

Despite the introduction of the first marathon of the modern era at the Olympic Games of 1896, road running as a major participation sport is a relatively recent phenomenon. The first Belgrave reference to a marathon has been found in an old hand-written newsletter from October 1908, notifying members of the forthcoming Belgrave Marathon scheduled for 20th March 1909 – over a distance of 'about 15 miles'. This was no doubt inspired by the 1908 London Olympic event and the exploits of the courageous Italian competitor Dorando Pietri. In front of 75,000 spectators, the Italian fell five times in the closing stages of the race and took ten minutes to cover the final 350 metres. Finally, Dorando crossed the finish line first, but was then disqualified after a complaint lodged by the American team that he had received assistance from the umpires during his final efforts. The race distance that day – 26 miles and 385 yards – eventually became the standard distance for the event.

As far as Belgrave are concerned, and probably similarly with other clubs, Road Running was only really fully recognised in the 1950s, with a Road Running Section being incorporated into the Club's magazine – *The Belgravian* – in 1952; that was the year of the inaugural Belgrave 20 miles road race.

In the early years road races were often held in combination with summer shows and carnivals and were often held over what we would now regard as odd distances. Hence we had the Mitcham 15¼ miles, The Cheltenham '7' or the Faversham Cycling & Athletic Club '5' where the 5 mile course obviously varied over the years; sometimes it was described as 'long' and, from the times recorded, was certainly occasionally short. The race popularly known as the 'Hog's Back' was regarded as 9 miles, but was more like 9½, and then from 1972-1980 was a genuine 10 miles. The distance of a race was often of less importance than the nature of the event: the Chichester to Portsmouth, the Morpeth to Newcastle (first held in 1904).

The London to Brighton running race was born out of the Festival of Britain in 1951, organised by Ernest Neville (1883–1972) who was well known to Belgravians. Ernest was key in the formation of the Road Runners Club in 1952, a body which did a great deal in the way of improving race organisation and initiating a standards scheme.

Athletics in the UK broadly switched to using metric distances in 1969. Road races over a 5 mile distance remained fairly popular, while 10 and 20 mile events were a little less so, as 10 kms and half-marathons took the place of those longer events.

The first Half-Marathon was held in 1962, in Luxembourg, and the initial UK event took place in Freckleton, Lancashire, in 1965.

With the road running boom of the 1980s and new events coming into the calendar, held over standard metric distances, the certification of race courses was soon an obvious requirement as aficionados of the sport began to maintain ranking lists.

The Association of International Marathons and Distance Races (AIMS) is an association of the organisers of long-distance road running races. It was founded in 1982 at a meeting in London of marathon race directors. Its membership was extended in 1986 to include all road races. AIMS works together with World Athletics to ensure that its road races are measured accurately. All AIMS races must be measured by an accredited AIMS/IAAF course measurer. In addition, in order for a road race world record to be ratified by IAAF, it must satisfy certain conditions.

Among these are that: a course must not be, from start to finish, downhill by more than 1 metre in height per kilometre of length, and the separation between start and finish must not be more than 50% of the length of the course. The second condition is intended to ensure that a course is not designed in such a way that a tail wind may improve times unduly but does not apply for the purpose of establishing Olympic and World Championship qualifying times.

The Association of Road Running Statisticians (ARRS) was formed in 2003. This body laid down the criteria by which road running performances are eligible for inclusion in the ARRS Database which at the time of writing contains well over a million race results.

The Association of UK Course Measurers (AUKCM) maintains a system for the measurement and certification of road running courses in the UK. The Association was formed in January 2010 to give a more formal structure to the work carried out for the previous 20 years by the UK Course Measurement Working Party.

Following the criteria laid down by the above mentioned bodies, we may be reasonably sure that the times shown in these ranking lists from the 1980s onwards are valid. We cannot be quite so sure of anything before this period but have included such performances in the lists as they are limited in number – and we have no real reason to omit them.

Unlike our all-time track performances, we have not converted times set over imperial distances to metric and vice versa. With the additional inconstancy of the road terrain and the possibility of uncertified course measurement before 1980, that would result in just too many variables. We have included officially recorded split times taken during longer races where they result in a best time over the shorter distance. Chip times have been used in preference to watch times as many of our performances would have been recorded by runners down the field who would have encountered a delay in reaching the official start; but this can cause anomalies with race positions.

Where known, we have included course start and finish places for point to point races. The Polytechnic Marathon, for example, finished in various places and took different routes over the years.

Although nominally these lists are '... all-time top 100 ...' we have, due to the huge popularity of road running today, included performances outside the top 100 but within standard times. However, there is also no point in going to 100 places for 20 miles, now rarely run, when so many of the performances will be much inferior to those set over the nearest equivalent metric distances. Therefore, there may be more or less than 100 performances shown for each event. The standards we have used are currently, for men: 1 mile – 4:25; 5k – 15:30; 5 miles – 26:30; 10k – 33:00; 10 miles – 55:00; Half-Marathon 73:00; 20 miles – 2:00:00; Marathon – 2:50:00. These are mostly rounded times that rate around 720 points on the World Athletics performance evaluation scores – except for the marathon, where we have been more generous and allowed performances down to 522 points (2:35:00 is about 720 points).

Notification of any errors, duplications, omissions will be gratefully received at alanmead@gmail.com. Bear in mind that these times are the best recorded by athletes set while they are, or were, first-claim members of Belgrave Harriers.

1 mile

3:57	Matt Yates	2	Madrid Road Mile, Madrid, ESP	07.10.1995
3:57.6	John Gladwin	1	Westminster Mile, London	07.09.1986
3:58	Jason Lobo	2	Jack Lawton Hospice X-Ray Mile,	17.03.1999
3:58	Andrew Graffin	4	San Francisco, CA, USA	15.09.2002
4:00	Nick Goolab	1	Vitality Westminster 1m, London	29.05.2016
4:03	Mark Pollard	3	Glenpark H Chisholm Mile, Greenock	04.05.2010
4:08	Jonathan Blackledge	2	BMW Group Plant Oxford Road Mile, Oxford	12.05.2007
4:09	Phil Wicks	3	BMW Group Plant Oxford Road Mile, Oxford	12.05.2007
4:09	Kris Gauson	13	Westminster Mile	26.05.2013
4:09.5	Neil Speaight	3	Bermuda International Mile, Hamilton, BER	18.01.2008
(10)				
4:10	Steve Davies	5	Great North Run International Races, Gateshead	29.09.2007

4:11	Chris Moss	6	Balmoral Road Races 1m, Royal Deeside	08.05.2004
4:13	Will Stockley	1	Bourton 1m Challenge, Bourton-on-the-Water	01.07.2022
4:14	Paul Freary	1	Rochdale Road Mile	16.03.2004
4:15	Paskar Owor UGA	12	Mizuno Mile, Peterborough	13.06.2007
4:17	Craig Ruddy	1	Chisholm 1m, Greenock	03.06.2014
4:20.9	Kassa Tadesse	5	Northumberland Castles 1m, Northumberland	08.10.1997
4:23	Richard Hayman	4	Peter Purdy Memorial Road Mile, Littleborough	14.03.2001
4:24	Shaun Moralee	8	Great North City Games, Gateshead Quays	19.09.2009
4:25	Andrew Connick IRL	1	Self Transcendence Mile, Edinburgh	18.06.2009

(20)

1 mile – top 20 performances 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	0	0	0	0	1	3	11	4	1

5 kilometres

13:27	Nick Goolab	3	Herculis 5k, Monaco, MON	16.02.2020
13:48	Paul Evans	6	BUPA International, Portsmouth	13.04.1996
13:50	Garry Staines	5	General Portfolio 5k, Newcastle	29.03.1989
13:50	Matthew Merrick	13	Armagh International 5k, Armagh	12.02.2026
13:55	Darren Mead	6	BUPA Union Street Races 5k, Aberdeen	22.05.1994
13:57	Andrew Graffin	7	Balmoral Road Races, Royal Deeside	08.05.2004
13:58	Mark Miles	2	ASDA Horwich Carnival 5k inc. AAA Champs, Horwich	26.06.2005
13:58	Andrew Fyfe	5em	Friday Night under the Lights 5k, Battersea Pk	27.02.2025
14:00	Raif Serif	10rA	Friday Night Under the Lights 5k, Battersea Pk	28.11.2025
14:04	Henry Hart	11	Friday Night under the Lights 5k, Battersea Pk	27.02.2026
(10)				
14:06	Phil Wicks	1	Standard Chartered Great City 5k, City of London	19.07.2007
14:08	Mack Downey	1rB	Podium Festival 5k, Leicester	15.03.2025
14:10	Martin Dent AUS	1	Multisport Festival 5k, Noosa, QLD, AUS	29.10.2006
14:13	Samuel Gebreselassie	5rA	Quayside 5k, Gateshead	07.08.2024
14:14	Jon Dennis	1	Edison Festival of Light 5k, Fort Myers FL, USA	20.02.1994
14:15	Ben Biggs	13r4	Friday Night under the Lights 5k, Battersea Pk	16.02.2024
14:16	Max Heyden	29r11	Podium Festival 5k, Leicester	16.03.2024
14:18	Sam Tyas	10	PUL5K Friday Night Under Lights, Battersea Pk	13.09.2024
14:19	Stephen Sharp	6	Armagh International 5k, Armagh	01.02.2007
14:19	Tim Bayley	13	San Jose, CA, USA	22.11.2007
(20)				
14:20	Justin Chaston	1	Houston, TX, USA	06.11.1993
14:21	Simon Jones	10	Armagh International 5k, Armagh	02.03.2006
14:23	Paul Freary	2	Christleton, Cheshire	12.05.2000
14:23	Kassa Tadesse	8	Great Caledonian Festival of Running, Edinburgh	18.10.1997
14:25	James Hancock	15rB	Podium Festival 5k, Leicester	15.03.2025
14:26	Jonathan Blackledge	8	Armagh International 5k, Armagh	01.02.2007
14:27	Paskar Owor UGA	1	White Horse 5k, Sandhurst, Gloucestershire	21.06.2007
14:30	David Anderson	13	Horwich Carnival 5k inc. AAA Champs, Horwich	26.06.2005
14:30	Findlay Dyer	9em	Friday Night Runs, Colchester	08.08.2025
14:31	Russell Dessaix-Chin AUS	3	International Neusser Sommernachtslauf, Neuss, GER	06.06.2009
(30)				
14:32	Alasdair McLean-Foreman	2	Eliot Festival Days 5k, Eliot, ME, USA	24.09.2005
14:33	Alex Brecker	9	Mid-Cheshire 5k, Kingsley	27.08.2021
14:35	Mark Pollard	21	Armagh International 5k, Armagh	25.02.2010
14:35	Larry Ryan	38rA	Friday Night Under the Lights 5k, Battersea Pk	28.11.2025
14:36	James Kelly	25	Armagh International 5k, Armagh	19.02.2009
14:36	Ben Coughlan IRL		Armagh International 5k, Armagh	12.02.2026
14:37	Steve Davies	20	Armagh International 5k, Armagh	21.02.2008
14:37	Joshua Trigwell	10w1	Friday Night under the Lights 5k, Battersea Pk	11.02.2022
14:39	Brad Poore	6	Jamba Juice 5k, San Francisco, CA, USA	18.09.2005
14:39	George Grassly	44	Friday Night under the Lights 5k, Battersea Pk	28.11.2025
(40)				
14:40	Spencer Barden	1	Lisburn AC Inv. 5k, Wallace Pk, Lisburn, nr Belfast	22.10.2000
14:40	Ugur Altan	17r2w1	Friday Night under the Lights 5k, Battersea Pk	13.09.2024
14:40	William Driscoll	4rB	Friday Night under the Lights 5k, Battersea Pk	28.11.2025
14:41	Craig Ruddy	2	Self Transcendence inc. Scottish Champs, Edinburgh	29.03.2015
14:41	Reece Edwards AUS	6	NoblePro MK5km PB Special, Milton Keynes	27.09.2020
14:42	Jonathon Coates	3rB	Friday Night under the Lights 5k, Battersea Pk	28.11.2025
14:43	Hugo Fry	14r1	Mizuno Podium 5k, Battersea Pk	31.12.2025
14:44	James Wootton	17	Flat 'n' Fast 5k, Linlithgow	20.09.2024
14:48	Kevin Nash	2	Team Solent 5k, Ocean Village, Southampton	14.02.1999
14:48	Richard Ward	21	Armagh	10.02.2011
(50)				
14:48	Conall McNally	10rB	Friday Night under the Lights 5k, Battersea Pk	28.11.2025
14:49	Alaster Stewart	?	Chesham	04.04.1999
14:49	Hassan Raidi MAR	2	Team Solent 5k, Ocean Village, Southampton	07.03.2004
14:49	Callum Stewart	38w1	Friday Night under the Lights 5k, Battersea Pk	11.02.2022
14:49	Ollie Garrod	1	RunThrough Chase the Sun 5k, Battersea Pk	28.06.2023
14:50	Eoin Molloy	23r5	Friday Night under the Lights 5k, Battersea Pk	16.02.2024
14:51	Yacin Yusuf	2	Lisburn AC Inv. 5k, Wallace Pk, Lisburn, nr Belfast	22.10.2000
14:52	Euan Campbell	122	Armagh International 5k, Armagh	13.02.2020

14:53	Simon Coppard	30rB	Friday Night under the Lights 5k, Battersea Pk	27.02.2026
14:59	Richard Hayman	3	West Cheshire 5 km	09.07.2004
(60)	Neil Speaight	1	British Military Fitness 5k, Cardiff	18.03.2007
14:59	Sam Sommerville	17r3	Friday Night under the Lights 5k, Battersea Pk	15.03.2024
14:59	Nick Lukies	20	Friday Night under the Lights 5k, Battersea Pk	28.11.2025
15:00	Steve Clarke	?	Event, Battersea Pk	18.05.2000
15:00	Neil Wilson	27rB	Friday Night under the Lights 5k, Battersea Pk	13.03.2026
15:01	Jonathan Scott	34	Friday Night under the Lights 5k, Battersea Pk	28.05.2021
15:01	Rob Kelly IRL	30r2	Friday Night under the Lights 5k, Battersea Pk	25.04.2025
15:01	Angus Lamb	41rB	Friday Night under the Lights 5k, Battersea Pk	27.02.2026
15:02	Graeme Hyett	1	Cairns Cup 5k, Greenock	20.09.2008
15:02	Matt Welsh	42	PB 5k, Ardingly	05.04.2021
(70)	Eddie Jodrell	39r2	Friday Night under the Lights 5k, Battersea Pk	25.04.2025
15:07	Tim Watson	2	Welsh Champs, Carmarthen	28.03.2005
15:07	Dan Mulhare IRL	1	Self Transcendence 5k, Edinburgh	02.09.2009
15:07	Charlie Wood	11r1	Friday Night under the Lights 5k, Battersea Pk	16.02.2024
15:09	Lee Hurst	?	Event, Blackpool	06.03.1997
15:09	Ed Hanton	1r1	Friday Night under the Lights 5k, Battersea Pk	25.04.2025
15:10	Chad Wolpert RSA	2r2	Friday Night under the Lights 5k, Battersea Pk	17.02.2023
15:11	Andrew Connick IRL	1	Trick or Trot 5k, Waterford, IRL	31.10.2015
15:11	Samuel Harry	17rC	Friday Night under the Lights 5k, Battersea Pk	27.02.2026
15:12	Adam Zawadski	?	Event, Gloucester	10.08.2005
(80)	Christian Smith	34	Mallory Pk 5k Festival, Mallory Pk	18.10.2020
15:13	Phil Carstairs	3	Diadora Christmas Run, Perivale	21.12.1994
15:14	Owain Lewes	3	Surrey Winter Lg 5k, Wimbledon	05.12.1993
15:14	Steve Gardner	174	Armagh International 5k, Armagh	13.02.2020
15:15	Charles Herrington	2	Bedford Pk 5k, Bedford	25.08.1999
15:15	James Lattanzio	2r1	Friday Night under the Lights 5k, Battersea Pk	25.04.2025
15:17	Arne Dumez	55	Friday Night under the Lights 5k, Battersea Pk	07.05.2021
15:17	James Fox	20r1	Friday Night under the Lights 5k, Battersea Pk	17.02.2023
15:17	Oliver Rose	66	Mid-Cheshire 5k, Kingsley	25.08.2023
15:18	Oliver Li	56r2w1	Friday Night under the Lights 5k, Battersea Pk	13.09.2024
(90)	Louis Clarke	49	RunThrough Chase the Sun 5k, Battersea Pk	25.06.2025
15:18	William Anderson	6	Friday Night under the Lights 5k, Battersea Pk	13.03.2026
15:20	Andrius Jaksevicus LTU	12	Self Transcendence 5k, Battersea Pk	15.07.2019
15:20	Nick Buckle	5	Sri Chinmoy Speedy Steeds 5k, Battersea Pk	07.06.2022
15:20	James Preston	1r1	Friday Night under the Lights 5k, Battersea Pk	11.09.2025
15:21	Yitbarek Dinku ETH	1	Serpentine Last Friday of the Month 5k, Hyde Pk	24.12.1999
15:21	Erwin McRae AUS	1	Brooks Serpentine Last Friday of the Month 5k, Hyde Pk	29.07.2005
15:21	Zekerias Abery	3	Sale Sizzler 5k Series, Manchester	14.07.2016
15:21	Jack Elliss	25r1	Friday Night under the Lights 5k, Battersea Pk	16.02.2024
15:21	Harry Lawson	27rC	Friday Night under the Lights 5k, Battersea Pk	27.02.2026
(100)	Jason Lobo	8	Lisburn AC Inv. 5k, Wallace Pk, Lisburn, nr Belfast	22.10.2000
15:24	Rob McHarg	9	Lisburn AC Inv. 5k, Wallace Pk, Lisburn, nr Belfast	22.10.2000
15:25	Tommy Taylor	55	Friday Night under the Lights 5k, Battersea Pk	28.05.2021
15:26	Roger Alsop	>20	Druck 5k, Bath University	25.03.2001
15:26	Jonny Neville	60	Friday Night under the Lights 5k, Battersea Pk	15.09.2022
15:27	Oliver Jackson	5r4	Podium Festival 5k, Leicester	16.03.2024
15:28	Matthew Wyatt	2	RunThrough Chase the Sun 5k, Battersea Pk	28.08.2024
15:29	Jim Estall	2	BVAF Champs, Eastway, Lea Valley	26.10.1997
15:29	Sam Davis	8r1	Friday Night under the Lights 5k, Battersea Pk	25.04.2025
15:30	Alex Bodin	3	Sweatshop Dave Clarke 5k, Morden Pk	03.05.2007
(110)	Will Stockley	12	Podium 5k, Barrowford	30.11.2019
15:30	Simon Waterhouse	10r1	Friday Night under the Lights 5k, Battersea Pk	25.04.2025

5 kilometres – top 100 performances 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	0	0	0	0	1	12	27	6	54

5 miles (8.047 km)

22:18	¹	Paul Evans	2	Puma Cell 5m, Welwyn Garden City	31.03.1997
22:57	+	Gary Staines	-	BUPA Great South Run, Portsmouth	10.10.1993
23:01		Gerry North	4	Dagenham 5m	10.07.1965
23:19		Laurie O'Hara	6	Dagenham 5m	10.07.1965
23:19		Allen Graffin	3	Balmoral BUPA 5m, Royal Deeside	30.03.2002
23:25		Phil Wicks	1	Alsager 5m, Alsager Town	01.02.2009
23:26		Jason Lobo	1	Chorley 5m	08.03.1998
23:27		Trevor Hart	8	Dagenham 5m	10.07.1965
23:27		Mark Miles	1	Alsager 5m, Alsager Town	06.02.2000
23:29		Bill Kerr	1	Faversham Cycling & Athletic Club 5m	30.11.1962
(10)					

¹ Course reported to be 10.6 yards short – less than 2 seconds. Other than this, Paul Evans ran 23:17 for 2nd in the Hillingdon 5 at Ruislip on 28 Feb 2009.

23:32	Darren Mead	?	Overton H 5m, Overton, Hants.....	10.09.1994
23:33	Kassa Tadesse U20	5	Mizuno Sportsworld Classic, Dublin IRL.....	02.05.1993
23:33	Andrew Graffin	5	Balmoral 5m, Royal Deeside	10.05.2003
23:35	Samuel Gebreelassie	4	Friday under the Lights Christmas 5m, Battersea Pk	20.12.2024
23:35	Andrew Fyfe	7	Friday under the Lights Christmas 5m, Battersea Pk	20.12.2024
23:41	Stephen Sharp	6	Alsager 5m, Alsager Town.....	02.02.2003
23:41	Paskar Owor UGA.....	6	Victoria Pk Open 5m, Victoria Pk, London	26.03.2011
23:45	David Anderson	7	Balmoral 5m, Royal Deeside	10.05.2003
23:49	Tony Fairclough	7	Bracknell 5m, Wokingham	05.08.1967
23:54	Alex Hutchinson CAN	?	Hillingdon 5m	22.02.1998
(20)				
23:55	Chris Steer	4	Dagenham 5m	08.07.1967
23:56	Mike Shingles.....	20	Dagenham 5m	10.07.1965
23:58	Alex Brecker.....	13	Friday under the Lights Christmas 5m, Battersea Pk	17.12.2021
24:02	Richard Piotrowski.....	11	Bracknell 5m, Wokingham	05.08.1967
24:03	Jack Brown	15	Dagenham 5m	09.07.1966
24:05	Geoff North	2	Hillingdon 5m.....	17.02.1968
24:05	Lionel Mann	12	Bracknell 5m, Wokingham	04.08.1968
24:07	Neil Speaight.....	8	Afford Rent-a-Car Alsager 5m, Alsager Town	04.02.2007
24:09	Geremew Wolde ETH	?	Battersea	22.08.1999
24:13	Lee Hurst.....	19	Chatfield Ford, Alsager 5m, Alsager Town.....	02.02.1997
(30)				
24:14	John Bicourt	7	Bracknell 5m, Wokingham	28.08.1977
24:14	Peter Sanders	3	Epsom Show 5m	30.08.1987
24:15	Charles Herrington	23	Victory 5m, Lakeside, Portsmouth	05.12.1999
24:19	Jack Brown	24	Dagenham 5m	10.07.1965
24:21	Martin Dent AUS	2	First Freight International 5m, Victoria Pk, London.....	29.03.2003
24:21	Tim Watson.....	3	Victory 5m, Lakeside, Portsmouth	07.12.2003
24:21	Larry Ryan	38	Friday under the Lights Christmas 5m, Battersea Pk	19.12.2025
24:28	Jonathan Blackledge	1	Hampshire Chronicle Romsey 5m, Broadlands Estate	27.01.2008
24:30	Bill Weller.....	3	Bracknell 5m, Wokingham	07.08.1971
24:30	Kevin Nash	?	Hillingdon 5m	22.02.1998
(40)				
24:32	Alaster Stewart.....	18	Alsager 5m, Alsager Town.....	02.02.2003
24:33	Mel Thorpe.....	20	Bracknell 5m, Wokingham	06.08.1966
24:33	Craig Ruddy	4	Renfrewshire AAA County Champs, Renfrewshire.....	01.02.2015
24:36	Matthew Merrick	2	Perivale 5m	01.12.2024
24:37	James Hancock.....	14	Friday under the Lights Christmas 5m, Battersea Pk	20.12.2024
24:41	Don Maclean	39	Dagenham 5m.....	10.07.1965
24:41	Mark Pollard	2	Renfrewshire Champs, Greenock	07.02.2010
24:46	Bill Dance.....	11	Hillingdon 5m.....	17.02.1968
24:46	Nigel Powley.....	17	Hillingdon 5m	25.02.1996
24:46	James Kelly.....	10	Portugal Day 5m, New York, NY USA.....	15.06.2014
(50)				
24:47	Raif Serif	1	Perivale 5m	07.12.2025
24:49	Matt Kinane.....	1	Camberley 5m	22.11.1987
24:50	Adrian Major.....	14	Feltham 5m	30.03.1970
24:50	Ray Foley	?	Victory 5m, Lakeside, Portsmouth	06.12.1998
24:50	Kris Gauson	2	Cupar 5m, Cupar	25.02.2012
24:52	Dennis Brown NZL	13	Wycombe Furniture 5m, High Wycombe.....	02.09.1979
24:56	John Phelan IRL.....	11	Bracknell 5m, Wokingham	04.08.1972
25:00	Jim Estall	?	Victory 5m, Lakeside, Portsmouth	07.12.1997
25:02	² John Thresher.....	1	Feltham 5m	15.04.1963
25:05	Pat O'Connor IRL.....	27	Bracknell 5m, Wokingham	04.08.1967
(60)				
25:05	Findlay Dyer	2	Marlow 5m.....	11.05.2025
25:07	John Dear	46	Dagenham 5m	10.07.1965
25:08	Paul Freary	2	Hale Village 5m, Hale, Cheshire	11.12.2005
25:09	Gary McGurran	2	Camberley 5m	22.11.1987
25:11	Andrew North	5	Southwark Pk 5m	07.07.1985
25:11	Roger Alsop	37	Mizuno Hillingdon 5m	21.02.1993
25:15	Bruce Barton	1	Paynes Poppets 5m.....	Sep? 1993
25:15	Steve Gardner.....	26	Friday under the Lights Christmas 5m, Battersea Pk	16.12.2022
25:18	Peter Whewell RSA.....	11	Rochester 5m	18.11.1967
25:18	Alan Black	13	Feltham 5m	03.04.1972
(70)				
25:19	Gerry Williams	?	Rochester 5m.....	18.11.1966
25:20	Samuel Harry	37	Friday under the Lights Christmas 5m, Battersea Pk	19.12.2025
25:21	Frank Ward	1	Banstead 5m	01.03.1992
25:23	Simon Jones	2	Weston Prom Run 5m, Weston-super-Mare	16.02.2006
25:24	Charlie Dabbs	19	Wycombe Furniture 5m, High Wycombe.....	1966
25:25	Derek Crookes	50	Dagenham 5m	10.07.1965
25:27	Shaun Moralee.....	29	Alsager 5m, Alsager Town.....	07.02.2010
25:30	Marcello Bizio	?	Victory 5m, Lakeside, Portsmouth	05.12.1992
25:30	Knut Hegvold NOR.....	25	Victory 5m, Lakeside, Portsmouth	05.12.2004
25:30	Oliver Prior	8	Victory 5m, Lakeside, Portsmouth	03.12.2022

² In the 1965 London-Brighton Relay, John Thresher ran 24:12 on the 5 miles 249 yards stage 2, worth approx. 23:30 for an exact 5 miles.

(80)				
25:32	John Moore	34	Rochester 5m	21.11.1959
25:32	James Fox	31	Friday under the Lights Christmas 5m, Battersea Pk	15.12.2023
25:35	Nick Buckle	1	Grant & Stone Marlow 5m, Marlow	07.05.2017
25:35	Greg Billington U17	1	Kirton Friday 5m, Kirton, Lincolnshire	26.05.2006
25:36	Eric Gebbett	37	Rochester 5m	21.11.1959
25:36	Hassan Raidi MAR.....	5	Victoria Pk Open 5m, Victoria Pk, London	28.03.2009
25:38	Geoff North	14	Rochester 5m	21.11.1964
25:39	Colin Pearson.....	19	Feltham 5m	03.04.1972
25:41	Mike Trees	2	Romsey 5m, Broadlands Estate.....	29.01.2006
25:42	Alasdair Mclean-Foreman	1	Ring Around the Neck 5m, Marblehead MA, USA.....	30.04.2006
(90)				
25:44	Ron Linstead	14	Wycombe Furniture 5m, High Wycombe.....	25.08.1962
25:44	Adam Horton	5	Camberley 5m	22.11.1987
25:49	Andrew Paton	?	Hillingdon 5m	19.02.1989
25:49	Martyn Head	?	Hillingdon 5m	19.02.1989
25:49	Simon Marwood	36	Alsager 5m, Alsager Town.....	01.02.2004
25:51	Dave Beaver	?	Battersea Pk	30.11.1996
25:52	Neil Wilson	36	Friday under the Lights Christmas 5m, Battersea Pk	16.12.2022
25:54	Matt Welsh	37	Friday under the Lights Christmas 5m, Battersea Pk	16.12.2022
25:57	Rob Kelly IRL.....	26	AXA 5m, Raheny, IRL	28.01.2024
25:58	John Mather		Hillingdon 5m.....	19.02.1989
(100)				
25:59	Malachi Byansi UGA	14	Victory 5m, Lakeside, Portsmouth	05.12.2004
25:59	Conall McNally	45	Friday under the Lights Christmas 5m, Battersea Pk	17.12.2021
26:00	Will Cockerell	33	Victory 5m, Lakeside, Portsmouth	05.12.2004
26:01	Howard Satchell	42	Bracknell 5m, Wokingham	05.08.1967
26:02	Gordon Biscoe	75	Dagenham 5m	10.07.1965
26:02	Ollie Foote	5	New Year Midnight 5m, Battersea Pk	01.01.1982
26:03	Ray Tooby	12	City of Rochester 5m	17.11.1956
26:07	John Stow	33	Feltham 5m	12.04.1971
26:10	Josh Mitchell	66	Friday under the Lights Christmas 5m, Battersea Pk	19.12.2025
26:12	Jon Jackson	31	Bracknell 5m, Wokingham	05.1976
(110)				
26:14	Matt Yates	?	Hainault 5m	23.07.1997
26:14	Callum Stewart.....	59	Friday under the Lights Christmas 5m, Battersea Pk	20.12.2024
26:17	Robert Draper	2	Paynes Poppets 5m.....	Sep 1993
26:18	Charlie Walker.....	34	Feltham 5m	27.03.1967
26:18	Phil Carstairs	?	Hillingdon 5m	27.02.1994
26:18	Graeme Hyett.....	8	Renfrewshire Road Race Championships & Open 5m.....	06.02.2011
26:20	Matthew Holman	17	Friday under the Lights Christmas 5m, Battersea Pk	19.12.2025
26:24	Dylan Mitchard	61	Friday Under the Lights Christmas 5m, Battersea Pk.....	20.12.2024
26:28	Pete Gilbey	?	West Ewell 5m	05.05.1997
26:28	Erwin McRae AUS	1	London Heathside 5m, Parliament Hill	06.03.2005
(120)				
26:29	Mike Shingles.....	9	Turners Hill 5m	21.08.1965
26:29	Barry Sawyer.....	30	Wycombe Furniture 5m, High Wycombe.....	25.08.1962
26:29	Arthur Bruce.....	50	Bracknell 5m, Wokingham	05.08.1967
26:30	Junior Galley	21	BUPA, Battersea Pk	09.07.1995
(124 runners to 26:30)				

Notable 5 miles performances disregarded for various reasons

22:54	3	Russell Dessaix-Chin AUS.....	1	Victory 5m, Lakeside, Portsmouth	07.12.2008
24:19	4	Bill Weller.....	3	City of London Jubilee Race	??.07.1977
24:20	5	Brad Poore.....	3	Shriners 8k, Sacramento CA, USA	25.06.2005
?? ??	6	Stuart Paton	1	?	29.11.1987

5 miles – top 100 performances 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	0	2	24	7	8	18	19	7	15

10 kilometres

28:13	Paul Evans	1	Silvesterlauf, Ratingen, Dusseldorf, GER.....	08.01.1995
28:15	Kassa Tadesse	8	Halluin, FRA	13.10.1996
28:22	Nick Goolab	1	Brighton Marathon 10k, Hove Lawns, Brighton	14.04.2019
28:28	Gary Staines	1	Rennes, FRA	27.10.1987
28:36	Martin Dent AUS	1	Sydney Harbour 10k, Sydney, AUS	08.07.2012
28:46	Andrew Lloyd AUS	2	Burnie 10k, AUS	19.09.1993
28:54	Phil Wicks	1	Bristol 10k inc. AAA Champs	10.05.2009
29:06	Andrew Graffin	7	BUPA Great Manchester 10 km	23.05.2004
29:11	Mark Miles.....	1	B&Q Eastleigh 10k, Eastleigh	13.03.2005
29:16	Justin Chaston	5	San Antonio, TX, USA	17.03.1996
(10)				
29:18	Andrew Fyfe.....	3	Trafford 10K	03.03.2024

³ A mishap at the start meant that the race was 65 metres short.

⁴ Bill Weller ran 24:19 for 15th in the City of London Jubilee race in July 1977 but we are not sure that this was a 5 miles race.

⁵ 8 kilometres is 4.97 miles - 53 yards (47 metres) short of 5 miles.

⁶ International middle-distance runner Stuart Paton finished '2 minutes clear of a 5 mile field on 29 Nov 1987 – but what was his time and what race was it?

29:19	Samuel Gebreselassie	3	RunThrough Battersea Pk 10k, Battersea Pk.....	15.02.2025
29:22	Sam Tyas.....	17	Telford 10k, Telford Town Pk.....	15.12.2024
29:28	Paskar Owor UGA.....	8	Bristol 10k inc. AAA Champs	15.05.2011
29:29	Simon Jones	9	Bristol 10k inc. AAA Champs	15.05.2011
29:31	Jon Dennis	2	PGE 10k, Redditch	21.08.1993
29:31	Darren Mead	4	PGE/Adidas 10k, Redditch	20.08.1994
29:35	Ben Biggs.....	25	Telford 10k, Telford Town Pk.....	10.12.2023
29:37	Steve Sharp	5	Leeds Abbey Dash 10k, City to Kirkstall Abbey and back	30.11.2003
29:37	Hugo Fry	182	Valencia Ibercaja 10k, Valencia, ESP	11.01.2026
(20)				
29:38	Russell Dessaix-Chin AUS.....	1	Chichester 10k inc. AAA Champs	12.10.2008
29:39	Raif Serif	6	RunThrough Fulham 10k, Fulham	16.11.2025
29:40	Reece Edwards AUS.....	5	Speedway 10k, Chepstow	02.05.2021
29:43	James Hancock.....	10	RunThrough Battersea Pk 10k, Battersea Pk.....	15.02.2025
29:45	Allen Graffin.....	3	Bradford 10k inc. AAA Champs	08.09.2002
29:45	Neil Speaight.....	1	Trafford 10k, Partington	09.03.2008
29:47	Mack Downey.....	46	Telford 10k, Telford Town Pk.....	15.12.2024
29:48	David Anderson.....	5	Bourton 10k inc. AAA Champs, Bourton on the Water	05.10.2003
29:51	Larry Ryan	204	Valencia Ibercaja 10k, Valencia, ESP	11.01.2026
29:53	Henry Hart.....	54	Telford 10k, Telford Town Pk.....	15.12.2024
(30)				
29:53	George Grassly	212	Valencia Ibercaja 10k, Valencia, ESP	11.01.2026
29:58	Mike Trees	3	Katsuda, JPN	11.02.2002
30:04	Ugur Altan	74	10k en Ruta Villa de Laredo, Laredo, ESP.....	18.04.2026
30:09	Spencer Barden	14	BUPA Great Caledonian Run 10k, Edinburgh.....	08.05.2005
30:09	Jonathon Coates	50	Telford 10k, Telford Town Pk.....	14.12.2025
30:10	Geremew Wolde	7	Swansea Bay 10k.....	26.09.1999
30:13	Lee Hurst	6	Leeds Abbey Dash 10k, City to Kirkstall Abbey and back	04.12.1999
30:13	Craig Ruddy	29	Leeds Abbey Dash 10k, City to Kirkstall Abbey and back	16.12.2014
30:15	Jonathan Blackledge	17	Chichester Priory 10k, Chichester.....	07.10.2007
30:22	Ollie Foote.....	47	AAA Rank Xerox 10k Champs, Battersea Pk.....	13.04.1985
(40)				
30:28	Alex Brecker.....	14	Run Cheshire 10k, Northwich	18.10.2020
30:33	Frank Ward	3	Herne Hill 10k, Brockwell Pk.....	15.03.1992
30:34	Mark Thompson AUS.....	2	Elmbridge 10k, Walton-on-Thames.....	25.07.2004
30:35	Peter Sanders	10	Omega 10k.....	25.08.1987
30:37	Kevin Nash.....	1	Yately 10k.....	17.07.2003
30:37	Kris Gauson	17	Telford 10k, Telford Town Pk.....	15.12.2013
30:38	John Wright.....	2	Erith 10k.....	01.01.1987
30:38	Tom Ellacott	10	Ribble Valley 10k, Clitheroe.....	27.12.2004
30:38	Ollie Garrod	5	Chichester 10k, Chichester.....	05.02.2023
30:43	Tim Watson.....	8	B&Q Eastleigh 10k, Eastleigh	19.03.2006
(50)				
30:47	Paul Freary	2	Trafford 10k, Partington	10.09.2006
30:47	Mark Pollard.....	10	Ribble Valley 10k, Clitheroe.....	28.12.2008
30:47	Daniel Wallis NZL.....	8	Great Birmingham 10k, Birmingham	30.04.2017
30:50	Dan Mulhare IRL.....	2	Gaston Roelants 10k, Brussels, BEL	14.12.2008
30:51	Brad Poore.....	2	Run To Feed The Hungry 10k, Sacramento CA, USA.....	26.11.2009
30:53	Steve Halliday	1	Halifax Courier 10k	16.05.1992
30:53	James Kelly.....	34	Chichester Priory 10k, Chichester.....	07.10.2007
30:58	Harrison Bagley.....	116	Telford 10k, Telford Town Pk.....	10.12.2023
30:59	Charles Herrington	1	Marie Curie Daffodil 10k, Althorpe Park	05.03.2000
31:04	Roger Alsop	1	Herne Hill 10 km, Brockwell Pk.....	05.04.2000
(60)				
31:05	Josh Mitchell	416	Valencia Ibercaja 10k, Valencia, ESP	11.01.2026
31:09	Ben MacCronan AUS.....	1	Sri Chinmoy Fools Paradise 10k, Battersea Park.....	06.04.2019
31:11	Andrew North	1	Lauriston 10k, Wimbledon	03.01.1987
31:11	Stuart Paton	8	Herne Hill 10k, Brockwell Pk.....	15.03.1992
31:13	Erwin McRae AUS.....	7	British 10k, Hyde Pk to Whitehall, London	03.07.2005
31:13	Zekerias Abery	2	Liverpool Spring 10k, Liverpool.....	01.05.2016
31:17	Jim Estall.....	3	Civil Service 10k, Battersea Pk.....	31.03.1993
31:17	Hassan Raidi MAR.....	3	Icon Harrow 10k, Harrow	17.04.1999
31:17	Stephen Davies.....	4	Seeley Cup 10k, Belfast	05.12.2009
31:18	Nigel Powley	3	Aylesbury Vale 10k.....	17.02.1996
(70)				
31:21	Charlie Wood	11r2	Friday Night under the Lights 10k, Battersea Pk	12.04.2024
31:21	Ben Coughlan IRL.....	142	Telford 10k, Telford Town Pk.....	15.12.2024
31:23	+ Chris Bruchhausen RSA.....	-	34º Medio Maratón Trinidad Alfonso Zurich, Valencia, ESP..	26.10.2025
31:24	Matt Welsh	27	Speedway 10k, Beachley.....	19.01.2020
31:24	Neil Wilson	148	Telford 10k, Telford Town Pk.....	10.12.2023
31:25	Richard Ward	2	Winter 10 km, Chessington.....	12.02.2006
31:26	Conall McNally	117	Telford 10k, Telford Town Pk.....	14.12.2025
31:27	Laurie O'Hara.....	16	Thames Valley H 10k, Acton.....	15.07.1984
31:28	Rob Turner	15	Reebok Brighton 10k, Hove Promenade, Brighton.....	21.11.1993
31:28	Will Cockerell	8	Poole 10k, inc. SEAA Champs.....	01.06.2003
(80)				
31:29	Andrew Connick IRL.....	11	Great Ireland Run 10k, Dublin, IRL	09.04.2017
31:30	Andrius Jaksevičius LTU	10	Brighton 10k, Hove Lawns, Brighton.....	18.11.2018
31:32	Alaster Stewart.....	?	Dewsbury 10k.....	07.02.1999

31:33	Sam Sommerville	6	Isle of Man Easter Festival of Running 10k, Port Erin	29.03.2024
31:35	Charlie Rogers	158	Telford 10k, Telford Town Pk	10.12.2023
31:36	Paul O'Callaghan	2	Northbrook 10k	20.09.1992
31:36	James Wootton	43	Ribble Valley 10k inc North of England Champs, Clitheroe	29.12.2024
31:37	Ed Hanton	80	Leeds Abbey Dash 10k, City to Kirkstall Abbey and back	30.11.2025
31:39	Graham Adams	6	26.2 RRC 10k, West Ewell	05.02.1995
31:39	Samuel Harry	42	RunThrough Battersea Pk 10k Top Flight, Battersea Pk	14.02.2026
(90)				
31:41	Jack Elliss	161	Telford 10k, Telford Town Pk	10.12.2023
31:41	Jonny Neville	170	Telford 10k, Telford Town Pk	15.12.2024
31:41	Andrew Johnstone	17	Maze Runner 10k, Lisburn	01.08.2025
31:41	Callum Stewart	125	Telford 10k, Telford Town Pk	14.12.2025
31:42	+ James Nipperess AUS	-	London Marathon, Blackheath to The Mall	21.04.2024
31:44	Marcello Bizio	8	Centresport 10k, Crystal Palace	27.12.1992
31:44	Arne Dumez	75	Trafford 10k, Partington	06.03.2022
31:45	Jon Hobbs	12	Herne Hill 10k, Brockwell Pk	15.03.1992
31:46	Oliver Prior	1	Sri Chinmoy Golden Leaf 10k, Battersea Pk	11.11.2023
31:48	Taras Telkovsky BLR	42	BUPA London 10k, the Mall to Buckingham Palace	25.05.2015
(100)				
31:49	+ Graham Macky NZL	-	Unigate Marathon, Harlow	25.10.1981
31:49	Sam Peppiette	1	RunThrough Victoria Pk 10k, London	13.12.2025
31:50	+ Matthew Cox AUS	-	London Marathon, Blackheath to The Mall	22.04.2018
31:51	Andrew Paton	7	26.2 RRC 10k inc. Surrey Champs	09.02.1992
31:52	Samuel Harry	554	Valencia Ibercaja 10k, Valencia, ESP	11.01.2026
31:53	Matthew Graham	31	BUPA London 10k, the Mall to Buckingham Palace	27.05.2013
31:55	Mike Hayes	2	Lauriston 10k, Wimbledon	03.01.1987
31:55	Rob Kelly IRL	91	Leeds Abbey Dash 10k, City to Kirkstall Abbey and back	30.11.2025
31:56	Matthew Yates	4	Mobil Classic 10k inc. AA of England Champs, Southend	13.10.1996
31:56	Jonathan Scott	123	Telford 10k, Telford Town Pk	11.12.2022
(110)				
31:59	Mike Webb		Rotary 10k, Ashtead	18.10.1992
32:00	Steve Gardner	2	Sri Chinmoy Golden Leaf 10k, Battersea Park	19.11.2022
32:02	Ray Foley	7	Wimbledon 10k	09.03.1997
32:02	David Franco Rodrigues	23	Vitality London 10k, the Mall to Buckingham Palace	24.09.2023
32:04	James Fox	4	Sri Chinmoy Golden Leaf 10k, Battersea Park	19.11.2022
32:08	Malachi Byansi UGA	1	Regent's Park 10k, London	29.10.2006
32:08	Oliver Rose	198	Telford 10k, Telford Town Pk	10.12.2023
32:09	Alasdair McLean-Foreman	1	GWR Towpath 10k, Bristol	23.07.2004
32:09	Alexander Miller	45	Cursa dels Nassos 10k, Barcelona, ESP	31.12.2015
32:12	Kyle Marks USA	93	Leeds Abbey Dash 10k, City to Kirkstall Abbey and back	17.11.2013
(120)				
32:13	Thomas Gandee	156	Telford 10k, Telford Town Pk	14.12.2025
32:14	William Anderson	113	Leeds Abbey Dash 10k, City to Kirkstall Abbey and back	30.11.2025
32:16	John Thresher		Manitoba, CAN	??.05.1983
32:16	Eoin Molloy	30	Brighton 10k, Hove Lawns, Brighton	16.11.2025
32:18	John Kimaiyo KEN	1	Croydon 10k, Lloyd Pk, Croydon	22.10.2006
32:21	Gus Upton	1	Ranelagh H Richmond 10k inc Surrey 10k Champs, Ham	21.06.2015
32:21	Nick Buckle	1	Woodley 10k	14.04.2019
32:23	James Preston	118	Leeds Abbey Dash 10k, City to Kirkstall Abbey and back	30.11.2025
32:26	Charlie Dickenson	37	Draper 10k, Eastleigh	19.03.1989
32:26	Oliver Li	27	Vitality London 10k, the Mall to Buckingham Palace	22.09.2024
(130)				
32:27	Peter Willis	20	Ribble Valley 10k, Clitheroe	28.12.2008
32:28	+ Chris Bruchhausen RSA	-	London Marathon, Blackheath to The Mall	27.04.2025
32:29	Mark Anderson NZL	17	26.2 RRC 10k inc. Surrey Champs	09.02.1992
32:29	+ Paul Selian KEN	-	London Marathon, Blackheath to The Mall	21.04.2024
32:30	Max Kiralyfi	58	Bristol 10k inc. AAA Champs	15.05.2011
32:31	Martin Lake	6	Grand Prix 10k, Yateley	08.08.1993
32:31	John Charles	19	B&Q Eastleigh 10K, Eastleigh	29.03.2009
32:32	John Gladwin	4	Fullers Combe Hill 10k, nr. Kingston	09.05.1993
32:34	Martyn Head	49	Southend 10k, Southend-on-Sea	08.11.1987
32:35	Said Chettati	88	BAF 10k, Solihull	06.10.1996
(140)				
32:35	Lieven Huang BEL	2	Oxford Town & Gown 10k, Oxford	15.05.2011
32:38	Fraser Logan	113	Leeds Abbey Dash 10k, City to Kirkstall Abbey and back	05.11.2017
32:38	Louis Clarke	73	RunThrough Battersea Park 10k Top Flight, Battersea Pk	14.02.2026
32:41	Edward Auden	75	Vitality London 10k, the Mall to Buckingham Palace	29.05.2017
32:41	Oliver Smith	230	Telford 10k, Telford Town Pk	10.12.2023
32:41	Daniel Prendergast	52	Vitality London 10k, the Mall to Buckingham Palace	28.09.2025
32:42	Matthew Holman	53	Vitality London 10k, the Mall to Buckingham Palace	28.09.2025
32:43	Paul Lowe	2	26.2 RRC Valentines 10k, Chessington	14.02.2016
32:44	Ben Scott	143	Leeds Abbey Dash 10k, City to Kirkstall Abbey and back	30.11.2025
32:46	George Loxton	241	Telford 10k, Telford Town Pk	10.12.2023
(150)				
32:46	Oliver Jackson	9	Credit Agricole Normandie 10k, Caen, FRA	02.06.2024
32:47	Andrew Moore	8	London Road Runners Club Hyde Pk 10k	01.01.1987
32:49	Eliot Lyne	4	Wimbledon Premier 10k, Wimbledon	19.09.2004
32:50	James Fairbourn	49	Leeds Abbey Dash 10k, City to Kirkstall Abbey and back	21.11.2010
32:50	Scott Singleton	251	Telford 10k, Telford Town Pk	10.12.2023

32:52	Peter Fallenius	1	Croydon 10k, Lloyd Pk, Croydon	16.10.2005
32:53	Dale Seddon	1	RunThrough Chase the Sun Olympic Pk 5k, London	07.08.2019
32:54	Adam Jones		Croydon 10k, Lloyd Pk, Croydon	18.10.1992
32:55	Brandon Reid AUS		26.2 RRC 10k inc. Surrey County Champs	09.02.1992
32:57	James Local	3	Runthrough Chase The Moon 10k, Battersea Park	22.02.2023
(160)				
32:57	Tommy Trees	1	RunThrough Victoria Pk 10k, London	09.03.2025
32:58	Daniel Wolff	7	26.2 RRC Valentines 10k, Chessington	15.02.2026
32:59	Graeme Hyett	10	Nigel Barge Memorial 10k, Glasgow	05.01.2008
32:59	Findlay Dyer	1	Wargrave 10k	25.06.2023

(164 runners to 33:00)

Notable 10k performances disregarded for various reasons

28:35	⁷ Stewart McSweyn AUS	3	A.J. Bell Great Manchester Run 10k, Manchester	21.05.2023
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10 kilometres – top 100 performances 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	0	0	0	0	6	20	26	12	36

10 miles (16.094 km)

46:10	+ Paul Evans	-	Great North Run Half Marathon, Newcastle to South Shields	14.09.1997
46:11	Gary Staines	1	BUPA Great South Run 10m, Portsmouth	10.10.1993
47:40	Mark Miles	2	Reebok Sale 10m, Wythenshawe	02.08.2009
47:43	Kassa Tadesse U20	8	BUPA Great South Run 10m, Portsmouth	10.10.1993
47:48	+ Phil Wicks	-	Sweatshop Reading Half Marathon	29.03.2009
48:22	Bill Weller	3	Bracknell 10m	13.11.1971
48:30	Darren Mead	1	Colchester 10m	04.06.1995
48:33	David Anderson	4	Great South Run 10m, Portsmouth	12.10.2003
48:46	Gerry North	1	Hampstead 10m	18.05.1968
48:48	Lionel Mann	=4	Reading Police 10m, Reading	15.08.1970
(10)				
48:58	Paskar Owor UGA	1	Cabbage Patch 10m, Twickenham	16.10.2011
49:22	Craig Ruddy	1	Tom Scott Mem. 10m inc. Scottish Champs. Motherwell	05.04.2015
49:23	Dennis Brown NZL	?	Walton 10m	14.10.1979
49:27	Pat O'Connor IRL	10	Hercules Wimbledon AC 10m, Wimbledon	12.10.1968
49:46	Geoff North	5	Bracknell 10m	11.11.1967
49:48	Martin Dent AUS	9	Great South Run 10m, Portsmouth	12.10.2003
49:50	Charlie Dabbs	2	Thurrock 10m	25.06.1966
49:55	Richard Piotrowski	8	Reading Police 10m, Reading	15.08.1970
50:04	Matthew Graham	1	Frank Duffy 10m, Dublin, IRL	25.08.2012
50:10	Brian Buxton	15	Hercules Wimbledon AC 10m, Wimbledon	12.10.1968
(20)				
50:10	Tony Brien IRL	8	Hercules Wimbledon AC 10m, Wimbledon	09.10.1971
50:23	Daniel Wallis NZL	1	Great Edinburgh 10m, Edinburgh	23.04.2017
50:25	Jack Brown	2	Walton 10m	20.10.1956
50:29	Archie Bedford	3	Bognor 10m	19.04.1954
50:39	Andrius Jaksevicus LTU	18	Simplyheath Great South Run 10m, Portsmouth	20.10.2019
50:40	Paul Freary	2	Stockport 10m , Stockport	09.12.2001
50:44	Jonathan Blackledge	20	BUPA Great South Run 10m, Portsmouth	26.10.2008
50:46	John Phelan IRL	6	Walton 10m	14.10.1972
50:52	James Kelly	11	Blue Cross Broad Street Run, Philadelphia PA, USA	04.05.2014
51:00	Roger Alsop	1	Kent 10m, Sidcup	20.02.1999
(30)				
51:02	Jim Estall	8	Canterbury 10m	31.01.1993
51:03	Lee Hurst	1	Ron Hill Isostar, Chesterfield 10m	09.03.1997
51:06	Bill Dance	12	Bracknell 10m	11.11.1967
51:07	Charlie Smart	4	Bognor 10m	19.04.1954
51:08	Trevor Hart	9	Hampstead 10m	19.05.1968
51:09	Ollie Foote	3	Bracknell 10m	2.11.1986
51:16	Steve Halliday	1	Burnsall 10m	22.08.1992
51:16	Charles Herrington	1	Fred Hughes 10m, St. Albans:	16.01.2000
51:17	Shaun Moralee	5	Thirsk 10m inc. Northern Championships	29.11.2009
51:19	Tim Watson	27	Great South Run 10m, Portsmouth	09.10.2005
(40)				
51:19	Hugo Fry	1	Runthrough London 10m, Olympic Pk, London	23.11.2025
51:21	John Stow	9	Woking 10m	26.02.1977
51:31	Simon Jones	1	Llandudno 10m inc. Inter-Counties & Welsh Champs	22.05.2011
51:34	Bill Kerr	16	Walton 10m	17.10.1970
51:37	Mel Thorpe	14	Pressed Steel 10m, Oxford	25.06.1966
51:42	Chris Steer	18	Thurrock 10m	25.06.1966
51:45	David North	4	Bracknell 10m	02.11.1986
51:49	Andrew Connick IRL	3	John Treacy Dungarvan 10m, Dungarvan IRL	27.01.2013
51:50	Marcello Bizio	2	Marathon Windows 10m, Epsom Downs	17.11.1991
51:54	Martin Lake	2	Alton 10m	12.04.1987
(50)				
51:56	Findlay Dyer	12	Cabbage Patch 10m, Twickenham	20.10.2024

⁷ Stewart McSweyn AUS set a whole series of great middle and long distance performances on track and road, but at no time during his membership was his status such that he was eligible to compete for Belgrave Harriers.

51:59	Nigel Powley	3	Hemel Hempstead 10m	10.03.1996
52:04	Charlie Walker	1	Veterans AC Champs, <i>Battersea Pk?</i>	23.05.1970
52:09	Cliff Roffey	15	Walton 10m	15.10.1960
52:15	Laurie O'Hara	6	Herne Hill 10m, Brockwell Pk	28.04.1979
52:18	Ben Biggs	1	Cheshire 10m, Chester	22.10.2023
52:20	Gus Upton	20	Simplyhealth Great South Run 10m, Portsmouth	21.10.2018
52:25	Eric Gebbett	9	Walton 10m	18.10.1958
52:29	Ron Linstead	3	Walton 10m	21.10.1961
52:41	Knut Hegvold NOR	5	Max Sports & Fosters Cabbage Patch 10m, Twickenham	17.10.2004
(60)				
52:48	James Fox	6	Fred Hughes 10m inc. Herts Champs, St. Albans	19.01.2025
52:56	Martyn Head	12	City 10m	01.01.1985
52:59	John Jackson	44	Woking 10m	??.??.1976
53:05	Colin Pearson	27	Woking 10m	26.02.1977
53:05	George Grassly	3	Dorking 10m inc. Surrey Champs, Brockham	01.06.2025
53:16	Kevin Nash	32	BUPA Great South Run 10m, Portsmouth	19.09.1999
53:18	Brian Gorman	5	Veterans AC Champs, Wimbledon	05.05.1979
53:19	Charlie Dickenson	3	City of London 10m	01.01.1989
53:19	Charlie Wood	6	Maidenhead Easter 10m	23.09.2024
53:20	Barry Sawyer	9	Walton 10m	21.10.1961
(70)				
53:22	Paul Coughlan NZL		Wimbledon	03.10.1999
53:24	Malachai Byansi UGA	9	Max Sports & Fosters, Cabbage Patch 10m, Twickenham	15.10.2006
53:29	Don Anderson	35	Woking 10m	16.10.1983
53:30	John Thresher	1	Masters 10m, Gimli, Manitoba, CAN	??.08.1980
53:34	Clive Shippen	30	Walton 10m	17.10.1970
53:36	Mike Webb	6	New Forest 10m	11.07.1993
53:44	William Anderson	6	Snake Lane 10m, Pocklington	22.02.2026
53:46	Hassan Raidi MAR	2	Epsom 10m, Epsom Downs	16.11.2008
53:47	Andrew North	18	Hercules Wimbledon AC 10m, Wimbledon	06.10.1984
53:49	Vic Blowfield	4	Veterans AC Champ 10m <i>Battersea Richmond Pk?</i>	23.05.1970
(80)				
53:52	Will Cockerell	12	Cabbage Patch 10m, Twickenham	16.10.2011
53:53	Alexander Miller	5	Maidenhead Easter 10m	03.04.2015
53:54	Arne Dumez	5	Thirsk 10m	13.03.2022
53:57	Mark Pollard	9	Tom Scott Memorial 10m inc. Scottish Champs, Motherwell	10.04.2016
54:00	Callum Stewart	10	Fred Hughes 10m inc Herts Champs, St Albans	19.01.2025
54:05	Mike Trees	3	Maidenhead Easter 10m	10.04.2009
54:06	Tony Fairclough	23	Bracknell 10m	09.1969
54:12	John Moore	8	Southall 10m	07.09.1963
54:12	Matthew Holman	13	Fred Hughes 10m inc. Herts Champs, St Albans	19.01.2025
54:16	Marco Mazotta	12	Marathon Windows 10m, Epsom Downs	17.11.1991
(90)				
54:17	Len C. Bishop	20	Walton 10m	19.10.1957
54:18	Matt Yates	26	BUPA Great South Run 10m, Portsmouth	05.10.1997
54:28	Dave Baulch	4	Maidenhead 10m	02.04.1956
54:29	Brad Poore	8	NORCAL - John Frank Memorial 10m, Redding CA, USA	07.03.2009
54:36	Bill Laws	10	Veterans AC Champs, Wimbledon	05.05.1979
54:36	Simon Williamson	85	Hog's Back 10m, Guildford	20.12.1980
54:49	Tony Verdie	8	Southern Veterans 10m, Crawley	18.09.1983
54:49	Rob McHarg	6	National Police 10m, Freshwater to Chale, Isle of Wight	03.11.1999
54:53	Brian Joines	41	Reading Police 10m, Reading	15.08.1970
54:59	Robert G. Plummer	33	Walton 10m	18.10.1958
(100)				
54:59	Len Best	62	adidas Southern 10m, Copthall	11.08.1984
55:00	Norman Stairs	30	Pressed Steel 10m, Oxford	25.06.1966
(102 runners to 55:00)				

Notable 10 miles performances disregarded for various reasons

49:35	⁸ Laurie O'Hara	1	Veterans AC Champs, Wimbledon	05.05.1979
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10 miles – top 95 performances 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	0	7	14	17	10	16	14	12	10

Half Marathon (21.098 km)

61:18	Paul Evans	4	Great North Run, Newcastle to South Shields	14.09.1997
61:57	Gary Staines	7	Great North Run, Newcastle to South Shields	14.09.1997
62:16	Martin Dent, AUS	3	Gold Coast Half Marathon, AUS	05.07.2009
62:51	Kassa Tadesse	12	Great North Run, Newcastle to South Shields	14.09.1997
62:51	Phil Wicks	2	Reading Half Marathon	29.03.2009
62:54	Andrew Lloyd AUS	11	Tokyo, JPN	23.01.1994
63:29	Andrew Fyfe	22	CPH Half, Copenhagen, DEN	14.09.2025
63:30	Hugo Fry	49	Hyundai Mitja Marató Barcelona, ESP	15.02.2026
63:38	Reece Edwards AUS	15	Copenhagen, DEN	19.09.2021
64:09	Allen Graffin	7	Great North Run, Newcastle to South Shields	06.10.2002

⁸ Just a few weeks short of his 45th birthday, Laurie O'Hara ran 49:35 for 10 miles at Wimbledon, but while way out in the lead on his own, he took a wrong turn and reduced his run by 250 metres. It is not thought that anyone else in the race did the same.

(10)			
64:11	Mark Miles.....	1	Wilmslow Half Marathon, Wilmslow 29.03.2009
64:22	George Grassly.....	19	HOKA Semi de Paris, Paris, FRA 08.03.2026
65:29	Josh Mitchell.....	113	Hyundai Mitja Marató, Barcelona ESP 15.02.2026
65:32	David Anderson.....	3	Wilkinson Half Marathon inc. AAA Champs, Ackworth 28.03.2004
65:32	Russell Dessaix-Chin AUS.....	1	Medibank Melbourne Festival, Melbourne, AUS 14.10.2012
64:34	Nick Goolab.....	2	Bath Half Marathon..... 17.03.2019
65:37	Simon Jones.....	9	Bath Half Marathon..... 06.03.2011
65:39	Samuel Gebreselassie.....	3	RunThrough Surrey Half Marathon, Woking 16.03.2025
65:52	James Kelly.....	22	BUPA Great North Run, Newcastle-South Shields..... 16.09.2012
65:56	Ugur Altan.....	39	Runners' lab Bashir's Run, Ghent, BEL..... 08.03.2026
(20)			
66:11	Pete Gilbey.....	1	Tour of Torfaen Half Marathon, Blaenavon, Gwent 31.08.1985
66:16	John Wright.....	?	CPC Loop Den Haag, The Hague, NED 03.1986
66:19	Daniel Wallis NZL.....	20	Cardiff Half Marathon, Cardiff 07.10.2018
66:22	Spencer Barden.....	17	Great North Run, Newcastle to South Shields..... 18.09.2005
66:27	Ollie Garrod.....	14	Bath Half Marathon..... 15.10.2023
66:39	Sam Tyas.....	25	Cardiff Half Marathon, Cardiff 05.10.2025
66:40	Ben Biggs.....	60	eDreams Mitja Marató, Barcelona, ESP..... 11.02.2024
66:48	Will Cockerell.....	21	Wilmslow Half Marathon inc AAA & UKA Champs 23.03.2003
66:51	Findlay Dyer.....	15	NN CPC Loop Den Haag, The Hague, NED 09.03.2025
66:52	James Hancock.....	5	TTP Cambridge Half Marathon 09.03.2025
(30)			
66:54	Alaster Stewart.....	23	Wilmslow Half Marathon inc AAA & UKA Champs 23.03.2003
66:55	Hassan Raidi MAR.....	20	Great North Run, Newcastle to South Shields..... 18.09.2005
66:57	Jonathan Coates.....	124	Hyundai Mitja Marató, Barcelona ESP 15.02.2026
66:59	Bill Weller.....	4	Welwyn Half Marathon..... 1974
67:06	Lee Hurst.....	?	Wilmslow Half Marathon 23.03.1997
67:06	Brad Poore.....	3	Humboldt Redwoods Half Marathon, Weott, CA, USA 16.10.2005
67:08	Jim Estall.....	11	IBM Half Marathon, Portsmouth..... 12.03.1995
67:11	Paul Freary.....	7	Wilkinson Half Marathon inc. AAA Champs, Ackworth 28.03.2004
67:13	Craig Ruddy.....	11	Bank of Scotland Great Scottish Half Marathon Glasgow..... 04.10.2015
67:17	Chris Bruchhausen RSA.....	100	34º Medio Maratón Trinidad Alfonso Zurich, Valencia, ESP.. 26.10.2025
(40)			
67:22	+ James Nipperess AUS.....	-	London Marathon, Blackheath to The Mall..... 21.04.2024
67:22	Henry Hart.....	2	RunThrough Maidenhead Half Marathon 26.10.2025
67:23	Ollie Foote.....	?	Event, Venue..... ?? ?? 1985
67:28	Matthew Merrick.....	2	Brighton Half Marathon, Brighton..... 25.02.2024
67:49	Eoin Molloy.....	20	Cambridge Half Marathon..... 03.03.2024
67:54	Charles Herrington.....	25	Great North Run, Newcastle to South Shields..... 10.10.1999
67:55	Darren Mead.....	1	BUPA East Coast Half Marathon, Great Yarmouth 02.07.1994
68:02	+ Matthew Cox AUS.....	-	London Marathon, Blackheath to The Mall..... 22.04.2018
68:06	Trevor Hart.....	8	Romford Half Marathon 08.04.1967
68:07	James Wootton.....	9	RunThrough Surrey Half Marathon 16.03.2025
(50)			
68:22	Callum Stewart.....	8	Cambridge Half Marathon..... 06.03.2022
68:27	Ben MacCronan AUS.....	3	BHP Half Marathon, Brisbane Marathon Fest., QLD, AUS 06.06.2021
68:39	Andrew Connick IRL.....	3	Waterford AC Half Marathon, Waterford, IRL..... 01.12.2012
68:43	Lionel Mann.....	6	Romford Half Marathon 03.04.1971
68:43	Chad Wolpert.....	21	Cambridge Half Marathon..... 05.03.2023
68:43	Sam Peppiette.....	172	Hyundai Mitja Marató Barcelona, ESP..... 15.02.2026
68:56	Mark Pollard.....	9	Bath Half Marathon, Bath..... 02.03.2014
68:57	Malachi Byansi UGA.....	38	Wokingham Half Marathon 11.02.2007
69:12	Paskar Owor UGA.....	2	Surrey Half Marathon, Woking 11.03.2018
69:12	James Fox.....	24	Cambridge Half Marathon..... 05.03.2023
(60)			
69:13	+ Daniel Wallis NZL.....	-	London Marathon, Blackheath to The Mall..... 22.04.2018
69:25	Conall McNally.....	28	Cambridge Half Marathon..... 08.03.2026
69:29	Marcello Bizio.....	2	Belgrave Half Marathon, Wimbledon..... 14.03.1993
69:29	Andrius Jaksevicus LTU.....	2	Royal Borough of Kingston Half Marathon, Kingston..... 06.10.2019
69:29	Jonathan Scott.....	29	Cambridge Half Marathon..... 05.03.2023
69:32	Kris Gauson.....	1	Milton Keynes Winter Half Marathon 13.12.2015
69:36	Chris Steer.....	12	Romford Half Marathon 08.04.1967
69:41	Conall Whelan IRL.....	19	Cambridge Half Marathon..... 09.03.2025
69:42	Zekerias Abery.....	2	Rock 'n' Roll Liverpool Half Marathon, Liverpool 29.05.2016
69:45	Ed Hanton.....	227	Hyundai Mitja Marató, Barcelona ESP 15.02.2026
(70)			
69:49	Steve Gardner.....	59	Vitality Big Half Marathon, Greenwich..... 01.03.2020
70:00	Tim Watson.....	3	Plymouth Half Marathon, Plymouth..... 24.05.2009
70:01	Matthew Holman.....	17	Great Eastern Run Half Marathon, Peterborough 13.10.2024
70:03	John Kimaiyo KEN.....	3	Cumbria Half Marathon, Carlisle 15.10.2006
70:07	Louis Clarke.....	25	Great Eastern Run Half Marathon, Peterborough 12.10.2025
70:10	Martin Lake.....	10	Fleet Half Marathon 29.03.1987
70:13	Oliver Rose.....	26	Great Eastern Run Half Marathon, Peterborough 12.10.2025
70:23	Erwin McRae AUS.....	10	Hastings Half Marathon, Hastings..... 13.03.2005
70:23	Charlie Rogers.....	145	eDreams Mitja Marató Barcelona, ESP..... 11.02.2024
70:32	Charlie Wood.....	22	Wokingham Half Marathon 25.02.2024
(80)			
70:38	Richard Ward.....	41	Wilmslow Half Marathon inc AAA & UKA Champs 23.03.2003

70:38	Lloyd Kempson	13	Fleet Half Marathon	24.03.2024
70:44	Arne Dumez	10	Cambridge Half Marathon, Cambridge.....	17.10.2021
70:45	Martyn Head	?	Guernsey	1986
70:48	Pat O'Connor IRL	16	Welwyn Half Marathon.....	07.07.1974
70:48	Chris Sweeney	10	Wokingham Half Marathon	13.02.2011
70:51	Matt Welsh	41	Cambridge Half Marathon.....	05.03.2023
70:56	Jonny Neville.....	50	Cambridge Half Marathon, Cambridge.....	03.03.2024
70:57	Tommy Trees	285	Medio Maratón Trinidad Alfonso Zurich, Valencia, ESP	27.10.2024
70:58	Andrew Cumine.....	1	Dorney Lake Windsor Half Marathon, Eton	10.10.2020
(90)				
70:58	Neil Wilson	2	Run London Victoria Park	03.11.2024
70:59	Kevin Nash.....	2	Great Sam Half Marathon, Bracknell.....	30.10.1999
71:00	Gus Upton.....	16	Bath Half Marathon	01.03.2015
71:00	Angus Lamb	55	Cambridge Half Marathon.....	08.03.2026
71:01	Roger Alsop	45	Wilmslow Half Marathon inc AAA & UKA Champs	23.03.2003
71:03	Mike Kazimierski POL	29	Yellow Pages Reading Half Marathon.....	16.03.1997
71:04	Thomas Gandee	13	EDP Meia Maratona de Lisboa, Lisbon, POR	08.03.2026
71:07	Daniel Prendergast	286	Hyundai Mitja Marató Barcelona, ESP	15.02.2026
71:13	Alexander Miller	9	Wokingham Half Marathon	08.02.2015
71:11	+ Paul Selian KEN.....	-	London Marathon, Blackheath to The Mall.....	21.04.2024
(100)				
71:15	Eliot Lyne	1	Guildford Half Marathon.....	27.02.2005
71:17	+ Garrett Lee USA)	-	London Marathon, Blackheath to The Mall.....	28.04.2019
71:17	Oliver Jackson.....	62	Cambridge Half Marathon.....	03.03.2024
71:23	Rob Kelly IRL	22	RunThrough Surrey Half Marathon, Woking	16.03.2025
71:29	Oscar Dickins	68	Cambridge Half Marathon.....	03.03.2024
71:34	J. Hobbs	6	Richmond Half Marathon	15.09.1991
71:35	Peter Anthony	52	Fleet Half Marathon	29.03.1987
71:37	+ Matt Hensley USA.....	-	London Marathon, Blackheath to The Mall.....	23.04.2023
71:41	Mike Trees	27	Reading Half Marathon	29.03.2009
71:45	Knut Hegvold NOR.....	14	Reading Half Marathon	06.03.2005
(110)				
71:46	Andrew Johnstone.....	24	EDP Meia Maratona de Lisboa, Lisbon, POR	08.03.2026
71:49	Paul Lowe	4	Surrey Champs Half Marathon, Woking.....	13.03.2016
71:50	Padraic Buckley	2	Richmond-upon-Thames Half Marathon	13.05.2007
71:51	Dale Seddon	12	Mizuno Halve Marathon, Amsterdam, NED.....	20.10.2019
71:53	Dan Connell	82	Cambridge Half Marathon.....	03.03.2024
71:57	Jim Ryle	7	Swanley Half Marathon	23.03.1992
71:57	Matt Taylor	39	Bath Half Marathon.....	03.03.2013
72:01	Charlie Dabbs	17	Welwyn Half Marathon	01.07.1967
72:07	+ Griffin Humphries	-	London Marathon, Blackheath to The Mall.....	27.04.2025
72:11	Oliver Walker	85	Cambridge Half Marathon.....	03.03.2024
(120)				
72:06	James Preston	72	Cambridge Half Marathon.....	08.03.2026
72:20	Michael McCarthy IRL	28	Lambert & Foster Paddock Wood Half Marathon	12.03.2023
72:21	Matt Yates	98	Great North Run, Newcastle to South Shields.....	14.09.1997
72:21	Scott Singleton.....	3	Royal Borough of Kingston Half Marathon, Kingston.....	22.10.2023
72:25	Lieven Huang BEL	5	Brussels Half Marathon, Brussels, BEL	10.10.2010
72:28	James Williams	61	Vitality Reading Half Marathon.....	19.03.2017
72:29	Kyle Marks USA	9	Run Hackney Half Marathon, Hackney	22.06.2014
72:29	Eddie Jodrell	43	Bath Half Marathon.....	15.10.2023
72:31	James Local	2	RunThrough Victoria Pk Half Marathon, London	19.03.2023
72:34	Joachim Wolf SWE.....	3	Wokingham Half Marathon	08.02.2004
(130)				
72:34	Arthur Peel	10	AJ Bell Great Manchester Run Half Marathon.....	18.05.2025
72:37	Justin Chaston	6	Boulder Spring Half Marathon, Boulder CO, USA	14.03.2010
72:39	David North	9	Epsom Half Marathon	
72:38	Paul Coughlan NZL	?	Lisbon, POR	21.03.1999
72:45	John Bicourt	42	Pearl Assurance Half Marathon, Thamesmead.....	01.04.1984
72:50	Raif Serif	51	The Big Half, Greenwich.....	07.09.2025
72:53	Nick Buckle	95	Vitality Big Half Marathon, Greenwich.....	10.03.2019
72:56	John Charles.....	2	Chris Hoy Edinburgh Half Marathon, Edinburgh.....	05.04.2009
72:58	Junior Galley	19	Fleet Half Marathon	21.03.1999
72:58	Ben Scott	12	RunThrough Maidenhead Half Marathon, Maidenhead	26.10.2025
(140)				
72:59	Thanos Mesochoritis GRE.....	106	The Big Half, Greenwich.....	03.09.2023
(141 runners to 73:00)				

Notable Half Marathon performances disregarded for various reasons

60:09	⁹ Paul Evans.....	1	Marrakesh Half Marathon, MAR.....	15.01.1995
63:06	¹⁰ Justin Chaston	7	Las Vegas, NV, USA	04.02.1995

Half Marathon – top 100 performances 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	0	0	2	3	5	11	17	17	45

⁹ Paul Evans' win in the Marrakesh Half Marathon was on a course that was variously reported as of 'uncertain length' and '80 metres' short. If it was as much as 100m short, then covering that distance at the same speed as the rest of the race would have given him a time of about 60:27.

¹⁰ Listed by NUTS as downhill.

20 miles (32.187 km)

1:37:41	+	Paul Evans	-	London Marathon, Blackheath to The Mall	13.04.1997
1:44:09		Charlie Dabbs	2	Surrey Champs 20m, Addington	09.05.1966
1:44:13		Phil Wicks	2	Finchley 20m, Ruislip	17.03.2013
1:44:23		Gerry North	8	Inter-Counties 20m, Battersea Pk	26.05.1969
1:44:45		Lionel Mann	3	Belgrave Open 20m inc. Surrey Champs, Wimbledon	11.07.1970
1:45:00		Bill Weller	1	Belgrave Open 20m, Wimbledon	22.07.1972
1:45:09		Trevor Hart	6	Finchley 20m inc. Southern Champs, Ruislip	25.04.1970
1:46:28		George Grassly	1	Kingston Break-Fest Run 20m, Kingston on Thames	09.03.2025
1:46:31		F.A. Walker	1	Surrey Champs 20m, Mitcham	20.05.1939
1:46:35		Bill Dance	3	Belgrave Open 20m, Wimbledon	05.07.1969
(10)					
1:47:44		Colin Collis	2	Surrey Champs 20m, Farncombe	07.05.1955
1:47:52		Pat O'Connor IRL	14	Finchley 20m inc. Southern Champs, Ruislip	25.04.1970
1:48:00		Geoff North	5	Finchley 20m, Ruislip	25.04.1964
1:48:24		Ollie Garrod	1	Running Grand Prix 20m, Goodwood	03.12.2023
1:48:30		Samuel Gebreselassie	2	Hillingdon 20m, Ruislip	23.03.2025
1:48:41		Chris Steer	8	Surrey Champs 20m, Addington	09.05.1966
1:48:49		Eric Gebbett	1	Surrey Champs 20m, Walton on Thames	04.05.1957
1:48:50		Ron Linstead	1	Belgrave Open 20m inc. Surrey Champs, Wimbledon	21.07.1962
1:49:18		Tony Brien	19	Finchley 20m inc. Southern Champs, Ruislip	25.04.1970
1:50:49		Jim Estall	1	Worthing 20m	24.03.1996
(20)					
1:50:08		John Moore	11	Finchley 20m, Ruislip	25.04.1964
1:50:45		Charlie Walker	11	Finchley 20m, Ruislip	25.04.1964
1:50:51		Will Cockerell	4	Bramley 20m	29.02.2004
1:51:05		Pat Newell	16	Finchley 20m inc. Southern Champs, Ruislip	25.04.1964
1:51:32		Leo Lyons	2	Belgrave Open 20m inc. Surrey Champs, Wimbledon	20.07.1985
1:52:37		Len Bishop	4	Surrey Champs 20m, Walton on Thames	04.05.1957
1:52:42		Martin Lake	2	Belgrave Open 20m inc. Surrey Champs, Wimbledon	18.07.1987
1:52:54		Robert G. Plummer	20	Finchley 20m, Ruislip	18.04.1959
1:52:57		Barry Sawyer	16	Inter-Counties 20 m, Victoria Pk, London	01.06.1963
1:53:22		James Williams	6	Finchley 20m inc. Middlesex Champs, Ruislip	12.03.2017
(30)					
1:54:55	+	John Thresher	-	Richmond Marathon, British Columbia, CAN	31.10.1982
1:55:03		Les Stokell	2	Surrey Champs 20m, Caterham	03.05.1952
1:55:05		Eric M. Bishop	23	Finchley 20m, Ruislip	18.04.1959
1:55:11		Mike Kazimierski POL	7	Chicago Rock Cafe 20m, Bury St Edmunds	25.02.1996
1:55:14		Tom Hadfield	5	Bramley 20m	19.02.2006
1:55:17		Alexander Miller	4	Bramley 20m	14.02.2016
1:55:22		Simon Jones	1	San Domenico 20m, Merthyr Tydfil	01.04.2007
1:55:28		Norman Stairs	16	Belgrave Open 20m, Wimbledon	18.07.1964
1:55:44	11	Dennis W. Jones	6	Kent County Champs & Open 20m, Hayes	27.05.1961
1:55:52		Clive Shippen	16	Belgrave Open 20m inc. Surrey Champs, Wimbledon	11.07.1970
(40)					
1:57:11		John Jackson	12	Belgrave Open 20m inc. Surrey Champs, Wimbledon	17.07.1976
1:57:12		Colin Pearson	21	Belgrave Open 20m inc. Surrey Champs, Wimbledon	22.07.1972
1:57:24		G. Jones	18	Stafford 20m	21.03.1980
1:58:07		Junior Galley	9	Worthing 20m	24.03.1996
1:58:09		Simon Williamson	9	Belgrave Open 20m inc. Surrey Champs, Wimbledon	17.07.1982
1:58:26		Brian Joines	70	Finchley 20m, Ruislip	24.04.1971
1:58:33		Mel Thorpe	24	Belgrave Open 20m, Wimbledon	18.07.1964
1:58:36		Jack Braughton	6	Surrey Champs 20m, Richmond	06.05.1956
1:58:37		Joe Dooley	15	Surrey & Southern Champs 20m, Redhill	06.05.1961
1:59:01		Doug Maughan	60	Finchley 20m, Ruislip	20.04.1974
(50)					
1:59:05		Lee Greatorex	12	Bramley 20m	25.02.2007
1:59:22		Richard Pearson	9	Belgrave Open 20m, Wimbledon	16.07.1988
1:59:25		George Harris	6	Bramley 20m	16.02.2025
1:59:26		Micky Walker	1	Kent Open 20m, Dartford	26.05.1944
1:59:40		Tony Verdie	22	Belgrave Open 20m inc. Surrey Champs, Wimbledon	20.07.1985
1:59:50		H. Alan Bishop	17	Surrey Champs 20m, Farncombe	07.05.1955

(56 runners to 2:00:00)

Notable 20 miles performances disregarded for various reasons

1:48:21	¹²	Barry Sawyer	-	RRC 25 miles, Stompond Lane, Walton	19.10.1963
1:49:45	¹³	Barry Sawyer	3	VMC King of the Mountains 20m, VIC, AUS	29.06.1968

20 miles – top 56 performances 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	1	8	14	10	7	4	4	3	4

¹¹ In the '50s and early '60s there were two long distance runners in the club named "D. Jones" – David F. and Dennis W. Sometimes, especially when they appeared in the same race, the results listed them as D.F. Jones and D.W. Jones – but many times when just one of them raced they were simply listed as D. Jones! Research seems to show that D.F. was the speedier of the two and ran cross-country and road relays, while D.W. additionally ran the longer road races. We believe we are correct in showing Dennis W. Jones in these lists – but we cannot be certain.

¹² Barry Sawyer set an official 20 mile split of 1:48:21 while on his way to an epic World Best 2:17:10 for 25 miles. However, this was a track race..

¹³ Barry Sawyer ran his fastest ever 20 miles road race of 1:49:45 in Australia, after he had left Belgrave to emigrate.

Marathon (42.195 km)

2:08:52	Paul Evans	1	LaSalle Bank Chicago Marathon, IL, USA.....	20.10.1996
2:11:25	Gary Staines	5	LaSalle Bank Chicago Marathon, IL, USA.....	20.10.1996
2:12:23	Martin Dent AUS	8	Fukuoka International Marathon, JPN	04.12.2011
2:12:36	Andrew Fyfe	22	London Marathon, Blackheath to The Mall	26.04.2026
2:12:54	George Grassly	23	London Marathon, Blackheath to The Mall	26.04.2026
2:13:25	Reece Edwards AUS	3	S7 Marathon, Bad Loipersdorf, AUT	23.05.2021
2:15:09	Kassa Tadesse	14	London Marathon, Blackheath to The Mall	17.04.2005
2:15:37	Phil Wicks	21	Amsterdam Marathon, Amsterdam, NED	16.10.2011
2:17:17	James Nipperess AUS	6	London Marathon, Blackheath to The Mall	21.04.2024
2:17:20	Tony Brien IRL	12	Boston Marathon, Hopkinton to Boston, MA, USA	21.04.1975
(10)				
2:17:31	Hugo Fry	36	London Marathon, Blackheath to The Mall	26.04.2026
2:17:33	Jonathan Coates	37	London Marathon, Blackheath to The Mall	26.04.2026
2:18:37	Chris Bruchhausen RSA	39	London Marathon, Blackheath to The Mall	26.04.2026
2:18:45	Henry Hart	57	Berlin Marathon, Brandenburg Gate, GER	29.09.2024
2:18:48	Graham Macky NZL	4	Unigate Marathon, Harlow	25.10.1981
2:19:01	James Kelly	11	Scotiabank Toronto Waterfront Marathon, CAN	20.10.2013
2:19:11	Samuel Gebreselassie	40	London Marathon, Blackheath to The Mall	26.04.2026
2:19:40	Daniel Wallis NZL	15	London Marathon, Blackheath to The Mall	22.04.2018
2:19:55	Ugur Altan	152	Maratón Trinidad Alfonso Zurich, Valencia, ESP	07.12.2025
2:20:29	Craig Ruddy	38	London Marathon, Blackheath to The Mall	28.04.2019
(20)				
2:20:29	Andrius Jaksevicus LTU	76	Berlin Marathon, Brandenburg Gate, GER	29.09.2019
2:21:46	James Hancock	57	London Marathon, Blackheath to The Mall	26.04.2026
2:21:51	Brad Poore	12	California International Marathon, Sacramento CA, USA	03.12.2006
2:22:13	Ollie Garrod	20	London Marathon, Blackheath to The Mall	21.04.2024
2:22:23	Samuel Friend NZL	61	London Marathon, Blackheath to The Mall	26.04.2026
2:22:50	Trevor Hart	33	Maxol Marathon, Manchester	13.06.1971
2:23:03	Geoffrey Buchler	144	London Marathon, Blackheath to The Mall	17.04.1983
2:23:19	Ben MacCronan AUS	10	Melbourne Marathon, Melbourne Cricket Ground, VIC, AUS	13.10.2019
2:23:44	Erwin McRae AUS	36	London Marathon, Blackheath to The Mall	22.04.2012
2:24:07	Lionel Mann	9	Maxol Marathon inc. RRC Champs, Manchester	23.08.1970
(30)				
2:24:20	Mark Miles	22	London Marathon, Blackheath to The Mall	22.04.2007
2:24:38	Garret Lee USA	19	London Marathon, Blackheath to The Mall	28.04.2019
2:24:48	John Bicourt	5	Manitoba Marathon, Winnipeg, CAN	13.06.1982
2:25:12	Matt Hensley USA	41	London Marathon, Blackheath to The Mall	23.04.2023
2:25:19	Joshua Mitchell	111	London Marathon, Blackheath to The Mall	26.04.2026
2:25:22	Jim Estall	70	London Marathon, Blackheath to The Mall	17.04.1994
2:25:43	Matthew Cox AUS	9	London Marathon, Blackheath to The Mall	22.04.2018
2:26:27	Bill Weller	18	Unigate Harlow Marathon	26.10.1974
2:27:08	Mark Pollard	39	London Marathon, Blackheath to The Mall	13.04.2014
2:27:17	Griffin Humphreys USA	97	London Marathon, Blackheath to The Mall	27.04.2025
(40)				
2:27:18	Will Cockerell	59	London Marathon, Blackheath to The Mall	18.04.2004
2:27:48	Sam Peppiette	160	London Marathon, Blackheath to The Mall	26.04.2026
2:27:59	Chad Wolpert RSA	77	Amsterdam Marathon, NED	15.10.2023
2:28:08	Barry Sawyer	10	Polytechnic Marathon, Windsor to Chiswick	15.06.1963
2:28:14	Joseph Hunt USA	119	London Marathon, Blackheath to The Mall	21.04.2024
2:28:32	Jonny Neville	208	Berlin Marathon, Brandenburg Gate, GER	29.09.2024
2:28:33	Pere Capdevila	1	Robin Hood Marathon, Nottingham	28.09.2014
2:28:49	Charlie Dabbs	8	AAA Marathon, Nuneaton	26.08.1967
2:29:21	Marius Posa	253	Berlin Marathon, Brandenburg Gate, GER	29.09.2024
2:29:22	James Local	156	London Marathon, Blackheath to The Mall	21.04.2024
(50)				
2:29:22	Lloyd Kempson	254	Berlin Marathon, Brandenburg Gate, GER	29.09.2024
2:29:29	Simon Williamson	282	London Marathon, Blackheath to The Mall	17.04.1983
2:29:31	Rob Kelly IRL	470	Maratón Trinidad Alfonso Zurich, Valencia, ESP	07.12.2025
2:29:40	Malachi Byansi UGA	38	London Marathon, Blackheath to The Mall	22.04.2007
2:29:41	Tommy Trees	484	Maratón Trinidad Alfonso Zurich, Valencia, ESP	01.12.2024
2:29:47	John Moore	22	Polytechnic Marathon, Windsor to Chiswick	13.06.1964
2:29:48	Chris Steer	?	Maryland Marathon, MD, USA	?? ?? 1969
2:29:54	Eoin Molloy IRL	179	London Marathon, Blackheath to The Mall	21.04.2024
2:29:54	Tom Lole	284	Berlin Marathon, Brandenburg Gate, GER	29.09.2024
2:29:55	Pete Hardwick	?	Ottawa CAN	17.04.1983
(60)				
2:30:03	Hassan Raidi MAR	78	ABN AMRO Marathon, Rotterdam, NED	15.04.2012
2:30:05	James Williams	57	London Marathon, Blackheath to The Mall	23.04.2017
2:30:27	¹⁴ Gerry North	6	AAA Marathon Champs, Welwyn	11.08.1962
2:30:27	Callum Stewart	137	London Marathon, Blackheath to The Mall	23.04.2023
2:30:39	Len Bishop	13	Polytechnic Marathon, Windsor to Chiswick	28.06.1958
2:30:50	Neil Wilson	259	London Marathon, Blackheath to The Mall	26.04.2026
2:30:52	James Wootton	201	London Marathon, Blackheath to The Mall	27.04.2025
2:31:12	Norman Stairs	24	Polytechnic Marathon, Windsor to Chiswick	13.06.1964

¹⁴ The 1962 AAA Marathon Champs was reported in Athletics Weekly as being 400 yards over distance. If true, then the performance is worth about 1 min 18 secs faster.

2:31:26	Colin Collis	18	Polytechnic Marathon, Windsor to Chiswick.....	16.06.1956
2:31:30	¹⁵ Ron Linstead	8	AAA Marathon Champs, Welwyn.....	11.08.1962
(70)				
2:31:41	Mike Kazimierski POL	60	London Marathon, Blackheath to The Mall.....	21.04.1996
2:31:50	Steven Stallis USA	243	London Marathon, Blackheath to The Mall.....	21.04.2024
2:32:07	Dylan Mitchard	369	Berlin Marathon, Brandenburg Gate, GER	29.09.2024
2:32:08	Michael McCarthy IRL	6	ABP Newport Marathon (long course).....	28.04.2024
2:32:21	John Thresher	4	Richmond Marathon, British Columbia, CAN.....	31.10.1982
2:32:33	Matthew Holman	194	London Marathon, Blackheath to The Mall.....	23.04.2023
2:32:42	Benjamin Tucker	274	London Marathon, Blackheath to The Mall.....	27.04.2025
2:32:44	Warren Lynch NZL	90	London Marathon, Blackheath to The Mall.....	17.04.2005
2:33:00	John Jackson	31	Unigate Marathon, Harlow	25.10.1975
2:33:03	Paul Selian KEN.....	287	London Marathon, Blackheath to The Mall.....	21.04.2024
(80)				
2:33:04	Simon Jones	88	London Marathon, Blackheath to The Mall.....	23.04.2006
2:33:07	Charlie Walker.....	14	Polytechnic Marathon, Windsor to Chiswick.....	15.06.1963
2:33:10	Matthew Collins USA.....	342	London Marathon, Blackheath to The Mall.....	26.04.2026
2:33:17	Eric Gebbett	21	Polytechnic Marathon, Windsor to Chiswick.....	16.06.1956
2:33:17	Dale Seddon	152	London Marathon, Blackheath to The Mall.....	28.04.2019
2:33:31	Tom Hadfield.....	94	London Marathon, Blackheath to The Mall.....	18.04.2004
2:33:36	Thanos Mesochoritis GRE.....	312	London Marathon, Blackheath to The Mall.....	27.04.2025
2:33:37	Tony Verdie.....	9	Flying Fox & BVAF Marathon, Stone, Staffs	03.10.1982
2:33:37	Bradley Courtney-Pinn	160	London Marathon, Blackheath to The Mall.....	28.04.2019
2:33:39	Athanasios Mesochoritis GRE.....	310	London Marathon, Blackheath to The Mall.....	27.04.2025
(90)				
2:33:40	Daryl Chard	151	Mainova Frankfurt Marathon, Frankfurt, GER	26.10.2025
2:33:48	David Franco Rodrigues POR	235	London Marathon, Blackheath to The Mall.....	23.04.2023
2:33:48	Justin Chaston	69	ING New York City Marathon, NY, USA.....	07.11.2010
2:34:02	Matthew Benstead.....	369	London Marathon, Blackheath to The Mall.....	26.04.2026
2:34:09	Peter Fallenius	?	Valencia Popular Marathon, Valencia, ESP.....	19.02.2006
2:34:10	Roger Alsop	79	London Marathon, Blackheath to The Mall.....	17.04.2003
2:34:17	Jose Antonio Blanco.....	87	London Marathon, Blackheath to The Mall.....	25.04.2010
2:34:20	Robert G. Plummer	8	Sheffield Telegraph Marathon, Sheffield to Doncaster	30.03.1959
2:34:21	Andrew Johnstone.....	573	Boston Marathon, Hopkinton to Boston, MA, USA	20.04.2026
2:34:23	Peter Anthony CAN.....	283	London Marathon, Blackheath to The Mall.....	10.05.1987
(100)				
2:34:32	Andrew Cumine.....	173	London Marathon, Blackheath to The Mall.....	03.10.2021
2:34:44	Kris Gauson	137	London Marathon, Blackheath to The Mall.....	23.04.2017
2:34:45	Conall Whelan IRL	396	London Marathon, Blackheath to The Mall.....	26.04.2026
2:34:51	Max Glennon.....	167	Copenhagen Marathon, DEN.....	10.05.2026
2:34:53	Tom Ellacott.....	95	London Marathon, Blackheath to The Mall.....	13.04.2008
2:35:24	James Nutt.....	?	Run Rome the Marathon, Rome, ITA	27.03.2022
2:35:28	Paul Freary	137	Chicago, IL, USA	13.10.2002
2:35:30	Oliver Walker.....	417	London Marathon, Blackheath to The Mall.....	21.04.2024
2:35:50	Jim Ryle	273	London Marathon, Blackheath to The Mall.....	12.04.1992
2:35:34	Laurie O'Hara.....	19	Unigate Harlow Marathon	21.10.1972
(110)				
2:36:05	D. Slann	11	Polytechnic Marathon, Windsor	11.06.1983
2:36:14	Paul Coughlan.....	172	London Marathon, Blackheath to The Mall.....	18.04.1999
2:36:20	Matthew Merrick.....	152	TCS Amsterdam Marathon, NED.....	15.10.2023
2:36:30	Kyle Marks USA	112	London Marathon, Blackheath to The Mall.....	13.04.2014
2:36:22	Stefan Rozmanowski.....	343	London Marathon, Blackheath to The Mall.....	23.04.2023
2:36:31	Craig McMillan	38	Amsterdam, NED.....	17.10.2004
2:36:34	Anthony Robertson.....	125	London Marathon, Blackheath to The Mall.....	21.04.1996
2:37:24	Jonathan Scott.....	549	London Marathon, Blackheath to The Mall.....	21.04.2024
2:37:33	Joachim Wolf SWE.....	140	London Marathon, Blackheath to The Mall.....	23.04.2006
2:37:37	Matt Welsh	414	London Marathon, Blackheath to The Mall.....	23.04.2023
(120)				
2:37:48	Paul Lowe	226	London Marathon, Blackheath to The Mall.....	23.04.2017
2:38:05	Chris Wood	395	Tokyo Marathon, Shinjuku, Tokyo, JPN	01.03.2026
2:38:35	Rollo Gwyn-Jones	282	Bank of Chicago Marathon, Chicago IL, USA.....	13.10.2019
2:38:39	Scott Singleton	501	London Marathon, Blackheath to The Mall.....	23.04.2023
2:38:45	Richard Harper.....	150	Schneider Electric Marathon de Paris, FRA	17.10.2021
2:38:47	Steve Gardner.....	264	Zurich Maratón de Sevilla, Seville, ESP.....	20.02.2022
2:38:55	Mark Pepper	516	London Marathon, Blackheath to The Mall.....	23.04.2023
2:39:00	Louis Clarke	260	Copenhagen Marathon, DEN.....	10.05.2026
2:39:11	Lieven Huang BEL	2	Brathay Windermere Marathon, Ambleside.....	22.05.2011
2:39:17	Andrea Gallina ITA.....	268	London Marathon, Blackheath to The Mall.....	24.04.2016
(130)				
2:39:18	Knut Hegvold NOR.....	168	London Marathon, Blackheath to The Mall.....	26.04.2009
2:39:20	Pat O'Connor IRL.....	23	Barnsley Chronicle & S. Yorks Marathon, Barnsley.....	28.11.1976
2:39:20	Luke Thornton.....	592	London Marathon, Blackheath to The Mall.....	27.04.2025
2:39:44	Junior Galley	?	London Marathon, Blackheath to The Mall.....	17.04.1994
2:39:46	Daniel Leow SGP.....	585	London Marathon, Blackheath to The Mall.....	23.04.2023
2:40:09	Juan Carlos Casal Perez ESP.....	609	London Marathon, Blackheath to The Mall.....	23.04.2023
2:40:23	Roy Maddams.....	292	London Marathon, Blackheath to The Mall.....	26.04.2009
2:40:38	Leo Lyons	?	?	?? ?? 1982

¹⁵ Ibid.

2:40:49	James Milner.....	645	London Marathon, Blackheath to The Mall.....	23.04.2023
2:41:20	Clive Shippen	?	Polytechnic Marathon, Windsor to Chiswick	13.06.1970
(140)				
2:41:27	Alan Black	450	London Marathon, Blackheath to The Mall.....	29.03.1980
2:41:49	Dan Connell	82	Zurich Maratón San Sebastián, ESP.....	26.11.2023
2:42:00	Geoff Pearson	44	Polytechnic Marathon, Windsor to Chiswick	16.06.1956
2:42:19	H. Alan Bishop	46	Polytechnic Marathon, Windsor to Chiswick.....	16.06.1956
2:42:20	Alfred F. Mitchell	2	Blackpool Marathon	07.05.1938
2:42:46	Jean-Marie Wecker FRA	416	London Marathon, Blackheath to The Mall.....	02.10.2022
2:43:06	Leo Coy.....	491	London Marathon, Blackheath to The Mall.....	29.03.1980
2:43:35	Simon Waterhouse.....	1698	Maratón Trinidad Alfonso Zurich, Valencia, ESP.....	01.12.2024
2:43:38	Eric M. Bishop.....	8	Isle of Wight Marathon, Ryde.....	07.06.1958
2:43:38	Giacomo Mevio ITA.....	24	ADNOC Abu Dhabi Marathon, Abu Dhabi, UAE.....	14.12.2024
(150)				
2:43:43	Dennis W. Jones	66	Polytechnic Marathon, Windsor to Chiswick.....	10.06.1961
2:43:43	Don Anderson	739	London Marathon, Blackheath to The Mall.....	10.05.1987
2:43:44	Ray Lahart IRL	964	London Marathon, Blackheath to The Mall.....	26.04.2026
2:43:49	Mike Trees	15	Okinawa Marathon, Okinawa, JPN	22.02.2009
2:43:56	Andrew Duba CZE	890	London Marathon, Blackheath to The Mall.....	27.04.2025
2:44:59	John Hall	8	Isle of Wight Marathon, Ryde.....	17.05.1969
2:45:02	Joshua Muxen USA.....	945	London Marathon, Blackheath to The Mall.....	23.04.2023
2:45:04	Kevin Gadd	301	London Marathon, Blackheath to The Mall.....	26.04.2009
2:45:15	Brian Reis USA	1192	London Marathon, Blackheath to The Mall.....	21.04.2024
2:45:26	Will Marshall.....	26	Abingdon Marathon, Abingdon.....	23.10.2022
(160)				
2:45:27	Said Chettati	23	Polytechnic Marathon, Windsor	25.09.1994
2:45:52	Alex Janiaud	618	Zurich Maratón de Sevilla, Seville, ESP	23.02.2025
2:46:06	Joe McDonald	29	Polytechnic & AAA Marathon, Windsor to Chiswick	14.06.1952
2:46:12	Alex Mills.....	458	Zurich Maratón de Sevilla, Seville, ESP	20.02.2022
2:46:27	Brian Joines	122	Maxol Marathon, Manchester.....	13.06.1971
2:46:30	Alexander Miller	473	Berlin Marathon, Brandenburg Gate, GER.....	25.09.2016
2:46:43	Oliver Daniel	1118	London Marathon, Blackheath to The Mall.....	23.04.2023
2:46:43	Rory McStay IRL	1335	London Marathon, Blackheath to The Mall.....	21.04.2024
2:46:49	Bert Jordan	49	Polytechnic Marathon, Windsor to Chiswick.....	26.06.1954
2:47:01	Rhys Powell	2348	Boston Marathon, Hopkinton to Boston, MA, USA	20.04.2026
(170)				
2:47:23	David Walsh.....	425	Therme Manchester Marathon.....	03.04.2022
2:47:26	Ed Hanton	1394	Boston Marathon, Hopkinton to Boston, MA, USA	17.04.2023
2:47:35	John Davies	70	Unigate Marathon, Harlow	25.10.1975
2:47:39	Richard Pearson	11	Polytechnic Marathon, Windsor	26.09.1987
2:47:48	Carlos Rybeck.....	1443	London Marathon, Blackheath to The Mall.....	21.04.2024
2:47:50	Anthony Grant.....	668	London Marathon, Blackheath to The Mall.....	29.03.1980
2:47:52	Andrew Porteous.....	389	London Marathon, Blackheath to The Mall.....	18.04.2004
2:47:53	Olly Reynolds	82	ABP Newport Marathon, Newport	19.04.2026
2:47:57	Ben Kelleher.....	2597	Maratón Trinidad Alfonso Zurich, Valencia, ESP.....	07.12.2025
2:48:15	George Harris.....	587	Mainova Frankfurt Marathon, Frankfurt, GER	26.10.2025
(180)				
2:48:16	Luke Smith	177	Zurich Marató Barcelona, ESP.....	19.03.2023
2:48:48	Joe Dooley	44	Polytechnic Marathon, Windsor to Chiswick.....	16.06.1962
2:48:49	James Holt.....	1577	London Marathon, Blackheath to The Mall.....	21.04.2024
2:49:06	Andrew Sentence	65	Turin Marathon, Turin, ITA.....	19.04.2009
2:49:21	Harry Hopkins	10	Battersea Pk Running Festival, Battersea Park.....	22.10.2023
2:49:26	Tony Stone.....	1143	London Marathon, Blackheath to The Mall.....	10.05.1987
2:49:27	Arthur Whitehead	?	Polytechnic Marathon, Windsor to Chiswick	13.06.1953
2:49:41	James Goymour.....	330	Amsterdam Marathon, Amsterdam, NED	20.10.2019
2:49:44	Sam Village.....	2789	Maratón Trinidad Alfonso Zurich, Valencia, ESP.....	01.12.2024
2:49:50	Eliot Lyne	372	London Marathon, Blackheath to The Mall.....	22.04.2007
(190)				
2:50:00	Gregg Clark.....	209	Amsterdam Marathon, Amsterdam, NED	18.10.2015
(191 runners to 2:50:00)				

Notable Marathon performances disregarded for various reasons

2:14:36	¹⁶ Graham Macky NZL	19	Beijing Marathon, CHN.....	19.10.1986
2:17:55	¹⁷ Craig Ruddy	25	Frankfurt, GER	28.10.2018
2:23:12	¹⁸ Russell Dessaix-Chin AUS.....	40	Bank of America Marathon, Chicago, IL, USA.....	12.10.2014
2:24:16	¹⁹ Barry Sawyer.....	5	Victorian Marathon Champs, Werribee, VIC, AUS	14.09.1968
2:26:15	²⁰ Craig McMillan	5	Scotiabank Toronto Waterfront Marathon, CAN.....	20.10.2019
2:31:18	²¹ Gordon McKenzie USA	2	Pan American Games, Sao Paulo, BRA	04.05.1963

¹⁶ After a period as an integral member of the Club's long distance squad, Graham Macky left the UK around the end of 1981 to return to New Zealand, but he continued to go from strength to strength, clocking his best marathon time in China in 1986.

¹⁷ The Frankfurt Marathon of 2018 proved to be 430 metres short. Craig Ruddy's time of 2:17:55 would have been worth about 2:19:20 for the full distance – a personal best.

¹⁸ This time was set just after Russell Dessaix-Chin's time with Belgrave.

¹⁹ Barry Sawyer ran his fastest ever marathon after he left Belgrave to emigrate to Australia.

²⁰ Power of 10 shows Craig McMillan as a Belgrave Harrier from 2004 (correct) through to 2024 (incorrect). He recorded many marathon times considerably faster than the 2:36:31 shown in our list, after he left the Club at the end of 2006.

²¹ Gordon McKenzie's performances have been tentatively mentioned by a previous researcher. McKenzie was an American double Olympian at 10,000m (1956) and marathon (1960) and his wife was a British runner with Selsonia LAC, which had close ties to Belgrave H; so, there may have been a link up at some time. However, we can find no trace of him actually becoming a Belgrave member.

2:35:33	²²	Etienne Gailly BEL	3	XIV London Olympic Games, Wembley	07.08.1948
2:36:21	²³	Matthew Graham	434	London Marathon, Blackheath to The Mall	27.04.2025
2:38:??	²⁴	Leo Lyons	?	?	???.???.??

Marathon – top 100 performances 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	0	4	8	5	8	4	10	18	43

50k

2:48:32	Henry Hart	5	IAU and WMA 50 km World Champs, New Delhi, IND	14.03.2026
2:51:26	Ollie Garrod	1	Running Grand Prix, Goodwood	12.02.2023
3:01:56	Ben MacCronan AUS	1	Australian Ultra Running Champs, Gold Coast, Qld, AUS	04.12.2022
3:07:17	Mark Pollard	2	Self Transcendence 50k, Perth	27.03.2016

100k

6:37:18	Henry Hart	1	30th Anglo-Celtic Plate & British Champs., Mallory Park	03.05.2025
6:58:10	Ollie Garrod	8	28th Anglo-Celtic Plate, & NIURA 100k, Craigavon	02.04.2023
7:08:52	Rob Kelly IRL	8	31st Anglo Celtic Plate 100k, Limerick, IRL	21.03.2026

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 Williams, Steve, Belgrave statistical notes to 1983.

²² Etienne Gailly began his athletic career with Belgrave during World War II when he was also training as a paratrooper in the UK with the Brigade Belge, hoping one day to help liberate Europe. As the conflict drew to a conclusion, he returned to Belgium and, while still a soldier, he took his running to international level, setting his best time when placing third in the dramatic 1948 Olympic Marathon.

²³ Matthew Graham is shown on Power of 10 as Belgrave/Kirkintilloch from 2006 to date, but his Belgrave membership was actually from 16.07.2012 to the end of 2013.

²⁴ Insufficient information.