

## Abbreviations

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

## Consolidated lists over imperial and metric distances

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

100 yds = 91.44 metres	880 yds = 804.672 metres	6 miles = 9,656.064 metres
220 yds = 201.168 metres	1 mile = 1,609.344 metres	
440 yds = 402.336 metres	3 miles = 4,828.032 metres	

## General notes

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

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

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

To maintain numeric sequence, manual times taken to 1/10th have been shown above automatic times of the same value. I.e. a manual 100 metres time of 11.0 is shown before an automatic time of 11.00. The standard of manual timekeeping in the UK is generally very good at the better meetings where times of these standards have been

recorded, and a time of 11.0 actually represents a hand-held watch time of anything from, 10.91 to 11.00 as taken by the timekeeper, but rounded up to the next 1/10th. In earlier days, of course, automatic timing was not even available.

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

**100 metres (and 100 yards)**

		100 yards time	
9.97	0.2 Dwain Chambers.....	3	IAAF World Champs., Seville, ESP ..... 22.08.1999
10.04	0.3 Darren Campbell.....	1	17th European Champs., Budapest, HUN ..... 19.08.1998
10.15	1.9 John P.L. Regis.....	1r2	European Clubs' Cup, UTE Stad. Budapest, HUN . 29.05.1993
	10.07w 2.2.....	3	15th European Champs., Split, YUG ..... 28.08.1990
10.21	0.6 Ernest A. Obeng GHA .....	1	International Invitation Meeting, Budapest, HUN .... 11.08.1980
	10.1 -1.3.....	1h	1st CAA African Champs., Dakar, SEN ..... 02.08.1979
	10.14 w 2.1.....	2r3	Dairy Crest International, Portsmouth..... 20.06.1987
10.23	1.0 Marcus Adam .....	1s3	Panasonic AAA Champs., Birmingham..... 26.07.1991
	10.14 w 3.9.....	4	XIV Commonwealth Games, Auckland, NZL ..... 21.01.1990
10.23	0.4 James Ellington.....	1r1	Meet. Nat. D1 de Metz Moselle Athlelor, Metz, FRA 27.07.2011
	10.12 w 3.5.....	2	Loughborough International, Loughborough..... 22.05.2011
10.24	1.6 Christopher Lambert .....	2s2	AAA Champs., Birmingham ..... 14.07.2001
	10.19 w 2.9.....	1	Ivy Lg. Heptagonal Champs., Annapolis, MD, USA 12.05.2002
10.24	0.1 Greg Cackett.....	2h2	Resisprint International, La Chaux-de-Fonds, SUI . 07.07.2013
10.32	1.8 Lenny Paul .....	4	European Clubs' Cup, UTE Stad., Budapest, HUN 29.05.1993
	10.25 w 3.0.....	1	Ron Pickering Memorial Games, Haringey..... 14.07.1991
10.33	1.0 Wade Bennett-Jackson U20.....	1	IAAF World Junior Champs., Beijing, CHN ..... 15.08.2006
	(10)		
10.37 a	0.0 Darren Chin.....	1r2	Inv. Meeting, Sestriere, ITA..... 01.08.2004
	10.38 1.8.....	1h2	Humbset, Fribourg, SWI..... 15.08.2004
10.43	1.6 Graham Beasley .....	1	South of England AA Champs., Watford..... 19.06.2004
	10.32 w 2.4.....	3	ECP, Valencia, ESP..... 24.05.2003
10.45	-0.8 Du'aïne Ladejo .....	d	European Cup Comb. Events, Bressanone, ITA .... 04.07.1998
	10.28 w 6.0.....	d	Kulukundis Invitation Decathlon, Arles, FRA ..... 23.05.1998
10.46	-1.2 Haroun Korjie SLE.....	2s1	South of England Champs., Crystal Palace..... 25.06.1994
10.48	0.8 Philip Goedluck .....	1B	Guardian BAL Div. 1, Crawley ..... 06.08.1994
	10.3 w.....	1	Fullerton Open Meet, Fullerton, CA, USA..... 27.04.1995
	10.43 w 3.6.....	3	Bedford International Games, Bedford..... 10.06.1995
10.48	1.3 Jason Fergus .....	2B	BAL Div. 1, Copthall..... 11.07.1999
10.50	1.8 Samuel Osewa.....	1r2.1	Newham Evening Meeting, Stratford ..... 30.06.2021
	10.43 w 2.6.....	4r1	Sprint Open Series, Lee Valley ..... 07.07.2021
10.54	0.5 Colin Gaynor .....	4	Inv. event during Scottish International, Edinburgh 28.08.1982
10.55	-1.8 Marlon Dickson .....	3A	BAL Div. 1, Watford..... 19.05.2002
	10.46 w 2.4.....	4	BAL Gold Cup Final, Bedford..... 19.08.2000
10.56	0.4 Timothy Abeyie .....	5s2	CAU Inter-Counties Champs., Bedford ..... 29.05.2005
	10.30 w 2.8.....	1h1	CAU Inter-Counties Champs., Bedford ..... 29.05.2005
	(20)		
10.57	0.0 Laurence Oboh .....	?	SEAA Junior Champs., Watford..... 25.05.2003
10.58	0.7 Andrew Walcott.....	5h1	Memorial Munez Blanca, Grenada, ESP ..... 21.05.1997
10.6	1.0 <sup>1</sup> James R. Evans .....	4	Avon Invitation Meeting, Southampton ..... 03.06.1979
	10.85 1.7.....	5h2	Nationwide AAA Champs., Crystal Palace..... 13.07.1979
	10.78 w 2.6.....	7	Southern Counties AAA Champs., Crystal Palace . 18.08.1979
10.60	1.4 Phillips Idowu .....	1	<i>Meeting title not known</i> , Ballarat, AUS..... 25.02.2006
10.60	1.4 Martin Blencowe.....	1r4	Azusa Pacific Inv., Azusa, CA, USA ..... 18.04.2008
	10.59 w 2.6.....	1r2	Long Beach Invit., Longbeach, CA, USA ..... 19.04.2008
10.62	1.3 Samuel Ige.....	3h7	British Athletics Champs., Birmingham ..... 01.07.2017
10.68	2.0 Craig Fleming.....	4r1	n/s BAL Premiership, Birmingham ..... 03.07.2010
10.69	<i>nwi</i> Enee Udo-Obong NGR.....	1r1	adidas Belgrave Speed GP, Battersea Pk ..... 25.06.2003
10.7	0.7 John Mitchell .....	1	Paris U. v London U., Clamart, Paris, FRA ..... 11.06.1967
	10.6 w.....	2	SCAAA rep. match, Woodford Br. .... 30.06.1968
10.7	James Vivian U20..... 9.8	2	Inter-club Match, Ruislip..... 05.08.1967
	10.7 .....	4s	SCAAA Champs., Crystal Palace ..... 12.07.1969
10.7	2.0 Dalton Powell .....	1	Nottinghamshire County Champs., Nottingham..... 11.05.1996
	10.90 w 3.7.....	4r2	Midlands v North v South v Wales, Birmingham..... 20.05.1995

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

10.7	Scott Exley .....	1	Windsor, Slough & Eton AC Open, Eton.....	22.08.2000
	10.78 w 2.9.....	d	AAA Decathlon Champs., Bedford.....	14.07.2001
	(=30, 32 athletes to 10.7)			
10.71	-0.3 Daniel Donovan.....	4s1	AAA Champs. & World Trials, Birmingham.....	26.07.2003
10.74 w	3.2 Dominic Girdler .....	1	Loughborough Students Open, Loughborough.....	26.04.2003
10.76	0.8 Seun Ogunkoya NGR .....	3r2	adidas Belgrave Speed GP, Battersea Pk .....	29.06.2005
10.76	2.0 Luke Gibli .....	2r1	Mityng Kwalifikacyjny LOZLA, Zamość, POL.....	28.05.2011
10.8	Alan Sexton..... 9.9	n	Oxford/Cambridge U. Tour, Philadelphia PA, USA .....	20.06.1953
10.8	Ron Holtum .....	?	<i>Meeting unknown</i> .....	1954
	10.9 .....	2	Beverley Baxter Trophy Meeting, Southgate .....	02.07.1955
10.8	Peter Eldridge .....	1	Beds. & Hunts. County Champs., Bedford.....	03.06.1961
10.8	Derek Boosey.....	?	<i>Meeting unknown</i> , .....	1966
	10.8 .....	1	<i>Meeting unknown</i> , Madeley College .....	10.07.1968
10.8	Stephen H. White .....	?	<i>Meeting unknown</i> .....	1978
	10.6 w.....	1	Oxford U. v Cambridge U., West London Stad. ....	16.05.1974
	10.7 w.....	1	<i>Meeting unknown</i> , Oxford .....	05.1975
10.8	David Armstrong .....	1	SAL Div. 2, Portsmouth.....	02.05.1987
	10.6 w.....	1	<i>Meeting unknown</i> , Aldershot.....	17.06.1988
	10.89 w 3.8.....	2B	BAL Div. 1, Newham .....	25.07.1987
	10.99 -1.2.....	4B	BAL Div. 1, Portsmouth.....	09.05.1987
10.8	Joe Minetti U20.....	1A	SAL Div. 2, Andover.....	06.06.1987
	11.00 .....	?	<i>Meeting unknown</i> , .....	1986
10.8	Matthew Russell U20.....	2	Nat. Junior League, Southern Prem. Div., Ashford .....	25.07.1999
	10.81 w 2.3.....	2h5	AAA U20 Champs. & Euro Trials, Bedford .....	03.07.1999
	10.83 .....	5s1	AAA U20 Champs. & Euro Trials, Bedford .....	03.07.1999
10.8	Dotun Akinbogun.....	?	Herne Hill H Open, Tooting .....	18.09.1999
	10.5 w dt.....	3	Richmond & Twickenham AC Open, Barn Elms.....	19.09.1999
	10.9 .....	?	Milton Keynes AC Open, Milton Keynes .....	16.08.1998
	11.18 1.5 .....	?	<i>Meeting unknown</i> , Woerden, NED.....	24.06.2000
	11.10 w 3.0.....	h	South of England AA Champs., Brighton .....	17.06.2000
10.8	Set Osho .....	1	St. Mary's Open Meet., Twickenham .....	13.09.2009
	10.90 0.0 .....	3r11	Watford Open Meet., Watford .....	29.06.2011
10.8	Jason Hussain.....	1r1	Brighton & Hove City AC Open, Brighton.....	16.08.2006
	10.82 nwi.....	1	Rosenheim Lg. Final, Tooting .....	11.08.2010
	10.85 1.9 .....	8A	BAL Premiership, Eton .....	31.07.2010
	10.70 w 4.6.....	4h3	CAU Inter-Counties Champs., Bedford.....	28.05.2006
	10.76 w 2.1.....	7s1	CAU Inter-Counties Champs., Bedford.....	28.05.2006
	(=40, 47 athletes to 10.8)			
10.82	2.0 Ciaran McGuire .....	4h1	South of England AA Champs., Bedford.....	12.06.2021
	10.7 .....	1A	Southern Athletics Lg., Battersea Pk .....	11.07.2021
	10.70 w 3.0.....	5s1	South of England AA Champs., Bedford.....	12.06.2021
10.86	1.3 William Sharman .....	d	International Comb. Events Meet., Woerden, NED .....	27.08.2005
	10.66 w 2.7.....	1	Lough. v Army v Police v Birm. U., Loughborough .....	15.05.2013
10.88	1.8 Nana Wilson U20.....	4h1	AAA U20 Champs., inc. World U20 Trials, Bedford .....	04.07.1998
	(50)			
10.89	0.8 Simon Shirley .....	d	XV Commonwealth Games, Victoria, CAN .....	23.08.1994
10.9	Dennis J. Merrett..... 10.0	2	AAA v Oxford & Cambridge U., Cambridge .....	06.06.1950
	10.9 .....	3	Surrey County Champs., Motspur Pk.....	04.06.1955
	11.0 .....	1	London v Stockholm, Stockholm NOR.....	07.07.1955
10.9	Basil Walden .....	2	Surrey County Champs., Motspur Pk.....	04.06.1955
10.9	Ivan A. Mayers BG .....	1	Beverley Baxter Trophy Meeting, Southgate .....	02.07.1955
	10.8 w..... 9.9 w	?	<i>Meeting unknown</i> , London .....	21.05.1955
	10.8 w..... 9.9 w	3	Kinnaird Trophy Meeting, Chiswick.....	15.06.1957
10.9 w	Clive E. Ryan .....	3	Lough. Coll v Cambridge U., Loughborough.....	07.05.1958
10.9	Sylvan Deane..... 10.0	?	<i>Meeting unknown</i> .....	27.05.1959
10.9	Gerard Leroy TRN .....	1	Inter-club Match, Tooting .....	01.06.1960
	10.6 w..... 9.7 w		<i>Meeting unknown</i> .....	1962

10.9 w	<sup>2</sup> Michael Marshall U20 .....	? Meeting unknown, .....	1971
10.9	Cliff J. "Snowy" Brooks .....	? Meeting unknown .....	1973
	10.7 dt .....	? Meeting unknown, poss. Barbadian Champs .....	30.06.1973
10.9	Michael Bazire .....	2 Rosenheim Lg. Final, Southwark Pk .....	21.08.1985
	10.98 1.2 .....	4B BAL Div. 1, New River, Haringey, .....	10.06.1989
	10.8 w .....	? Meeting unknown .....	27.05.1992
10.9	Nigel Urquhart .....	? Meeting unknown .....	1988
10.9	0.9 Lewis Samuel .....	2 Yorkshire County Champs., Don Valley .....	11.05.1996
	10.95 .....	? Meeting unknown, Loughborough .....	28.07.1992
10.9	James Hilston U20 .....	n/s Rosenheim Lg., Battersea Pk .....	21.05.1997
	10.9 .....	? Herne Hill H Open, Tooting Bec .....	19.09.1998
	11.06 0.9 U17 .....	2h3 AAA U17 Champs., Birmingham .....	30.07.1995
10.9	Nick Dawson U20 .....	? Meeting unknown, Sutcliffe Pk .....	27.07.1997
10.9	Sean Baldock .....	1 Worthing AC Open, Worthing .....	24.05.1998
10.9	Bernard Mensah .....	? Meeting unknown, Feltham .....	06.05.2000
	11.17w 2.3 .....	h Southern Counties AA Champs., Brighton .....	17.06.2000
10.9	Matthew Threadgold .....	1A Sweatshop SAL Div. 2 South .....	19.04.2014
	10.96 1.6 .....	2r2.1 Bedford International Games, Bedford .....	31.05.2014
	10.81 w 2.4 .....	1h2 Surrey County Champs., Kingsmeadow .....	25.05.2014
	(=60, 67 athletes to 10.9)		
10.91	1.3 Elisha Newell .....	h South of England AA Champs., Brighton .....	17.06.2000
10.93	1.1 Darren Thompson .....	8A BAL Div. 1, Hendon .....	05.05.2001
10.93	1.8 James Kasirye-Sebalu .....	3h2 South of England AA Champs., Crystal Palace .....	14.06.2014
	(70)		
10.94	David Nolan .....	4 Yorkshire Champs., Cleckheaton .....	08.05.1999
	10.79 w 3.1 .....	4 Cezuni Memorial, Istanbul, TUR .....	06.09.1997
10.94	Derrick Williams .....	h Southern Counties AAA Champs., Crystal Palace .....	06.06.1986
	11.0 w 3.6 .....	3 Surrey County Champs., Motspur Pk .....	17.05.1986
	10.8 w .....	1 Meeting unknown .....	1983
10.94	1.0 Richard David .....	h South of England AA Champs., Brighton .....	17.06.2000
10.96	John Mackenzie .....	? Meeting unknown, Perth, Aus .....	31.12.1995
10.96	1.5 Chuho Esiri .....	? adidas Belgrave Speed GP, Battersea Pk .....	23.07.2003
10.96	1.5 Louis Evling-Jones .....	d Comb. Events U23 International, Mérignac, FRA .....	31.07.2004
	10.84 w 7.7 .....	d IAAF World Comb. Events Challenge, Arles, FRA .....	03.06.2006
10.98	David Railton .....	? Meeting unknown, .....	1981
10.98	Matt Douglas .....	? Watford Open Meeting, Watford .....	28.08.2002
10.98	0.0 Kyle Reynolds-Warmington U15 ..	1 England Athletics U15 Champs., Bedford .....	27.08.2016
	(79 athletes below 11.0)		

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

**800 metres (and 880 yards)**

		880 yards time		
1:45.14	John Gladwin .....		3	BNP d'Athlétisme, Jean Bouin Stad., Paris, FRA ... 22.07.1986
1:45.81	alt. Neil Speaight .....		1	<i>Meeting unknown</i> , Potchefstroom, RSA ..... 08.04.2003
1:45.82	Jason Lobo .....		7	CGU British Grand Prix, Crystal Palace ..... 07.08.1999
1:46.64	Tim Bayley .....		2	NCAA Div. 1 Champs, Sacramento CA, USA ..... 10.06.2006
1:46.92	Chris Moss .....		5	<i>Meeting unknown</i> , Budapest, HUN ..... 08.08.2003
1:47.27	Tom Lerwill .....		2s1	IAAF World Junior Champs, Sydney, AUS ..... 22.08.1996
1:47.43	Stuart Paton .....		6	AAA Champs, Birmingham ..... 06.08.1988
1:47.5	Andrew Graffin .....		1r1	Watford Open BMC Race, Watford ..... 29.08.2001
1:47.77	Graeme Oudney .....		4rA	BMC Nike Grand Prix, Sportcity Manchester ..... 09.06.2007
1:47.78	Ikem Billy .....		3h4	Panasonic AAA Champs, Birmingham ..... 27.06.1992
	(10)			
1:48.28	Matthew Yates .....		9	Lisbon International, Lisbon, POR ..... 20.06.1998
1:48.64	Kris Gauson .....		2r2	American Milers Club, Indianapolis, IN USA ..... 09.06.2012
1:49.0	David A. Cocks ..... 1:49.6		1	Surrey County Champs, Motspur Pk ..... 30.05.1964
1:49.2	Gary Staines .....		1	Enfield Open Meeting, Enfield ..... 24.07.1985
1:49.32	Steve Davies .....		5rA	BMC Nike Grand Prix, Solihull ..... 28.06.2008
1:49.56	Matthew Kloiber .....		4rA	BMC Grand Prix, Bristol ..... 30.08.1997
1:49.57	Paskar Owor UGA .....		3rA	BMC Gold Standard Races (South), Watford ..... 15.06.2005
1:49.79	Darrell Maynard .....		7h3	Panasonic AAA Champs, Birmingham ..... 27.06.1992
1:49.79	Alasdair McLean-Foreman .....		7rB	BMC Grand Prix, Watford ..... 05.07.2003
1:49.80	Darren Gauson .....		5r1	Leon Buyle Memorial, Oordegem, BEL ..... 04.07.2009
	(20)			
1:50.2	Clive Gilbey .....		7rA	BMC Grand Prix, Wythenshawe ..... 14.05.1997
1:50.36	Jonathon Blackledge .....		4rB	BMC Nike Grand Prix, Watford ..... 13.06.2009
1:50.54	Adam Zawadski .....		1B	BAL Div. 1, Birmingham ..... 06.07.2002
1:50.7	Christopher Ogle .....		4	BMC Race within Rosenheim Lg., Tooting Bec ..... 15.05.1988
1:50.89	Christopher Watson .....		7rA	BMC Races, Cardiff ..... 04.07.2001
1:50.9	Richard Ward .....		1	BMC Race within Rosenheim Lg., Tooting Bec ..... 04.07.2001
1:51.01	Philip Burkhart .....		3	<i>Meeting unknown</i> , Breda, NED ..... 14.09.2008
1:51.04	Paul Evans .....		3B	BAL Div. 1, Enfield ..... 05.08.1989
1:51.10	Rob Turner .....		3	Croydon ..... 11.07.1993
1:51.2	David Pamah .....		1	Belgrave Champs, Battersea Pk ..... 14.07.1996
	(30)			
1:51.4	John Thresher ..... 1:52.1		3	Ryder Trophy Meeting, Southampton ..... 03.07.1965
1:51.48	Joe van der Toorn .....		4rC	BMC Nike Grand Prix Final, Crystal Palace ..... 25.08.2007
1:51.5	Danny Wiseman ..... 1:52.2		6	Southern Counties AAA Invitation, Eton Manor ..... 03.08.1965
1:51.5	Stephen Sharp .....		6rA	BMC South Regional Races, Brighton ..... 11.08.2004
1:51.64	Andrew Connick .....		3r1	Dublin Graded Series, Santry Stadium, Dublin ..... 21.07.2010
1:51.65	Andrew Brown .....		2rC	BMC Grand Prix, Watford ..... 22.07.2000
1:51.7	Robert Norton RSA ..... 1:52.4		1	Oxford Uni. Sports, Iffley Rd ..... 19.04.1961
1:51.70	Steve Halliday .....		1B	BAL Div. 1, Birmingham ..... 05.06.1993
1:51.8	David Scott .....		4h1	Pearl UK Champs, Sheffield ..... 06.06.1992
1:52.0	Allen Graffin .....		2	Watford Open, Watford ..... 08.05.2002
	(40)			
1:52.03	Steve Baldock .....		1rE	BMC Grand Prix, Watford ..... 23.06.1999
1:52.1	John E. Davies ..... 1:52.8		1h1	AAA Champs, White City ..... 13.07.1956
1:52.1	Shaun Moralee .....		1rA	BMC Regional Races, Jarrow ..... 01.06.2009
1:52.19	Shukri Omar .....		3rB	BMC Gold Standard Races (South), Watford ..... 27.07.2005
1:52.2	Spencer Barden .....		3	Lough Uni. v Brunel v Brit. Police, Loughborough .. 12.05.1999
1:52.28	Michael Mulhare IRL .....		4r1	Dublin Graded Series, Santry Stadium, Dublin ..... 21.07.2010
1:52.33	Najibe Hliouat MAR .....		2r3	BMC Nike Grand Prix, Wythenshawe ..... 23.05.2001
1:52.61	Darren Mead .....		4B	BAL Div.1, Meadowbank ..... 02.07.1988
1:52.7	F.J. Wright ..... 1:53.4		?	<i>Details unknown</i> ..... 1958
1:52.7	David Swain .....		2A	Southern Lg. Div. 2, Battersea Pk ..... 15.08.1987
	(50)			
1:52.77	John Booth .....		2B	BAL Div.1, Portsmouth ..... 09.05.1987
1:52.85	Gavin Mason .....		3	England Schools Sen. Boys Champs, Nottingham. 08.07.1995
1:52.9	Robert T. Taylor ..... 1:53.6		2	Heathfield Trophy, Walton ..... 12.06.1954
1:52.9	Peter Carton .....		2	Surrey County Champs, Motspur Pk ..... 10.06.1972

1:52.9	A. Hughes .....	2	Army Champs, Aldershot .....	08.06.1983
1:53.1	Graham Adams .....	2	<i>Meeting unknown</i> , Woking .....	25.08.1993
1:53.3	Hugh Barrow .....	1	<i>Meeting unknown</i> , Glasgow .....	20.05.1965
1:53.35	Nicholas Goolab.....	7rF	BMC Nike Grand Prix, Watford .....	09.06.2010
1:53.4	Andrew Moore.....	?	<i>Details unknown</i> .....	1987
1:53.5	Mark Sinclair .....	7	Inv. Race in SCAAA Match, Crystal Palace .....	03.08.1983
	(60)			
1:53.7	Tommy Scrimshaw.....	1	Rangers FC Race, Glasgow .....	05.08.1933
1:53.67	i Derek Watson .....	3	DM Hall Scottish Champs, Glasgow .....	23.01.2005
1:53.7	Mel Ford .....	3h	SCAAA Champs, Crystal Palace .....	25.06.1971
1:53.7	Philip Walker .....	4	Rosenheim Lg. Final, Tooting .....	19.08.1987
1:53.71	Mark Miles.....	8A	BAL Div.1, Eton .....	07.07.2001
1:53.9	Richard O’Hara .....	4h	Surrey County Champs, Motspur Pk.....	15.05.1986
1:53.92	Alex Hutchinson CAN.....	8rB	BMC Gold Standard Races, Watford .....	12.07.2000
1:54.0	John Barry.....	5	GRE Gold Cup 2nd Round, Woodford Bridge .....	29.06.1986
1:54.07	Sam Shore AUS.....	1rB	Watford Open, Watford .....	16.07.2014
1:54.2	Zac Ashkanasy.....	3rA	BMC Gold Standard Races, Watford .....	13.05.1998
	(70)			
1:54.28	Marcel Fok .....	5B	BAL Div.1, West London .....	02.07.1994
1:54.3	John Stow .....	3rA	SCAAA Open Meet., Crystal Palace .....	11.07.1973
1:54.3	L. Looney .....	?	<i>Details unknown</i> .....	1989
1:54.35	David Anderson.....	1rA	BMC Meeting, Battersea Pk.....	01.05.2002
1:54.5	Brandon Reid AUS.....	1	BMC Race within Rosenheim Lg., Tooting .....	15.07.1992
1:54.6	Jose Munoz.....	?	<i>Details unknown</i> .....	1979
1:54.7	Dean Clark .....	1rB	BMC Gold Standard Races, Watford .....	08.09.1999
1:54.7	Steve Clarke.....	5	BMC Race, Sutcliffe Pk.....	26.07.2000
1:54.8	Gerald Williams .....	?	<i>Details unknown</i> .....	1967
1:54.8	Paul Richley .....	?	<i>Details unknown</i> .....	1983
1:54.8	Mark Anderson NZL.....	4A	Southern Lg. Div. 1, Battersea Pk.....	11.07.1992
	(80)			
1:54.85	Philip Wicks.....	7rB	BMC Gold Standard Races, Watford .....	26.07.2006
1:55	N. Davis.....	?	<i>Details unknown</i> .....	1984
1:55.0	James Ellis-Smith.....	1	Crawley Open Meeting, Crawley.....	22.07.1998
1:55.03	Mark Pollard .....	6rB	BMC Gold Standard Races, Stretford.....	21.07.2009
1:55.2	David Mitchell.....	?	<i>Details unknown, also reported as 1:55.7y</i> .....	1961
1:55.2	Dennis Brown NZL.....	?	<i>Details unknown</i> .....	1978
1:55.3	Mathew Stickels .....	2A	Southern Lg. Div. 2, Battersea Pk.....	13.08.1988
1:55.39	N. Clarke .....	h	SCAAA Champs, Crystal Palace .....	14.06.1985
1:55.4	Adrian Major.....	?	<i>Details unknown</i> .....	1968
1:55.4	Justin Chaston .....	?	<i>Details unknown</i> .....	1987
	(90)			
1:55.52	John Dawson AUS.....	1A	Southern Lg. Div 2, Battersea Pk.....	19.08.1995
1:55.6	Geoffrey A. North .....	1	Belgrave Champs, Hurlingham .....	22.05.1965
1:55.6	Jonathon Simpson .....	3A	Southern Premier Junior Lg., Wood Green.....	18.06.2000
1:55.7	Peter Hilliar.....	?	<i>Details unknown</i> .....	1964
1:55.7	Geoff Dearman.....	1	Watford Open Meeting, Watford .....	09.09.1998
1:55.73	Will Stockley.....	5rC	BMC Regional Race, Eltham .....	14.08.2019
1:55.74	Matthew Douglas .....	2	BAL 10 in 100 Cup Match 1, Cophall.....	10.06.2007
1:55.75	Simon Limb .....	5h5	HFC UK Champs, Derby .....	24.05.1987
1:55.8	<sup>3</sup> Steve Smullen .....	4h1	Surrey County AA Champs., Motspur Pk.....	16.05.1985
	(100)			

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

1920-29	1930-39	1940-49	1950-59	1960-69	1970-79	1980-89	1990-99	2000-09	2010-19
0	1	0	3	10	5	22	23	30	6

<sup>3</sup> Steve Smullen possibly had a 1:55.7 timing in 1985 but we cannot find any record of it so have shown his 1:55.8 from the same year.

**1,500 metres (and 1 mile)**

		1 mile time		
3:35.26	John Gladwin .....		4	Ivo van Damme IAAF Grand Prix, Bruxelles, BEL.. 05.09.1986
3:35.53	Andrew Graffin .....		10	ISTAF Grand Prix, Berlin, GER..... 06.09.2002
3:36.36	Matthew Yates .....		2	<i>Meeting unknown</i> , Hechtel, BEL..... 19.07.1997
3:36.60	Andrew Lloyd AUS.....		7	Coca Cola Meeting, Barcelona, ESP..... 16.07.1990
3:37.9	Gary Staines .....	3:53.82	1	General Portfolio Mile of Miles, Portsmouth..... 12.08.1990
3:38.33	Neil Speaight.....		7	Norwich Union British Grand Prix, Sheffield..... 15.07.2007
3:39.08	Kris Gauson .....		8r2	Oxy High-Performance, Eagle Rock, CA USA..... 18.05.2012
3:40.04	Stuart Paton .....		5	Edinburgh Games, Meadowbank..... 17.07.1984
3:40.16	Tim Bayley .....		7	Aviva Grand Prix, Birmingham..... 20.02.2010
3:40.95	David Swain .....		12	Golden Gala Grand Prix, Rome, ITA..... 22.07.1987
	(10)			
3:41.24	Shaun Moralee.....		3rA	BMC Nike Grand Prix, Stretford..... 27.06.2009
3:41.25	i Steve Davies .....		1	Welsh Open Champs, Cardiff..... 24.01.2009
3:41.79	Jon Dennis .....		1	<i>Meeting unknown</i> , Griffin, Atlanta, GA USA..... 23.05.1992
3:42.32	Adam Zawadski.....		2rA	BMC Grand Prix, Wythenshawe..... 03.06.2002
3:42.86	Mark Miles.....		4rA	BMC Grand Prix, Wythenshawe..... 31.05.2003
3:42.94	Spencer Barden .....		9	<i>Meeting unknown</i> , Athens, GRE..... 29.05.1999
3:43.45	Jonathan Blackledge.....		10	Weltklasse in Biberach, Biberach, GER..... 28.06.2008
3:43.73	Paskar Owor UGA.....		7rA	BMC Nike Grand Prix, Watford..... 30.06.2007
3:43.98	Darren Gauson.....		9rA	BMC Nike Grand Prix, Solihull..... 21.07.2007
3:44.06	Jason Lobo.....		6rA	BMC Grand Prix, Wythenshawe..... 09.06.1999
	(20)			
3:44.30	Stephen Sharp .....		9h2	AAA Champs, Sportcity Manchester..... 09.07.2005
3:44.31	Dan Mulhare IRL.....		1	Irish Milers Club, Tullamore, IRL..... 01.06.2011
3:44.33	Christopher Moss.....		2	BUSA Champs, Glasgow..... 02.05.2001
3:44.6	John Thresher.....		1	Brockman Trophy Meeting, Wimbledon..... 27.07.1968
3:44.76	Nick Goolab.....		2	Loughborough International, Loughborough..... 22.05.2016
3:44.98	Richard Ward .....		11rA	BMC Grand Prix, Solihull..... 22.05.2004
3:45.23	Rob Turner .....		3rB	Reebok Challenge, Loughborough..... 29.06.1993
3:45.4	Paul Evans .....		9r1	Reebok Challenge, Watford..... 19.07.1989
3:46.4	Ikem Billy.....		4rA	Stretford Open BMC Race, Stretford..... 02.07.1991
3:46.58	Justin Chaston .....		16r1	BUPA Games, Gateshead..... 02.07.1995
	(30)			
3:46.6	W. Hugh Barrow.....	4:03.1	5	CAU Inter-Counties Champs, White City..... 05.06.1965
3:46.68	Darren Mead .....		1h2	SCAAA Champs, Crystal Palace..... 15.06.1990
3:46.77	Stephen Halliday.....		3	European Clubs Cup, UTE Budapest, HUN..... 29.05.1993
3:46.93	Derek Watson U20.....		4rB	BMC Grand Prix, Wythenshawe..... 03.06.2002
3:47.47	Michael Mulhare IRL.....		1rD	BMC Grand Prix, Sportcity Manchester..... 19.05.2012
3:47.53	Alasdair McLean-Foreman.....		6rB	BMC Grand Prix, Wythenshawe..... 03.06.2002
3:47.54	Allen Graffin .....		2rA	BMC Gold Standard, Watford..... 25.06.2003
3:47.56	Phil Wicks.....		6B	BMC Nike Grand Prix, Watford..... 10.06.2006
3:47.8	Mark Sinclair .....		2	Surrey County Champs, Motspur Pk..... 17.05.1986
3:47.97	David Anderson.....		4	SEAA Champs, Portsmouth..... 22.06.2003
	(40)			
3:48.13	Matthew Chaston .....		3h4	SCAAA Champs, Crystal Palace..... 16.06.1989
3:48.2	Chris Ogle .....		2	BMC Race within Rosenheim Lg., Tooting Bec..... 08.06.1988
3:48.44	Yacin Yusuf.....		11	Loughborough International, Loughborough..... 21.05.2000
3:48.6	John Bicourt .....		3	<i>Meeting unknown</i> , Mjøslekene, NOR..... 19.07.1973
3:48.6	Paul Richley U20.....		5r2	SCAAA v Comb. Services, etc., Crystal Palace..... 03.08.1983
3:48.70	Alex Hutchinson .....		2rB	BMC Grand Prix, Wythenshawe..... 14.06.2000
3:49.08	Mark Pollard .....		7r1	Leon Buyle Memorial, Oordegem BEL..... 04.07.2009
3:49.18	Clive Gilbey .....		3A	BAL Div.1, Watford..... 16.05.1998
3:49.18	Shukri Omar .....		14rA	BMC Grand Prix, Crystal Palace..... 06.08.2005
3:49.4	Peter Carton U20 .....		1	SCAAA <i>Open Meeting</i> , Crystal Palace..... 16.08.1972
	(50)			
3:49.5	Geoffrey A. North.....		1	Vancouver Trophy Meeting, Woodford..... 15.05.1965
3:49.64	Brandon Reid NZL.....		11h4	Panasonic AAA Champs, Birmingham..... 27.06.1992
3:50.3	Malcolm Robinson.....	4:07.1	1	<i>Meeting unknown</i> , Baton Rouge, LA USA..... 30.03.1963
3:50.4	Peter Whewell RSA.....	4:07.2	6	Reading Chronicle Gala, Palmer Pk., Reading..... 14.06.1967



3:50.4	John Stow .....	7	SCAAA Champs, Crystal Palace .....	23.06.1973
3:50.54	Dennis Brown NZL.....	4h	SCAAA Champs, Crystal Palace .....	17.08.1979
3:51.00	Paul Freary.....	4	BMC Race, Stretford .....	05.06.2001
3:51.65	David Pamah.....	5A	BAL Div. 1, Birmingham .....	06.07.1996
3:51.8	Ranjit Bhatia IND.....4:08.7	1	Oxford University Champs, Oxford .....	20.04.1960
3:51.92	Matthew Stickels .....	3	SCAAA v Comb. Services, etc., Crystal Palace.....	03.08.1988
	(60)			
3:51.	John Barry.....	?	<i>Details unknown</i> .....	1986
3:52.3	Kevin Sturman.....	?	<i>Details unknown</i> .....	1986
3:52.6	William Nankeville .....	6	XIV Olympic Games, Wembley .....	06.08.1948
3:53.0	A. Hughes .....	?	<i>Details unknown</i> .....	1983
3:53.4	John E. Davies .....	2	Vancouver Trophy Meeting, Woodford .....	17.05.1958
3:53.4	William Kerr.....	3A	Southern Lg. Div. 1, Wimbledon Pk .....	22.08.1970
3:53.5	Gerald Williams.....4:10.5	?	<i>Details unknown</i> .....	1967
3:53.5	Richard O’Hara .....	?	<i>Details unknown</i> .....	1986
3:53.6	Brian Hallowell .....	6	Kinnaird Trophy Meeting, Chiswick.....	16.06.1956
3:53.6	Alan McIntosh .....	?	<i>Details unknown</i> .....	1979
3:53.6	Steve Smullen .....	3A	BAL Div.4, Windsor .....	08.07.1984
	(70)			
3:53.82	Craig Ruddy .....	8	BMC Regional Races, Hutcheson.....	24.07.2015
3:53.	Derek Graham.....	?	<i>Details unknown</i> .....	1987
3:53.84	Andrew Fyfe .....	4rB	BMC Gold Standard Races, Watford .....	21.08.2019
3:54.0	Peter Morris.....	?	<i>Details unknown</i> .....	1969
3:54.1	David A. Cocks.....4:11.2	1	Belg. H v Surrey AC v SLH, Battersea Pk.....	24.06.1964
3:54.18	Andrew Connick IRL .....	9rA	Irish Milers Club Open, Santry Stadium, IRL .....	11.07.2015
3:54.46	Steve Clarke.....	8r1	BMC Grand Prix, Bedford .....	23.08.2000
3:54.57	Graeme Oudney.....	4	Scottish East & West Champs, Glasgow .....	14.05.2005
3:54.58	Chris Watson.....	2	Bank of Scotland U23 Scottish Champs, Dumfries.	19.06.2005
	(80)			
3:54.7	John W. “Jack” Brown.....4:11.8	1h1	AAA Champs, White City .....	09.07.1954
3:54.9	Graham Adams.....	4	Surrey County Champs, Croydon .....	12.05.1996
3:54.	Michael Hayes.....	?	<i>Details unknown</i> .....	1986
3:55.0	John Phelan IRL.....	?	<i>Details unknown</i> .....	1976
3:55.1	C. Shields.....	?	<i>Details unknown</i> .....	1981
3:55.16	Philip Walker .....	?	<i>Details unknown</i> .....	1987
3:55.4	John Booth .....	?	<i>Details unknown</i> .....	1988
3:55.4	Darrell Maynard.....	?	<i>Lough.Students v Brit. Police v Brit. Polys., Hendon.</i>	20.05.1992
3:55.80	Kassa Tadesse .....	6A	BAL Div. 1, Crawley .....	06.08.1994
3:56.0	A. Benn .....	?	<i>Details unknown</i> .....	1983
	(90)			
3:56.1	Roger Alsop .....	6	Army v Surrey v Hampshire, Aldershot.....	24.07.1994
3:56.2	Arthur Bruce .....	?	<i>Details unknown</i> .....	1953
3:56.29	Mark Anderson NZL.....	h	SCAAA Champs, Crystal Palace .....	13.06.1992
3:56.3	L. Looney .....	1A	Southern Lg. Div. 2, Ealing .....	24.06.1989
3:56.31	Andrew Moore.....	1B	BAL Div. 1, West London .....	13.08.1988
3:56.4	Laurie O’Hara.....	3	Vancouver Trophy Meeting, Woodford .....	07.05.1966
3:56.6	James Rimmer .....	?	<i>Details unknown</i> .....	1971
3:56.70	Robert Taylor .....	1	Gordon Stewart Trophy Meeting, Drayton Green. ..	08.05.1954
3:56.9	Alistair Morfey .....	?	<i>Details unknown</i> .....	1983
3:57.0	Albert Smith.....4:14.3	?	<i>Details unknown</i> .....	1966
	(100)			

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

1920-29	1930-39	1940-49	1950-59	1960-69	1970-79	1980-89	1990-99	2000-09	2010-19
0	0	1	5	11	8	23	19	25	8

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

## 1 mile (and 1,500 metres)

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

**1 mile**

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

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

<sup>5</sup> "Athletics Weekly" doesn't show John Stow in the result. We can only assume that there was a mistake with the original results and that a race number originally allocated to someone else was subsequently assigned to Stow.

**5,000 metres (and 3 miles)**

		3 miles time		
13:14.28	Gary Staines .....	5	Weltklasse Meeting, Zürich, SUI .....	15.08.1990
13:24.63	Andrew Lloyd AUS .....	1	NEC Meeting, Melbourne AUS .....	25.02.1992
13:25.38	Paul Evans .....	4r1	IAAF GP II, Helsinki FIN .....	28.06.1995
13:31.64	Andrew Graffin .....	7	Cork City Sports, Cork IRL .....	05.07.2003
13:33.48	Nick Goolab .....	13rA	IFAM Outdoor, Oordegem-Lede, BEL .....	27.05.2017
13:35.9	Gerry Deegan IRL .....	2	Penn Relays, Philadelphia, PA USA .....	27.04.1978
13:37.8	David Swain .....	3	Penn Relays, Philadelphia, PA USA .....	23.04.1987
13:41.78	Marty Dent AUS .....	8	Melbourne Athletics GP, Melbourne AUS .....	21.02.2008
13:41.99	Spencer Barden .....	8	Cork City Sports, Cork IRL .....	05.07.2003
13:44.4	Geoffrey A. North .....	2	SCAAA Champs, Crystal Palace .....	12.07.1969
	(10)			
13:45.01	Mark Miles .....	4rA	BMC Nike GP, Eton .....	14.06.2003
13:45.77	Allen Graffin .....	8	Cork City Sports, Cork IRL .....	06.07.2002
13:46.33	Jon Dennis .....	2	Penn Relays, Philadelphia, PA USA .....	23.04.1992
13:49.0	John Thresher .....	1	International Meeting, Paris (Charley) FRA .....	04.07.1968
13:50.7	Darren Mead .....	3	Invitation Race, Croydon Arena .....	29.06.1994
13:51.86	Justin Chaston .....	7	AAA Champs, Birmingham .....	15.07.1995
13:56.2	Malcolm Robinson .....	13:27.4	1 Texas Relays, Austin, TX USA .....	01.04.1966
13:56.50	Philip Wicks .....	2rA	BMC Nike GP Final, Crystal Palace .....	25.08.2007
13:57.6	John P. Bicourt .....	7	SCAAA Champs, Crystal Palace .....	22.06.1974
13:58.0	i Anthony Brien IRL .....	?	<i>Details unknown</i> .....	<i>dd.mm.1974</i>
	(20)			
13:58.62	Daniel Mulhare IRL .....	7rA	BMC Nike GP, Watford .....	11.06.2011
13:59.67	Timothy Bayley .....	3r2	Stanford Invitational, Stanford, CA USA .....	04.04.2008
14:00.09	Mark Thompson AUS .....	12rA	BMC Nike GP, Solihull .....	22.05.2004
14:02.3	Stephen Sharp .....	2A	BAL Premiership, Copthall .....	05.05.2007
14:03.79	Simon Jones .....	6rA	BMC Nike GP, Solihull .....	09.07.2011
14:03.96	David Anderson .....	1A	BAL Div. 1, Alexander Stadium, Birmingham .....	05.07.2003
14:04.33	Michael Mulhare IRL .....	12rA	BMC Nike GP, Watford .....	11.06.2011
14:05.3	Peter Whewell RSA .....	13:36.2	15 AAA Champs, White City .....	15.07.1967
14:05.8	Kassa Tadesse .....	1	Northumberland Castles Challenge Hexham .....	08.10.1997
14:06.1	Gerald A. North .....	7	SCAAA Champs, Motspur Pk .....	19.06.1965
	(30)			
14:06.50	Russell Dessaix-Chin AUS .....	2	Leon Buyle Memorial, Oordegem, BEL .....	04.07.2009
14:11.24	John-Paul Wright .....	4A	BAL Div. 1, Birmingham .....	21.05.1988
14:11.8	Killian Lonergan IRL .....	10	BMC Nike GP, Watford .....	05.08.1998
14:16.2	William Kerr .....	2	rep. Middlesex v. Oxford University, Oxford .....	23.05.1963
14:16.66	i John Gladwin .....	5	<i>Meeting unknown</i> , San Sebastian ESP .....	10.02.1990
14:18.30	Alberto Lozano De Pedro ESP .....	5	Provas de Observacao - EU Lisboa, Lisbon, POR .....	16.06.2012
14:18.5	Mark Sinclair .....	2A	BAL Div. 2, Battersea Pk .....	23.08.1986
14:18.92	Paskar Owor UGA .....	1	BUCS Champs, Olympic Pk, London .....	07.05.2012
14:19.53	Darren Gauson .....	20rD	Mt. SAC Relays, Walnut, CA USA .....	15.04.2011
14:20.1	Oliver Foote .....	1A	BAL Div. 3, Brighton .....	30.06.1985
	(40)			
14:21.8	John W. "Jack" Brown .....	1	Vancouver Trophy Meeting, Woodford Bridge .....	15.09.1956
14:22.0	M.R. "Bob" Smith .....	2A	Southern League Div. 1, Ilford .....	16.05.1970
14:22.5	W. Hugh Barrow .....	1	Victoria Pk A.C. 3m Champs, Glasgow .....	11.05.1965
14:22.51	Andrew Fyfe .....	2r7	Hercules Wimbledon 5,000m Festival, Wimbledon .....	07.08.2019
14:22.83	Stuart Paton .....	6	GRE Cup Final, Gateshead .....	18.08.1990
14:23.13	Kevin Sturman .....	1	GRE Cup Semi-Final, Haringey .....	10.08.1986
14:24.82	Matthew Stickels .....	?	<i>Details unknown</i> .....	<i>dd.mm.1988</i>
14:25.6	R. "Mel" Thorpe .....	4	Brockman Trophy Meeting, Wimbledon Pk .....	17.07.1965
14:25.8	Ranjit Bhatia IND .....	1	UAU Champs, Nottingham .....	21.05.1960
14:28.2	Laurie O'Hara .....	3A	Southern League Div. 1, Luton .....	29.07.1972
	(50)			
14:28.33	James Kelly .....	4rB	BMC GP, Solihull .....	21.07.2012
14:28.97	Gregory Billington U20 .....	2rA	Wake Forest Open, Winston-Salem, NC USA .....	21.03.2008
14:29.0	Peter A. Morris .....	1	SCAAA Open Meeting, Crystal Palace .....	14.05.1969
14:29.9	Patrick Newell .....	14:00	3 Middlesex County Champs, Hurlingham .....	03.06.1961

14:30.25	Paul Freary.....	3A	BAL Div. 1, Birmingham .....	31.07.1999
14:30.7	Adrian Major .....	h	Surrey County Champs, Motspur Pk.....	05 or 06.06.1968
14:30.96	Phil Sadgrove.....	2A	BAL Div. 1, West London .....	13.08.1985
14:31.31	Steve Halliday .....	3	GRE Cup Final, Sheffield .....	15.08.1992
14:32.0	John Phelan IRL.....	?	<i>Details unknown</i> .....	dd.mm.1976
14:34.6	Lee Hurst.....	3	<i>Meeting unknown</i> , Stretford .....	18.08.1998
	(60)			
14:34.60	Craig Ruddy .....	12rB	BMC GP, Watford.....	27.06.2015
14:35.0	John Stow .....	2A	Southern League Div. 1, Bracknell.....	05.07.1975
14:35.27	Roger Alsop .....	11	SEAA Champs, Crystal Palace .....	25.06.1994
14:35.4	Jonathon Blackledge.....	2	Brighton & Hove Open Meeting, Brighton .....	17.08.2005
14:37.6	David North .....	?	<i>Details unknown</i> .....	dd.mm.1985
14:38.0	Trevor Hart .....	7	Surrey County Champs, Motspur Pk.....	07.06.1969
14:38.61	Mark Pollard .....	17rB	BMC Nike GP, Watford .....	11.06.2011
14:39.22	Alaster Stewart.....	1B	BAL Div. 1, Birmingham .....	06.07.2002
14:40	Peter Carton U20 .....	2	Belgrave Champs, Battersea Pk .....	12.07.1972
14:41.9	William E. Lucas .....	4	AAA Champs, White City .....	15.07.1950
	(70)			
14:42.44	Euan Campbell.....	9r6	Comeback 5000m, Battersea Pk .....	31.03.2021
14:43.2	Anthony Fairclough .....	h	Surrey County Champs, Motspur Pk.....	05 or 06.06.1968
14:43.4	Charlie Dabbs .....	1	Brockman Trophy Meeting, Wimbledon .....	20.07.1963
14:43.6	Frank Ward .....	2	Surrey County Champs, Croydon .....	17.05.1992
14:45.0	Gerald Williams .....	2	Welsh A.A. v Army .....	17.06.1967
14:45.5	Richard Piotrowski .....	4	Belgrave Champs, Battersea Pk .....	31.07.1968
14:45.6	Alistair Morfey .....	1	GRE Cup 2nd Round, Enfield .....	12.06.1983
14:47.48	Hassan Raidi MAR.....	2	Belgrave Champs, Battersea Pk .....	23.07.2003
14:47.8	Lionel Mann.....	2	SCAAA Open Meeting, Crystal Palace .....	15.10.1969
14:48.4	G.W. "Bill" Dance .....	?	<i>Details unknown</i> .....	dd.mm.1967
	(80)			
14:49.27	Brad Poore .....	5	San Francisco CA USA .....	10.03.2001
14:51.52	Timothy Watson .....	10	CAU Inter-Counties Champs, Bedford .....	30.05.2005
14:51.86	Mike Trees .....	8A	BAL Div. 1, Cophthall .....	05.06.2004
14:53.09	Will Stockley.....	12r6	Comeback 5000m, Battersea Pk .....	31.03.2021
14:55	J.C. "Charlie" Smart .....	1	BAOR Champs, <i>unknown venue</i> , Germany.....	dd.mm.1953
14:55.17	Richard Ward .....	7A	BAL Div. 1, Wood Green .....	08.05.2004
14:55.8	Andrew North U20.....	1A	Southern League Div. 2, Battersea Pk.....	25.05.1985
14:55.8	John E. Davies .....	1	Belgrave Champs, Battersea Pk .....	23.07.1958
14:56.0	Anthony Binda.....	2B	Southern League Div. 1, Ewell Court.....	19.08.1972
14:56.43	Andrew Connick IRL .....	16rA	BMC GP, Sportcity, Manchester .....	31.05.2014
	(90)			
14:57.3	George Lucas .....	5	AAA Champs, White City .....	03.07.1948
14:57.3	C. Shields.....	?	<i>Details unknown</i> .....	dd.mm.1981
14:57.66	Charles Herrington.....	2B	BAL Div. 1, Cophthall .....	06.08.2000
14:57.9	Alan Black .....	1	Belgrave Champs, Battersea Pk .....	20.07.1966
14:58.0	Jason Lobo.....	1rB	<i>Meeting unknown</i> , Bedford .....	19.05.2002
14:58.6	Graham Macky NZL.....	?	<i>Details unknown</i> .....	dd.mm.1981
14:58.9	Christopher Steer .....	5	Cecil Fry Trophy Meeting, Ilford .....	29.06.1963
15:01.2	Donald Maclean .....	3	LCC Champs, <i>Hurlingham</i> .....	1957 or 1958
15:01.3	William Cockerell.....	4B	BAL Div. 1, Wigan .....	31.08.2002
15:01.4	Brian Hallowell .....	2	Belgrave Champs, <i>venue</i> .....	dd.mm.1957
	(100)			

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

1920-29	1930-39	1940-49	1950-59	1960-69	1970-79	1980-89	1990-99	2000-09	2010-19
0	0	1	6	21	9	12	15	22	14

**10,000 metres (and 6 miles)**

6 miles time

27:47.79	Paul Evans .....	4	Dagens Nyheter Galan, Stockholm, SWE.....	05.07.1993
27:48.73	Gary Staines .....	6	Bislett Games, Oslo, NOR .....	06.07.1991
28:10.49	Nicholas Goolab .....	8rA	High. H 10,000m Night, Parl. Hill inc. Brit. Champs	06.07.2019
28:27.70	Martin Dent AUS.....	5	49th Zatopek:10, Melbourne AUS.....	10.12.2009
28:39.85	Andrew Lloyd .....	?	<i>Details unknown</i> .....	dd.mm.1990
29:08.5	Gerald A. North .....	5	Lauriston Runners v Rep. S. Africa, Walton .....	21.03.1967
29:10.66	Philip Wicks .....	20	European Cup, Madeira, POR .....	06.06.2009
29:22.20	Kassa Tadesse .....	5	BMC/AAA Champs (2 in Champs), Watford .....	12.06.2004
29:27.05	Mark Miles .....	6	BMC/AAA Champs (3 in Champs), Watford .....	12.06.2004
29:31.99	Russell Dessaix-Chin AUS .....	11	50th Zatopek:10, Melbourne, AUS.....	09.12.2010
	(10)			
29:36.5	Peter Whewell RSA .....	7	Lauriston Runners v Rep. S. Africa, Walton .....	21.03.1967
29:43.5	John-Paul Wright.....	1	Aldershot .....	05.06.1988
29:48.3	Kevin Sturman.....	6	SCAAA Champs, Crystal Palace .....	10.09.1986
29:49.4	Oliver Foote.....	3	SCAAA Champs, Crystal Palace .....	11.09.1985
29:54.75	Simon Jones .....	4	BMC Regional Races, Birmingham Uni. ....	22.08.2009
30:06.9	Malcolm Robinson.....	2	<i>Meeting unknown</i> , Des Moines IA, USA .....	30.04.1966
30:08.12	Craig Ruddy .....	18	Highgate H 10,000m Night, Parliament Hill.....	16.05.2015
30:13.6	Laurie O'Hara .....	?	<i>Details unknown</i> .....	dd.mm.1971
30:14.0	Trevor Hart .....	?	<i>Details unknown</i> .....	dd.mm.1968
30:16.88	Andrew Fyfe .....	3r1	Ladywell 10,000m, Catford .....	01.09.2019
	(20)			
30:20.6	Anthony Brien IRL .....	?	Kansas Relays, USA .....	dd.mm.1973
30:22.1	William Kerr .....	5	SCAAA Champs, Portsmouth .....	28.04.1962
30:27.0	Peter Morris.....	?	<i>Details unknown</i> , .....	dd.mm.1969
30:29.2	John Bicourt .....	13	SCAAA Champs, Crystal Palace .....	08.09.1982
30:31.0	Charles Dabbs .....	?	AAA Champs, White City .....	15.07.1960
30:31.2	M. R. "Bob" Smith.....	1	Belgrave Champs, Battersea Pk .....	06.08.1969
30:31.0	John Phelan IRL.....	?	<i>Details unknown</i> .....	dd.mm.1974
30:32.6	J.C. "Charlie" Smart .....	6	Southern Counties Champs, White City.....	23.04.1954
30:33.7	Roger Alsop .....	1	Surrey Champs, Wimbledon Pk .....	02.05.1993
30:38.0	Anthony Fairclough .....	?	<i>Details unknown</i> .....	dd.mm.1969
	(30)			
30:38.2	W. Hugh Barrow .....	?	<i>Details unknown</i> .....	dd.mm.1965
30:40.55	Andrew Connick IRL .....	1	Irish Universities Champs, Waterford IRL.....	11.04.2014
30:43.4	John W. "Jack" Brown .....	?	<i>Details unknown</i> .....	dd.mm.1956
30:44.4	G.W. "Bill" Dance .....	4	Surrey County Champs, Wimbledon Pk.....	19.05.1968
30:45.0	Lionel Mann.....	?	<i>Details unknown</i> .....	dd.mm.1969
30:52.75	Spencer Barden .....	2	Golden Jubilee Cup Final, Bedford .....	17.08.2002
30:54.2	Ranjit Bhatia IND.....	1	Belgrave Champs, Battersea Pk .....	17.08.1960
30:54.32	Brad Poore .....	2	<i>Meeting unknown</i> , San Francisco CA, USA .....	11.05.2001
30:55.8	Patrick Newell .....	2	Belgrave Champs, Battersea Pk .....	17.08.1960
31:00.13	Charles Herrington .....	3	BAL Gold Cup Final (SEAA?), Bedford.....	19.08.2000
	(40)			
31:01.0	Arthur W.C. Penny .....	5	AAA Champs, White City .....	10.07.1936
31:04.9	Frank Ward .....	3	<i>Meeting unknown</i> , Kingsmeadow .....	21.04.1991
31:06.2	Joseph Reilly.....	2	Belgrave Champs, Battersea Pk .....	08.1966
31:06.2	Alan Black .....	3	Belgrave Champs, Battersea Pk .....	07 or 08.1966
31:06.94	Paul Freary.....	1	Trafford GP/NoEAA Champs, Stretford .....	14.05.2002
31:08.6	Patrick O'Connor IRL .....	3	Lauriston R. Champs, Wimbledon Pk .....	16.08.1972
31:16.5	Michael Shingles .....	3	Belgrave Champs, Battersea Pk .....	dd.08.1965
31:17.0	John Dear.....	5	Belgrave Champs, Battersea Pk .....	06.08.1969
31:22.37	James Estall.....	5M40	11th Euro. Veterans Champs, Cesenatico, ITA .....	dd.09.1998
31:23.33	James Kelly .....	10	BMC Grand Prix, Birmingham Uni. ....	13.08.2011
	(50)			
31:23.7	D. Fantham .....	?	<i>Details unknown</i> .....	dd.mm.1987
31:27.22	Mark Pollard .....	6rA	BMC Regional Races, Crownpoint.....	29.04.2016
31:31.33	Andrius Jaksevicius LTU.....	15r1	Ladywell 10,000m, Catford .....	01.09.2019
31:32.3	Simon Maynard.....	3	GRE Gold Cup Semi-Final .....	31.07.1988

31:34.1	Gerald Williams .....	30:29.0	? <i>Details unknown</i> .....	<i>dd.mm.1967</i>
31:34.93	William Cockerell.....		2 Belgrave Champs, Battersea Pk .....	13.08.2003
31:35.2	George Flanagan .....	30:30	2 Belgrave Champs, <i>Battersea Pk</i> .....	21.08.1957
31:38.70	Junior Galley .....		? <i>SEAA Champs ?</i> , Bedford.....	18.09.1994
31:39.5	David North .....		? <i>Details unknown</i> .....	<i>dd.mm.1987</i>
31:41.4	Charles Walker.....	30:36.0	4 Belgrave Champs, Battersea Pk .....	04.1963
	(60)			
31:41.4	R. "Mel" Thorpe .....	30:36.0	? <i>Details unknown</i> .....	<i>dd.mm.1966</i>
31:43.5	Ronald Linstead .....	30:38.0	1 Belgrave Champs, Battersea Pk .....	15.08.1962
31:48.6	Richard Piotrowski .....	30:43	3 Belgrave Champs, Battersea Pk .....	09.08.1967
31:52.3	Michael Trees.....		1 Belgrave Champs (2nd in HHH Open), Tooting.....	24.08.2002
32:01	Martin Lake .....		1 Belgrave Champs, Battersea Pk .....	05.06.1985
32:03.0	Peter Hardwick.....		? <i>Details unknown</i> .....	<i>dd.mm.1982</i>
32:04	Martin Head.....		2 Belgrave Champs, Battersea Pk .....	05.06.1985
32:06	Marcello Bizio.....		1 Belgrave Champs, Battersea Pk .....	25.07.1988
32:07.1	W.E. "Bill" Lucas.....	31:00.8	? <i>Details unknown</i> .....	<i>dd.mm.1951</i>
32:09.1	Jonathan Blackledge U20 .....		3 SEAA Champs, (6th in open race), Brighton .....	14.08.2002
	(70)			
32:14	Eddy Bojtler .....		4 Belgrave Champs, Battersea Pk .....	05.06.1985
32:14.5	Barry Sawyer.....	31:08	3 Belgrave Champs, Battersea Pk .....	<i>dd.mm.1962</i>
32:15.6	Nicholas Buckle.....		3rE Highgate H 10,000m Night, Parliament Hill.....	20.05.2017
32:18.8	Adrian Major.....		3 Belgrave Champs, Battersea Pk .....	04.08.1971
32:22.6	Peter Gilbey .....		4 GRE Cup Semi-Final, Cophall .....	29.07.1984
32:23.5	Hassan Raidi.....		1 BAL Golden Jubilee Cup Semi-Final, Eton .....	19.07.2003
32:26	Charles Dickinson .....		3 Belgrave Champs, Battersea Pk .....	25.07.1988
32:29.3	Paul Coughlan NZL.....		2 Belgrave & Surrey County Champs, Tooting .....	18.09.1999
32:30.1	Phil Carstairs.....		2 Belgrave Champs, Battersea Pk .....	07.09.1994
32:31.1	Reg Ruddick.....	31:24.0	2 Surrey Champs, Tooting .....	25.05.1949
	(80)			
32:33	Ian Duncan.....		2 Belgrave Champs, Battersea Pk .....	31.05.1978
32:33.2	Len Bishop .....	31:26	2 Belgrave Champs, Battersea Pk .....	09.08.1958
32:33.34	Matthew Welsh.....		10rF Highgate H 10,000m Night, Parliament Hill.....	19.05.2018
32:34.2	C.T. "Tom" Carter.....	31:27	3 Southern Champs, Broomfield Pk, Southgate .....	30.05.1936
32:34.2	Christopher Steer .....	31:27	6 Belgrave Champs, Battersea Pk .....	09.08.1967
32:35.2	P. Bradley.....	31:28	7 Belgrave Champs, Battersea Pk .....	06.05.1963
32:36.3	Donald Maclean .....	31:29	3 Belgrave Champs, Battersea Pk .....	21.08.1957
32:41.5	David Baulch .....	31:34	1 Belgrave Champs, Battersea Pk .....	<i>dd.mm.1955</i>
32:41.66	Alexander Miller .....		1rE Highgate H 10,000m Night, Parliament Hill.....	16.05.2015
32:42	Thomas Dowdall .....		2 Belgrave Champs, Battersea Pk .....	20.04.1981
	(90)			
32:43.4	Peter Sanders .....		3 Belgrave Champs, Battersea Pk .....	13.07.1987
32:42.5	P. Hitchcock .....	31:35	4 Belgrave Champs, Battersea Pk .....	21.08.1957
32:46.6	Eric Gebbett .....	31:39	3 Belgrave Champs, Battersea Pk .....	09.08.1958
32:48.7	Alan Morrison .....	31:41	10 Belgrave Champs, Battersea Pk .....	10.08.1966
32:50.8	John Moore .....	31:43	8 Belgrave Champs, Battersea Pk .....	06.05.1963
32:51.8	Clive Shippen .....	31:44	5 Belgrave Champs, Battersea Pk .....	<i>dd.mm.1962</i>
32:52.4	Said Chettatti.....		3 Belgrave Champs, Battersea Pk .....	06.09.1995
32:56.0	Christopher Keavey.....	31:48	13 Belgrave Champs, Battersea Pk .....	10.08.1966
33:01	Simon Holmes.....		2 Belgrave Champs, Battersea Pk .....	30.05.1979
33:03.2	Brian Hallowell .....	31:55	6 Belgrave Champs, Battersea Pk .....	17.08.1960
	(100)			

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

1920-29	1930-39	1940-49	1950-59	1960-69	1970-79	1980-89	1990-99	2000-09	2010-19
0	2	1	9	31	7	16	10	13	11