

A very low-key opening to the National 6-Stage Relay Championship took place at Crystal Palace in 1969. Just nine runners lined up under a bridge on the motor racing circuit with no more than a couple of dozen spectators present, but over the years the race was to develop to become one of the most keenly fought road running team competitions. A Belgrave team was present that day at the 'Palace' and, just coming towards the end of a flourishing distance running era, they were rewarded with a set of bronze medals. The City of Stoke men romped away with a victory which began a successful four-year winning streak for them, before it was their turn to slip down the running rankings. No other team was to match Stoke's sequence of wins until the next century when the Belgrave runners returned from fallow years to take five titles in a row from 2001 to 2005.

For the first 25 years, it was the custom for the race to be moved around the country, but it was some time before the Southern clubs could be tempted to travel "up North" in force. The Bels didn't take part again until 1974 and 1975 when, with Gordon Biscoe, Clive Shippen, and Bill Lucas's expertise, the race was held from Belgrave Hall on the roads around the South Side of Wimbledon Common. Some believed that the event might make its permanent home in London SW19, but in 1976 it was back to the Lancashire town of Southport on Merseyside, the spiritual home of the Northern Counties AA, founded there in 1879.

The 'National 6-Stage' benefitted from an appearance by a Belgrave squad only once more in the next two decades – and that was on another fleeting return to Crystal Palace when there was a near revolt by the Northern and Midland clubs when they found that far from the normal distance of close to 4 miles, the course was a mere 2.6 miles, twice around the motor racing circuit; they wanted a third lap added. 1985 saw another controversy when the race went to Manchester, and of the qualifying teams five from the south and three from the Midlands failed to show up.

In 1986 the race was due to be held at Birmingham University but at the last minute was switched to Sutton Park where an already well-established 3 miles and 8 yards course was used. Being a central location, many people said – "why not always hold the race here?" The race did return in 1989 and 1992, and then from 1995 onwards, Sutton Park became the race's permanent home.

Belgrave's poor attendance at the National event during all of this period wasn't just down to the Club's reluctance to travel, but the fact that teams entering now needed to be invited after a suitable qualifying performance had been posted in the newly instigated area events. The first Southern Counties AAA 6-Stage Relay took place in 1979 but for this and every other year until 1996, Belgrave Harriers totally ignored the fixture. Our local rivals always entered, and clubs travelling from as far away as Bideford and Exeter did likewise, but the Bels couldn't seem to muster enough enthusiasm to join the scores of other clubs as the qualifying 'Southern' race grew and went to Crystal Palace, Thameside and then found a regular home at Rushmoor Arena near Aldershot, a perfect venue that had been built by the British Army in 1923 for The Aldershot Military Tattoo.

A newly appointed Belgrave team manager, in 1995, dreamed of emulating the achievements of some of the Midland and Northern clubs such as Tipton, Birchfield, Bingley, Liverpool, and Morpeth; always present and as often as not fighting for the top places on the podium. But the first steps were to constantly support the area races; build a tradition whereby runners could measure themselves against others from previous seasons; gain qualification for the 'National' and provide a platform from which winning teams might one day spring. Slowly it worked. In '96 a team placed 16th in the 'Southern', in '97, although the team was not going to close in, there was an insistence that we attend. Two years later the Bels started three teams, finished two, and at last qualified for the 'National'.

After that 'National' at Sutton Park in 1999, *Athletics Weekly* reported:

"... Belgrave getting stronger all the time ... Paul Evans had a fine run on the final stage to gain four places as Belgrave finished 4th. ... This was the first time in many years the Bels have made a major bid to win this race and it was good to see them in action. Mark Miles ... has only been back in training for a week after injury problems, and Jason Lobo was racing a little over his usual distance, but they showed they have the ability to win medals at this level."

In fact, it was 21 years since Belgrave's previous participation, and 30 years since a serious bid for a win had been attempted. More importantly, for the first time, our talented individuals were beginning to learn the joy of running for each other.

A forward place was maintained the following year, and then the golden years were upon us, with five consecutive wins from 2001 and two more to follow in 2007 and 2008. In all the Club medalled eleven times in a thirteen-year period; a mighty record.

Since 1995 Sutton Park has remained a happy home for the National Road Relays, only once moving away when an outbreak of E. coli was traced to the venue. The Midland and National Championships were cancelled for 2012. However, after much agitation by our own Will Cockerell, an alternative venue of Clumber Park, in Nottinghamshire, a

National Trust property, was identified the week before the proposed date for the national event and the race was hastily reinstated at this venue.

The course length at Sutton Park had varied up to and including 2000, due to haphazard positioning of the cone placed to mark the turning point at the far end of the circuit. In 2001 a permanent marker was positioned but it was some distance further out than had recently been the norm, increasing the distance to a measured 5,847 metres, adding something approaching 30 seconds to immediately previous individual times.

In the results that follow, for team performances, the numbers in brackets are the team positions at the end of the individual's stage.

**Crystal Palace, S.E. London** – stage length two laps of the motor racing circuit, totalling 2.6 miles.

1969 3rd 1:18:25 25 Oct. Richard Piotrowski 13:03 (3), William Kerr 13:14 (3), Gerry North 12:42 (3), Laurie O'Hara 13:09 (3), Tony Fairclough 13:11 (2), John Thresher 13:06 (3).

Teams: 1 City of Stoke AC 1:17:16; 2 Manchester & District H&AC 1:18:18; 3 Belgrave H 1:18:25; 9 teams started and finished. Fastest: Mike Turner 12:28, 4 North.

**Southport, Merseyside** – stage length approx. 4 miles.

1970 - - 10 Oct. Teams: 1 City of Stoke AC 1:57:59; 2 Cambridge H 1:58:18; 3 Tipton H 1:58:26. Fastest: M. Freary (Bolton United H&AC) 18:54.

1971 - - 16 Oct. Teams: 1 City of Stoke AC 1:57:32; 2 Bolton United H&AC 1:57:52; 3 Sheffield United H 1:58:27; 25 teams started and finished. Fastest: Mike Turner 18:48 (rec.).

**Leeds, West Yorkshire** – stage length 4 miles 784 yards.

1972 - - 21 Oct. Teams: 1 City of Stoke AC 2:05:26; 2 Liverpool H&AC 2:05:39; 3 Bolton United H&AC 2:05:56; 23 teams started, 21 finished. Fastest: M. Freary 20:10.

**Keele, Staffordshire** – stage length 3 miles 1,000 yards.

1973 - - 20 Oct. Teams: 1 Bolton United H&AC 1:43:03; 2 Birmingham University 1:43:45; 3 Cardiff AAC 1:44:00; 19 teams started, 18 finished. Fastest: Frank Davies (Liverpool H&AC) 16:49.

**Wimbledon Common, S.W. London** – stage length approx. 3¼ miles, or 6.035 km.

1974 18th 1:49:16 19 Oct. Laurie O'Hara 17:35 (12), Gerry North 17:59 (12), Colin Pearson 18:26 (16), Lionel Mann 18:15 (14), Pat O'Connor 18:15 (17), John Bicourt 18:48 (18).

Teams: 1 Liverpool H&AC 1:44:08; 2 Invicta AC 1:44:50; 3 Cardiff AAC 1:45:04; 25 teams started, 24 finished. Fastest: David Black (Small Heath H) 16:51.

1975 24th 1:51:35 18 Oct. Colin Pearson 18:45 (27), John Stow 17:45 (20), Alan Black 19:26 (24), Pat O'Connor 18:00 (24), Leo Coy 19:10 (25), Bill Weller 18:29 (24).

Teams: 1 Liverpool H&AC 1:44:10; 2 Shaftesbury H 1:44:47; 3 Cardiff AAC 1:45:11; 31 teams started and finished. Fastest: Bernie Ford (Aldershot, Farnham & Dist. AC) 16:46.

**Southport, Merseyside** – stage length approx. 4 miles.

1976 - - 16 Oct. Teams: 1 Liverpool H&AC 1:57:16; 2 Aldershot, Farnham & Dist. AC 1:57:53; 3 Airdale & Spen Valley AC 1:58:12; 23 teams started, 22 finished. Fastest: Steve Kenyon (Bolton United H&AC) 18:34.

**Stanton & Staveley Ironworks, Asfordby Hill, Melton Mowbray, Leicestershire** – stage length 3¼ miles.

1977 - - 15 Oct. Teams: 1 Tipton H 1:45:40; 2 Aldershot, Farnham & Dist. AC 1:45:46; 3 Airdale & Spen Valley AC 1:46:08; 24 teams started, 23 finished. Fastest: Steve Kenyon (Bolton United H&AC) 17:03.

**Crystal Palace, S.E. London** – stage length 2.6 miles.

1978 28th 1:23:58 14 Oct. Dennis Brown 13:12 (19); John Bicourt 13:25 (25), James Rimmer 13:58 (25), Tony Binda 14:28 (26), Simon Holmes 14:20 (26), Allan Callow 14:35 (28),

Teams: 1 Cambridge & Coleridge AC 1:16:55.6; 2 Shaftesbury H 1:17:27; 3 Aldershot, Farnham & Dist. AC 1:17:31; 30 teams started and finished. Fastest: Steve Kenyon (Bolton United H&AC) 12:20.

**Southport, Merseyside** – stage length approx. 4 miles.

1979 - - 20 Oct. Teams: 1 Bingley H&AC 1:56:30; 2 Gateshead H&AC 1:57:13; 3 Tipton H 1:58:01; 18 teams started, 16 finished. Fastest: Steve Binns (Bingley H&AC) 18:27.

**Melton Mowbray, Leicestershire** – stage length 3¼ miles.

1980 - - 18 Oct. Teams: 1 Tipton H 1:44:11; 2 Aldershot, Farnham & Dist. AC 1:45:29; 3 Bolton United H&AC 1:46:00; 23 teams finished inc. 1 dsq. Fastest Steve Binns (Bingley H&AC) 16:54.

**Crystal Palace, S.E. London** – stage length 3.9 miles (presumably three laps of motor racing circuit).

1981 - - 24 Oct. Teams: 1 Aldershot, Farnham & Dist. AC 1:57:36; 2 Invicta AC 1:58:46; 3 Tipton H 1:59:37; 18 teams finished. Fastest: Bernie Ford (Aldershot, Farnham & Dist. AC) 19:04.

**Derby** – stage length unknown.

1982 - - 23 Oct. Teams: 1 Tipton H 1:54:35; 2 Derby & County AC 1:54:55; 3 Bingley H&AC 1:55:00; 24 teams started and finished inc. 2 dsq. Fastest: Chris Woodhouse (Derby & County AC) 18:27.

**Melton Mowbray, Leicestershire** – stage length 3¾ miles.

1983 - - 22 Oct. Teams: 1 Shaftesbury H 1:43:11; 2 Aldershot, Farnham & Dist. AC 1:43:21; 3 Gateshead H&AC 1:44:28; 29 teams started and finished. Fastest: Mike McLeod (Elswick H) 16:31.

**Thamesmead, S.E. London** – stage length 3.4 miles.

1984 - - 20 Oct. Teams: 1 Stretford AC 1:38:32; 2 Aldershot, Farnham & Dist. AC 1:38:49; 3 Tipton H 1:38:54; 30 teams started and finished inc. 2 dsq. Fastest: Tony Milovsorov (Tipton H) 15:54.

**Heaton Park, Manchester** – stage length unknown.

1985 - - 21 Oct. Teams: 1 Gateshead H&AC 1:34:28; 2 Tipton H 1:35:59; 3 Stretford AC 1:36:09; 22 teams started, 22 finished inc. 1 dsq. Fastest: Steve Anders (St Helen's AC) 15:18.

**Sutton Park, Sutton Coldfield, Birmingham** – stage length 3 miles 8 yards, or 4.835 km.

1986 - - 18 Oct. Teams: 1 Gateshead H&AC 1:24:27; 2 Tipton H 1:24:50; 3 Stretford AC 1:25:20; 28 teams started, 27 finished. Fastest: Roger Hackney (Aldershot, Farnham & Dist. AC) 13:33.

**Crystal Palace, S.E. London** – stage length approx. 6 km (course shortened due to fallen trees).

1987 - - 17 Oct. Teams: 1 Gateshead H&AC 1:45:40; 2 Stretford AC 1:46:31; 3 Aldershot, Farnham & Dist. AC 1:46:50; 26 teams started, 25 finished. Fastest: Roger Hackney (Aldershot, Farnham & Dist. AC) 17:01.

**Moorways Stadium, Derby** – stage length unknown.

1988 - - 15 Oct. Teams: 1 Swansea H 2:26:05; 2 Tipton H 2:26:07; 3 Birchfield H 2:26:20; 32 teams started and finished. Fastest: Mike Cadman (Wolverhampton & Bilston AC) 23:45.

**Sutton Park, Sutton Coldfield, Birmingham** – stage length described as 3.7 miles, but the times do not tie up with the distance; in all probability considerably shorter.

1989 - - 21 Oct. Teams: 1 Stretford AC 1:41:38; 2 Tipton H 1:41:48; 3 Bristol AC 1:42:05; 32 teams started and finished: Fastest: Nick Rose (Bristol AC) 16:15.

**Rushmoor Arena, Aldershot** – stage length 5.910 km.

1990 - - 27 Oct. Teams: 1 Bingley H&AC 1:47:19; 2 Tipton H 1:48:07; 3 Stretford AC 1:48:17; 38 teams started and finished. Fastest: Steve Binns (Bingley H&AC) 17:12.

**Astley Hall, Chorley, Lancashire** – stage length unknown.

1991 - - 26 Oct. 1 Swansea H 1:47:32; 2 Shaftesbury Barnet H 1:48:04; 3 Tipton H 1:48:49; 36 teams started, 35 finished. Fastest: John Sherban (Shaftesbury Barnet H) 17:06.

**Sutton Park, Sutton Coldfield, Birmingham** – stage length unknown.

1992 - - 24 Oct. Teams: 1 Tipton H 1:41:15; 2 Bingley H&AC 1:41:48; 3 Copeland AC 1:42:34; 45 started and finished. Fastest: J Campbell (Annadale Striders) 16:42.

**Rushmoor Arena, Aldershot** – stage length 5.910 km.

1993 - - 23 Oct. Teams: 1 Blackheath H 1:46:25; 2 Cannock & Stafford AC 1:47:08; 3 Swansea H 1:47:30; 47 teams finished. Fastest Keith Cullen (Chelmsford AC) 17:08.

**Silksworth Sports Complex, Sunderland** – stage length about 4 miles.

1994 - - 22 Oct. Teams: 1 Bingley H&AC 1:57:15; 2 Blackheath H 1:57:34; 3 Salford H 1:58:29; 44 teams started, 42 finished.

**Sutton Park, Sutton Coldfield, Birmingham** – stage length variable; described as 6 km in 1995 and 3.7 miles (5.954 km) in subsequent years except 1996 when it was “200m shorter” than in previous years. This might have been correct in 1995 but surely wasn't as far as 5.74 km in 1996 and 1997.

1995 - - 21 Oct. Teams: 1 Bingley H&AC 1:45:20; 2 Salford H 1:46:05; 3 Tipton H 1:46:32; 59 teams started, 58 finished. Fastest: Keith Cullen (Chelmsford AC) 16: 34.

1996	-	-	26 Oct. Teams: 1 Bingley H&AC 1:40:39; 2 Salford H 1:42:08; 3 Birchfield H 1:42:21; 61 teams finished. Fastest: Richard Nerurkar (Bingley H&AC 16:15. Belgrave qualified in "Southern" but did not send a team.
1997	-	-	25 Oct. Teams: 1 Birchfield 1:40:36; 2 London Irish AC 1:41:47; 3 Bingley H&AC 1:41:50; 59 teams started, 58 finished. Fastest: Richard Nerurkar (Bingley H&AC) 16:19.
1998	-	-	24 Oct. Teams: 1 Birchfield H 1:44:16; 2 Salford H 1:44:45; 3 Tipton H 1:44:56; 57 teams finished. Fastest Rob Whalley (City of Stoke AC) 16:57.
1999	4th	1:44:37	30 Oct. Teams: Paul Freary 17:21 (15), Jason Lobo 17:50 (15), Lee Hurst 17:36 (13), Mark Miles 17:46 (10), Spencer Barden 17:14 (8), Paul Evans 16:50 (4). 1 Cardiff AC 1:42:46; 2 Tipton H 1:43:26; 3 Birchfield H 1:43:33; 74 teams started, 73 finished. Fastest: Christian Stephenson (Cardiff AC) 16:28, 10 Evans.
2000	6th	1:47:36	28 Oct. Jason Lobo 18:34 (39), Charles Herrington 17:57 (32), Lee Hurst 18:19 (24), Spencer Barden 17:03 (13), Yacin Yusuf 17:40 (9), Alaster Stewart 18:03 (6). Teams: 1 Morpeth H&AC 1:44:14; 2 Tipton H 1:44:21; 3 Birchfield H 1:46:35; 61 teams finished. Fastest: Mark Hudspith (Morpeth H&AC) 16:42, =6 Barden.
<b>Sutton Park, Sutton Coldfield, Birmingham</b> – standardized stage length 5.847 km.			
2001	1st	1:45:28	27 Oct. Lee Hurst 17:49 (12), Paul Freary 17:30 (2), Stephen Sharp 17:26 (1), Kassa Tadesse 17:28 (1), Alaster Stewart 17:46 (1), Spencer Barden 17:29 (1). Teams: 1 Belgrave H 1:45:28; 2 Windsor, Slough, Eton & Hounslow AC 1:45:32; 3 Cardiff AAC 1:46:31; 65 teams started, 64 finished. Fastest: Sam Haughian (Windsor, Slough, Eton & Hounslow AC 16:54, =10 Sharp.
2002	1st	1:44:24	26 Oct. Richard Ward 17:48 (10), Stephen Sharp 17:31 (3), Spencer Barden 17:12 (1), Allen Graffin 17:15 (1), Mark Miles 17:08 (1), David Anderson 17:30 (1). Teams: 1 Belgrave H 1:44:24; 2 Morpeth H&AC 1:46:24; 3 Birchfield H 1:46:52; 68 teams started, 64 finished inc. 1 n/s. Fastest: Chris Thompson (Aldershot, Farnham & Dist. AC) 16:53, =3 Miles, 5 Barden, 6 Graffin.
2003	1st	1:45:22	25 Oct. Paul Freary 17:26 (3), David Anderson 17:14 (1), Spencer Barden 17:25 (1), Mark Miles 17:09 (1), Martin Dent 18:28 (1), Stephen Sharp 17:40 (1). Teams: 1 Belgrave H 1:45:22; 2 Salford H 1:46:21; 3 Bedford & County AC 1:47:21; 67 teams started, 63 finished inc. 1 dsq. Fastest: Chris Davies (Telford AC) 16:25, 4 Miles, 5 Anderson.
2004	1st	1:44:35	23 Oct. Kevin Nash 17:44 (13), Jonathan Blackledge 17:41 (4), Spencer Barden 17:18 (1), Stephen Sharp 17:23 (1), David Anderson 17:27 (1), Mark Miles 17:02 (1). Teams: 1 Belgrave H 1:44:35; 2 Aldershot, Farnham & Dist. AC 1:45:55; 3 Birchfield H 1:46:49; 65 teams started, 63 finished. Fastest: Chris Thompson (Aldershot, Farnham & Dist. AC) 16:39, 4 Miles, 7 Barden, 10 Sharp.
2005	1st	1:46:30	22 Oct. Paul Freary 17:52 (12), Kassa Tadesse 17:20 (2), Alaster Stewart 17:58 (3), Phil Wicks 18:19 (5), Stephen Sharp 17:36 (1), Spencer Barden 17:25 (1). Incomplete B team: Will Cockerell 18:34 (41), Kevin Nash 18:02 (23), Peter Willis 18:59 (29), Lee Greatorex 19:51 (34), Mark Humphrey 20:12 (37). Teams: 1 Belgrave H 1:46:30; 2 Morpeth H&AC 1:47:48; 3 Notts AC 1:47:54; 82 teams started, 76 finished. Fastest: Nick McCormick (Morpeth H&AC) 16:41, 10 Tadesse.
2006	4th	1:47:29	21 Oct. Stephen Sharp 17:32 (4), Paul Freary 17:55 (5), Phil Wicks 17:52 (4), Kris Gauson 18:40 (8), Simon Jones 17:39 (5), David Anderson 17:51 (4). Incomplete B team: John Kimaiyo 18:44 (45), Malachi Byansi 18:49 (44), Peter Willis 19:29 (44), Mark Humphrey 19:54 (46). Teams: 1 Newham & Essex Beagles 1:44:46; 2 Tipton H 1:46:24; 3 Bristol & West AC 1:47:01; 77 teams started, 74 finished inc. 1 n/s. Fastest: Mohamed Farah (Newham & Essex Beagles) 17:03.
2007	1st	1:44:30	20 Oct. Stephen Sharp 17:18 (4), James Kelly 17:46 (5), Jonathan Blackledge 17:30 (2), Simon Jones 17:33 (2), Mark Miles 17:14 (1), Phil Wicks 17:09 (1).
	38th	1:55:14	B team: Mark Pollard 17:56 (28), Will Cockerell 18:44 (35), Neil Speaight 19:09 (36), James Fairbourn 19:31 (39), Malachi Byansi 19:49 (39), David Mason 20:05 (38). Teams: 1 Belgrave H 1:44:30; 2 Leeds City AC 1:45:20; 3 Newham & Essex Beagles 1:45:55; 83 teams started, 79 finished. Fastest: Chris Davies (Telford AC) 16:42.

2008	1st	1:45:18	18 Oct. Stephen Sharp 17:37 (11), Nick Goolab 17:34 (2), Steve Davies 17:40 (5), Simon Jones 17:51 (2), Phil Wicks 17:00 (1), Neil Speaight 17:36 (1).
	35th	1:54:19	B team: James Kelly 18:01 (21), Mark Pollard 19:35 (40), Paul Freary 19:09 (39), Graeme Hyett 19:10 (36), Shaun Moralee 19:10 (36), Will Cockerell 19:14 (35). Teams: 1 Belgrave H 1:45:18; 2 Notts AC 1:45:50; 3 Newham & Essex Beagles 1:45:51; 79 teams started, 72 finished inc. 1 n/s. Fastest: Andrew Vernon (Aldershot, Farnham & Dist. AC) 16:49.
2009	2nd	1:44:54	17 Oct. Stephen Sharp 17:28 (11), Nick Goolab 17:35 (8), Simon Jones 17:43 (3), Daniel Mulhare 17:37 (5), Phil Wicks 17:09 (2), Neil Speaight 17:22 (2).
	29th	1:51:10	B team: Steve Davies 17:37 (23), Mark Pollard 18:20 (26), James Kelly 18:05 (18), Paskar Owor 18:14 (16), Will Cockerell 19:20 (20), John Charles 19:34 (29). Teams: 1 Newham & Essex Beagles 1:43:14; 2 Belgrave H 1:44:54; 3 Aldershot, Farnham & Dist. AC 1:45:05; 87 teams started, 80 finished. Fastest: Mohamed Farah (Newham & Essex Beagles) 16:33.
2010	4th	1:46:24	16 Oct. Nick Goolab 17:21 (4), Stephen Sharp 18:05 (5), Steve Davies 18:01 (9), Daniel Mulhare 17:20 (5), Simon Jones 18:02 (5), Paskar Owor 17:35 (4). Teams: 1 Bedford & County AC 1:45:42; 2 Shettlestone H 1:46:16; 3 Tipton H 1:46:19; 81 teams started, 80 finished inc. 1 n/s. Fastest: Ryan McLeod (Tipton H) 17:03.
2011	14th	1:48:57	15 Oct. James Kelly 17:44 (21), Steve Davies 17:38 (9), Richard Ward 18:17 (13), Mark Pollard 18:48 (17), Paskar Owor 17:29 (13), Will Cockerell 19:01 (14). Teams: 1 Aldershot, Farnham & Dist. AC 1:44:51; 2 Birchfield H 1:45:22; 3 Newham & Essex Beagles 1:45:30; 83 teams started, 76 finished. Fastest: James Wilkinson (Leeds City AC) 16:38.
<b>Clumber Park, Nottinghamshire</b> – stage length approx. 5 km.			
2012	3rd	1:31:16	13 Oct. Matthew Graham 14:57 (11), Mark Pollard 15:37 (11), Steve Davies 15:18 (10), Kris Gauson 15:02 (5), James Kelly 15:18 (4), Paskar Owor 15:04 (3). Teams: 1 Newham & Essex Beagles 1:30:36; 2 Liverpool H&AC 1:31:07; 3 Belgrave H 1:31:16; 64 teams started, 55 finished. Fastest: Johnny Mellor (Liverpool H&AC) 14:23.
<b>Sutton Park, Sutton Coldfield, Birmingham</b> – stage length 5.847 km.			
2013	2nd	1:46:24	12 Oct. Steve Davies 18:12 (36), Craig Ruddy 17:50 (21), Paskar Owor 17:49 (13), Phil Wicks 17:27 (8), James Kelly 17:51 (5), Nick Goolab 17:15 (2). Teams: 1 Sale H Manchester 1:45:56; 2 Belgrave H 1:46:24; 3 Tipton H 1:46:58; 84 teams started, 80 finished inc. 2 ns & 1 dsq. Fastest: Ryan McLeod (Tipton H) 16:55, 4 Goolab.
2014	10th	1:49:56	4 Oct. Daniel Mulhare 17:26 (6), Paskar Owor 17:43 (1), Craig Ruddy 17:33 (1), Stephen Trainer 18:28 (2), Gus Upton 18:58 (5), Will Cockerell 19:48 (10). Teams: 1 Aldershot, Farnham & Dist. AC 1:46:48; 2 Highgate H 1:47:25; 3 Sale H Manchester 1:47:54; 80 teams started, 77 finished. Fastest: Andrew Butchart (Central AC) 17:08; 9 Mulhare.
2015	-	-	3 Oct. Teams: 1 Tonbridge AC 1:47:24; 2 Derby & County AC 1:47:29; 3 Central AC 1:47:38; 72 teams started, 69 finished inc. 1 dsq. Fastest: Andrew Maud (Highgate H) 17:03.
2016	-	-	8 Oct. Teams: 1 Cardiff AAC 1:45:52; 2 Swansea H 1:45:55; 3 Liverpool H&AC 1:46:20; 82 teams started, 79 finished. Fastest: Andrew Butchart (Central AC) 16:29.
2017	-	-	7 Oct. Teams: 1 Swansea H 1:45:16; 2 Tonbridge AC 1:46:30; 3 Lincoln Wellington AC 1:46:34; 85 teams started, 82 finished. Fastest: Dewi Griffiths (Swansea H) 16:40.
2018	-	-	6 Oct. Teams: 1 Stockport H&AC 1:45:07; 2 Leeds City AC 1:45:32; 3 Aldershot, Farnham & Dist. AC 1:45:40; 77 teams started, 76 finished. Fastest: Ross Millington (Stockport H) 16:54.
2019	-	-	6 Oct. Teams: 1 Leeds City AC 1:44:46; 2 Aldershot, Farnham & Dist. AC 1:45:19; 3 Cambridge & Coleridge AC 1:45:37; 79 teams started, 76 finished. Fastest Marc Scott (Cambridge & Coleridge AC) 16:46.
2020			Race not held due to coronavirus pandemic.
2021	30th	1:52:40	9 Oct. Neil Wilson 18:47 (58), Tommy Taylor 18:52 (51), Sam Gebreselassie 17:24 (30), Ewan Somerville 19:33 (32), Conall McNally 19:12 (34), Arne Dumez 18:52 (30). Teams: 1 Aldershot, Farnham & Dist. AC 1:42:44; 2 Leeds City AC 1:43:47; 3 Shaftesbury Barnet H 1:44:06; 79 teams started, 75 finished. Fastest: Jack Rowe (Aldershot, Farnham & Dist. AC) 16:33.

## Sutton Park statistics for since 2001

Note. For individual performances, the number and letter in the penultimate column indicates the stage and where a letter is present, that indicates the team; e.g. 4b = 4th stage for the B team.

### Championship record progression

1:45:28	Belgrave H	.....	2001
1:44:24	Belgrave H	.....	2002
1:43:14	Newham & Essex Beagles	.....	2009
1:42:44	Aldershot, Farnham & Dist. AC	.....	2021

### Fastest 10 teams (with finish positions)

1:42:44	Aldershot, Farnham & Dist. AC	..... 1	.....	2021 <sup>1</sup>
1:43:14	Newham & Essex Beagles	..... 1	.....	2009
1:43:47	Leeds City AC	..... 2	.....	2021
1:44:06	Shaftesbury Barnet H	..... 3	.....	2021
1:44:24	Belgrave H	..... 1	.....	2002
1:44:36	Birchfield H	..... 4	.....	2021
1:44:58	Tonbridge AC	..... 5	.....	2021
1:45:31	Bedford & County AC	..... 6	.....	2021
1:45:32	Windsor, Slough, Eton & Houns.	.... 2	.....	2001
1:45:50	Notts AC	..... 2	.....	2008

### Individual record progression

17:22	Mike Boulstridge (Birchfield H)	..... 1	.....	2001
17:12	Rod Finch (Southampton R)	..... 2	.....	2001
17:02	Chris Thompson (Aldershot F&D)	..... 3	.....	2001
16:54	Sam Haughian (Windsor SE&H)	..... 4	.....	2001
16:53	Chris Thompson (Aldershot F&D)	..... 4	.....	2002
16:25	Chris Davies (Telford AC)	..... 2	.....	2003

### Individual all-club all-time fastest 10

16:25	Chris Davies (Telford AC)	..... 2	.....	2003
16:29	Andrew Butchart (Central AC)	..... 5	.....	2016
16:33	Mohamed Farah (Newham & EB)	..... 6	.....	2009
16:33	Jack Rowe (Aldershot F&D AC)	..... 6	.....	2021
16:38	James Wilkinson (Leeds City AC)	..... 4	.....	2011
16:39	Chris Thompson (Aldershot F&D)	..... 6	.....	2004
16:40	Dewi Griffiths (Swansea H)	..... 6	.....	2017
16:41	Nick McCormick (Morpeth H&AC)	.... 4	.....	2004
16:46	Marc Scott (Cambridge & C AC)	..... 5	.....	2019
16:49	Andrew Vernon (Aldershot F&D)	..... 3	.....	2008
16:49	James Miles (Phoenix AC)	..... 4	.....	2009

### Individual Belgrave record progression

17:49	Lee Hurst	..... 1	.....	2001
17:30	Paul Freary	..... 2	.....	2001
17:26	Stephen Sharp	..... 3	.....	2001
17:12	Spencer Barden	..... 3	.....	2002
17:08	Mark Miles	..... 5	.....	2002
17:02	Mark Miles	..... 6	.....	2004
17:00	Phil Wicks	..... 5	.....	2008

<sup>1</sup> 2021 brought club road running into the carbon plate running shoe era. Some claim that these shoes can offer up to a 4% improvement in performance to every runner. In reality it might be somewhat less, but after two decades of only four clubs achieving sub 1:45:00 performances (Belgrave four times, Newham & Essex Beagles twice, and Aldershot & Leeds once each), the first five teams home achieved this benchmark in the 2021 race).

### Best individual Belgrave performances

17:00	Phil Wicks	..... 5a	.....	2008
17:02	Mark Miles	..... 6	.....	2004
17:12	Spencer Barden	..... 3	.....	2002
17:14	David Anderson	..... 2	.....	2003
17:15	Allen Graffin	..... 4	.....	2002
17:18	Stephen Sharp	..... 1a	.....	2007
17:20	Kassa Tadesse	..... 2	.....	2005
17:20	Daniel Mulhare	..... 4	.....	2010
17:21	Neil Speaight	..... 6a	.....	2009
17:15	Nick Goolab	..... 6	.....	2013 (10)
17:24	Sam Gebreselassie	..... 3	.....	2021
17:26	Paul Freary	..... 1	.....	2003
17:29	Paskar Owor	..... 5	.....	2011
17:30	Jonathan Blackledge	..... 3a	.....	2007
17:33	Simon Jones	..... 4a	.....	2007
17:33	Craig Ruddy	..... 3	.....	2014
17:37	Steve Davies	..... 1b	.....	2009
17:44	Kevin Nash	..... 1	.....	2004
17:44	James Kelly	..... 1	.....	2011
17:46	Alaster Stewart	..... 5	.....	2001 (20)
17:48	Richard Ward U23	..... 1	.....	2002
17:49	Lee Hurst	..... 1	.....	2001
17:50	Craig Ruddy	..... 2	.....	2013
17:56	Mark Pollard	..... 1b	.....	2007
18:28	Martin Dent <sup>2</sup>	..... 5	.....	2003
18:28	Stephen Trainer	..... 4	.....	2014
18:34	Will Cockerell	..... 1b	.....	2005
18:40	Kris Gauson U20	..... 4a	.....	2006
18:44	John Kimaiyo	..... 1b	.....	2006
18:47	Neil Wilson	..... 1	.....	2021 (30)
18:49	Malachi Byansi	..... 2b	.....	2006
18:52	Tommy Taylor	..... 2	.....	2021
18:52	Arne Dumez	..... 6	.....	2021
18:58	Gus Upton	..... 5	.....	2014
18:59	Peter Willis	..... 3b	.....	2005
19:10	Graeme Hyett	..... 4b	.....	2008
19:10	Shaun Moralee	..... 5b	.....	2008
19:12	Conall McNally	..... 5	.....	2021
19:31	James Fairbourn U23	..... 4b	.....	2007
19:33	Ewan Somerville	..... 4	.....	2021 (40)
19:34	John Charles	..... 6b	.....	2009
19:51	Lee Greatorex	..... 4b	.....	2005
19:54	Mark Humphrey U23	..... 4b	.....	2006
20:05	David Mason	..... 6b	.....	2007

<sup>2</sup> Running injured and some 1:10 down on expected time.

**Belgrave individual team medal table since 1969**

1	Stephen Sharp	●●●●●●●●●●
2	Spencer Barden	●●●●●●●●
3	Mark Miles	●●●●●●
4	Phil Wicks	●●●●●●
5=	Paul Freary	●●●●●
	David Anderson	●●●●●
7	Simon Jones	●●●●●
8=	Kassa Tadesse	●●●●●
	Alaster Stewart	●●●●●
	Jonathan Blackledge	●●●●●
11=	Nick Goolab	●●●●●
	Neil Speaight	●●●●●
13=	James Kelly	●●●●●
	Steve Davies	●●●●●
15=	Lee Hurst	●●●●●
	Richard Ward	●●●●●
	Allen Graffin	●●●●●
	Martin Dent	●●●●●
	Kevin Nash	●●●●●
20	Daniel Mulhare	●●●●●
21=	Richard Piotrowski	●●●●●
	William Kerr	●●●●●
	Gerry North	●●●●●
	Laurie O'Hara	●●●●●
	Tony Fairclough	●●●●●
	John Thresher	●●●●●
	Matthew Graham	●●●●●
	Mark Pollard	●●●●●
	Kris Gauson	●●●●●
	Paskar Owor	●●●●●
30	Belgrave medallists	

**Most runs in the 'A' team since 1969**

Stephen Sharp (all consecutive)	10
Spencer Barden (all consecutive)	7
Paul Freary (2 consecutive)	6
Phil Wicks (5 consecutive)	6
Steve Davies (4 consecutive) plus 1 'B' team	5
Simon Jones (all consecutive)	5
Mark Miles (3 consecutive)	5
Paskar Owor (all consecutive) plus 1 'B' team	5
David Anderson (all consecutive)	4
Nick Goolab (3 consecutive)	4
James Kelly (3 consecutive) plus 2 'B' team	4
Lee Hurst (all consecutive)	3
Alaster Stewart	3
Neil Speaight (all consecutive)	3

**Team medal table since 1969**

1	Belgrave H	●●●●●●●●●●
2	Bingley H&AC	●●●●●●●●
3	Tipton H	●●●●●●●●
4	Aldershot, Farnham & Dist. AC	●●●●●●●●
5	City of Stoke AC	●●●●●●●●
6	Liverpool H&AC	●●●●●●●●
7=	Gateshead H&AC	●●●●●●●●
	Swansea H	●●●●●●●●
9	Newham & Essex Beagles	●●●●●●●●
10	Birchfield H	●●●●●●●●
11	Stretford AC	●●●●●●●●
12	Cardiff AAC	●●●●●●●●
13	Shaftesbury H / Shaftesbury Barnet H	●●●●●●●●
14	Leeds City AC	●●●●●●●●
15	Morpeth H&AC	●●●●●●●●
16	Bolton United H&AC	●●●●●●●●
17=	Blackheath H	●●●●●●●●
	Tonbridge AC	●●●●●●●●
19=	Cambridge & Coleridge AC	●●●●●●●●
	Bedford & County AC	●●●●●●●●
	Sale H Manchester	●●●●●●●●
22	Stockport H&AC	●●●●●●●●
23	Salford H	●●●●●●●●
24=	Invicta AC	●●●●●●●●
	Derby & County AC	●●●●●●●●
26	Notts AC	●●●●●●●●
27=	Manchester & District H&AC	●●●●●●●●
	Cambridge H	●●●●●●●●
	Birmingham University	●●●●●●●●
	Cannock & Stafford AC	●●●●●●●●
	London Irish AC	●●●●●●●●
	Windsor, Slough, Eton & Hounslow AC	●●●●●●●●
	Shettlestone H	●●●●●●●●
	Highgate H	●●●●●●●●
35=	Airdale & Spen Valley AC	●●●●●●●●
	Bristol AC / Bristol & West AC	●●●●●●●●
37=	Sheffield United H	●●●●●●●●
	Copeland AC	●●●●●●●●
	Central AC	●●●●●●●●
	Lincoln Wellington AC	●●●●●●●●
40	teams have medalled	

**Clubs with most top ten team placings since 1969 (52 races)**

Tipton H	37
Aldershot, Farnham & Dist. AC (inc. 1 'B' team)	35
Liverpool H&AC	20
Bingley H&AC	19
Bristol AC / Bristol & West AC	18
Salford H	17
Leeds City AC	17
Morpeth H&AC	17
Belgrave H	16
Birchfield H	16

Only Aldershot, Farnham & Dist. AC and Tonbridge AC have ever placed a 'B' team in the top ten.

**Top 50 teams ranked on top 10 positions since 1969** (scoring 10, 9, 8, etc.)

1	Tipton H.....	256
2	Aldershot, Farnham & Dist. AC.....	204
3	Belgrave H.....	131
4	Liverpool H&AC.....	123
5	Bingley H&AC.....	119
6	Birchfield H.....	110
7	Salford H.....	102
8	Newham & Essex Beagles.....	86
9=	Leeds City AC.....	85
	Morpeth H&AC.....	85
	Bristol AC / Bristol & West AC.....	85
12	Shaftesbury H / Shaftesbury Barnet H.....	84
13	Swansea H.....	77
14	Gateshead H&AC.....	70
15	Cardiff AC / AAC.....	66
16=	Bolton United H&AC.....	61
	Stretford AC.....	61
18	Derby & County AC.....	60
19	City of Stoke AC.....	57
20	Sale H / Sale H Manchester.....	52
21	Notts AC.....	50
22	Bedford & County AC.....	43
23	Tonbridge AC.....	42
24=	Airedale & Spen Valley AC.....	40
	Blackheath H / Blackheath & Bromley HAC.....	40
26	Sheffield United H.....	39
27	Highgate H.....	38
28	Cambridge & Coleridge AC.....	36
29	Invicta AC.....	34
30	London Irish AC.....	26
31	Central AC.....	25
32	Manchester & District H&AC.....	24
33	Reading AC.....	23
34	Cannock & Stafford AC.....	21
35	Cambridge H.....	20
36=	Southampton RC.....	18
	Westbury H.....	18
	Wolverhampton & Bilston AC.....	18
39	Southampton & Eastleigh AAC / Southampton City AC.....	17
40=	Annadale Striders.....	16
	Shettlestone H.....	16
42=	Copeland AC.....	15
	Sunderland H&AC.....	15
	Sutton H / St Helen's AC / St Helen's Sutton AC.....	15
45=	Lincoln Wellington AC.....	14
	Windsor, Slough & Eton (& Hounslow) AC.....	14
47	Staffs Moorlands AC.....	12
48=	Altrincham & District AC.....	11
	Border H.....	11
	Boxhill R.....	11
	Leicester Coritanian AC.....	11
	Liverpool Pembroke AC / Liverpool Pembroke & Sefton H&AC.....	11
	Small Heath.....	11