

The first ever Women's English National Road Relay Championship was held in the Autumn of 1963 at Huyton, near Liverpool, and thereafter, the competition moved around the country for the next 26 races. In 1990 the race moved to Sutton Park, Sutton Coldfield, and there it has remained ever since, apart from a single year at Clumber Park, Nottinghamshire, in 2012, when an outbreak of E. coli was traced to Sutton Park.

For the first few years and since 1994 the race has been made up of four stages of between 1.5 to 2.7 miles, but from 1967 to 1998 it was just three stages.

The Women's Cross-Country & Road Running Association organised the competition until 1992, with the AAA taking over in 1993. Later (about 2012?) the event came under the umbrella of the English Road Running Association (ERRA), a body that evolved from the AAA of England Road Running Management Committee with the objective of having a similar organisation to represent road running at England level as ECCA does for cross country. Although the ERRA organises English road running championships, specially invited teams from the other UK countries may also enter.

With the formation of Belgrave's women's section in 1976, and the early emphasis being on track & field competition, it was a quarter of a century before the 'Belles' lined up among the best road running clubs in the country. But when that debut came, it was rather special: two Belgrave teams started, and the 'A' squad impressed with 7th place. That performance wasn't beaten until 2023 when bronze medals were won; and the imminent possibility of this performance being exceeded in Sutton Park looks very strong indeed.

Figures in brackets ( ) after each Belgrave team member's name indicate the team's position after that athlete's run. A following number, if present, represents the runner's ranking among top ten fastest times on that stage. If a third number is present, then that indicates the athlete's ranking among top 30 times for the entire race, e.g. (7, 6, 16) = team lying 7th, 6th fastest on the stage, 16th fastest for the day.

Team managers: Catherine Eastham (2001-2010), Will Cockerell (2011-2015, jointly with Charlie Dickinson in the latter years), Charlie Dickinson (2016-2024).

## Before the era of Belgrave's participation

**Venues changed from year to year (1963-1989)** – stage lengths were often not reported.

1963, 16 Nov. Huyton, nr. Liverpool, 4 stages of 1.5 miles	1 Mitcham AC, 2 Bury & Radcliffe AC, 3 Selsonia AC.
1964	Race not held.
1965, 27 Mar. Friern Barnet, North London, 4 stages.	1 Ilford AC, 2 Aldershot & Dist. AC, 3 Maryhill AC.
1966, 26 Mar. Sheffield, 4 stages.	1 Ilford AC, 2 Essex Ladies AC, 3 Highgate H.
1967, 25 Mar. Newcastle-under-Lyme, 4 stages.	1 Essex Ladies AC, 2 Coventry Godiva H, 3 Ilford AC.
1967, 11 Nov. Aldershot, 3 stages.	1 Barnet & Dist. AC, 2 Mitcham AC, 3 Coventry Godiva H.
1968, 2 Nov. Lancaster & Morecambe College, 3 stages.	1 Feltham AC, 2 Ilford AC, 3 Birchfield H.
1969, 8 Nov. Bristol, 3 stages of 2 miles.	1 Barnet & Dist. AC, 2 Aldershot, F&D AC, 3 Bury & Radcliffe.
1970, 14 Nov. Oak Hill Park, Barnet, 3 stages of 3 km.	1 Barnet & Dist. AC, 2 Airedale & Spen Valley, 3 Watford H.
1971, 13 Nov. Lister Park, Bradford, 3 stages of 3 km.	1 Barnet & Dist. AC, 2 Coventry Godiva H, 3 Watford H.
1972, 11 Nov. Newcastle-under-Lyme, 3 stages of 3 km.	1 Aldershot, F&D AC, 2 Barnet & Dist. AC, 3 Feltham AC.
1973, 10 Nov. Uxbridge, 3 stages of 3.5 km.	1 Aldershot, F&D AC, 2 Cambridge H, 3 Feltham AC.
1974, 9 Nov. Markeaton Park, Derby, 3 stages of 2 miles.	1 Barnet & Dist. AC, 2 Feltham AC, 3 Stretford AC.
1975, 8 Nov. Newcastle-under-Lyme, 3 stages.	1 Barnet & Dist. AC, 2 Feltham AC, 3 London Olympiades.
1976, 13 Nov. Harlow, 3 stages of 3.35 km.	1 Feltham AC, 2 Birchfield H, 3 Stretford AC.
1977, 12 Nov. Lister Park, Bradford, 3 stages of 3 km.	1 Feltham AC, 2 Barnet & Dist. AC, 3 London Olympiades.
1978, 12 Nov. Coventry, 3 stages.	1 Feltham AC, 2 Feltham AC 'B', 3 Bracknell AC.
1979, 10 Nov. Eastway Cycle Circuit, Leyton, 3 stages.	1 Stretford AC, 2 Sale H, 3 Crawley AC.
1980, 9 Nov. Haslingden, Rossendale, 3 stages.	1 Sale H, 2 Bracknell AC, 3 Sale H 'B'.
1981, 14 Nov. Braunstone Park, Leicester, 3 stages.	1 Aldershot, F&D AC, 2 Boro' of Hounslow AC, 3 Sale H.
1982, 13 Nov. The Stockyard, Banbury, 3 stages.	1 Boro' of Hounslow AC, 2 Bracknell AC, 3 Stretford AC.
1983, 12 Nov. Sefton Park, Liverpool, 3 stages.	1 Cardiff AAC, 2 Dartford H, 3 Stretford AC.
1984, 10 Nov. Keele University, Staffs., 3 stages of 4 km.	1 Bracknell AC, 2 Sale H, 3 Bath & Percy AC.
1985, 9 Nov. Rushmoor Arena, Aldershot, 3 stages of 4km.	1 Sale H, 2 Crawley AC, 3 Bracknell AC.
1986, 8 Nov. Sefton Park, Liverpool, 3 stages.	1 Aldershot, F&D AC, 2 Southampton & Eastl. AC, 3 Stretford AC.
1987, 14 Nov. Birmingham University, 3 stages of 4 km.	1 Boro' of Hounslow AC, 2 Blaydon H, 3 Birchfield H.
1988, 12 Nov. Rushmoor Arena, Aldershot, 3 stages of 4km.	1 Essex Ladies AC, 2 Sale H, 3 Parkside AC.
1989, 11 Nov. Yarborough, Lincoln, 3 stages of 4 km.	1 Sale H, 2 Oxford University, 3 Coventry Godiva H.

**Sutton Park, Sutton Coldfield (1), 1990-1993** – 3 stages of 4.35 km giving a total distance of 13.05 km.

1990, 10 Nov. 1 Westbury H 43:27, 2 Birchfield H 43:37, 3 Parkside Harrow AC 44:07; 72 teams started, 64 finished; 202 runners; fastest: Lesley Morton (Westbury H) 14:02 on stage 3.

1991, 9 Nov. 1 Leicester Coritanian 43:18, 2 Parkside (Harrow AC) 43:24, 3 Birchfield H 43:26; 68 teams started, 62 finished; 196 runners; fastest: Lesley Morton (Westbury H) 14:18 on stage 3.

1992 14 Nov. 1, Parkside (Harrow) AC 42:56, 2 Tipton H 43:45, 3 Birchfield H 44:31; 69 teams started, 64 finished; 197 runners; fastest: Paula Radcliffe (Bedford & County AC) 13:47 on stage 3.

1993 13 Nov. 1, Tipton H 43:18, 2, Bedford & County AC 43:34, 3, Parkside (Harrow) AC 43:53; 67 teams finished; at least 201 runners; fastest: Paula Radcliffe (Bedford & County AC) 13:26 on stage 4.

**Sutton Park, Sutton Coldfield (2), 1994-1998** – 4 stages of 4.35 km giving a total distance of 17.4 km.

1994 12 Nov. 1 Parkside (Harrow) AC 58:37, 2 Birchfield H 58:56, 3 Leeds City AC 59:31; 68 teams finished; at least 272 runners; fastest: Angela Hulley (Leeds City AC) 14:05.

1995 28 Oct. 1 Shaftesbury Barnet H 58:47, 2 Leeds City AC 59:05, 3 Parkside (Harrow) AC 59:38; 56 teams started, 44 finished; 196 runners; fastest: Paula Radcliffe (Bedford & County AC) & Lucy Elliott (Shaftesbury Barnet H) 13:55, both on stage 4.

1996 27 Oct. 1 Birchfield H 59:31, 2 Leeds City AC 59:47, 3 Westbury H 1:01:34; 54 teams finished; at least 216 runners; fastest: Zara Hyde (Havant AC) 14:20 on stage 1.

1997 26 Oct. 1 Bedford & County AC 58:22, 2 Shaftesbury Barnet AC 59:01, 3 Charnwood AC 59:22; 47 teams started, 38 finished; 169 runners; fastest: Paula Radcliffe (Bedford & County AC) 13:55 on stage 4.

1998 25 Oct. 1 Sale H 59:19, 2 Shaftesbury Barnet H 59:51. 3 Charnwood AC 1:00:00; 48 teams started, 40 finished; about 170 runners; fastest: Heather Heasman (Altrincham & Dist. AC) 14:14 on stage 2.

**Stats for the course used when Belgrave began participation****Sutton Park, Sutton Coldfield (3) 1999-2011** – Four stages of 4.315 km, giving a total distance of 17.26 km.

1999 - - 30 Oct. — Belgrave did not take part.  
Teams: 1 Shaftesbury Barnet H 59:07, 2 Sale H 59:41, 3 Charnwood AC 59:46; 70 teams started, 67 finished inc. 1 dq.; 273 runners; fastest: Lucy Wright (Leeds City AC) 14:08 on stage 2.

2000 - - 28 Oct. — Belgrave did not take part.  
Teams: 1 Sale H 58:34, 2 Charnwood AC 58:56; 3 Shaftesbury Barnet H 59:16. 64 teams started, 55 finished; 239 runners; fastest: Amanda Parkinson (Sale H) 14:07 on stage 3.

2001 7th 1:01:32 27 Oct. — Birhane Dagne (4, 4, 13) 14:34, Juliette Clark (6) 15:40 Maria Sharp (6) 15:29 Anna Hegvold (7) 15:49.  
— B team. incomplete team; Getenesh Tamirat (9, 9, 23) 14:56, Syreeta Stracey (30) 16:55, Tania Sturton (25) 16:48.

Teams: 1 Charnwood AC 58:44, 2 Bedford & County AC 59:26, 3 Bristol AC 1:00:14; 86 teams started, 73 finished; 318 runners; fastest: Helen Pattinson (Preston H) 13:59 on stage 1.

2002 15th 1:04:41 26 Oct. — Getenesh Tamirat (4, 4, 11) 14:51, Louise Cooper (25) 17:34, Victoria Edwards (24) 16:50, Maria Sharp (15, 8) 15:26.

Teams: 1 Windsor, Slough, Eton & Hounslow 59:40, 2 Tipton H 1:00:06, 3 Bristol AC 1:00:53; 82 teams started, 71 finished; 351 runners; fastest: Hayley Yelling (Windsor, Slough, Eton & Hounslow AC) 14:15 on stage 4.

2003 20th 1:04:32 25 Oct. — Angela Walker (35) 16:04, Birhan Dagne (24) 16:00, Rosie Powell (18) 16:11, M. 'Tilly' Heaton (20) 16:17.

Teams: 1 Chester le Street & Dist. AC 59:09, 2 Charnwood AC 59:25, 3 Sale H 59:58; 87 teams started, 73 finished; 318 runners; fastest: K. Reed (Bristol AC) 14:07 and Hayley Yelling (Windsor, Slough, Eton & Hounslow AC) both on stage 4.

2004 28th 1:05:50 23 Oct. — M. 'Tilly' Heaton (46) 16:03, Victoria Edwards (47) 17:13, Louise Cooper (36) 16:39, Juliette Clark (28) 15:55.

Teams: 1 Bristol & West AC 57:46, 2 Windsor, Slough, Eton & Hounslow AC 59:20, 3 Wakefield Dist. H&AC 59:59; 92 teams started, 74 finished; 334 runners; fastest: Kate Reed (Bristol & West AC) 13:59 on stage 4.

2005	12th	1:02:36	22nd Oct. — Juliette Clark (35) 15:52, M. 'Tilly' Heaton (32) 16:14, Birhan Dagne (12, 1, 7) 14:24, Sarah Murphy (12) 16:06. Teams: 1 Bristol & West AC 59:16, 2 Shaftesbury Barnet H 59:25, 3 Bedford & County AC 59:29; 92 teams started, 85 finished inc. 1 n/s; 334 runners; fastest: Kate Reed (Bristol & West AC) 13:56 on stage 4.
2006	26th	1:05:17	21 Oct. — Sarah Murphy (44) 16:06, Sarah Gailey (42) 16:57, M. 'Tilly' Heaton (32) 16:14, Catherine Bryson (26) 16:00. Teams: 1 Birchfield H 59:33, 2 Aldershot Farnham & Dist. AC 59:39, 3 Charnwood AC 1:00:17; 98 teams started, 78 finished; 351 runners; fastest: Helen Clitheroe (Preston H) 14:11 on stage 1.
2007	18th	1:02:11	20 Oct — Birhan Dagne (7, 7, 14) 14:27, Sarah Murphy (22) 15:47, M. 'Tilly' Heaton (22) 16:50, Catherine Bryson (18, 8) 15:07. Teams: 1 Aldershot Farnham & Dist. AC 57:15, 2 Charnwood AC 57:56, 3 Havering Mayesbrook AC 58:47; 93 teams started, 78 finished including 1 n/s; 339 runners; fastest: Stephanie Twell (Aldershot, Farnham & Dist. AC) 13:41 on stage 4.
2008	20th	1:03:27	18 Oct. — Sarah Murphy (46) 16:07, Birhan Dagne (17, 9, =29) 14:51, M. 'Tilly' Heaton (26) 17:19, Catherine Bryson (20, 6) 15:10. Teams: 1 Aldershot, Farnham & Dist. AC 57:24, 2 Charnwood AC 59:09, 3 Chester le Street & Dist. AC 59:16; 100 teams started, 81 finished; 361 runners; fastest: Freya Murray (Chester le Street AC) 13:50 on stage 3.
2009	49th	1:10:11	17 Oct. — Zoe Vail (49) 16:15, M. 'Tilly' Heaton (45) 16:55, Jennifer Beecroft (51) 19:16, Helen Smethurst (49) 17:45. Teams: 1 Aldershot, Farnham & Dist AC 57:09, 2 Chester le Street & Dist. AC 58:17, 3 City of Norwich AC 58:53; 88 teams started, 73 finished; 355 runners; fastest: Charlie Purdue (Aldershot, Farnham & Dist. AC) 13:53 on stage 4.
2010	42nd	1:09:52	16 Oct. — Louise Blizzard (54) 17:12, Amy Linford (48) 16:55, M. 'Tilly' Heaton (43 )17:46 Vicki Goodwin (42) 17:59. Teams: 1 Aldershot, Farnham & Dist. AC 58:14, 2 Charnwood AC 58:50, 3 Bristol & West AC 1:00:05; 85 teams started, 69 finished; 310 runners; fastest: Charlie Purdue (Aldershot, Farnham & Dist. AC) 13:55 on stage 3.
2011	25th	1:06:01	15 Oct. — Samantha Amend (35) 15:45, Nelleke Quispel (23) 16:04, Catherine Bryson (23) 16:29, M. 'Tilly' Heaton (25) 17:43.
	42nd	1:09:18	— B team. Hester Barsham-Rolfe (76 )17:59, Vicki Goodwin (65) 18:05, Sarah Murphy (55) 16:41, Fiona Maycock (42) 16:33. Teams: 1 Aldershot, Farnham & Dist. AC 57:17, 2 Charnwood AC 58:20, 3 Bristol & West AC 58:50; 93 teams started, 72 finished; 326 runners; fastest: Gemma Steel (Charnwood AC) 13:45 on stage 4.

**Clumber Park, Nottingham** – Four stages of approx. 3.5 km (2.18 miles), giving a total length of approx. 14 km.

2012	17th	52:38	13 Oct. — Fiona Maycock (27) 12:54, L. 'Tish' Jones (13) 12:14, Josephine Rhodes (15) 13:41, Zoe Smith (17) 13:49. Teams: 1 Aldershot, Farnham & Dist. AC 46:29, 2 Birchfield H 46:39, 3 Shaftesbury Barnet H 48:26; 49 teams started, 37 finished; 161 runners; fastest: Emelia Gorecka (Aldershot, Farnham & Dist. AC) 11:05 on stage 4.
------	------	-------	---

**Sutton Park, Sutton Coldfield (2) 2013-2024** – Course as for 1999-2011.

2013	15th	1:03:18	12 Oct. — L. 'Tish' Jones (3, 3, 6) 14:19, Samantha Amend (13) 16:17, Melanie Wilkins (15) 16:27, Louise Blizzard (15) 16:15.
	44th	1:09:15	— B team. Josephine Rhodes (47) 16:31, Fiona Maycock (36) 16:15, Vicki Goodwin (46) 18:41, Fiona Maddocks (44) 17:48. Teams: 1 Aldershot, Farnham & Dist. AC 56:42, 2 Birchfield H 58:36; 3 Charnwood AC 58:49; 77 teams started, 66 finished; 283 runners; fastest: Gemma Steel (Charnwood AC) 13:49 on stage 4.

2014	17th	1:03:54	4 Oct. — Sophie Carter (23) 15:34, Fiona Maycock (26) 16:22, Melanie Wilkins (19) 15:42, Zoe Doyle (18) 16:16. Teams: 1 Aldershot, Farnham & Dist. AC 57:13, 2 Birchfield H 59:26, 3 Aldershot, Farnham & Dist. AC 'B' 1:00:14, 4 Bristol & West AC 1:00:22 <sup>1</sup> ; 75 teams started, 61 finished inc. 1 n/s; 271 runners; fastest Stephanie Twell (Aldershot, Farnham & Dist. AC) 14:04 on stage 2.
2015	17th	1:04:02	3 Oct. — Sally Underhill (51) 16:35, Melanie Wilkins (28) 15:32, Zoe Smith (19) 15:52, Zoe Doyle (17) 16:03. Teams: 1 Swansea H 59:14, 2 Bristol & West AC 59:51. 3 Vale Royal AC 1:00:03; 85 teams started, 68 finished inc. 1 n/s; 311 runners; fastest: Eleanor Vernon (Stockport H) 14:11 on stage 1.
2016	23rd	1:04:21	8 Oct. — Samantha Amend (20) 15:13, Rebecca Prince (29) 16:27, Zoe Smith (20) 15:58, Josephine Rhodes (23) 16:43. Teams: 1 Aldershot Farnham & Dist. AC 58:48, 2 Birchfield H 59:10, 3 Cardiff AAC 1:00:03; 78 teams started, 62 finished; 282 runners; fastest: Kate Hulls (Bristol & West AC) 13:58 on stage 2.
2017	10th	1:01:55	7 Oct. — Sophie Harris (2, 2, =6) 14:17, Saron Haileselase (2, 9) 15:19, Nelleke Quispel (11) 16:40 Jane Vongvorachoti (10) 15:39.
	52nd	1:09:57 <sup>2</sup>	— B team. Lizzie Goldie-Scot (55) 16:24, Megan Bailey (61) 17:57, Katie Ellen French (47) 16:01, Mhairi McDonald (52) 19:35. Teams: 1 Aldershot, Farnham & Dist. AC 58:26, 2 Leeds City AC 59:08, 3 Swansea H 59:26; 111 teams started, 86 finished; 395 runners; fastest: Jessica Judd (Chelmsford AC) 13:55 on stage 4.
2018	7th	1:01:21	6 Oct. — Saron Haileselase (3, 3, 8) 14:39, Samantha Amend (8) 16:14, Jane Vongvorachoti (9, 9) 15:42, Sophie Harris (7, 4, 12) 14:46.
	44th	1:10:21	— B team. Josephine Rhodes (62) 17:44, Katie-Ellen French (49) 16:34, Jurgita Levertaviciute (49) 17:45, Lizzie Goldie-Scot (44) 18:18. Teams: 1 Aldershot, Farnham & Dist. AC 57:56, 2 Leeds City AC 59:29, 3 Tonbridge AC 59:56; 83 teams started, 68 finished; 300 runners; fastest: Emily Hosker-Thornhill (Aldershot, Farnham & Dist. AC) 13:58 on stage 1.
2019	25th	1:06:44	6 Oct. — Orna McGinley (43) 16:38, Fiona Maddocks (37) 17:01, 3 Mhairi Hall (32) 16:52, Rachel Ann Brown (25) 16:13. Teams: 1 Cardiff AAC 57:26, 2 Tonbridge AC 59:24, 3 Aldershot, Farnham & Dist. AC 59:41; 77 teams started, 64 finished; 276 runners; fastest: Charlotte Arter (Cardiff AAC) 14:00 on stage 2.
2020			Race not held due to coronavirus pandemic.
2021	9th	1:01:28	9 Oct. — Sarah Astin (4, 4, 5) 14:12, Stephanie Hewitt (8) 15:38, 3 Grace Richardson (7) 15:42, Olivia Papaioannou (9) 15:56.
	30th	1:05:16	— B team. Alice Reed (30) 15:23, 2 Katie Ellen French (32) 16:31, Samantha Amend (26) 15:59, Sarah Dewhirst (30) 17:23. Teams: 1 Aldershot, Farnham & Dist. AC 59:03, 2 Aldershot, Farnham & Dist. AC 'B' 1:00:14, 3 Lincoln Wellington AC 1:00:29, 4 Reading AC 1:00:31 <sup>3</sup> ; 79 teams started, 63 finished; 283 runners; fastest: Nicole Taylor (Tonbridge AC) 13:56 on stage 1.
2022	17th	1:02:05	8 Oct. — Sarah Astin (3, 3, 7) 14:12, Orna McGinley (9) 15:54, 3 Olivia Papaioannou (16) 16:25, Anna Sharp (17) 15:34.
	38th	1:07:19	— B team. Fiona Maddocks (60) 17:20, Natalie Beadle (46) 16:12, Sarah Riceman (40) 16:40, Clementine Cooper (38) 17:07. Teams: 1 Tonbridge AC 58:26, 2 Salford H&AC 58:37, 3 Aldershot, Farnham & Dist. AC 59:09; 78 teams started, 71 finished; 295 runners; fastest: Amelia Quirk (Bracknell AC) 13:35 on stage 4.

<sup>1</sup> 2014. Bristol & West AC were upgraded to 3rd in the Championship as Aldershot, Farnham & Dist. AC's 'B' team, 3rd in the race, were not counted for Championship purposes.

<sup>2</sup> 2017. Belgrave's 4th runner for the B team inadvertently set off when the incoming 3rd runner for the A team finished. This was not picked up at the time and therefore the official result is incorrect, showing a time of 15:29 for the runner, and a final place of 34th for the B team in 1:05:51. We have shown what we believe to be the correct data, i.e. 19:35, 52nd and 1:09:57. The A team was not affected in any way.

<sup>3</sup> 2021, Lincoln Wellington AC and Reading AC were presumably upgraded to 2nd and 3rd in the Championship as Aldershot, Farnham & Dist. AC's 'B' team, 2nd in the race, were not counted for Championship purposes.

2023	4th <sup>4</sup>	58:22	7 Oct. — Kristina Popadich (16) 14:49, Lea Adamson (11) 15:02, Sarah Astin (4, 1, 12) 14:27, Kate Axford (4, 1, 3) 14:04.
	29th	1:04:25	— B team. 1 Emily Bradley (43) 16:07, Mimi Corden-Lloyd (40) 16:23, Orna McGinley (32) 16:15, Stephanie Hewitt (29) 15:40 Teams: 1 Aldershot Farnham & Dist. AC 58:07, 2 Aldershot Farnham & Dist. AC 'B' 58:19, 3 Leeds City AC 58:19; 84 teams started, 64 finished; 293 runners; fastest: Lillian Partridge (Birchfield AC) 13:55 on stage 1.
2024	8th	59:54	5 Oct. — Sarah Astin (2, 2, 4) 14:12, Emily Bradley (3, 10) 15:02, Kristina Popadich (4, 6) 15:01, Stephanie Hewitt (8) 15:39.
	17th	1:01:51	— B team. Imogen Wolsey (25) 14:56, Samantha Munday (21) 15:44, Mimi Corden-Lloyd (19) 15:13, Penny Oliver (17) 15:58. Teams: 1 Herne Hill H 58:12, 2 Vale Royal AC 58:36, 3 Thames Valley H 58:42; 75 teams started, 62 finished; 273 runners; fastest: Georgie Grgec (Herne Hill H) 13:39 on stage 3.

---

<sup>4</sup> 2023, Belgrave were upgraded to 3rd in the Championship as Aldershot, Farnham & Dist. AC's 'B' team, 2nd in the race, were not counted for Championship purposes.

**Championship course record and progression**

59:07	Shaftesbury Barnet H.....	1999
58:34	Sale H.....	2000
57:46	Bristol & West AC.....	2004
57:15	Aldershot, Farnham & Dist. AC.....	2007
57:09	Aldershot, Farnham & Dist. AC.....	2009
56:42	Aldershot, Farnham & Dist. AC.....	2013

**Fastest 20 teams**

	pos.	
56:42	Aldershot, Farnham & Dist. AC.....	1st .... 2013
	57:09 .....	1st .... 2009
	57:13 .....	1st .... 2014
	57:15 .....	1st .... 2007
	57:17 .....	1st .... 2011
	57:24 .....	1st .... 2008
	57:56 .....	1st .... 2018
	58:07 .....	1st .... 2023
	58:14 .....	1st .... 2010
	58:19 'B' Team .....	2nd .... 2023
	58:26 .....	1st .... 2017
	58:44 .....	4th .... 2024
	58:48 .....	1st .... 2016
	59:03 .....	1st .... 2021
	59:09 .....	3rd .... 2022
	59:19 'B' Team .....	4th .... 2013
57:26	Cardiff AAC .....	1st .... 2019
57:46	Bristol & West AC.....	1st .... 2004
	58:50 .....	3rd .... 2011
	58:55 .....	4th .... 2009
	59:16 .....	1st .... 2005
58:12	Herne Hill H.....	1st .... 2024
58:17	Chester le Street & Dist. AC.....	2nd .... 2009
	59:09 .....	1st .... 2003
	59:16 .....	3rd .... 2008
58:19	Leeds City AC .....	3rd .... 2023
	59:08 .....	2nd .... 2017
58:20	Charnwood AC.....	2nd .... 2011
	58:44 .....	1st .... 2001
	58:49 .....	3rd .... 2013
	58:50 .....	2nd .... 2010
	59:46 .....	3rd .... 1999
	58:56 .....	2nd .... 2000
	59:09 .....	2nd .... 2008
58:22	Belgrave H.....	4th .... 2023
58:26	Tonbridge AC .....	1st .... 2022
	58:54 .....	5th .... 2023
58:34	Sale H.....	1st .... 2000
	(10)	
58:36	Birchfield H.....	2nd .... 2013
	59:07 .....	4th .... 2011
	59:10 .....	2nd .... 2016
	59:13 .....	1st .... 2006
58:36	Vale Royal AC.....	2nd .... 2024
58:37	Salford H&AC.....	2nd .... 2022
58:42	Thames Valley H.....	3rd .... 2024
	59:10 .....	6th .... 2023
58:53	City of Norwich AC .....	3rd .... 2009
59:07	Shaftesbury Barnet H.....	1st .... 1999
	59:16 .....	3rd .... 2000

59:14	Swansea H.....	1st .... 2015
59:19	Havering Mayesbrook AC.....	4th .... 2008
59:19	Lincoln Wellington AC.....	4th .... 2022
59:20	Windsor, SE&H AC.....	2nd .... 2004
	(20)	

**Individual record progression**

	stg	
14:18	Birhan Dagne (Woodford Green wEL) 1 .....	1999
14:08	Lucy Wright (Leeds City AC).....	2 .... 1999
14:07	Amanda Parkinson (Sale H) .....	3 .... 2000
13:59	Helen Pattinson (Preston H) .....	1 .... 2001
13:59	Kate Reed (Bristol & West AC) .....	4 .... 2004
13:56	Kate Reed (Bristol & West AC) .....	4 .... 2005
13:41	Stephanie Twell (Aldershot F&D AC) .	4 .... 2007
13:35	Amelia Quirk (Bracknell AC) .....	4 .... 2022

**Fastest 20 individuals**

	stg	
13:35	Amelia Quirk (Bracknell AC) .....	4 .... 2022
13:39	Georgie Grgec (Herne Hill H) .....	3 .... 2024
	13:59 .....	2 .... 2023
13:41	Stephanie Twell (Aldershot F&D AC) .	4 .... 2007
	14:00 .....	2 .... 2009
13:45	Gemma Steel (Charnwood AC) .....	4 .... 2011
	13:49 .....	4 .... 2013
13:48	Charlotte Purdue (Aldershot F&D AC) 4 .....	2011
	13:53 .....	4 .... 2009
	13:54 .....	4 .... 2008
	13:55.....	3 .... 2010
13:50	Freya Murray (Chester le Street AC) 3 .....	2008
	13:54 .....	4 .... 2009
13:51	Jessica Coulson (Stockport H) .....	1 .... 2011
13:55	Jessica Judd (Chelmsford AC) .....	4 .... 2017
	14:02 (Blackburn H&AC).....	2 .... 2022
13:55	Lillian Partridge (Birchfield H) .....	1 .... 2023
13:56	Kate Reed (Bristol & West AC) .....	4 .... 2005
	13:59 .....	4 .... 2004
13:56	Nicole Taylor (Tonbridge AC) .....	1 .... 2021
	(=10, 11 athletes to 13:56)	
13:57	Sophie Morris (Windsor, SE&H AC) 1 .....	2007
13:58	Kate Hulls (Bristol & West AC) .....	2 .... 2016
13:58	Emily Hosker-Thornhill (Ald. F&D AC) .	1 .... 2018
13:59	Helen Pattinson (Preston H) .....	1 .... 2001
14:00	Charlotte Arter (Cardiff AAC) .....	2 .... 2019
14:00	Abbie Donnelly (Lincoln Wellington) 1 .....	2022
	14:01 .....	1 .... 2019
14:03	Tara Krzywicki (Charnwood AC).....	1 .... 2001
14:03	Hayley Yelling (Windsor, SE&H AC) 4 .....	2004
14:03	Hannah Irwin (Cambridge & Col.) ....	2 .... 2021
	(20)	

*Note that on the slightly longer 1990-1998 Sutton Park course, Paula Radcliffe (Bedford & County AC) ran 13:26 in 1993, 13:47 in 1992 and 13:55 in 1995 and 1997, while Lucy Elliott (Shaftesbury Barnet H) ran 13:55 in 1995.*

**Belgrave team record progression**

	pos.	
1:01:32	.....	7th .... 2001
58:22	.....	4th .... 2023

**Belgrave individual record progression**

	stg	
14:34	Birhan Dagne .....	1 .... 2001

14:24	Birhan Dagne	3	....2005
14:19	L. 'Tish' Jones	1	....2013
14:17	Sophie Harris	1	....2017
14:12	Sarah Astin	1	....2021
14:12	Sarah Astin	1	....2022
14:04	Kate Axford	4	....2023

**Belgrave individual times**

stg

14:04	Kate Axford	4	....2023
14:12	Sarah Astin	1	....2021
	14:12	1	....2022
	14:12	1	....2024
	14:27	3	....2023
14:17	Sophie Harris	1	....2017
	14:46	4	....2018
14:19	L. 'Tish' Jones	1	....2013
14:24	Birhan Dagne	3	....2005
	14:27	1	....2007
	14:34	1	....2001
	14:51	2	....2008
	16:00	2	....2003
14:39	Saron Haileselese	1	....2018
	15:19	2	....2017
14:49	Kristina Popadich	1	....2023
	15:01	3	....2024
14:51	Getenesh Tamirat	1	....2002
	14:56	1 B.	....2001
14:56	Imogen Wolsey	1 B.	....2024
15:02	Lea Adamson	2	....2023
	(10)		
15:02	Emily Bradley	2	....2024
15:07	Catherine Bryson	4	....2007
	15:10	4	....2008
	16:00	4	....2006
	16:29	3	....2011
15:13	Samantha Amend	1	....2016
	15:45	1	....2011
	15:55	3 B.	....2021
	16:14	2	....2018
	16:17	2	....2013
15:13	Mimi Corden-Lloyd	3 B.	....2024
	16:23	2 B.	....2023
15:23	Alice Reed	1 B.	....2021
15:26	Maria Sharp	4	....2002
	15:29	3	....2001
15:32	Melanie Wilkins	2	....2015
	15:42	3	....2014
	16:27	3	....2013
15:34	Sophie Carter	1	....2014
15:34	Anna Sharp	4	....2022
15:38	Stephanie Hewitt	2	....2021
	15:39	4	....2024
	15:40	4 B.	....2023
	(20)		
15:39	Jane Vongvorachoti	4	....2017
	15:42	3	....2018
15:40	Juliette Clark	2	....2001
	15:52	1	....2005
	15:55	4	....2004
15:42	Grace Richardson	3	....2021

15:44	Samantha Munday	2 B.	....2024
15:47	Sarah Murphy	2	....2007
	16:06	4	....2005
	16:06	1	....2006
	16:07	1	....2008
	16:41	3 B.	....2011
15:49	Anna Hegvold	4	....2001
15:52	Zoe Smith	3	....2015
	15:58	3	....2016
15:54	Orna McGinley	2	....2022
	16:15	3 B.	....2023
	16:38	1	....2019
15:56	Olivia Papaioannou	4	....2021
	16:25	3	....2022
15:58	Penny Oliver	4 B.	....2024
	(30)		
16:01	Katie-Ellen French	3 B.	....2017
	16:31	2 B.	....2021
	16:34	2 B.	....2018
16:03	M. 'Tilly' Heaton	1	....2004
	16:14	2	....2005
	16:14	3	....2006
	16:17	4	....2003
	16:50	3	....2007
	16:55	2	....2009
	17:19	3	....2008
	17:43	4	....2011
	17:46	3	....2010
16:03	Zoe Doyle	4	....2015
	16:16	4	....2014
16:04	Angela Walker	1	....2003
16:04	Nelleke Quispel	2	....2011
	16:40	3	....2017
16:07	Emily Bradley	1 B.	....2023
16:11	Rosie Powell	3	....2003
16:12	Natalie Beadle	2 B.	....2022
16:13	Rachel Ann Brown	4	....2019
16:15	Louise Blizzard (formerly Cooper)	4	....2013
	16:39	3	....2004
	17:12	1	....2010
	17:34	2	....2002
	(40)		
16:15	Zoe Vail	1	....2009
16:15	Fiona Maycock	2 B.	....2013
	16:22	2	....2014
	16:33	4 B.	....2011
16:24	Lizzie Goldie-Scot	1 B.	....2017
	18:18	4 B.	....2018
16:27	Rebecca Prince	2	....2016
16:31	Josephine Rhodes	1 B.	....2013
	16:43	4	....2016
	17:44	1 B.	....2018
16:35	Sally Underhill	1	....2015
16:40	Sarah Riceman	3 B.	....2022
16:48	Tania Sturton	3 B.	....2001
16:50	Victoria Edwards	3	....2002
	17:13	2	....2004
16:52	Mhairi Hall	3	....2019
	(50)		
16:55	Syreeta Stracey	2 B.	....2001

---

16:55	Amy Linford .....	2	....2010
16:57	Sarah Gailey .....	2	....2006
17:01	Fiona Maddocks .....	2	....2019
	17:20 .....	1 B..	2022
	17:48 .....	4 B..	2013
17:07	Clementine Cooper .....	4 B..	2022
17:23	Sarah Dewhurst.....	4 B..	2021
17:45	Helen Smethurst .....	4	....2009
17:45	Jurgita Levertaviciute .....	3 B..	2018
17:57	Megan Bailey .....	2 B..	2017
17:59	Vicki Goodwin .....	4	....2010
	18:05 .....	2 B..	2011
	18:41 .....	3 B..	2013
	(60)		
17:59	Hester Barsham-Rolfe.....	1 B..	2011
19:16	Jennifer Beecroft .....	3	....2009
19:35	Mhairi McDonald .....	4 B..	2017
	(63)		

### Belgravians with most runs – all courses

9	M. 'Tilly' Heaton — 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011.
5	Birhan Dagne — 2001, 2003, 2005, 2007, 2008.
5	Sarah Murphy — 2005, 2006, 2007, 2008, 2011.
5	Sam Amend — 2011, 2013, 2016, 2018, 2021.
4	Louise Blizzard (formerly Cooper) — 2002, 2004, 2010, 2013.
4	Catherine Bryson — 2006, 2007, 2008, 2011.
4	Fiona Maycock — 2011, 2012, 2013, 2014.
4	Sarah Astin — 2021, 2022, 2023, 2024.