

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).
- a - Altitude.
- BAL - British Athletics League
- BUCS - British Universities & Colleges Sport
- CAU - Counties Athletic Union
- d - Decathlon.
- dt - Doubtful timing
- e - Estimated.
- 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.
- n - Not a winning time. In earlier days often only the winners time was taken using the stipulated three timekeepers.
- 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.
- 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	880 yds = 804.672 metres	6 miles = 9,656.064 metres
220 yds = 201.168 metres	1 mile = 1,609.344 metres	
440 yds = 402.336 metres	3 miles = 4,828.032 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, Copthall..... 11.07.1999
10.50	1.8 Samuel Osewa.....	1r2.1	Newham Evening Meeting, Stratford 30.06.2021
	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
10.56	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
	(20)		
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	Southern Counties AAA Champs., Crystal Palace . 18.08.1979
10.60	1.4 Phillips Idowu	1	<i>Meeting title not known</i> , 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
10.62	1.3 Samuel Ige.....	3h7	British Athletics Champs., Birmingham 01.07.2017
10.68	2.0 Craig Fleming.....	4r1	n/s BAL Premiership, Birmingham 03.07.2010
10.69	<i>nwi</i> 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..... 9.8	2	Inter-club Match, Ruislip..... 05.08.1967
	10.7	4s	SCAAA Champs., Crystal Palace 12.07.1969
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

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	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, 32 athletes to 10.7)			
10.71	-0.3 Daniel Donovan.....	4s1	AAA Champs. & World Trials, Birmingham.....	26.07.2003
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>Meeting unknown</i>	1954
10.8	Peter Eldridge	1	Beds. & Hunts. County Champs., Bedford.....	03.06.1961
10.8	Derek Boosey.....	?	<i>Meeting unknown</i> ,	1966
	10.8	1	<i>Meeting unknown</i> , Madeley College	10.07.1968
10.8	Stephen H. White	?	<i>Meeting unknown</i>	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	05.1975
10.8	David Armstrong	1	SAL 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	SAL Div. 2, Andover.....	06.06.1987
	11.00	?	<i>Meeting unknown</i> ,	1986
10.8	Matthew Russell U20.....	2	Nat. Junior League, 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, 47 athletes to 10.8)			
10.82	2.0 Ciaran McGuire	4h1	South of England AA Champs., Bedford.....	12.06.2021
	10.7	1A	Southern Athletics Lg., 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	Woerden Decathlon, 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
	(50)			
10.89	0.8 Simon Shirley	d	XV Commonwealth Games, Victoria, CAN	23.08.1994

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
1:50.89	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
1:51.2	David Pamah		1	Belgrave Champs, Battersea Pk 14.07.1996
	(30)			
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	Southern Counties AAA 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
1:52.0	Allen Graffin		2	Watford Open, Watford 08.05.2002
	(40)			
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> 1958
1:52.7	David Swain		2A	Southern Lg. Div. 2, Battersea Pk 15.08.1987
	(50)			
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	<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>	1987
1:53.5	Mark Sinclair	7	Inv. Race in SCAAA Match, Crystal Palace	03.08.1983
	(60)			
1:53.7	Tommy Scrimshaw.....	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
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
	(70)			
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>	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>	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
1:54.8	Gerald Williams	?	<i>Details unknown</i>	1967
1:54.8	Paul Richley	?	<i>Details unknown</i>	1983
1:54.8	Mark Anderson NZL.....	4A	Southern Lg. Div. 1, Battersea Pk.....	11.07.1992
	(80)			
1:54.85	Philip Wicks.....	7rB	BMC Gold Standard Races, Watford	26.07.2006
1:55	N. Davis.....	?	<i>Details unknown</i>	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.....	?	<i>Details unknown, also reported as 1:55.7y</i>	1961
1:55.2	Dennis Brown NZL.....	?	<i>Details unknown</i>	1978
1:55.3	Mathew Stickels	2A	Southern Lg. 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>	1968
1:55.4	Justin Chaston	?	<i>Details unknown</i>	1987
	(90)			
1:55.52	John Dawson AUS.....	1A	Southern Lg. Div 2, Battersea Pk.....	19.08.1995
1:55.6	Geoffrey A. North	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.....	?	<i>Details unknown</i>	1964
1:55.7	Geoff Dearman.....	1	Watford Open Meeting, Watford	09.09.1998
1:55.73	Will Stockley.....	5rC	BMC Regional Race, Eltham	14.08.2019
1:55.74	Matthew Douglas	2	BAL 10 in 100 Cup Match 1, Cophall.....	10.06.2007
1:55.75	Simon Limb.....	5h5	HFC UK Champs, Derby.....	24.05.1987
1:55.8	² Steve Smullen	4h1	Surrey County AA Champs., Motspur Pk.....	16.05.1985
	(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
0	1	0	3	10	5	22	23	30	6

² Steve Smullen possibly had a 1:55.7 timing in 1985 but we cannot find any record of it so have shown his 1:55.8 from the same year.

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
3:44.98	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
3:46.58	Justin Chaston		16r1	BUPA Games, Gateshead..... 02.07.1995
	(30)			
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
3:47.47	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
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
	(40)			
3:48.13	Matthew Chaston		3h4	SCAAA Champs, Crystal Palace..... 16.06.1989
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
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 <i>Open Meeting</i> , Crystal Palace..... 16.08.1972
	(50)			
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
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
	(60)			
3:51.	John Barry	?	<i>Details unknown</i>	1986
3:52.3	Kevin Sturman.....	?	<i>Details unknown</i>	1986
3:52.6	William Nankeville	6	XIV Olympic Games, Wembley	06.08.1948
3:53.0	A. Hughes	?	<i>Details unknown</i>	1983
3:53.4	John E. Davies	2	Vancouver Trophy Meeting, Woodford	17.05.1958
3:53.4	William Kerr	3A	Southern Lg. Div. 1, Wimbledon Pk	22.08.1970
3:53.5	Gerald Williams.....4:10.5	?	<i>Details unknown</i>	1967
3:53.5	Richard O'Hara	?	<i>Details unknown</i>	1986
3:53.6	Brian Hallowell	6	Kinnaird Trophy Meeting, Chiswick.....	16.06.1956
3:53.6	Alan McIntosh	?	<i>Details unknown</i>	1979
3:53.6	Steve Smullen	3A	BAL Div.4, Windsor	08.07.1984
	(70)			
3:53.82	Craig Ruddy	8	BMC Regional Races, Hutcheson.....	24.07.2015
3:53.	Derek Graham.....	?	<i>Details unknown</i>	1987
3:53.84	Andrew Fyfe	4rB	BMC Gold Standard Races, Watford	21.08.2019
3:54.0	Peter Morris.....	?	<i>Details unknown</i>	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
	(80)			
3:54.7	John W. "Jack" Brown.....4:11.8	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>	1986
3:55.0	John Phelan IRL.....	?	<i>Details unknown</i>	1976
3:55.1	C. Shields.....	?	<i>Details unknown</i>	1981
3:55.16	Philip Walker	?	<i>Details unknown</i>	1987
3:55.4	John Booth	?	<i>Details unknown</i>	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
3:56.0	A. Benn	?	<i>Details unknown</i>	1983
	(90)			
3:56.1	Roger Alsop	6	Army v Surrey v Hampshire, Aldershot.....	24.07.1994
3:56.2	Arthur Bruce	?	<i>Details unknown</i>	1953
3:56.29	Mark Anderson NZL.....	h	SCAAA Champs, Crystal Palace	13.06.1992
3:56.3	L. Looney	1A	Southern Lg. Div. 2, Ealing	24.06.1989
3:56.31	Andrew Moore.....	1B	BAL Div. 1, West London	13.08.1988
3:56.4	Laurie O'Hara	3	Vancouver Trophy Meeting, Woodford	07.05.1966
3:56.6	James Rimmer	?	<i>Details unknown</i>	1971
3:56.70	Robert Taylor	1	Gordon Stewart Trophy Meeting, Drayton Green. ..	08.05.1954
3:56.9	Alistair Morfey	?	<i>Details unknown</i>	1983
3:57.0	Albert Smith.....4:14.3	?	<i>Details unknown</i>	1966
	(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
0	0	1	5	11	8	23	19	25	8

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
4:01.4	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
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
	(30)				
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
4:04.1	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
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
	(40)				
4:04.8	Matthew Chaston	3:48.13	3h4	SCAAA Champs, Crystal Palace	16.06.1989
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
4:01.66	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., Motpur 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
4:10.5	Gerald Williams	?	<i>Details unknown</i>	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>	1985
4:11.1	Dennis Brown NZL	?	<i>Details unknown</i>	1978
	(30)			
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>	1966
4:14.3	Albert Smith.....	?	<i>Details unknown</i>	1966
4:14.35	Derek Watson	2	Inter-Counties Champs, Bedford.....	31.05.2004
4:14.5	Gerald A. North	3	Belg. H v Surrey AC v SLH, Battersea Pk.....	24.06.1964
	(40)			
4:14.7	Donald Maclean	?	<i>Oxford University Champs, Oxford</i>	1957 or 1958

³ “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.

⁴ “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
13:46.33	Jon Dennis	2	Penn Relays, Philadelphia, PA USA	23.04.1992
13:49.0	John Thresher	1	International Meeting, Paris (Charley) 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
13:58.0	i Anthony Brien IRL	?	<i>Details unknown</i>	<i>dd.mm.1974</i>
	(20)			
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
14:04.33	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
14:05.8	Kassa Tadesse	1	Northumberland Castles Challenge Hexham	08.10.1997
14:06.1	Gerald A. North	7	SCAAA Champs, Motspur Pk	19.06.1965
	(30)			
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	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
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
	(40)			
14:21.8	John W. "Jack" Brown	1	Vancouver Trophy Meeting, Woodford Bridge	15.09.1956
14:22.0	M.R. "Bob" Smith	2A	Southern League Div. 1, Ilford	16.05.1970
14:22.5	W. Hugh Barrow	1	Victoria Pk A.C. 3m Champs, Glasgow	11.05.1965
14:22.51	Andrew Fyfe	2r7	Hercules Wimbledon 5,000m Festival, Wimbledon	07.08.2019
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
14:24.82	Matthew Stickels	?	<i>Details unknown</i>	<i>dd.mm.1988</i>
14:25.6	R. "Mel" Thorpe	4	Brockman Trophy Meeting, Wimbledon Pk	17.07.1965
14:25.8	Ranjit Bhatia IND	1	UAU Champs, Nottingham	21.05.1960
14:28.2	Laurie O'Hara	3A	Southern League Div. 1, Luton	29.07.1972
	(50)			
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	14:00	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
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
14:34.6	Lee Hurst.....	3	<i>Meeting unknown</i> , Stretford	18.08.1998
	(60)			
14:34.60	Craig Ruddy	12rB	BMC GP, Watford.....	27.06.2015
14:35.0	John Stow	2A	Southern League 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
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
14:40	Peter Carton U20	2	Belgrave Champs, Battersea Pk	12.07.1972
14:41.9	William E. Lucas	4	AAA Champs, White City	15.07.1950
	(70)			
14:42.44	Euan Campbell.....	9r6	Comeback 5000m, Battersea Pk	31.03.2021
14:43.2	Anthony Fairclough	h	Surrey County Champs, Motspur Pk.....	05 or 06.06.1968
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
14:45.0	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
	(80)			
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, Cophall	05.06.2004
14:53.09	Will Stockley.....	12r6	Comeback 5000m, Battersea Pk	31.03.2021
14:55	J.C. "Charlie" Smart	1	BAOR Champs, <i>unknown venue</i> , Germany.....	dd.mm.1953
14:55.17	Richard Ward	7A	BAL Div. 1, Wood Green	08.05.2004
14:55.8	Andrew North U20.....	1A	Southern League 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	Southern League Div. 1, Ewell Court.....	19.08.1972
14:56.43	Andrew Connick IRL	16rA	BMC GP, Sportcity, Manchester	31.05.2014
	(90)			
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
14:57.66	Charles Herrington.....	2B	BAL Div. 1, Cophall	06.08.2000
14:57.9	Alan Black	1	Belgrave Champs, Battersea Pk	20.07.1966
14:58.0	Jason Lobo.....	1rB	<i>Meeting unknown</i> , Bedford	19.05.2002
14:58.6	Graham Macky NZL.....	?	<i>Details unknown</i>	dd.mm.1981
14:58.9	Christopher Steer	5	Cecil Fry Trophy Meeting, Ilford	29.06.1963
15:01.2	Donald Maclean	3	LCC Champs, <i>Hurlingham</i>	1957 or 1958
15:01.3	William Cockerell.....	4B	BAL Div. 1, Wigan	31.08.2002
15:01.4	Brian Hallowell	2	Belgrave Champs, <i>venue</i>	dd.mm.1957
	(100)			

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
0	0	1	6	21	9	12	15	22	14

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
29:49.4	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
30:16.88	Andrew Fyfe	3r1	Ladywell 10,000m, Catford	01.09.2019
	(20)			
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 Counties Champs, White City.....	23.04.1954
30:33.7	Roger Alsop	1	Surrey Champs, Wimbledon Pk	02.05.1993
30:38.0	Anthony Fairclough	?	<i>Details unknown</i>	dd.mm.1969
	(30)			
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
30:52.75	Spencer Barden	2	Golden Jubilee Cup Final, Bedford	17.08.2002
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
	(40)			
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
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
	(50)			
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>	<i>dd.mm.1967</i>
31:34.93	William Cockerell.....		2 Belgrave Champs, Battersea Pk	13.08.2003
31:35.2	George Flanagan	30:30	2 Belgrave Champs, <i>Battersea Pk</i>	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>	<i>dd.mm.1987</i>
31:41.4	Charles Walker.....	30:36.0	4 Belgrave Champs, Battersea Pk	04.1963
	(60)			
31:41.4	R. "Mel" Thorpe	30:36.0	? <i>Details unknown</i>	<i>dd.mm.1966</i>
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>	<i>dd.mm.1982</i>
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>	<i>dd.mm.1951</i>
32:09.1	Jonathan Blackledge U20		3 SEAA Champs, (6th in open race), Brighton	14.08.2002
	(70)			
32:14	Eddy Bojtler		4 Belgrave Champs, Battersea Pk	05.06.1985
32:14.5	Barry Sawyer.....	31:08	3 Belgrave Champs, Battersea Pk	<i>dd.mm.1962</i>
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, Cophthall	29.07.1984
32:23.5	Hassan Raidi.....		1 BAL Golden Jubilee Cup Semi-Final, Eton	19.07.2003
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
	(80)			
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
32:36.3	Donald Maclean	31:29	3 Belgrave Champs, Battersea Pk	21.08.1957
32:41.5	David Baulch	31:34	1 Belgrave Champs, Battersea Pk	<i>dd.mm.1955</i>
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
	(90)			
32:43.4	Peter Sanders		3 Belgrave Champs, Battersea Pk	13.07.1987
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
32:50.8	John Moore	31:43	8 Belgrave Champs, Battersea Pk	06.05.1963
32:51.8	Clive Shippen	31:44	5 Belgrave Champs, Battersea Pk	<i>dd.mm.1962</i>
32:52.4	Said Chettatti.....		3 Belgrave Champs, Battersea Pk	06.09.1995
32:56.0	Christopher Keavey.....	31:48	13 Belgrave Champs, Battersea Pk	10.08.1966
33:01	Simon Holmes.....		2 Belgrave Champs, Battersea Pk	30.05.1979
33:03.2	Brian Hallowell	31:55	6 Belgrave Champs, Battersea Pk	17.08.1960
	(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
0	2	1	9	31	7	16	10	13	11