lee Valley 07.07.2021
10.54	0.5	Colin Gaynor	4 Inv. event during Scottish International, Edinburgh 28.08.1982
10.55	-1.8	Marlon Dickson	3A BAL Div. 1, Watford..... 19.05.2002
		10.46 w 2.4.....	4 BAL Gold Cup Final, Bedford..... 19.08.2000
10.55	1.9	Samuel Ige.....	1B5 Newham & Ess. Bgls Open Meeting, London (TC) 13.08.2023
		(20)	
10.56	0.4	Timothy Abeyie	5s2 CAU Inter-Counties Champs., Bedford 29.05.2005
		10.30 w 2.8.....	1h1 CAU Inter-Counties Champs., Bedford 29.05.2005
10.57	0.0	Laurence Oboh	? SEAA Junior Champs., Watford..... 25.05.2003
10.58	0.7	Andrew Walcott.....	5h1 Memorial Munez Blanca, Grenada, ESP 21.05.1997
10.6	1.0 ¹	James R. Evans	4 Avon Invitation Meeting, Southampton 03.06.1979
		10.85 1.7.....	5h2 Nationwide AAA Champs., Crystal Palace..... 13.07.1979
		10.78 w 2.6.....	7 SCAAA Champs., Crystal Palace 18.08.1979
10.60	1.4	Phillips Idowu	1 Meeting unknown, Ballarat, AUS 25.02.2006
10.60	1.4	Martin Blencowe.....	1r4 Azusa Pacific Inv., Azusa CA USA 18.04.2008
		10.59 w 2.6.....	1r2 Long Beach Invit., Longbeach CA, USA 19.04.2008
10.68	2.0	Craig Fleming.....	4r1 ns BAL Premiership, Birmingham 03.07.2010
10.69	nwi	Enee Udo-Obong NGR	1r1 adidas Belgrave Speed GP, Battersea Pk 25.06.2003
10.7	0.7	John Mitchell	1 Paris U. v London U., Clamart, Paris, FRA 11.06.1967
		10.6 w.....	2 SCAAA rep. match, Woodford Br..... 30.06.1968
10.7		James Vivian U20.....	2 Inter-club Match, Ruislip..... 05.08.1967
		10.7.....	4s SCAAA Champs., Crystal Palace 12.07.1969
10.7		Cliff J. "Snowy" Brooks.....	3 Barbadian AA Champs., Bridgetown BAR 30.06.1973
		10.9.....	d Scottish AAA Decathlon Champs., Meadowbank ... 03.06.1972

¹ Jim Evans has been ranked using his superior hand-timed mark as it was a high standard meeting where in all probability three timekeepers were allocated to each finishing position; a wind-speed indicator was also used. The race was won by Belgrave's Ernest Obeng in 10.4, a time he regularly clocked at this period.

10.7	2.0	Dalton Powell	1	Nottinghamshire County Champs., Nottingham.....	11.05.1996
		10.90 w 3.7.....	4r2	Midlands v North v South v Wales, Birmingham.....	20.05.1995
10.7		Scott Exley	1	Windsor, Slough & Eton AC Open, Eton.....	22.08.2000
		10.78 w 2.9.....	d	AAA Decathlon Champs., Bedford.....	14.07.2001
		(=30, 33 athletes to 10.7)			
10.71	-0.3	Daniel Donovan.....	4s1	AAA Champs. & World Trials, Birmingham.....	26.07.2003
10.73	0.3	Sharry Dodin SEY	2r1.8	Newham Summer Series, Stratford (CT)	21.07.2022
10.74 w	3.2	Dominic Girdler	1	Loughborough Students Open, Loughborough.....	26.04.2003
10.76	0.8	Seun Ogunkoya NGR	3r2	adidas Belgrave Speed GP, Battersea Pk	29.06.2005
10.76	2.0	Luke Giblin	2r1	Mityng Kwalifikacyjny LOZLA, Zamość, POL.....	28.05.2011
10.8		Alan Sexton.....9.9	n	Oxford/Cambridge U. Tour, Philadelphia PA, USA.	20.06.1953
10.8		Ron Holtum	?	<i>Details unknown</i>	dd.mm.1954
		10.9	2	Beverley Baxter Trophy Meeting, Southgate	02.07.1955
10.8		Peter Eldridge	1	Beds. & Hunts. County Champs., Bedford.....	03.06.1961
10.8		Derek Boosey.....	?	<i>Details unknown</i> ,	dd.mm.1966
		10.8	1	<i>Meeting unknown</i> , Madeley College	10.07.1968
10.8		Stephen H. White.....	?	<i>Details unknown</i>	dd.mm.1978
		10.6 w.....	1	Oxford U. v Cambridge U., West London Stad.	16.05.1974
		10.7 w.....	1	<i>Meeting unknown</i> , Oxford	dd.05.1975
10.8		David Armstrong	1	MSL Div. 2, Portsmouth	02.05.1987
		10.6 w.....	1	<i>Meeting unknown</i> , Aldershot.....	17.06.1988
		10.89 w 3.8.....	2B	BAL Div. 1, Newham	25.07.1987
		10.99 -1.2.....	4B	BAL Div. 1, Portsmouth	09.05.1987
10.8		Joe Minetti U20.....	1A	MSL Div. 2, Andover	06.06.1987
		11.0	1A	MSL Div.2, Battersea Pk	03.05.1986
10.8		Matthew Russell U20.....	2	NJL, Southern Prem. Div., Ashford	25.07.1999
		10.81 w 2.3.....	2h5	AAA U20 Champs. & Euro Trials, Bedford	03.07.1999
		10.83	5s1	AAA U20 Champs. & Euro Trials, Bedford	03.07.1999
10.8		Dotun Akinbogun.....	?	Herne Hill H Open, Tooting	18.09.1999
		10.5 w dt.....	3	Richmond & Twickenham AC Open, Barn Elms	19.09.1999
		10.9	?	Milton Keynes AC Open, Milton Keynes	16.08.1998
		11.18 1.5	?	<i>Meeting unknown</i> , Woerden, NED	24.06.2000
		11.10 w 3.0.....	h	South of England AA Champs., Brighton	17.06.2000
10.8		Set Osho	1	St. Mary's Open Meet., Twickenham	13.09.2009
		10.90 0.0	3r11	Watford Open Meet., Watford	29.06.2011
10.8		Jason Hussain.....	1r1	Brighton & Hove City AC Open, Brighton.....	16.08.2006
		10.82 nwi.....	1	Rosenheim Lg. Final, Tooting	11.08.2010
		10.85 1.9	8A	BAL Premiership, Eton	31.07.2010
		10.70 w 4.6.....	4h3	CAU Inter-Counties Champs., Bedford	28.05.2006
		10.76 w 2.1.....	7s1	CAU Inter-Counties Champs., Bedford	28.05.2006
		(=40, 49 athletes to 10.8)			
10.81	1.5	Joe McGrath.....	1r1.10	Newham Summer Series, Stratford (CT)	10.06.2022
		(50)			
10.82	2.0	Ciaran McGuire	4h1	South of England AA Champs., Bedford.....	12.06.2021
		10.7	1A	SAL, Battersea Pk.....	11.07.2021
		10.70 w 3.0.....	5s1	South of England AA Champs., Bedford.....	12.06.2021
10.86	1.3	William Sharman	d	International Comb. Events Meet., Woerden, NED	27.08.2005
		10.66 w 2.7.....	1	Lough. v Army v Police v Birm. U., Loughborough .	15.05.2013
10.88	1.8	Nana Wilson U20.....	4h1	AAA U20 Champs., inc. World U20 Trials, Bedford	04.07.1998
10.89	0.8	Simon Shirley	d	XV Commonwealth Games, Victoria, CAN	23.08.1994
10.9		Dennis J. Merrett.....	2	AAA v Oxford & Cambridge U., Cambridge	06.06.1950
		10.9	3	Surrey County Champs., Motspur Pk.....	04.06.1955
		11.0	1	London v Stockholm, Stockholm NOR.....	07.07.1955
10.9		Basil Walden	2	Surrey County Champs., Motspur Pk.....	04.06.1955
10.9		Ivan A. Mayers BG	1	Beverley Baxter Trophy Meeting, Southgate	02.07.1955
		10.8 w.....	?	<i>Meeting unknown</i> , London	21.05.1955
		10.8 w.....	3	Kinnaird Trophy Meeting, Chiswick.....	15.06.1957
10.9 w		Clive E. Ryan	3	Lough. Coll v Cambridge U., Loughborough.....	07.05.1958
10.9		Sylvan Deane.....	?	<i>Details unknown</i>	27.05.1959
10.9		Gerard Leroy TRN	1	Inter-club Match, Tooting	01.06.1960

	10.6 w.....9.7 w	? <i>Details unknown</i>	dd.mm.1962
10.9 w	² Michael Marshall U20	1 Inter-Borough Match, Vincennes FRA ,	01.05.1971
10.9	Michael Bazire.....	2 Rosenheim Lg. Final, Southwark Pk.....	21.08.1985
	10.98 1.2	4B BAL Div. 1, New River, Haringey,	10.06.1989
	10.8 w.....	? <i>Details unknown</i>	27.05.1992
10.9	Nigel Urquhart.....	? <i>Details unknown</i>	dd.mm.1988
10.9	0.9 Lewis Samuel.....	2 Yorkshire County Champs., Don Valley.....	11.05.1996
	10.95	? <i>Meeting unknown</i> , Loughborough.....	28.07.1992
10.9	James Hilston U20.....	n/s Rosenheim Lg., Battersea Pk	21.05.1997
	10.9	? Herne Hill H Open, Tooting Bec.....	19.09.1998
	11.06 0.9 U17	2h3 AAA U17 Champs., Birmingham.....	30.07.1995
10.9	Nick Dawson U20	? <i>Meeting unknown</i> , Sutcliffe Pk.....	27.07.1997
10.9	Sean Baldock	1 Worthing AC Open, Worthing.....	24.05.1998
10.9	Bernard Mensah.....	? <i>Meeting unknown</i> , Feltham	06.05.2000
	11.17w 2.3.....	h SEAA Champs., Brighton.....	17.06.2000
10.9	Matthew Threadgold	1A Sweatshop SAL Div. 2 South	19.04.2014
	10.96 1.6	2r2.1 Bedford International Games, Bedford.....	31.05.2014
	10.81 w 2.4.....	1h2 Surrey County Champs., Kingsmeadow	25.05.2014
	(=60, 69 athletes to 10.9)		
10.91	1.3 Elisha Newell.....	h South of England AA Champs., Brighton.....	17.06.2000
	(70)		
10.93	1.1 Darren Thompson	8A BAL Div. 1, Hendon.....	05.05.2001
10.93	1.8 James Kasirye-Sebalu	3h2 South of England AA Champs., Crystal Palace	14.06.2014
10.94	David Nolan.....	4 Yorkshire Champs., Cleckheaton.....	08.05.1999
	10.79 w 3.1.....	4 Cezuni Memorial, Istanbul, TUR	06.09.1997
10.94	Derrick Williams	h SCAAA Champs., Crystal Palace,	06.06.1986
	11.0 w 3.6.....	3 Surrey County Champs., Motpur Pk.....	17.05.1986
	10.8 w.....	1 <i>Details unknown</i>	dd.mm.1983
10.94	1.0 Richard David.....	h South of England AA Champs., Brighton.....	17.06.2000
10.96	John Mackenzie	? <i>Meeting unknown</i> , Perth, Aus	31.12.1995
10.96	1.5 Chuho Esiri.....	? adidas Belgrave Speed GP, Battersea Pk	23.07.2003
10.96	1.5 Louis Evling-Jones.....	d Comb. Events U23 International, Mérignac, FRA ...	31.07.2004
	10.84 w 7.7.....	d IAAF World Comb. Events Challenge, Arles, FRA .	03.06.2006
10.97	1.0 Billy Matthews	6B9 Be Fit Today Track Academy, Lee Valley	20.08.2023
10.98	David Raiton.....	? <i>Details unknown</i> ,	dd.mm.1981
10.98	Matt Douglas	? Watford Open Meeting, Watford	28.08.2002
10.98	0.0 Kyle Reynolds-Warmington U15 ..	1 England Athletics U15 Champs., Bedford.....	27.08.2016
	(=80, 82 athletes to 10.98)		
10.99	-1.4 Talal Al Alami	3 AIS Championships, Jaddaf, Dubai, UAE	17.06.2022
10.99	1.2 Noah Ridgeon	2rB8 Be Fit Today TA Outdoor Series 3, Lee Valley	28.07.2024
	10.93 w 3.1.....	1h4 Roger Armstrong Memorial Meeting, Carshalton....	05.07.2024
11.0	Michael H.D. Broadbent..... 10.1	1 Belgrave H v London AC, White City	06.07.1949
11.0	Charles R. Jones..... 10.1	? <i>Details unknown</i>	11.08.1958
11.0	P. Leroy..... 10.1	? <i>Details unknown</i>	dd.mm.1962
11.0	Felix Sandy SLE	ns Rosenheim Lg. Final, Tooting	20.08.1986
	10.38 w.....	? <i>Meeting unknown</i> , USA.....	dd.mm.1987
11.0	Michael Alleyne.....	1 Belgrave Champs., Battersea Pk	14.07.1984
11.0	Andrew Rodney U20.....	1B BAL Div. 4, Battersea Pk.....	18.08.1984
11.0	Giacomo Corsini.....	2 Belgrave Champs., Battersea Park.....	27.05.1992
11.0	Andre Johnson U20	1A NJL Div. 3 South 'A', Southend.....	30.07.1995
11.0	1.3 Daniel Buss U17	3 London Schools Champs., Battersea Pk	10.06.2000
	11.14 1.1	3s English Schools Champs., Sheffield	08.07.2000
11.0	Michael Parper	1 Woodford Green & EL Open Meeting, Woodford ...	26.04.2003
11.0	Adam Mohammed U20.....	2 London County Schools Champs., Battersea Pk	09.06.2007
11.00	Glen Palmer	1 Sussex County Champs., Horsham	13.05.1995
11.00	1.0 Marius Ball	3h1 Surrey County Champs., Kingsmeadow	12.05.2024
	(=90, 97 athletes to 11.00)		
11.02	Norman Shute	7B BAL Div. 1, Crystal Palace	10.06.1990

² Michael Marshall has previously been credited with an unofficial 10.8 in 1971. As we do not know the circumstances, we simply record it here as a footnote.

11.03 w	3.7	Ryan Thomas U20.....	2r2	BAL Premiership, Birmingham.....	07.07.2007
11.03	1.1	Ryan Ffrench-Shand.....	4r2.13	Lee Valley Sprints Evening, Lee Valley	08.06.2011
		10.81w 2.5.....	2r1.13	Lee Valley Sprints Evening, Lee Valley	08.06.2011
11.03	1.2	Isloma Richard NED	6r2.8	Be Fit Today Outdoor Series.....	01.05.2022
		10.90 w 2.2.....	1r1.11	Be Fit Today Outdoor Series, Dagenham	01.05.2022
		(=100, 101 athletes to 11.03)			

See footnotes regarding some unsubstantiated times not shown above. ^{3,4}

100m (and 100 yards) – top 100 (101) by decade

1920-29	1930-39	1940-49	1950-59	1960-69	1970-79	1980-89	1990-99	2000-09	2010-19	2020-29
0	0	1	8	6	4	11	25	28	8	10

³ Frank L. Craft, who joined Belgrave in June 1951, aged 25, reputedly ran 100 yards in 9.9 (10.8 metric) at Motspur Park (in 1951 or possibly earlier) and 9.8 in 1952. These times are not listed among the best British performances during those years and we are unable to find any further information to back them up. He had emigrated to Australia by the end of 1951.

⁴ Unofficial times of 11.0 have been noted in the past for C. Dunn (1981), J. Dunn (1982) and D. Hemphill (1982).

200 metres (and 220 yards)

220 yards time

19.87 a	1.8	John Regis	1	IAAF Grand Prix, Sestriere, ITA (2,035m altitude)...	31.07.1994
		19.94 0.3	2	4th World Athletics Champs., Stuttgart, GER	20.08.1993
20.13	0.3	Darren Campbell	1q	XXVII Olympic Games, Sydney, AUS	27.09.2000
20.31	-0.6	Dwain Chambers	1	Norwich Union British Grand Prix	22.07.2001
20.34	0.7	Christopher Lambert	1	4th European U23 Champs., Bydgoszcz, POL	20.07.2003
20.41	1.0	Marcus Adam	2	Dijon International, Dijon, FRA	13.06.1992
		20.10 w 2.4	1	14th Commonwealth Games, Auckland, NZL	01.02.1990
20.52	0.6	James Ellington	1r1	Meet Nat. D1 de Metz Moselle Athlelor, Metz, FRA	27.07.2011
20.76	0.5	Graham Beasley	3	Aqua-Pura Commonwealth Trials, Manchester	16.06.2002
20.78	0.6	Greg Cackett	2h4	Sainsbury's British Champs, Birmingham	14.06.2013
		20.56 w 2.1	1r3	Resisprint International, La Chaux-de-Fonds, SUI	07.07.2013
20.79	-0.6	Philip Goedluck	1A	Guardian BAL Div. 1, Crawley	06.08.1994
		20.73 nwi	1r3	Steve Scott Invitation, Irvine, CA, USA	23.04.1995
20.9		Jon Ridgeon	1A	BAL Div.1, Birmingham	09.05.1992
		(10)			
20.91	1.3	Jason Fergus	2	British League Gold Cup Semi-Finals, Haringey	27.07.1997
		20.85 w 2.3	3s1	AAA Champs., Birmingham	25.07.1999
20.92 i		Timothy Abeyie	1h5	European Indoor Champs., Madrid, ESP	05.03.2005
20.96		Du'aine Ladejo	5r2	Run-Tex Longhorn Invitational, Austin, TX, USA	08.05.1993
20.99	0.6	Ernest A. Obeng GHA	2	<i>Meeting unknown</i> , Nice, FRA	19.08.1979
		20.83 w 3.8	5	IAC Coca-Cola Meeting, Crystal Palace	14.09.1979
21.06	0.3	Lenny Paul	2h4	AAA Champs., Birmingham	28.06.1992
		21.03 w 2.6	1B	BAL Div. 1, Birmingham	20.07.1991
21.1		Colin Gaynor	2	<i>Meeting unknown</i> , Aldershot	11.07.1982
		21.32	1	SCAAA v Civil Service, Crystal Palace	04.08.1982
21.1	0.0	Haroun Korjie SLE	5	<i>Meeting unknown</i> , LaGrange, GA, USA	13.07.1996
		21.31 -0.6	1B	Guardian BAL Div. 1, Crawley	06.08.1994
21.11	1.2	Darren Chin	5s1	Norwich U. Euro. Trials & AAA Champs., Sportcity	16.07.2006
21.14		Timothy Benjamin	?	Bydgoszcz, POL	08.06.2003
		20.93 w 4.0	1	BAL Cup Semi-Final, Eton	30.07.2006
21.15	-0.7	Andrew Walcott	2h1	Olympic Trials & AAA Champs., Birmingham	15.06.1996
		(20)			
21.16		David Nolan	1	Army v Hants. v Surrey, Aldershot	26.06.1995
		21.39 1.8	2	Cezuni Memorial Meeting, Istanbul, TUR	06.09.1997
21.17 i		Wade Bennett-Jackson	1h5	AAA Indoor Champs., Sheffield	12.02.2005
		21.15 w 3.6	1	SEAA Inter-Counties, Abingdon	28.08.2005
21.30	-0.1	Laurence Oboh U20	2	Great Britain & NI v France U19, Dole, FRA	29.07.2001
		21.15 w 3.4	2	GB U20 v Loughborough U, etc., Loughborough	18.05.2002
21.32 i		Jason Hussain	1	UKA Indoor Inter-City Challenge, Sheffield	17.02.2008
21.34	0.4	Lewis Samuel	3	North of England AA Champs., Sheffield	02.06.1996
21.36 i		David Gillick IRL	2s1	AAA Indoor Champs., Sheffield	12.02.2006
21.41	-0.1	Samuel Ige	1A	Sweatshop SAL Div. 1, Battersea	08.07.2017
21.48	0.7	Nick Dawson U20	1	South of England U20 Champs., Crystal Palace	24.05.1997
		21.43 w 3.3	4	AAA U20 Champs., Bedford	06.07.1997
21.49	1.9	Marlon Dickson	h	South of England Champs., Watford	04.07.1998
		21.36 w 3.8	h	South of England Champs., Brighton	18.06.2000
21.49 i		Craig Fleming	1h3	Aviva World Trials & UK Champs., Sheffield	14.02.2010
21.49	1.2	Set Osho	7A	BAL Premiership, Eton	31.07.2010
		(=30, 31 athletes to 21.49)			
21.5		Brian H.A. Morris	2	Royal Ulster Constabulary Sports, Belfast	17.06.1961
21.5		Geoff Dearman	?	Milton Keynes AC Open Meeting, Milton Keynes ...	16.08.1998
		21.6 0.0	1	Watford Open Meeting, Watford	26.04.2000
		21.85 w 2.3	6r2	Bedford International Games, Bedford	18.07.2001
21.50	-0.9	Sean Baldock	2B	BAL Div. 1, Birmingham	05.06.1999
		21.43 w 3.3	1B	BAL Div. 1, Hendon	05.05.2001
21.53	1.9	Chris Rawlinson	2r2	Cal State Meeting Fullerton CA, USA	27.04.2000
21.54	1.8	Sam Osewa	1r7	Newham & Essex Bgls Speed GP, Stratford	18.08.2024
21.56	1.4	Luke Giblin	3B	BAL Div. 1, Hendon	04.06.2011

21.59	0.9	William Sharman	3r3	<i>Meeting unknown</i> , Geneva, SUI	11.06.2006
21.6		Alan D. Sexton	1s	Southern Counties AAA Champs., Croydon	19.06.1954
		22.4	2	International Military Champs., Rome	24.09.1951
21.6		Stephen H. White	1A	Southern Lg., Div. 1, Redhill	28.07.1973
		21.2 w	1	Oxford U. v Cambridge U., West London	16.05.1974
		21.82 w 3.1	5	British International Games, Crystal Palace	31.05.1975
21.6	w?	Matthew Kloiber	1	<i>Meeting unknown</i> , Gloucester	31.07.1999
		(=40, 41 athletes to 21.6)			
21.64	?	Matthew Douglas	?	Watford Open Meeting, Watford	28.08.2002
		21.77 0.9	5B	adidas Loughboro' International, Loughborough	18.05.1997
21.67	-0.9	Felix Sandy SLE	7h2	2nd IAAF World Championships, Rome ITA	01.09.1987
21.69	0.7	Dominic Girdler	1	Loughborough Students Open, Loughborough	26.04.2003
21.7		Joe Minetti U20	?	Southwark Open Champs., Southwark Pk	20.05.1986
21.77	-1.5	David Armstrong	1	Combined Services Meeting, Crystal Palace	03.08.1988
		21.6 w	2	<i>Meeting unknown</i> , Aldershot	18.06.1988
21.8		George R. Dunckley	1	<i>Meeting unknown</i> , High Wycombe	07.09.1929
21.8	-1.0	James Vivian	2	Surrey County AA Champs., Motspur Pk	08.06.1968
		21.7 w	2	<i>Meeting unknown</i> , Twickenham	25.08.1968
21.8		James R. Evans		<i>Details unknown</i>	dd.mm.1978
		21.8 w 2.8	1	Surrey County AA Champs., Motspur Pk	15.05.1976
21.8		Deniz Gezgin U20		European Junior Clubs Champs., Ankara TUR	26.09.1997
21.8		Richard David	1	Rosenheim Lg. East Div., Tooting	07.07.1999
		(=50, 51 athletes to 21.8)			
21.81	1.1	Tim Bayley	2	Sussex County Champs., Crawley	12.05.2001
21.89	0.6	Dalton Powell	5	Inter-Regional Match, Birmingham	21.05.1994
		21.3 w	1	Nottinghamshire AA Champs., Nottingham	15.05.1994
		21.71 w 2.3	1	Midland Counties Champs., Birmingham	18.06.1995
21.9		Dennis J. Merrett	2	Surrey County AA Champs., Motspur Pk	04.06.1955
		21.8 w	1	London U. Champs., Motspur Pk	10.05.1952
21.9		Ivan Mayers BG	n	<i>Details unknown</i>	15.07.1955
21.9	5	Peter Eldridge	?	<i>Meeting unknown</i> , Bombay, IND	25.01.1959
		21.9	2	Midland Champs., Mansfield	20.06.1959
21.9		John Mitchell		<i>Details unknown</i>	dd.mm.1969
21.9		James Hilston U20	2	Belgrave Open Meeting, Battersea Pk	19.04.1997
21.9	0.5	Matthew Russell U20	1	Essex County AA Champs., <i>Southend</i>	08.05.1999
21.94	1.6	Michael Parper	1r3	Bedford International, Bedford	11.06.2000
		(60)			
21.95	0.0	Ian Deeth	4r1	Fila/Belgrave Speed GP II, Battersea Pk	20.06.2001
22.0	6	Charles R. Jones	?	<i>Vancouver Trophy</i> , Woodford	18.05.1957
22.0		Patrick Lyttle	1	Crystal Palace	27.06.1984
22.0		Michael Bazire	4	CAU Inter-County Champs., Corby	31.05.1987
22.04	0.3	Billy Matthews	3r5	Newham & Essex Bgls Summer Series, Stratford ..	03.09.2023
		21.93 w 2.8	4r6	Be Fit Today Track Academy, Lee Valley	20.08.2023
22.05		Ryan Thomas U20	1r4	<i>Meeting unknown</i> , Orlando, FL USA	28.04.2007
22.1		Stanley C. Botwright		<i>Details unknown</i>	dd.mm.1938
22.1		Christopher Martin		<i>Details unknown</i>	dd.mm.1966
22.1		Michael Alleyne	1	Belgrave Club Champs., Battersea Pk	dd.mm.1984
22.1		Callum Taylor	1	Old Gaytonians/Parkside Open, Harrow	28.05.1995
22.1		Matthew Threadgold	1A	Sweatshop SAL Div. 2 South, Woking	17.05.2014
		22.16 w 3.1	1r9	NTC Pure Athletics Sprint Elite, Clermont FL, USA	18.04.2015
		22.24 i	2s4	BUCS Champs., Sheffield	20.02.2011
		(=70, 71 athletes to 22.1)			
22.16	1.8	Daniel Donovan	8rB	BAL Div. 1, Haringey	08.05.2004
22.2	7	Clive Ryan	?	<i>Surrey County AA Champs.?</i> , Motspur Pk	31.05.1958
22.2		Gerard Leroy TRN	1	Belgrave Club Champs., Tooting	18.06.1960

⁵ A 1959 21.8 timing has been postulated for Peter Eldridge, possibly a performance set in India. He did run 21.9 in that country, for 200 metres, which was converted to 22.0 for the 1959 ranking lists. No trace of a 21.8 has been found.

⁶ Charles Jones' 22.1 was set at Woodford where Belgrave regularly participated in the Vancouver Trophy Meeting. The published results only go to 3rd place – 22.0.

⁷ Clive Ryan won the 1958 Surrey County 220 yards Champs. in 22.4. His 22.3 may well have been set in the heats.

22.2	P. Cuff NZL	7	Coventry Games, Coventry	09.08.1987
22.2	Elisha Newell.....	1r2	Herne Hill H.Open Meeting, Tooting Bec	26.08.2000
22.2	Gavin Selway U20.....	2	Sussex County Champs., Crawley.....	14.05.2005
	22.38 0.8	3	Horsham Open Meet., Horsham	21.08.2005
22.21	-0.1 Pierre Walker		Lee Valley Summer Sprint Series, Lee Valley	07.06.2017
	22.15w 3.3.....	6r1	Active Newham Open Series, Newham	10.06.2015
22.21	-0.1 Kyle Reynolds-Warmington	2r1	Blackheath & Bromley Open, Bromley.....	12.06.2017
22.22	1.6 Levi Reid TRI	2rD	Malta Invitational, Marsa, MLT	10.04.2010
	(80)			
22.24 w	3.0 Louis Evling-Jones.....	5B	BAL Div. 1, Birmingham	03.07.2004
22.25	0.0 Alastair Prenn.....	6h3	Patriot League Champs, Lewisburg PA USA.....	06.05.2016
	22.19 w 3.1.....	4r5	Hurricane Inv., Coral Gables FL USA	19.03.2016
22.27	0.5 Dotun Akinbogun.....	3r4	<i>Meeting unknown</i> , Woerden, NED	24.06.2000
22.28	0.7 Phillips Idowu	1rB	adidas Belgrave Speed GP, Battersea Pk	29.06.2005
22.3	David Carter	?	<i>Inter-Club match</i> , Battersea	23.05.1959
22.3	Cliff J. "Snowy" Brooks.....	?	<i>Meeting unknown – Royal Navy race</i>	dd.mm.1968
22.3	Darrell Maynard.....	3	Civil Service Champs., Birmingham.....	09.08.1995
22.3	Sumaila Salami	1r2	Rosenheim Lg. East Div., Tooting.....	07.07.1999
22.3	-0.7 Andrew Bennett U20	1	Sussex County AA Championships, Crawley	14.05.2005
	22.55 1.5	3	Sussex County AA Champs., Crawley.....	12.05.2001
22.31	-0.3 Joe McGrath.....	5r2	Lee Valley Sprints Night, Lee Valley	22.06.2022
	(90)			
22.34	1.8 James Brooks	4r2	Lee Valley Sprints Night, Lee Valley	22.05.2023
22.36	0.4 Melvyn Anukam.....	7B	BAL Div. 1, Lee Valley.....	27.05.2012
22.37	Ryan Ffrench-Shand	1A	Southern Men’s Lg., Div. 2 N, Battersea Pk	07.05.2011
22.4	Anthony Brooks.....		<i>Details unknown</i>	bef. 07.1968
22.4	Bruno Hafner SUI.....	2B	<i>Inter-Club Match, Battersea</i>	20.05.1970
22.4	Michael Marshall		<i>Details unknown</i>	dd.mm.1971
22.4	Ben Williams	1B	Southern Lg. Div.2, Plymouth	06.05.1995
22.43	0.4 Richard Klein U17	3h2	English Schools' Champs., Birmingham.	12.07.2019
	22.42 w 2.6.....	3	Middlesex County Champs., Lee Valley	03.05.2019
22.43	0.8 Kareem Selman-Jackson.....	2r4	Lee Valley Sprints Night, Lee Valley	22.06.2022
22.44	1.8 Norman Shute	7A	GRE BAL Div. 1, Crystal Palace	10.06.1990
	(100)			

See footnotes regarding some unsubstantiated times not shown above. ^{8,9}

200m (and 220 yards) – top 100 by decade

1920-29	1930-39	1940-49	1950-59	1960-69	1970-79	1980-89	1990-99	2000-09	2010-19	2020-29
1	1	0	7	7	5	8	26	26	14	5

⁸ Power of 10 shows Martin Blencowe U15 Belgrave with a 22.43w performance when placing 2nd in the English Schools Champs in 2000. However, he did not join Belgrave until 2008.

⁹ Frank L. Craft may have run 220 yards in 21.8 in Australia, in 1952 (wind-assisted) but this cannot be backed up by any evidence found so far. He had emigrated in 1951.

800 metres (and 880 yards)

		880 yards time		
1:45.14	John Gladwin		3	BNP d'Athlétisme, Jean Bouin Stad., Paris, FRA ... 22.07.1986
1:45.81	alt. Neil Speaight		1	<i>Meeting unknown</i> , Potchefstroom, RSA 08.04.2003
1:45.82	Jason Lobo		7	CGU British Grand Prix, Crystal Palace 07.08.1999
1:46.64	Tim Bayley		2	NCAA Div. 1 Champs., Sacramento CA, USA 10.06.2006
1:46.92	Chris Moss		5	<i>Meeting unknown</i> , Budapest, HUN 08.08.2003
1:47.27	Tom Lerwill		2s1	IAAF World Junior Champs., Sydney, AUS 22.08.1996
1:47.43	Stuart Paton		6	AAA Champs., Birmingham 06.08.1988
1:47.5	Andrew Graffin		1r1	Watford Open BMC Race, Watford 29.08.2001
1:47.77	Graeme Oudney		4rA	BMC Nike Grand Prix, Sportcity Manchester 09.06.2007
1:47.78	Ikem Billy		3h4	Panasonic AAA Champs., Birmingham 27.06.1992
	(10)			
1:48.28	Matthew Yates		9	Lisbon International, Lisbon, POR 20.06.1998
1:48.64	Kris Gauson		2r2	American Milers Club, Indianapolis, IN, USA 09.06.2012
1:49.0	David A. Cocks	1:49.6	1	Surrey County Champs., Motspur Pk 30.05.1964
1:49.2	Gary Staines		1	Enfield Open Meeting, Enfield 24.07.1985
1:49.32	Steve Davies		5rA	BMC Nike Grand Prix, Solihull 28.06.2008
1:49.56	Matthew Kloiber		4rA	BMC Grand Prix, Bristol 30.08.1997
1:49.57	Paskar Owor UGA		3rA	BMC Gold Standard Races (South), Watford 15.06.2005
1:49.79	Darrell Maynard		7h3	Panasonic AAA Champs., Birmingham 27.06.1992
1:49.79	Alasdair McLean-Foreman		7rB	BMC Grand Prix, Watford 05.07.2003
1:49.80	Darren Gauson		5r1	Leon Buyle Memorial, Oordegem, BEL 04.07.2009
	(20)			
1:50.2	Clive Gilbey		7rA	BMC Grand Prix, Wythenshawe 14.05.1997
1:50.36	Jonathon Blackledge		4rB	BMC Nike Grand Prix, Watford 13.06.2009
1:50.54	Adam Zawadski		1B	BAL Div. 1, Birmingham 06.07.2002
1:50.7	Christopher Ogle		4	BMC Race within Rosenheim Lg., Tooting Bec 15.05.1988
1:50.83	Max Perez-Diaz		1rA	BMC Regional Races, Gillingham 21.04.2024
1:50.89	Christopher Watson		7rA	BMC Races, Cardiff 04.07.2001
1:50.9	Richard Ward		1	BMC Race within Rosenheim Lg., Tooting Bec 04.07.2001
1:51.01	Philip Burkhart		3	<i>Meeting unknown</i> , Breda, NED 14.09.2008
1:51.04	Paul Evans		3B	BAL Div. 1, Enfield 05.08.1989
1:51.10	Rob Turner		3	Croydon 11.07.1993
	(30)			
1:51.2	David Pamah		1	Belgrave Champs., Battersea Pk 14.07.1996
1:51.4	John Thresher	1:52.1	3	Ryder Trophy Meeting, Southampton 03.07.1965
1:51.48	Joe van der Toorn		4rC	BMC Nike Grand Prix Final, Crystal Palace 25.08.2007
1:51.5	Danny Wiseman	1:52.2	6	SCAAA Invitation, Eton Manor 03.08.1965
1:51.5	Stephen Sharp		6rA	BMC South Regional Races, Brighton 11.08.2004
1:51.64	Andrew Connick		3r1	Dublin Graded Series, Santry Stadium, Dublin 21.07.2010
1:51.65	Andrew Brown		2rC	BMC Grand Prix, Watford 22.07.2000
1:51.7	Robert Norton RSA	1:52.4	1	Oxford Uni. Sports, Iffley Rd 19.04.1961
1:51.70	Steve Halliday		1B	BAL Div. 1, Birmingham 05.06.1993
1:51.8	David Scott		4h1	Pearl UK Champs., Sheffield 06.06.1992
	(40)			
1:52.0	Allen Graffin		2	Watford Open, Watford 08.05.2002
1:52.03	Steve Baldock		1rE	BMC Grand Prix, Watford 23.06.1999
1:52.1	John E. Davies	1:52.8	1h1	AAA Champs., White City 13.07.1956
1:52.1	Shaun Moralee		1rA	BMC Regional Races, Jarrow 01.06.2009
1:52.19	Shukri Omar		3rB	BMC Gold Standard Races (South), Watford 27.07.2005
1:52.2	Spencer Barden		3	Lough Uni. v Brunel v Brit. Police, Loughborough .. 12.05.1999
1:52.28	Michael Mulhare IRL		4r1	Dublin Graded Series, Santry Stadium, Dublin 21.07.2010
1:52.33	Najibe Hliouat MAR		2r3	BMC Nike Grand Prix, Wythenshawe 23.05.2001
1:52.61	Darren Mead		4B	BAL Div.1, Meadowbank 02.07.1988
1:52.7	F.J. Wright	1:53.4	?	<i>Details unknown</i> dd.mm.1958
	(50)			
1:52.7	David Swain		2A	MSL Div. 2, Battersea Pk 15.08.1987
1:52.77	John Booth		2B	BAL Div.1, Portsmouth 09.05.1987
1:52.85	Gavin Mason		3	England Schools Sen. Boys Champs., Nottingham 08.07.1995

1:52.9	Robert T. Taylor	1:53.6	2	Heathfield Trophy, Walton	12.06.1954
1:52.9	Peter Carton		2	Surrey County Champs., Motspur Pk.....	10.06.1972
1:52.9	A. Hughes		2	Army Champs., Aldershot	08.06.1983
1:53.1	Graham Adams		2	<i>Meeting unknown</i> , Woking	25.08.1993
1:53.3	Hugh Barrow	1:54.0	1	<i>Meeting unknown</i> , Glasgow	20.05.1965
1:53.35	Nicholas Goolab.....		7rF	BMC Nike Grand Prix, Watford	09.06.2010
1:53.4	Andrew Moore		?	<i>Details unknown</i>	dd.mm.1987
	(60)				
1:53.48	Will Stockley		1r6	Lee Lance Chance, Cleveland TN, USA.....	14.05.2022
1:53.5	Mark Sinclair		7	Inv. Race in SCAAA Match, Crystal Palace	03.08.1983
1:53.7	Tommy Scrimshaw.....	1:54.4	1	Rangers FC Race, Glasgow	05.08.1933
1:53.67	i Derek Watson		3	DM Hall Scottish Champs., Glasgow	23.01.2005
1:53.7	Mel Ford.....		3h	SCAAA Champs., Crystal Palace	25.06.1971
1:53.7	Philip Walker		4	Rosenheim Lg. Final, Tooting	19.08.1987
1:53.71	Mark Miles.....		8A	BAL Div.1, Eton	07.07.2001
1:53.9	Richard O'Hara		4h	Surrey County Champs., Motspur Pk.....	15.05.1986
1:53.92	Alex Hutchinson CAN.....		8rB	BMC Gold Standard Races, Watford	12.07.2000
1:54.0	John Barry		5	GRE Gold Cup 2nd Round, Woodford Bridge	29.06.1986
	(70)				
1:54.07	Sam Shore AUS.....		1rB	Watford Open, Watford	16.07.2014
1:54.2	Zac Ashkanasy.....		3rA	BMC Gold Standard Races, Watford	13.05.1998
1:54.28	Marcel Fok		5B	BAL Div.1, West London	02.07.1994
1:54.3	John Stow		3rA	SCAAA Open Meet., Crystal Palace	11.07.1973
1:54.3	L. Looney		?	<i>Details unknown</i>	dd.mm.1989
1:54.35	David Anderson.....		1rA	BMC Meeting, Battersea Pk.....	01.05.2002
1:54.5	Brandon Reid AUS.....		1	BMC Race within Rosenheim Lg., Tooting	15.07.1992
1:54.6	Jose Munoz.....		?	<i>Details unknown</i>	dd.mm.1979
1:54.7	Dean Clark		1rB	BMC Gold Standard Races, Watford	08.09.1999
1:54.7	Steve Clarke.....		5	BMC Race, Sutcliffe Pk.....	26.07.2000
	(80)				
1:54.79	Josh Trigwell		1	Rosenheim Lg., Tooting	17 May 2023
1:54.8	Gerald Williams	1:55.5	?	<i>Details unknown</i>	dd.mm.1967
1:54.8	Paul Richley		?	<i>Details unknown</i>	dd.mm.1983
1:54.8	Mark Anderson NZL.....		4A	MSL Div. 1, Battersea Pk	11.07.1992
1:54.85	Philip Wicks.....		7rB	BMC Gold Standard Races, Watford	26.07.2006
1:55	N. Davis.....		?	<i>Details unknown</i>	dd.mm.1984
1:55.0	James Ellis-Smith.....		1	Crawley Open Meeting, Crawley.....	22.07.1998
1:55.03	Mark Pollard		6rB	BMC Gold Standard Races, Stretford	21.07.2009
1:55.2	David Mitchell.....	1:55.9	?	<i>Details unknown, also reported as 1:55.7y</i>	dd.mm.1961
1:55.2	Dennis Brown NZL.....		?	<i>Details unknown</i>	dd.mm.1978
	(90)				
1:55.3	Mathew Stickels		2A	MSL Div. 2, Battersea Pk	13.08.1988
1:55.39	N. Clarke		h	SCAAA Champs., Crystal Palace	14.06.1985
1:55.4	Adrian Major.....		?	<i>Details unknown</i>	dd.mm.1968
1:55.4	Justin Chaston		?	<i>Details unknown</i>	dd.mm.1987
1:55.52	John Dawson AUS.....		1A	MSL Div 2, Battersea Pk	19.08.1995
1:55.6	Geoffrey A. North	1:56.3	1	Belgrave Champs., Hurlingham	22.05.1965
1:55.6	Jonathon Simpson		3A	Southern Premier Junior Lg., Wood Green.....	18.06.2000
1:55.7	Peter Hilliar.....	1:56.4	?	<i>Details unknown</i>	dd.mm.1964
1:55.7	Steve Smullen		?	<i>Details unknown</i>	dd.mm.1985
1:55.7	Geoff Dearman.....		1	Watford Open Meeting, Watford	09.09.1998
	(100)				

800m (and 880 yards) – top 100 by decade

1920-29	1930-39	1940-49	1950-59	1960-69	1970-79	1980-89	1990-99	2000-09	2010-19	2020-29
0	1	0	3	10	5	21	23	29	5	3

1,500 metres (and 1 mile)

		1 mile time		
3:35.26	John Gladwin		4	Ivo van Damme IAAF Grand Prix, Bruxelles, BEL.. 05.09.1986
3:35.53	Andrew Graffin		10	ISTAF Grand Prix, Berlin, GER..... 06.09.2002
3:36.36	Matthew Yates		2	<i>Meeting unknown</i> , Hechtel, BEL..... 19.07.1997
3:36.60	Andrew Lloyd AUS.....		7	Coca Cola Meeting, Barcelona, ESP..... 16.07.1990
3:37.9	Gary Staines	3:53.82	1	General Portfolio Mile of Miles, Portsmouth..... 12.08.1990
3:38.33	Neil Speaight.....		7	Norwich Union British Grand Prix, Sheffield..... 15.07.2007
3:39.08	Kris Gauson		8r2	Oxy High-Performance, Eagle Rock CA, USA..... 18.05.2012
3:40.04	Stuart Paton		5	Edinburgh Games, Meadowbank..... 17.07.1984
3:40.16	Tim Bayley		7	Aviva Grand Prix, Birmingham..... 20.02.2010
3:40.95	David Swain		12	Golden Gala Grand Prix, Rome, ITA..... 22.07.1987
	(10)			
3:41.24	Shaun Moralee.....		3rA	BMC Nike Grand Prix, Stretford..... 27.06.2009
3:41.25	i Steve Davies		1	Welsh Open Champs., Cardiff..... 24.01.2009
3:41.79	Jon Dennis		1	<i>Meeting unknown</i> , Griffin, Atlanta GA, USA..... 23.05.1992
3:42.32	Adam Zawadski.....		2rA	BMC Grand Prix, Wythenshawe..... 03.06.2002
3:42.86	Mark Miles.....		4rA	BMC Grand Prix, Wythenshawe..... 31.05.2003
3:42.94	Spencer Barden		9	<i>Meeting unknown</i> , Athens, GRE..... 29.05.1999
3:43.45	Jonathan Blackledge.....		10	Weltklasse in Biberach, Biberach, GER..... 28.06.2008
3:43.73	Paskar Owor UGA.....		7rA	BMC Nike Grand Prix, Watford..... 30.06.2007
3:43.98	Darren Gauson.....		9rA	BMC Nike Grand Prix, Solihull..... 21.07.2007
3:44.06	Jason Lobo.....		6rA	BMC Grand Prix, Wythenshawe..... 09.06.1999
	(20)			
3:44.30	Stephen Sharp		9h2	AAA Champs., Sportcity Manchester..... 09.07.2005
3:44.31	Dan Mulhare IRL.....		1	Irish Milers Club, Tullamore, IRL..... 01.06.2011
3:44.33	Christopher Moss.....		2	BUSA Champs., Glasgow..... 02.05.2001
3:44.6	John Thresher		1	Brockman Trophy Meeting, Wimbledon..... 27.07.1968
3:44.76	Nick Goolab.....		2	Loughborough International, Loughborough..... 22.05.2016
3:44.85	Josh Trigwell		6	Hercules Wimbledon Night, Wimbledon Pk..... 06.08.2022
3:44.98	Richard Ward		11rA	BMC Grand Prix, Solihull..... 22.05.2004
3:45.23	Rob Turner		3rB	Reebok Challenge, Loughborough..... 29.06.1993
3:45.4	Paul Evans		9r1	Reebok Challenge, Watford..... 19.07.1989
3:46.4	Ikem Billy.....		4rA	Stretford Open BMC Race, Stretford..... 02.07.1991
	(30)			
3:46.58	Justin Chaston		16r1	BUPA Games, Gateshead..... 02.07.1995
3:46.6	W. Hugh Barrow.....	4:03.1	5	CAU Inter-Counties Champs., White City..... 05.06.1965
3:46.68	Darren Mead		1h2	SCAAA Champs., Crystal Palace..... 15.06.1990
3:46.77	Stephen Halliday.....		3	European Clubs Cup, UTE Budapest, HUN..... 29.05.1993
3:46.93	Derek Watson U20.....		4rB	BMC Grand Prix, Wythenshawe..... 03.06.2002
3:47.28	Max Heyden		14rA	BMC Grand Prix - World Athletics Chall., Watford.. 08.06.2024
3:47.47	Michael Mulhare IRL.....		1rD	BMC Grand Prix, Sportcity Manchester..... 19.05.2012
3:47.53	Alasdair McLean-Foreman.....		6rB	BMC Grand Prix, Wythenshawe..... 03.06.2002
3:47.54	Allen Graffin		2rA	BMC Gold Standard, Watford..... 25.06.2003
3:47.56	Phil Wicks.....		6B	BMC Nike Grand Prix, Watford..... 10.06.2006
	(40)			
3:47.8	Mark Sinclair		2	Surrey County Champs., Motspur Pk..... 17.05.1986
3:47.97	David Anderson.....		4	SEAA Champs., Portsmouth..... 22.06.2003
3:48.13	Matthew Chaston		3h4	SCAAA Champs., Crystal Palace..... 16.06.1989
3:48.14	Will Stockley.....		6rA	BMC Regional Races, Birmingham Uni..... 12.07.2023
3:48.2	Chris Ogle		2	BMC Race within Rosenheim Lg., Tooting Bec..... 08.06.1988
3:48.44	Yacin Yusuf		11	Loughborough International, Loughborough..... 21.05.2000
3:48.6	John Bicourt		3	<i>Meeting unknown</i> , Mjøslekene, NOR..... 19.07.1973
3:48.6	Paul Richley U20.....		5r2	SCAAA v Comb. Services, etc., Crystal Palace..... 03.08.1983
3:48.70	Alex Hutchinson		2rB	BMC Grand Prix, Wythenshawe..... 14.06.2000
3:49.08	Mark Pollard		7r1	Leon Buyle Memorial, Oordegem, BEL..... 04.07.2009
	(50)			
3:49.18	Clive Gilbey		3A	BAL Div.1, Watford..... 16.05.1998
3:49.18	Shukri Omar		14rA	BMC Grand Prix, Crystal Palace..... 06.08.2005
3:49.4	Peter Carton U20		1	SCAAA Open Meeting, Crystal Palace..... 16.08.1972

3:49.5	Geoffrey A. North	1	Vancouver Trophy Meeting, Woodford	15.05.1965
3:49.64	Brandon Reid NZL	11h4	Panasonic AAA Champs., Birmingham.....	27.06.1992
3:50.3	Malcolm Robinson.....4:07.1	1	<i>Meeting unknown</i> , Baton Rouge LA, USA	30.03.1963
3:50.4	Peter Whewell RSA.....4:07.2	6	Reading Chronicle Gala, Palmer Pk., Reading	14.06.1967
3:50.4	John Stow	7	SCAAA Champs., Crystal Palace	23.06.1973
3:50.54	Dennis Brown NZL.....	4h	SCAAA Champs., Crystal Palace	17.08.1979
3:51.00	Paul Freary.....	4	BMC Race, Stretford	05.06.2001
	(60)			
3:51.65	David Pamah.....	5A	BAL Div. 1, Birmingham	06.07.1996
3:51.8	Ranjit Bhatia IND.....4:08.7	1	Oxford University Champs., Oxford	20.04.1960
3:51.92	Matthew Stickels	3	SCAAA v Comb. Services, etc., Crystal Palace.....	03.08.1988
3:51.	John Barry	?	<i>Details unknown</i>	dd.mm.1986
3:52.27	Alex Brecker.....	6rB	BMC Gold Standard Races, Stretford.....	24.08.2021
3:52.3	Kevin Sturman.....	?	<i>Details unknown</i>	dd.mm.1986
3:52.6	William Nankeville	6	XIV Olympic Games, Wembley	06.08.1948
3:52.76	Samuel Gebreselassie	4rA	BMC Regional Races, Eltham.....	16.08.2023
3:52.89	Thomas Chaston.....	15rA4	Bryan Clay Invitational, Azusa CA, USA	15.04.2023
3:53.0	A. Hughes	?	<i>Details unknown</i>	dd.mm.1983
	(70)			
3:53.4	John E. Davies	2	Vancouver Trophy Meeting, Woodford	17.05.1958
3:53.4	William Kerr.....	3A	MSL Div. 1, Wimbledon Pk	22.08.1970
3:53.5	Gerald Williams.....4:10.5	?	<i>Details unknown</i>	dd.mm.1967
3:53.5	Richard O’Hara	?	<i>Details unknown</i>	dd.mm.1986
3:53.6	Brian Hallowell	6	Kinnaird Trophy Meeting, Chiswick.....	16.06.1956
3:53.6	Alan McIntosh	?	<i>Details unknown</i>	dd.mm.1979
3:53.6	Steve Smullen	3A	BAL Div.4, Windsor	08.07.1984
3:53.82	Craig Ruddy	8	BMC Regional Races, Hutcheson.....	24.07.2015
3:53.	Derek Graham.....	?	<i>Details unknown</i>	dd.mm.1987
3:53.84	Andrew Fyfe	4rB	BMC Gold Standard Races, Watford	21.08.2019
	(80)			
3:54.0	Peter Morris.....	?	<i>Details unknown</i>	dd.mm.1969
3:54.1	David A. Cocks.....4:11.2	1	Belg. H v Surrey AC v SLH, Battersea Pk.....	24.06.1964
3:54.18	Andrew Connick IRL	9rA	Irish Milers Club Open, Santry Stadium, IRL	11.07.2015
3:54.46	Steve Clarke.....	8r1	BMC Grand Prix, Bedford	23.08.2000
3:54.57	Graeme Oudney.....	4	Scottish East & West Champs., Glasgow	14.05.2005
3:54.58	Chris Watson.....	2	Bank of Scotland U23 Scottish Champs., Dumfries	19.06.2005
3:54.7	John W. “Jack” Brown	1h1	AAA Champs., White City	09.07.1954
3:54.9	Graham Adams.....	4	Surrey County Champs., Croydon	12.05.1996
3:54.	Michael Hayes.....	?	<i>Details unknown</i>	dd.mm.1986
3:55.0	John Phelan IRL.....	?	<i>Details unknown</i>	dd.mm.1976
	(90)			
3:55.1	C. Shields.....	?	<i>Details unknown</i>	dd.mm.1981
3:55.16	Philip Walker	?	<i>Details unknown</i>	dd.mm.1987
3:55.4	John Booth	?	<i>Details unknown</i>	dd.mm.1988
3:55.4	Darrell Maynard.....	?	<i>Lough.Students v Brit. Police v Brit. Polys.</i> , Hendon.	20.05.1992
3:55.80	Kassa Tadesse	6A	BAL Div. 1, Crawley	06.08.1994
3:55.83	James Hancock.....	2rF	BMC Regional Races, Tooting.....	24.07.2024
3:56.0	A. Benn	?	<i>Details unknown</i>	dd.mm.1983
3:56.1	Roger Alsop	6	Army v Surrey v Hampshire, Aldershot.....	24.07.1994
3:56.2	Arthur Bruce	?	<i>Details unknown</i>	dd.mm.1953
3:56.29	Mark Anderson NZL.....	h	SCAAA Champs., Crystal Palace	13.06.1992
	(100)			

1,500m (and 1 mile) – top 100 by decade

1920-29	1930-39	1940-49	1950-59	1960-69	1970-79	1980-89	1990-99	2000-09	2010-19	2020-29
0	0	1	4	9	7	20	19	25	8	7

In view of the fact that the 1 mile is, to a certain extent, still regarded as a classic racing distance, for interest we show below a consolidated list for 1 mile with a cut-off at 4:05.0, followed by a pure 1 mile list with a cut-off at 4:15.0.

1 mile (and 1,500 metres)

	1,500m time		
3:51.02	John Gladwin	2	Weltklasse IAAF Mobil Grand Prix, Zürich SUI 19.08.1987
3:51.2	Andrew Graffin 3:35.53	10	ISTAF Grand Prix, Berlin, GER 06.09.2002
3:52.1	Matthew Yates 3:36.36	2	<i>Meeting unknown</i> , Hechtel, BEL 19.07.1997
3:52.4	Andrew Lloyd AUS 3:36.60	7	Coca Cola Meeting, Barcelona, ESP 16.07.1990
3:53.82	Gary Staines	1	General Portfolio Mile of Miles, Portsmouth 12.08.1990
3:54.2	Neil Speaight 3:38.33	7	Norwich Union British Grand Prix, Sheffield 15.07.2007
3:55.1	Kris Gauson 3:39.08	8r2	Oxy High-Performance, Eagle Rock CA, USA 18.05.2012
3:56.1	Stuart Paton 3:40.04	5	Edinburgh Games, Meadowbank 17.07.1984
3:56.2	Tim Bayley 3:40.16	7	Aviva Grand Prix, Birmingham 20.02.2010
3:57.1	David Swain 3:40.95	12	Golden Gala Grand Prix, Rome, ITA 22.07.1987
	(10)		
3:57.4	Shaun Moralee 3:41.24	3rA	BMC Nike Grand Prix, Stretford 27.06.2009
3:57.4	i Steve Davies 3:41.25	1	Welsh Open Champs., Cardiff 24.01.2009
3:58.0	Jon Dennis 3:41.79	1	<i>Meeting unknown</i> , Griffin, Atlanta GA, USA 23.05.1992
3:58.5	Adam Zawadski 3:42.32	2rA	BMC Grand Prix, Wythenshawe 03.06.2002
3:59.1	Mark Miles 3:42.86	4rA	BMC Grand Prix, Wythenshawe 31.05.2003
3:59.2	Spencer Barden 3:42.94	9	<i>Meeting unknown</i> , Athens, GRE 29.05.1999
3:59.7	Jonathan Blackledge 3:43.45	10	Weltklasse in Biberach, Biberach, GER 28.06.2008
4:00.0	Paskar Owor UGA 3:43.73	7rA	BMC Nike Grand Prix, Watford 30.06.2007
4:00.3	Darren Gauson 3:43.98	9rA	BMC Nike Grand Prix, Solihull 21.07.2007
4:00.4	Jason Lobo 3:44.06	6rA	BMC Grand Prix, Wythenshawe 09.06.1999
	(20)		
4:00.7	Stephen Sharp 3:44.30	9h2	AAA Champs., Sportcity Manchester 09.07.2005
4:00.7	Dan Mulhare IRL 3:44.31	1	Irish Milers Club, Tullamore, IRL 01.06.2011
4:00.7	Christopher Moss 3:44.33	2	BUSA Champs., Glasgow 02.05.2001
4:01.0	John Thresher 3:44.6	1	Brockman Trophy Meeting, Wimbledon 27.07.1968
4:01.1	Nick Goolab 3:44.76	2	Loughborough International, Loughborough 22.05.2016
4:01.2	Josh Trigwell 3:44.85	6	Hercules Wimbledon Night, Wimbledon Pk 06.08.2022
4:01.4	Richard Ward 3:44.98	11rA	BMC Grand Prix, Solihull 22.05.2004
4:01.6	Rob Turner 3:45.23	3rB	Reebok Challenge, Loughborough 29.06.1993
4:01.8	Paul Evans 3:45.4	9r1	Reebok Challenge, Watford 19.07.1989
4:02.9	Ikem Billy 3:46.4	4rA	Stretford Open BMC Race, Stretford 02.07.1991
	(30)		
4:03.1	Justin Chaston 3:46.58	16r1	BUPA Games, Gateshead 02.07.1995
4:03.1	W. Hugh Barrow	5	CAU Inter-Counties Champs., White City 05.06.1965
4:03.2	Darren Mead 3:46.68	1h2	SCAAA Champs., Crystal Palace 15.06.1990
4:03.3	Stephen Halliday 3:46.77	3	European Clubs Cup, UTE Budapest, HUN 29.05.1993
4:03.5	Derek Watson U20 3:46.93	4rB	BMC Grand Prix, Wythenshawe 03.06.2002
4:03.8	Max Heyden 3:47.28	14rA	BMC Grand Prix - World Athletics Chall., Watford .. 08.06.2024
4:04.1	Michael Mulhare IRL 3:47.47	1rD	BMC Grand Prix, Sportcity Manchester 19.05.2012
4:04.1	Alasdair McLean-Foreman 3:47.53	6rB	BMC Grand Prix, Wythenshawe 03.06.2002
4:04.1	Allen Graffin 3:47.54	2rA	BMC Gold Standard, Watford 25.06.2003
4:04.1	Phil Wicks 3:47.56	6B	BMC Nike Grand Prix, Watford 10.06.2006
	(40)		
4:04.4	Mark Sinclair 3:47.8	2	Surrey County Champs., Motspur Pk 17.05.1986
4:04.6	David Anderson 3:47.97	4	SEAA Champs., Portsmouth 22.06.2003
4:04.8	Matthew Chaston 3:48.13	3h4	SCAAA Champs., Crystal Palace 16.06.1989
4:04.8	Will Stockley 3:48.14	6rA	BMC Regional Races, Birmingham Uni. 12.07.2023
4:04.8	Chris Ogle 3:48.2	2	BMC Race within Rosenheim Lg., Tooting Bec 08.06.1988

1 mile

3:51.02	John Gladwin	2	Weltklasse IAAF Mobil Grand Prix, Zürich SUI	19.08.1987
3:53.82	Gary Staines	1	General Portfolio Mile of Miles, Portsmouth.....	12.08.1990
3:54.70	Andrew Graffin	7	Norwich Union British Grand Prix, Crystal Palace ..	23.08.2002
3:56.52	Andrew Lloyd AUS	5	General Portfolio Mile of Miles, Battersea Pk	27.05.1990
3:58.49	i Neil Speaight	9	Reebok Boston Indoor Games, Boston MA, USA...	28.01.2006
3:59.58	i Tim Bayley	2	UW Indoor Preview, Seattle WA, USA.....	16.01.2010
4:00.96	Spencer Barden	4	<i>Meeting unknown</i> , Vaxjo, SWE	10.08.1999
4:01.39	Josh Trigwell	5	Dave Clarke Mile Extravaganza, Wimbledon Pk	20.07.2022
4:01.66	Matthew Yates	10	Emsley Carr Mile, Crystal Palace.....	28.08.1995
4:01.84	Jonathon Blackledge.....	8	BMC Nike Grand Prix Final, Crystal Palace.....	25.08.2007
4:02.1	John Thresher	5	City Charity Meeting Inv., Motspur Pk.....	22.07.1964
	(10)			
4:02.65	Dan Mulhare IRL	12	<i>Meeting unknown</i> , Santry Stadium, IRL.....	21.07.2010
4:02.7	Steve Davies	3	Mizuno Mile, Peterborough	13.08.2008
4:03.1	W. Hugh Barrow.....	5	CAU Inter-Counties Champs., White City	05.06.1965
4:04.03	i David Swain	2	<i>Meeting unknown</i> , Fayetteville NC, USA	23.01.1987
4:03.8	Darren Mead	2r1	<i>Meeting unknown</i> , Bromley.....	02.09.1992
4:05.9	Stuart Paton	3	Inter-Counties Champs., Leicester.....	10.07.1983
4:06.47	i Alasdair McLean-Foreman.....	4	<i>Meeting unknown</i> , Notre Dame IN, USA.....	02.02.2002
4:06.69	Darren Gauson.....	7	Celtic Cup, Grangemouth.....	31.07.2007
4:06.7	Geoffrey A. North	2	<i>Reading Chronicle Gala</i> , Palmer Pk., Reading.....	08.06.1966
4:07.02	Stephen Sharp	6rA	BMC Bannister Mile 50th Anniversary, Oxford	06.05.2004
	(20)			
4:07.1	Malcolm Robinson.....	1	<i>Meeting unknown</i> , Baton Rouge LA, USA	30.03.1963
4:07.2	Peter Whewell RSA.....	6	<i>Reading Chronicle Gala</i> , Palmer Pk., Reading.....	14.06.1967
4:07.2	Matthew Chaston	3	London Business Houses City Charity, Colindale...	20.06.1990
4:08.7	Ranjit Bhatia IND.....	1	Oxford University Champs Oxford	20.04.1960
4:09.51	Will Stockley	4	NAIA Indoor Champs, Brookings SD, USA.....	05.03.2022
4:10.5	Gerald Williams	?	<i>Details unknown</i>	dd.mm.1967
4:10.6	Brian Hallowell	6	Kinnaird Trophy Meeting, Chiswick.....	16.06.1956
4:10.6	John E. Davies	?	<i>Oxford University v Middlesex, Oxford</i>	10.06.1958
4:11.8	John Stow	6	BMC Army Cup Final Mile, Aldershot.....	06.04.1977
4:11.0	Mark Sinclair	?	<i>Details unknown</i>	dd.mm.1985
	(30)			
4:11.1	Dennis Brown NZL	?	<i>Details unknown</i>	dd.mm.1978
4:11.2	David A. Cocks.....	1	Belg. H v Surrey AC v SLH, Battersea Pk.....	24.06.1964
4:11.41	i Kris Gauson	5r2	<i>Meeting unknown</i> , Boston MA, USA	28.01.2006
4:11.6	William Kerr	2	LCC Champs., Hurlingham	07.09.1963
4:11.8	John W. “Jack” Brown	1h1	AAA Champs., White City	09.07.1954
4:14.0	Robert Taylor	1	Gordon Stewart Trophy Meeting, Drayton Green. .	08.05.1954
4:14.2	G.W. “Bill” Nankeville	1	AAA Champs., White City	03.07.1948
4:14.3	John Bicourt	?	<i>Details unknown</i>	dd.mm.1966
4:14.3	Albert Smith.....	?	<i>Details unknown</i>	dd.mm.1966
4:14.35	Derek Watson	2	Inter-Counties Champs., Bedford.....	31.05.2004
	(40)			
4:14.5	Gerald A. North	3	Belg. H v Surrey AC v SLH, Battersea Pk.....	24.06.1964
4:14.7	Donald Maclean	?	<i>Oxford University Champs., Oxford</i>	dd.mm.1957 or 1958

¹⁰ “The Belgravian” reports this as a Middlesex v Cambridge University meeting but doesn’t mention a venue. “British Athletics” reports the time of 4:10.6 as being set at Oxford. “Athletics Weekly” does not appear to have reported the match at all. Why would Middlesex or Cambridge University host a match at Oxford? The most likely explanation is that it was actually an Oxford University v Middlesex match; and this ties up with information unearthed for Ranjit Bhatia’s [biography](#), where in 1958 he ran the mile in just such a match, probably coming up against John E. Davies.

¹¹ “Athletics Weekly” doesn’t show John Stow in the result. We can only assume that there was a mistake with the original results and that a race number originally allocated to someone else was subsequently assigned to Stow.

5,000 metres (and 3 miles)

		3 miles time			
13:14.28	Gary Staines	5	Weltklasse Meeting, Zürich, SUI	15.08.1990	
13:24.63	Andrew Lloyd AUS	1	NEC Meeting, Melbourne AUS	25.02.1992	
13:25.38	Paul Evans	4r1	IAAF GP II, Helsinki FIN	28.06.1995	
13:31.64	Andrew Graffin	7	Cork City Sports, Cork IRL	05.07.2003	
13:33.48	Nick Goolab	13rA	IFAM Outdoor, Oordegem-Lede, BEL	27.05.2017	
13:35.9	Gerry Deegan IRL	2	Penn Relays, Philadelphia PA, USA	27.04.1978	
13:37.8	David Swain	3	Penn Relays, Philadelphia PA, USA	23.04.1987	
13:41.78	Marty Dent AUS	8	Melbourne Athletics GP, Melbourne AUS	21.02.2008	
13:41.99	Spencer Barden	8	Cork City Sports, Cork IRL	05.07.2003	
13:44.4	Geoffrey A. North	2	SCAAA Champs., Crystal Palace	12.07.1969	
	(10)				
13:45.01	Mark Miles	4rA	BMC Nike GP, Eton	14.06.2003	
13:45.77	Allen Graffin	8	Cork City Sports, Cork IRL	06.07.2002	
13:46.29	Max Heyden	17r12	IFAM Outdoor, Brussels, BEL	25.05.2024	
13:46.33	Jon Dennis	2	Penn Relays, Philadelphia PA, USA	23.04.1992	
13:49.0	John Thresher	1	International Meeting, Paris (Charlety) FRA	04.07.1968	
13:50.7	Darren Mead	3	Invitation Race, Croydon Arena	29.06.1994	
13:51.86	Justin Chaston	7	AAA Champs., Birmingham	15.07.1995	
13:56.2	Malcolm Robinson	13:27.4	1	Texas Relays, Austin TX, USA	01.04.1966
13:56.50	Philip Wicks	2rA	BMC Nike GP Final, Crystal Palace	25.08.2007	
13:57.6	John P. Bicourt	7	SCAAA Champs., Crystal Palace	22.06.1974	
	(20)				
13:58.0	i Anthony Brien IRL	?	<i>Details unknown</i>	<i>dd.mm.1974</i>	
13:58.62	Daniel Mulhare IRL	7rA	BMC Nike GP, Watford	11.06.2011	
13:59.67	Timothy Bayley	3r2	Stanford Invitational, Stanford CA, USA	04.04.2008	
14:00.09	Mark Thompson AUS	12rA	BMC Nike GP, Solihull	22.05.2004	
14:02.3	Stephen Sharp	2A	BAL Premiership, Copthall	05.05.2007	
14:03.79	Simon Jones	6rA	BMC Nike GP, Solihull	09.07.2011	
14:03.96	David Anderson	1A	BAL Div. 1, Alexander Stadium, Birmingham	05.07.2003	
14:04.14	Andrew Fyfe	11rEM	Belgrave Comeback 5000 #4, Battersea Pk	26.04.2024	
14:04.33	Michael Mulhare IRL	12rA	BMC Nike GP, Watford	11.06.2011	
14:05.3	Peter Whewell RSA	13:36.2	15	AAA Champs., White City	15.07.1967
	(30)				
14:05.8	Kassa Tadesse	1	Northumberland Castles Challenge Hexham	08.10.1997	
14:05.83	Samuel Gebreselassie		Wimbledon 5000m Festival Night, Wimbledon	03.08.2024	
14:06.1	Gerald A. North	13:37.0	7	SCAAA Champs., Motspur Pk	19.06.1965
14:06.50	Russell Dessaix-Chin AUS	2	Leon Buyle Memorial, Oordegem, BEL	04.07.2009	
14:11.24	John-Paul Wright	4A	BAL Div. 1, Birmingham	21.05.1988	
14:11.8	Killian Lonergan IRL	10	BMC Nike GP, Watford	05.08.1998	
14:16.2	William Kerr	13:46.8	2	rep. Middlesex v. Oxford University, Oxford	23.05.1963
14:16.66	i John Gladwin	5	<i>Meeting unknown</i> , San Sebastian, ESP	10.02.1990	
14:18.30	Alberto Lozano De Pedro ESP	5	Provas de Observacao - EU Lisboa, Lisbon, POR .	16.06.2012	
14:18.5	Mark Sinclair	2A	BAL Div. 2, Battersea Pk	23.08.1986	
	(40)				
14:18.92	Paskar Owor UGA	1	BUCS Champs., Olympic Pk, London	07.05.2012	
14:19.53	Darren Gauson	20rD	Mt. SAC Relays, Walnut, CA USA	15.04.2011	
14:20.1	Oliver Foote	1A	BAL Div. 3, Brighton	30.06.1985	
14:21.8	John W. "Jack" Brown	1	Vancouver Trophy Meeting, Woodford Bridge	15.09.1956	
14:22.0	M.R. "Bob" Smith	2A	MSL Div. 1, Ilford	16.05.1970	
14:22.5	W. Hugh Barrow	13:52.8	1	Victoria Pk A.C. 3m Champs., Glasgow	11.05.1965
14:22.83	Stuart Paton	6	GRE Cup Final, Gateshead	18.08.1990	
14:23.13	Kevin Sturman	1	GRE Cup Semi-Final, Haringey	10.08.1986	
14:23.33	Ben Biggs	25rEM	Belgrave Comeback 5000 #4, Battersea Pk	26.04.2024	
14:24.82	Matthew Stickels	?	<i>Details unknown</i>	<i>dd.mm.1988</i>	
	(50)				
14:25.6	R. "Mel" Thorpe	13:55.8	4	Brockman Trophy Meeting, Wimbledon Pk	17.07.1965
14:25.8	Ranjit Bhatia IND	13:56.0	1	UAU Champs., Nottingham	21.05.1960
14:27.93	Will Stockley	3	Rams College Invitational, Columbia SC, USA	18.03.2022	
14:28.2	Laurie O'Hara	3A	MSL Div. 1, Luton	29.07.1972	

14:28.33	James Kelly	4rB	BMC GP, Solihull.....	21.07.2012
14:28.97	Gregory Billington U20	2rA	Wake Forest Open, Winston-Salem NC, USA	21.03.2008
14:29.0	Peter A. Morris	1	SCAAA Open Meeting, Crystal Palace	14.05.1969
14:29.9	Patrick Newell	3	Middlesex County Champs., Hurlingham	03.06.1961
14:30.25	Paul Freary.....	3A	BAL Div. 1, Birmingham	31.07.1999
14:30.7	Adrian Major	h	Surrey County Champs., Motspur Pk.....	05 or 06.06.1968
	(60)			
14:30.96	Phil Sadgrove.....	2A	BAL Div. 1, West London	13.08.1985
14:31.31	Steve Halliday	3	GRE Cup Final, Sheffield	15.08.1992
14:32.0	John Phelan IRL.....	?	<i>Details unknown</i>	dd.mm.1976
14:34.17	Alex Brecker.....	1r9	Hercules Wimbledon 5000m Festival, Wimbledon .	07.08.2021
14:34.6	Lee Hurst.....	3	<i>Meeting unknown</i> , Stretford	18.08.1998
14:34.60	Craig Ruddy	12rB	BMC GP, Watford.....	27.06.2015
14:35.0	John Stow	2A	MSL Div. 1, Bracknell	05.07.1975
14:35.27	Roger Alsop	11	SEAA Champs., Crystal Palace	25.06.1994
14:35.4	Jonathon Blackledge.....	2	Brighton & Hove Open Meeting, Brighton	17.08.2005
14:37.6	David North	?	<i>Details unknown</i>	dd.mm.1985
	(70)			
14:38.0	Trevor Hart	7	Surrey County Champs., Motspur Pk.....	07.06.1969
14:38.61	Mark Pollard	17rB	BMC Nike GP, Watford	11.06.2011
14:39.22	Alaster Stewart.....	1B	BAL Div. 1, Birmingham	06.07.2002
14:39.33	Mack Downey.....	9r8	Tracksmith Twilight 5000m Night #1, Tooting	03.07.2024
14:39.52	James Hancock.....	13r5	Belgrave Comeback 5000 #4, Battersea Pk	26.04.2024
14:40	Peter Carton U20	2	Belgrave Champs., Battersea Pk	12.07.1972
14:41.80	Ollie Garrod.....	10r9	Tracksmith Lond. Twilight 5000m #2, Battersea Pk	30.08.2023
14:41.9	William E. Lucas	4	AAA Champs., White City	15.07.1950
14:42.44	Euan Campbell.....	9r6	Belgrave Comeback 5000m #1, Battersea Pk	31.03.2021
14:43.2	Anthony Fairclough	h	Surrey County Champs., Motspur Pk.....	05 or 06.06.1968
	(80)			
14:43.4	Charlie Dabbs	1	Brockman Trophy Meeting, Wimbledon	20.07.1963
14:43.6	Frank Ward	2	Surrey County Champs., Croydon	17.05.1992
14:44.34	Henry Hart.....	2r1	Battersea Running Festival 5000m, Battersea Pk ..	22.10.2023
14:44.94	Findlay Dyer	3r4	Belgrave Comeback 5000 #4, Battersea Pk	26.04.2024
14:45.0	Gerald Williams	2	Welsh A.A. v Army	17.06.1967
14:45.5	Richard Piotrowski	4	Belgrave Champs., Battersea Pk	31.07.1968
14:45.6	Alistair Morfey	1	GRE Cup 2nd Round, Enfield	12.06.1983
14:47.48	Hassan Raidi MAR.....	2	Belgrave Champs., Battersea Pk	23.07.2003
14:47.8	Lionel Mann.....	2	SCAAA Open Meeting, Crystal Palace	15.10.1969
14:48.4	G.W. "Bill" Dance	?	<i>Details unknown</i>	dd.mm.1967
	(90)			
14:49.27	Brad Poore	5	San Francisco CA, USA	10.03.2001
14:51.52	Timothy Watson	10	CAU Inter-Counties Champs., Bedford	30.05.2005
14:51.86	Mike Trees	8A	BAL Div. 1, Cophthall	05.06.2004
14:55	J.C. "Charlie" Smart	1	BAOR Champs., <i>venue unknown</i> , GER.....	dd.mm.1953
14:55.17	Richard Ward	7A	BAL Div. 1, Wood Green	08.05.2004
14:55.8	Andrew North U20.....	1A	MSL Div. 2, Battersea Pk	25.05.1985
14:55.8	John E. Davies	1	Belgrave Champs., Battersea Pk	23.07.1958
14:56.0	Anthony Binda.....	2B	MSL Div. 1, Ewell Court	19.08.1972
14:56.43	Andrew Connick IRL	16rA	BMC GP, Sportcity, Manchester	31.05.2014
14:57.3	George Lucas	5	AAA Champs., White City	03.07.1948
14:57.3	C. Shields.....	?	<i>Details unknown</i>	dd.mm.1981
	(=100, 101 athletes to 14:57.3)			

5,000m (and 3 miles) – top 100 by decade

1920-29	1930-39	1940-49	1950-59	1960-69	1970-79	1980-89	1990-99	2000-09	2010-19	2020-29
0	0	1	4	19	9	11	15	19	11	12

10,000 metres (and 6 miles)

6 miles time

27:47.79	Paul Evans	4	Dagens Nyheter Galan, Stockholm, SWE.....	05.07.1993
27:48.73	Gary Staines	6	Bislett Games, Oslo, NOR	06.07.1991
28:10.49	Nicholas Goolab	8rA	High. H 10,000m Night, Parl. Hill inc. Brit. Champs	06.07.2019
28:27.70	Martin Dent AUS.....	5	49th Zatopek:10, Melbourne AUS.....	10.12.2009
28:39.85	Andrew Lloyd	?	<i>Details unknown</i>	dd.mm.1990
29:08.5	Gerald A. North	5	Lauriston Runners v Rep. S. Africa, Walton	21.03.1967
29:10.66	Philip Wicks.....	20	European Cup, Madeira, POR	06.06.2009
29:22.20	Kassa Tadesse	5	BMC/AAA Champs (2 in Champs), Watford	12.06.2004
29:27.05	Mark Miles.....	6	BMC/AAA Champs (3 in Champs), Watford	12.06.2004
29:31.99	Russell Dessaix-Chin AUS	11	50th Zatopek:10, Melbourne, AUS.....	09.12.2010
	(10)			
29:36.5	Peter Whewell RSA.....	7	Lauriston Runners v Rep. S. Africa, Walton	21.03.1967
29:43.5	John-Paul Wright.....	1	Aldershot	05.06.1988
29:48.3	Kevin Sturman.....	6	SCAAA Champs., Crystal Palace	10.09.1986
29:49.10	Samuel Gebreselassie	13rB	Highgate Harriers Night of the 10000m, Parl. Hill ...	14.05.2022
29:49.4	Oliver Foote.....	3	SCAAA Champs., Crystal Palace	11.09.1985
29:54.75	Simon Jones	4	BMC Regional Races, Birmingham Uni.	22.08.2009
30:06.9	Malcolm Robinson.....	2	<i>Meeting unknown</i> , Des Moines IA, USA	30.04.1966
30:08.12	Craig Ruddy	18	Highgate H 10,000m Night, Parliament Hill.....	16.05.2015
30:13.6	Laurie O’Hara	?	<i>Details unknown</i>	dd.mm.1971
30:14.0	Trevor Hart	?	<i>Details unknown</i>	dd.mm.1968
	(20)			
30:16.88	Andrew Fyfe	3r1	Ladywell 10,000m, Catford	01.09.2019
30:20.6	Anthony Brien IRL.....	?	Kansas Relays, USA	dd.mm.1973
30:22.1	William Kerr.....	5	SCAAA Champs., Portsmouth	28.04.1962
30:27.0	Peter Morris.....	?	<i>Details unknown</i> ,	dd.mm.1969
30:29.2	John Bicourt	13	SCAAA Champs., Crystal Palace	08.09.1982
30:31.0	Charles Dabbs	?	AAA Champs., White City	15.07.1960
30:31.2	M. R. “Bob” Smith.....	1	Belgrave Champs., Battersea Pk	06.08.1969
30:31.0	John Phelan IRL.....	?	<i>Details unknown</i>	dd.mm.1974
30:32.6	J.C. “Charlie” Smart	6	Southern Champs., White City.....	23.04.1954
30:33.7	Roger Alsop	1	Surrey Champs., Wimbledon Pk.....	02.05.1993
	(30)			
30:37.11	Henry Hart.....	6rD	Highgate H Night of the 10000m, Parliament Hill ...	20.05.2023
30:37.98	Ollie Garrod.....	7rD	Highgate H Night of the 10000m, Parliament Hill ...	20.05.2023
30:38.0	Anthony Fairclough	?	<i>Details unknown</i>	dd.mm.1969
30:38.2	W. Hugh Barrow	?	<i>Details unknown</i>	dd.mm.1965
30:40.55	Andrew Connick IRL	1	Irish Universities Champs., Waterford IRL.....	11.04.2014
30:43.4	John W. “Jack” Brown	?	<i>Details unknown</i>	dd.mm.1956
30:44.4	G.W. “Bill” Dance	4	Surrey County Champs., Wimbledon Pk.....	19.05.1968
30:45.0	Lionel Mann.....	?	<i>Details unknown</i>	dd.mm.1969
30:50.05	Ben Biggs.....	22rC	Highgate H. Night of the 10000m, Parliament Hill ..	18.05.2024
30:52.75	Spencer Barden	2	Golden Jubilee Cup Final, Bedford	17.08.2002
	(40)			
30:54.2	Ranjit Bhatia IND.....	1	Belgrave Champs., Battersea Pk	17.08.1960
30:54.32	Brad Poore	2	<i>Meeting unknown</i> , San Francisco CA, USA	11.05.2001
30:55.8	Patrick Newell	2	Belgrave Champs., Battersea Pk	17.08.1960
31:00.13	Charles Herrington	3	BAL Gold Cup Final (SEAA?), Bedford.....	19.08.2000
31:01.0	Arthur W.C. Penny	5	AAA Champs., White City	10.07.1936
31:04.9	Frank Ward	3	<i>Meeting unknown</i> , Kingsmeadow	21.04.1991
31:06.2	Joseph Reilly	2	Belgrave Champs., Battersea Pk	08.1966
31:06.2	Alan Black	3	Belgrave Champs., Battersea Pk	07 or 08.1966
31:06.94	Paul Freary.....	1	Trafford GP/NoEAA Champs., Stretford	14.05.2002
31:08.6	Patrick O’Connor IRL	3	Lauriston R. Champs., Wimbledon Pk	16.08.1972
	(50)			
31:16.5	Michael Shingles	3	Belgrave Champs., Battersea Pk	dd.08.1965
31:17.0	John Dear.....	5	Belgrave Champs., Battersea Pk	06.08.1969
31:22.37	James Estall.....	5M40	11th Euro. Veterans Champs., Cesenatico, ITA	dd.09.1998
31:23.33	James Kelly.....	10	BMC Grand Prix, Birmingham Uni.	13.08.2011

31:23.7	D. Fantham	? <i>Details unknown</i>	dd.mm.1987
31:27.22	Mark Pollard	6rA BMC Regional Races, Crownpoint.....	29.04.2016
31:31.33	Andrius Jaksevicius LTU.....	15r1 Ladywell 10,000m, Catford	01.09.2019
31:32.3	Simon Maynard	3 GRE Gold Cup Semi-Final	31.07.1988
31:34.1	Gerald Williams	30:29.0 ? <i>Details unknown</i>	dd.mm.1967
31:34.93	William Cockerell.....	2 Belgrave Champs., Battersea Pk	13.08.2003
	(60)		
31:35.2	George Flanagan	30:30 2 Belgrave Champs., Battersea Pk	21.08.1957
31:38.70	Junior Galley	? <i>SEAA Champs</i> ?, Bedford.....	18.09.1994
31:39.5	David North	? <i>Details unknown</i>	dd.mm.1987
31:41.4	Charles Walker.....	30:36.0 4 Belgrave Champs., Battersea Pk	04.1963
31:41.4	R. "Mel" Thorpe	30:36.0 ? <i>Details unknown</i>	dd.mm.1966
31:43.5	Ronald Linstead	30:38.0 1 Belgrave Champs., Battersea Pk	15.08.1962
31:48.6	Richard Piotrowski	30:43 3 Belgrave Champs., Battersea Pk	09.08.1967
31:52.3	Michael Trees.....	1 Belgrave Champs (2nd in HHH Open), Tooting.....	24.08.2002
32:01	Martin Lake	1 Belgrave Champs., Battersea Pk	05.06.1985
32:03.0	Peter Hardwick.....	? <i>Details unknown</i>	dd.mm.1982
	(70)		
32:04	Martin Head.....	2 Belgrave Champs., Battersea Pk	05.06.1985
32:06	Marcello Bizio	1 Belgrave Champs., Battersea Pk	25.07.1988
32:07.1	W.E. "Bill" Lucas.....	31:00.8 ? <i>Details unknown</i>	dd.mm.1951
32:09.1	Jonathan Blackledge U20	3 SEAA Champs., (6th in open race), Brighton	14.08.2002
32:14	Eddy Bojtler	4 Belgrave Champs., Battersea Pk	05.06.1985
32:14.5	Barry Sawyer.....	31:08 3 Belgrave Champs., Battersea Pk	dd.mm.1962
32:15.6	Nicholas Buckle.....	3rE Highgate H 10,000m Night, Parliament Hill.....	20.05.2017
32:18.8	Adrian Major	3 Belgrave Champs., Battersea Pk	04.08.1971
32:22.6	Peter Gilbey	4 GRE Cup Semi-Final, Copthall	29.07.1984
32:23.5	Hassan Raidi.....	1 BAL Golden Jubilee Cup Semi-Final, Eton	19.07.2003
	(80)		
32:26	Charles Dickinson	3 Belgrave Champs., Battersea Pk	25.07.1988
32:29.3	Paul Coughlan NZL.....	2 Belgrave & Surrey County Champs., Tooting	18.09.1999
32:30.1	Phil Carstairs	2 Belgrave Champs., Battersea Pk	07.09.1994
32:31.1	Reg Ruddick.....	31:24.0 2 Surrey Champs., Tooting	25.05.1949
32:33	Ian Duncan.....	2 Belgrave Champs., Battersea Pk	31.05.1978
32:33.2	Len Bishop	31:26 2 Belgrave Champs., Battersea Pk	09.08.1958
32:33.34	Matthew Welsh.....	10rF Highgate H 10,000m Night, Parliament Hill.....	19.05.2018
32:34.2	C.T. "Tom" Carter.....	31:27 3 Southern Champs., Broomfield Pk, Southgate	30.05.1936
32:34.2	Christopher Steer	31:27 6 Belgrave Champs., Battersea Pk	09.08.1967
32:35.2	P. Bradley.....	31:28 7 Belgrave Champs., Battersea Pk	06.05.1963
	(90)		
32:36.3	Donald Maclean	31:29 3 Belgrave Champs., Battersea Pk	21.08.1957
32:38.12	Findlay Dyer	14rF Highgate H Night of the 10000m, Parliament Hill ...	20.05.2023
32:41.5	David Baulch	31:34 1 Belgrave Champs., Battersea Pk	dd.mm.1955
32:41.66	Alexander Miller	1rE Highgate H 10,000m Night, Parliament Hill.....	16.05.2015
32:42	Thomas Dowdall	2 Belgrave Champs., Battersea Pk	20.04.1981
32:43.4	Peter Sanders	3 Belgrave Champs., Battersea Pk	13.07.1987
32:43.76	Steve Gardner.....	17rF Highgate H Night of the 10000m, Parliament Hill ...	20.05.2023
32:42.5	P. Hitchcock	31:35 4 Belgrave Champs., Battersea Pk	21.08.1957
32:46.6	Eric Gebbett	31:39 3 Belgrave Champs., Battersea Pk	09.08.1958
32:48.7	Alan Morrison	31:41 10 Belgrave Champs., Battersea Pk	10.08.1966
	(100)		

10,000m (and 6 miles) – top 100 by decade

1920-29	1930-39	1940-49	1950-59	1960-69	1970-79	1980-89	1990-99	2000-09	2010-19	2020-29
0	2	1	9	27	6	16	9	13	11	6