

## 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). Sometimes the graded races are identified by a number (e.g. 1r2 = 1st in race 2, or where there is more than one series of races at a sprints meeting then 1r2.2 = 1st in series 2 race 2).
- AAA - Amateur Athletic Association.
- a - Altitude.
- BAL - British Athletics League
- BUCS - British Universities & Colleges Sport
- CAU - Counties Athletic Union
- d - Decathlon.
- dt - Doubtful timing
- e - Estimated.
- EM - Elite Men.
- 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.
- MSL - Men’s Southern League (until 2010).
- n - Not a winning time. In earlier days often only the winners time was taken using the stipulated three timekeepers.
- NJL - National Junior League.
- 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 (from 2011, Men and Women).
- SCAAA - Southern Counties Amateur Athletics Association (from 1961 to 1990, formerly Southern Committee of AAA).
- SCWAA - Southern Counties Women’s Amateur Athletic Association (from 1930 to 1990).
- SEAA - South of England Athletics Association (from 1991 – formed from SCAAAA and SCWAAA)
- 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  
220 yds = 201.168 metres  
440 yds = 402.336 metres

880 yds = 804.672 metres  
1 mile = 1,609.344 metres  
3 miles = 4,828.032 metres

6 miles = 9,656.064 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
10.49	1.5 Samuel Osewa.....	6r2.11	Be Fit Today Outdoor Series..... 03.07.2022
	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
10.55	1.9 Samuel Ige.....	1B5	Newham & Ess. Bgls Open Meeting, London (TC) 13.08.2023
	(20)		
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
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	SCAAA Champs., Crystal Palace ..... 18.08.1979
10.60	1.4 Phillips Idowu .....	1	Meeting unknown, 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
10.68	2.0 Craig Fleming.....	4r1	ns 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.....	2	Inter-club Match, Ruislip..... 05.08.1967
	10.7 .....	4s	SCAAA Champs., Crystal Palace ..... 12.07.1969
10.7	Cliff J. "Snowy" Brooks.....	3	Barbadian AA Champs., Bridgetown BAR ..... 30.06.1973
	10.9 .....	d	Scottish AAA Decathlon Champs., Meadowbank ... 03.06.1972

<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	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
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, 33 athletes to 10.7)			
10.71	-0.3	Daniel Donovan.....	4s1	AAA Champs. & World Trials, Birmingham.....	26.07.2003
10.73	0.3	Sharry Dodin SEY .....	2r1.8	Newham Summer Series, Stratford (CT) .....	21.07.2022
10.74 w	3.2	Dominic Girdler .....	1	Loughborough Students Open, Loughborough.....	26.04.2003
10.76	0.8	Seun Ogunkoya NGR .....	3r2	adidas Belgrave Speed GP, Battersea Pk .....	29.06.2005
10.76	2.0	Luke Giblin .....	2r1	Mityng Kwalifikacyjny LOZLA, Zamość, POL.....	28.05.2011
10.8		Alan Sexton..... 9.9	n	Oxford/Cambridge U. Tour, Philadelphia PA, USA.	20.06.1953
10.8		Ron Holtum .....	?	<i>Details unknown</i> .....	dd.mm.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>Details unknown</i> .....	dd.mm.1966
		10.8 .....	1	<i>Meeting unknown</i> , Madeley College .....	10.07.1968
10.8		Stephen H. White .....	?	<i>Details unknown</i> .....	dd.mm.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 .....	dd.05.1975
10.8		David Armstrong .....	1	MSL 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	MSL Div. 2, Andover .....	06.06.1987
		11.0 .....	1A	MSL Div.2, Battersea Pk .....	03.05.1986
10.8		Matthew Russell U20.....	2	NJL, 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, 49 athletes to 10.8)			
10.81	1.5	Joe McGrath.....	1r1.10	Newham Summer Series, Stratford (CT) .....	10.06.2022
		(50)			
10.82	2.0	Ciaran McGuire .....	4h1	South of England AA Champs., Bedford.....	12.06.2021
		10.7 .....	1A	SAL, 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
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>Details 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>Details unknown</i> .....	<i>dd.mm.1962</i>
10.9 w	<sup>2</sup> Michael Marshall U20 .....	? <i>Details unknown</i> ,.....	<i>dd.mm.1971</i>
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.....	? <i>Details unknown</i> .....	27.05.1992
10.9	Nigel Urquhart.....	? <i>Details unknown</i> .....	<i>dd.mm.1988</i>
10.9	0.9 Lewis Samuel.....	2 Yorkshire County Champs., Don Valley.....	11.05.1996
	10.95 .....	? <i>Meeting unknown</i> , 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 .....	? <i>Meeting unknown</i> , Sutcliffe Pk.....	27.07.1997
10.9	Sean Baldock .....	1 Worthing AC Open, Worthing.....	24.05.1998
10.9	Bernard Mensah.....	? <i>Meeting unknown</i> , Feltham .....	06.05.2000
	11.17w 2.3.....	h SEAA 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, 69 athletes to 10.9)		
10.91	1.3 Elisha Newell.....	h South of England AA Champs., Brighton .....	17.06.2000
	(70)		
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
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 SCAAA Champs., Crystal Palace, .....	06.06.1986
	11.0 w 3.6.....	3 Surrey County Champs., Motspur Pk.....	17.05.1986
	10.8 w.....	1 <i>Details unknown</i> .....	<i>dd.mm.1983</i>
10.94	1.0 Richard David.....	h South of England AA Champs., Brighton .....	17.06.2000
10.96	John Mackenzie .....	? <i>Meeting unknown</i> , 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
10.97	1.0 Billy Matthews .....	6B9 Be Fit Today Track Academy, Lee Valley .....	20.08.2023
10.98	David Railton.....	? <i>Details unknown</i> , .....	<i>dd.mm.1981</i>
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
	(=80, 82 athletes to 10.98)		
10.99	-1.4 Talal Al Alami .....	3 AIS Championships, Jaddaf, Dubai, UAE .....	17.06.2022
11.0	Michael H.D. Broadbent..... 10.1	1 Belgrave H v London AC, White City .....	06.07.1949
11.0	Charles R. Jones..... 10.1	? <i>Details unknown</i> .....	11.08.1958
11.0	P. Leroy..... 10.1	? <i>Details unknown</i> .....	<i>dd.mm.1962</i>
11.0	Felix Sandy SLE .....	ns Rosenheim Lg. Final, Tooting .....	20.08.1986
	10.38 w.....	? <i>Meeting unknown</i> , USA.....	<i>dd.mm.1987</i>
11.0	Michael Alleyne .....	1 Belgrave Champs., Battersea Pk .....	14.07.1984
11.0	Andrew Rodney U20.....	1B BAL Div. 4, Battersea Pk.....	18.08.1984
11.0	Giacomo Corsini.....	2 Belgrave Champs., Battersea Park.....	27.05.1992
11.0	Andre Johnson U20 .....	1A NJL Div. 3 South 'A', Southend.....	30.07.1995
11.0	1.3 Daniel Buss U17 .....	3 London Schools Champs., Battersea Pk .....	10.06.2000
	11.14 1.1 .....	3s English Schools Champs., Sheffield .....	08.07.2000
11.0	Michael Parper .....	1 Woodford Green & EL Open Meeting, Woodford ...	26.04.2003
11.0	Adam Mohammed U20.....	2 London County Schools Champs., Battersea Pk....	09.06.2007
11.00	Glen Palmer .....	1 Sussex County Champs., Horsham .....	13.05.1995
11.00	1.0 Marius Ball .....	3h1 Surrey County Champs., Kingsmeadow .....	12.05.2024
	(=90, 96 athletes to 11.00)		
11.02	Norman Shute .....	7B BAL Div. 1, Crystal Palace .....	10.06.1990
11.03 w	3.7 Ryan Thomas U20.....	2r2 BAL Premiership, Birmingham .....	07.07.2007

<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.

11.03	1.1	Ryan Ffrench-Shand.....4r2.13	Lee Valley Sprints Evening, Lee Valley .....	08.06.2011
		10.81w 2.5.....2r1.13	Lee Valley Sprints Evening, Lee Valley .....	08.06.2011
11.03	1.2	Isloma Richard NED .....	6r2.8 Be Fit Today Outdoor Series.....	01.05.2022
		10.90 w 2.2.....1r1.11	Be Fit Today Outdoor Series, Dagenham .....	01.05.2022
		(100)		

See footnotes regarding some unsubstantiated times not shown above <sup>3,4</sup>

**100m (and 100 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	2020-29
0	0	1	8	6	4	11	25	28	8	9

<sup>3</sup> Frank L. Craft, who joined Belgrave in June 1951, aged 25, reputedly ran 100 yards in 9.9 (10.8 metric) at Motspur Park (in 1951 or possibly earlier) and 9.8 in 1952. These times are not listed among the best British performances during those years and we are unable to find any further information to back them up. He had emigrated to Australia by the end of 1951.

<sup>4</sup> Unofficial times of 11.0 have been noted in the past for C. Dunn (1981), J. Dunn (1982) and D. Hemphill (1982).

**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
1:50.83	Max Perex-Diaz .....		1rA	BMC Regional Races, Gillingham ..... 21.04.2024
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
	(30)			
1:51.2	David Pamah .....		1	Belgrave Champs., Battersea Pk ..... 14.07.1996
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	SCAAA 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
	(40)			
1:52.0	Allen Graffin .....		2	Watford Open, Watford ..... 08.05.2002
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> ..... dd.mm.1958
	(50)			
1:52.7	David Swain .....		2A	MSL Div. 2, Battersea Pk ..... 15.08.1987
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 .....	1:54.0	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> .....	dd.mm.1987
	(60)				
1:53.48	Will Stockley .....		1r6	Lee Lance Chance, Cleveland TN, USA.....	14.05.2022
1:53.5	Mark Sinclair .....		7	Inv. Race in SCAAA Match, Crystal Palace .....	03.08.1983
1:53.7	Tommy Scrimshaw.....	1:54.4	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
	(70)				
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
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> .....	dd.mm.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> .....	dd.mm.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
	(80)				
1:54.79	Josh Trigwell .....		1	Rosenheim Lg., Tooting .....	17 May 2023
1:54.8	Gerald Williams .....	1:55.5	?	<i>Details unknown</i> .....	dd.mm.1967
1:54.8	Paul Richley .....		?	<i>Details unknown</i> .....	dd.mm.1983
1:54.8	Mark Anderson NZL.....		4A	MSL Div. 1, Battersea Pk .....	11.07.1992
1:54.85	Philip Wicks.....		7rB	BMC Gold Standard Races, Watford .....	26.07.2006
1:55	N. Davis.....		?	<i>Details unknown</i> .....	dd.mm.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.....	1:55.9	?	<i>Details unknown, also reported as 1:55.7y</i> .....	dd.mm.1961
1:55.2	Dennis Brown NZL.....		?	<i>Details unknown</i> .....	dd.mm.1978
	(90)				
1:55.3	Mathew Stickels .....		2A	MSL 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> .....	dd.mm.1968
1:55.4	Justin Chaston .....		?	<i>Details unknown</i> .....	dd.mm.1987
1:55.52	John Dawson AUS.....		1A	MSL Div 2, Battersea Pk .....	19.08.1995
1:55.6	Geoffrey A. North .....	1:56.3	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.....	1:56.4	?	<i>Details unknown</i> .....	dd.mm.1964
1:55.7	Steve Smullen .....		?	<i>Details unknown</i> .....	dd.mm.1985
1:55.7	Geoff Dearman.....		1	Watford Open Meeting, Watford .....	09.09.1998
	(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	2020-29
0	1	0	3	10	5	21	23	29	5	3



**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
3:44.85	Josh Trigwell .....		6	Hercules Wimbledon Night, Wimbledon Pk..... 06.08.2022
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
	(30)			
3:46.58	Justin Chaston .....		16r1	BUPA Games, Gateshead..... 02.07.1995
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
3:47.28	Max Heyden .....		14rA	BMC Grand Prix - World Athletics Chall., Watford.. 08.06.2024
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
	(40)			
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
3:48.13	Matthew Chaston .....		3h4	SCAAA Champs., Crystal Palace..... 16.06.1989
3:48.14	Will Stockley.....		6rA	BMC Regional Races, Birmingham Uni..... 12.07.2023
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
	(50)			
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 Open Meeting, Crystal Palace..... 16.08.1972

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
	(60)			
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
3:51.	John Barry .....	?	<i>Details unknown</i> .....	dd.mm.1986
3:52.27	Alex Brecker.....	6rB	BMC Gold Standard Races, Stretford.....	24.08.2021
3:52.3	Kevin Sturman.....	?	<i>Details unknown</i> .....	dd.mm.1986
3:52.6	William Nankeville .....	6	XIV Olympic Games, Wembley .....	06.08.1948
3:52.76	Samuel Gebreselassie .....	4rA	BMC Regional Races, Eltham.....	16.08.2023
3:52.89	Thomas Chaston.....	15rA4	Bryan Clay Invitational, Azusa CA, USA .....	15.04.2023
3:53.0	A. Hughes .....	?	<i>Details unknown</i> .....	dd.mm.1983
	(70)			
3:53.4	John E. Davies .....	2	Vancouver Trophy Meeting, Woodford .....	17.05.1958
3:53.4	William Kerr.....	3A	MSL Div. 1, Wimbledon Pk .....	22.08.1970
3:53.5	Gerald Williams.....4:10.5	?	<i>Details unknown</i> .....	dd.mm.1967
3:53.5	Richard O’Hara .....	?	<i>Details unknown</i> .....	dd.mm.1986
3:53.6	Brian Hallowell .....	6	Kinnaird Trophy Meeting, Chiswick.....	16.06.1956
3:53.6	Alan McIntosh .....	?	<i>Details unknown</i> .....	dd.mm.1979
3:53.6	Steve Smullen .....	3A	BAL Div.4, Windsor .....	08.07.1984
3:53.82	Craig Ruddy .....	8	BMC Regional Races, Hutcheson.....	24.07.2015
3:53.	Derek Graham.....	?	<i>Details unknown</i> .....	dd.mm.1987
3:53.84	Andrew Fyfe .....	4rB	BMC Gold Standard Races, Watford .....	21.08.2019
	(80)			
3:54.0	Peter Morris.....	?	<i>Details unknown</i> .....	dd.mm.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
3:54.7	John W. “Jack” Brown .....	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> .....	dd.mm.1986
3:55.0	John Phelan IRL.....	?	<i>Details unknown</i> .....	dd.mm.1976
	(90)			
3:55.1	C. Shields.....	?	<i>Details unknown</i> .....	dd.mm.1981
3:55.16	Philip Walker .....	?	<i>Details unknown</i> .....	dd.mm.1987
3:55.4	John Booth .....	?	<i>Details unknown</i> .....	dd.mm.1988
3:55.4	Darrell Maynard.....	?	<i>Lough.Students v Brit. Police v Brit. Polys.</i> , Hendon. .....	20.05.1992
3:55.80	Kassa Tadesse .....	6A	BAL Div. 1, Crawley .....	06.08.1994
3:56.0	A. Benn .....	?	<i>Details unknown</i> .....	dd.mm.1983
3:56.1	Roger Alsop .....	6	Army v Surrey v Hampshire, Aldershot .....	24.07.1994
3:56.2	Arthur Bruce .....	?	<i>Details unknown</i> .....	dd.mm.1953
3:56.29	Mark Anderson NZL.....	h	SCAAA Champs., Crystal Palace .....	13.06.1992
3:56.3	L. Looney .....	1A	MSL Div. 2, Ealing.....	24.06.1989
	(100)			
3:56.30	James Hancock.....	6rF	BMC Grand Prix - World Athletics Chall., L’boro ....	22.06.2024

**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	2020-29
0	0	1	4	9	7	21	19	25	8	6

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 .....
3:51.2	Andrew Graffin .....	10	ISTAF Grand Prix, Berlin, GER .....
3:52.1	Matthew Yates .....	2	<i>Meeting unknown</i> , Hechtel, BEL .....
3:52.4	Andrew Lloyd AUS .....	7	Coca Cola Meeting, Barcelona, ESP .....
3:53.82	Gary Staines .....	1	General Portfolio Mile of Miles, Portsmouth .....
3:54.2	Neil Speaight .....	7	Norwich Union British Grand Prix, Sheffield .....
3:55.1	Kris Gauson .....	8r2	Oxy High-Performance, Eagle Rock CA, USA .....
3:56.1	Stuart Paton .....	5	Edinburgh Games, Meadowbank .....
3:56.2	Tim Bayley .....	7	Aviva Grand Prix, Birmingham .....
3:57.1	David Swain .....	12	Golden Gala Grand Prix, Rome, ITA .....
	(10)		
3:57.4	Shaun Moralee .....	3rA	BMC Nike Grand Prix, Stretford .....
3:57.4	i Steve Davies .....	1	Welsh Open Champs., Cardiff .....
3:58.0	Jon Dennis .....	1	<i>Meeting unknown</i> , Griffin, Atlanta GA, USA .....
3:58.5	Adam Zawadski .....	2rA	BMC Grand Prix, Wythenshawe .....
3:59.1	Mark Miles .....	4rA	BMC Grand Prix, Wythenshawe .....
3:59.2	Spencer Barden .....	9	<i>Meeting unknown</i> , Athens, GRE .....
3:59.7	Jonathan Blackledge .....	10	Weltklasse in Biberach, Biberach, GER .....
4:00.0	Paskar Owor UGA .....	7rA	BMC Nike Grand Prix, Watford .....
4:00.3	Darren Gauson .....	9rA	BMC Nike Grand Prix, Solihull .....
4:00.4	Jason Lobo .....	6rA	BMC Grand Prix, Wythenshawe .....
	(20)		
4:00.7	Stephen Sharp .....	9h2	AAA Champs., Sportcity Manchester .....
4:00.7	Dan Mulhare IRL .....	1	Irish Milers Club, Tullamore, IRL .....
4:00.7	Christopher Moss .....	2	BUSA Champs., Glasgow .....
4:01.0	John Thresher .....	1	Brockman Trophy Meeting, Wimbledon .....
4:01.1	Nick Goolab .....	2	Loughborough International, Loughborough .....
4:01.2	Josh Trigwell .....	6	Hercules Wimbledon Night, Wimbledon Pk .....
4:01.4	Richard Ward .....	11rA	BMC Grand Prix, Solihull .....
4:01.6	Rob Turner .....	3rB	Reebok Challenge, Loughborough .....
4:01.8	Paul Evans .....	9r1	Reebok Challenge, Watford .....
4:02.9	Ikem Billy .....	4rA	Stretford Open BMC Race, Stretford .....
	(30)		
4:03.1	Justin Chaston .....	16r1	BUPA Games, Gateshead .....
4:03.1	W. Hugh Barrow .....	5	CAU Inter-Counties Champs., White City .....
4:03.2	Darren Mead .....	1h2	SCAAA Champs., Crystal Palace .....
4:03.3	Stephen Halliday .....	3	European Clubs Cup, UTE Budapest, HUN .....
4:03.5	Derek Watson U20 .....	4rB	BMC Grand Prix, Wythenshawe .....
4:03.8	Max Heyden .....	14rA	BMC Grand Prix - World Athletics Chall., Watford ..
4:04.1	Michael Mulhare IRL .....	1rD	BMC Grand Prix, Sportcity Manchester .....
4:04.1	Alasdair McLean-Foreman .....	6rB	BMC Grand Prix, Wythenshawe .....
4:04.1	Allen Graffin .....	2rA	BMC Gold Standard, Watford .....
4:04.1	Phil Wicks .....	6B	BMC Nike Grand Prix, Watford .....
	(40)		
4:04.4	Mark Sinclair .....	2	Surrey County Champs., Motspur Pk .....
4:04.6	David Anderson .....	4	SEAA Champs., Portsmouth .....
4:04.8	Matthew Chaston .....	3h4	SCAAA Champs., Crystal Palace .....
4:04.8	Will Stockley .....	6rA	BMC Regional Races, Birmingham Uni. ....
4:04.8	Chris Ogle .....	2	BMC Race within Rosenheim Lg., Tooting Bec .....

**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
4:01.39	Josh Trigwell .....	5	Dave Clarke Mile Extravaganza, Wimbledon Pk ....	20.07.2022
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., Motspur 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
4:09.51	Will Stockley .....	4	NAIA Indoor Champs, Brookings SD, USA.....	05.03.2022
4:10.5	Gerald Williams .....	?	<i>Details unknown</i> .....	dd.mm.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> .....	dd.mm.1985
	(30)			
4:11.1	Dennis Brown NZL.....	?	<i>Details unknown</i> .....	dd.mm.1978
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> .....	dd.mm.1966
4:14.3	Albert Smith.....	?	<i>Details unknown</i> .....	dd.mm.1966
4:14.35	Derek Watson .....	2	Inter-Counties Champs., Bedford.....	31.05.2004
	(40)			
4:14.5	Gerald A. North .....	3	Belg. H v Surrey AC v SLH, Battersea Pk.....	24.06.1964
4:14.7	Donald Maclean .....	?	<i>Oxford University Champs., Oxford</i> .....	dd.mm.1957 or 1958

<sup>5</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>6</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	
13:46.29	Max Heyden .....	17r12	IFAM Outdoor, Brussels, BEL .....	25.05.2024	
13:46.33	Jon Dennis .....	2	Penn Relays, Philadelphia PA, USA .....	23.04.1992	
13:49.0	John Thresher .....	1	International Meeting, Paris (Charlety) 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	
	(20)				
13:58.0	i Anthony Brien IRL .....	?	<i>Details unknown</i> .....	<i>dd.mm.1974</i>	
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	
14:04.14	Andrew Fyfe .....	11rEM	Belgrave Comeback 5000 #4, Battersea Pk .....	26.04.2024	
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
	(30)				
14:05.8	Kassa Tadesse .....	1	Northumberland Castles Challenge Hexham .....	08.10.1997	
14:06.1	Gerald A. North .....	13:37.0	7	SCAAA Champs., Motspur Pk .....	19.06.1965
14:06.50	Russell Dessaix-Chin AUS .....	2	Leon Buyle Memorial, Oordegem, BEL .....	04.07.2009	
14:08.31	Samuel Gebreselassie .....	4r10	HWAC Festival 5,000m, Wimbledon .....	05.08.2023	
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 .....	13:46.8	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	
	(40)				
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	
14:21.8	John W. "Jack" Brown .....	1	Vancouver Trophy Meeting, Woodford Bridge .....	15.09.1956	
14:22.0	M.R. "Bob" Smith .....	2A	MSL Div. 1, Ilford .....	16.05.1970	
14:22.5	W. Hugh Barrow .....	13:52.8	1	Victoria Pk A.C. 3m Champs., Glasgow .....	11.05.1965
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	
14:23.33	Ben Biggs .....	25rEM	Belgrave Comeback 5000 #4, Battersea Pk .....	26.04.2024	
14:24.82	Matthew Stickels .....	?	<i>Details unknown</i> .....	<i>dd.mm.1988</i>	
	(50)				
14:25.6	R. "Mel" Thorpe .....	13:55.8	4	Brockman Trophy Meeting, Wimbledon Pk .....	17.07.1965
14:25.8	Ranjit Bhatia IND .....	13:56.0	1	UAU Champs., Nottingham .....	21.05.1960
14:27.93	Will Stockley .....	3	Rams College Invitational, Columbia SC, USA .....	18.03.2022	
14:28.2	Laurie O'Hara .....	3A	MSL Div. 1, Luton .....	29.07.1972	

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 .....	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
	(60)			
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
14:34.17	Alex Brecker.....	1r9	Hercules Wimbledon 5000m Festival, Wimbledon .	07.08.2021
14:34.6	Lee Hurst.....	3	<i>Meeting unknown</i> , Stretford .....	18.08.1998
14:34.60	Craig Ruddy .....	12rB	BMC GP, Watford.....	27.06.2015
14:35.0	John Stow .....	2A	MSL 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
	(70)			
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
14:39.52	James Hancock.....	13r5	Belgrave Comeback 5000 #4, Battersea Pk .....	26.04.2024
14:40	Peter Carton U20 .....	2	Belgrave Champs., Battersea Pk .....	12.07.1972
14:41.80	Ollie Garrod.....	10r9	Tracksmith Lond. Twilight 5000m #2, Battersea Pk	30.08.2023
14:41.9	William E. Lucas .....	4	AAA Champs., White City .....	15.07.1950
14:42.44	Euan Campbell.....	9r6	Belgrave Comeback 5000m #1, 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
	(80)			
14:43.6	Frank Ward .....	2	Surrey County Champs., Croydon .....	17.05.1992
14:44.34	Henry Hart.....	2r1	Battersea Running Festival 5000m, Battersea Pk ..	22.10.2023
14:44.94	Findlay Dyer .....	3r4	Belgrave Comeback 5000 #4, Battersea Pk .....	26.04.2024
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
14:49.27	Brad Poore .....	5	San Francisco CA, USA .....	10.03.2001
	(90)			
14:51.52	Timothy Watson .....	10	CAU Inter-Counties Champs., Bedford .....	30.05.2005
14:51.86	Mike Trees .....	8A	BAL Div. 1, Copthall .....	05.06.2004
14:55	J.C. "Charlie" Smart .....	1	BAOR Champs., <i>venue unknown</i> , GER.....	dd.mm.1953
14:55.17	Richard Ward .....	7A	BAL Div. 1, Wood Green .....	08.05.2004
14:55.8	Andrew North U20.....	1A	MSL 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	MSL Div. 1, Ewell Court .....	19.08.1972
14:56.43	Andrew Connick IRL .....	16rA	BMC GP, Sportcity, Manchester .....	31.05.2014
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
	(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	2020-29
0	0	1	4	19	9	11	15	19	11	11

**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
29:49.10	Samuel Gebreselassie .....	13rB	Highgate Harriers Night of the 10000m, Parl. Hill ...	14.05.2022
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
	(20)			
30:16.88	Andrew Fyfe .....	3r1	Ladywell 10,000m, Catford .....	01.09.2019
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 Champs., White City.....	23.04.1954
30:33.7	Roger Alsop .....	1	Surrey Champs., Wimbledon Pk.....	02.05.1993
	(30)			
30:37.11	Henry Hart.....	6rD	Highgate H Night of the 10000m, Parliament Hill ...	20.05.2023
30:37.98	Ollie Garrod.....	7rD	Highgate H Night of the 10000m, Parliament Hill ...	20.05.2023
30:38.0	Anthony Fairclough .....	?	<i>Details unknown</i> .....	dd.mm.1969
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
30:50.05	Ben Biggs.....	22rC	Highgate H. Night of the 10000m, Parliament Hill ..	18.05.2024
30:52.75	Spencer Barden .....	2	Golden Jubilee Cup Final, Bedford .....	17.08.2002
	(40)			
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
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
	(50)			
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

31:23.7	D. Fantham .....	? <i>Details unknown</i> .....	<i>dd.mm.1987</i>
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
	(60)		
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
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>
	(70)		
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
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, Copthall .....	29.07.1984
32:23.5	Hassan Raidi.....	1 BAL Golden Jubilee Cup Semi-Final, Eton .....	19.07.2003
	(80)		
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
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
	(90)		
32:36.3	Donald Maclean .....	31:29 3 Belgrave Champs., Battersea Pk .....	21.08.1957
32:38.12	Findlay Dyer .....	14rF Highgate H Night of the 10000m, Parliament Hill ...	20.05.2023
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
32:43.4	Peter Sanders .....	3 Belgrave Champs., Battersea Pk .....	13.07.1987
32:43.76	Steve Gardner.....	17rF Highgate H Night of the 10000m, Parliament Hill ...	20.05.2023
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
	(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	2020-29
0	2	1	9	27	6	16	9	13	11	6