

Belgrave Harriers Ranking Lists 2009

Notes d = decathlon, h = heptathlon, i = indoors, mx = mixed competition, p = pentathlon, t = throws pentathlon, T = track walk, u = unofficial intermediate time, x = did not complete competition, * = second-claim or HC Athlete, § = race walking in running race, > = performance recorded shortly before becoming a member (where not previously a member of another club), + = official intermediate time during a longer race, ‡ = multi-terrain.

For races of 200 metres in distance or less, manual and electric times are separated, as are wind assisted performances and those where no wind reading was taken. For the horizontal jumps, all distances are shown together, even if wind assisted or no wind reading was taken; this is because in club events wind gauges are very rarely used. Please notify armed@btinternet.com of any errors or omissions.

Women's Track & Field

60m

8.18	i	Sarah Porter*	11.12.79	4r2.9		
8.22	i	Lisa Hübner GER	28.02.86	3r2.1	Lee Valley	1Feb
8.38	i	Martine Bomb	21.12.80	5h1	Lee Valley	28Feb

100m

13.70	?	Sarah Porter*	11.12.79	5h1	Kingsmeadow	9May	
17.56	0.9	Sophia Howard	W40	08.11.67	6n/s	Battersea Pk	22Jul
13.6		Jodie Favell	04.11.82	1	Tooting	8Jul	

200m

25.13	1.7	Susan Bovill*	06.05.82	1	Kingsmeadow	10May	
27.49	-1.3	Jodie Favell	04.11.82	7B	Mayesbrook Pk	7Jun	
32.94	1.0	Maureen Noel	W45	16.08.63	3r2mx	Battersea Pk	22Jul

400 metres

56.37		Susan Bovill* (67)	06.05.82	3	Kingsmeadow	9May	
59.48		Martine Bomb	21.12.80	4rCmx	Tooting	29Aug	
61.56		Jodie Favell	04.11.82	1	Battersea Pk	22Jul	
64.23		Sarah Gailey AUS	11.02.81	5B	Wigan	1Aug	
75.87		Maureen Noel	W45	16.08.63	4	Battersea Pk	22Jul

800 metres

2:07.81	i	Michaela Hutchison* (=52)	10.09.84	1	Sheffield	14Feb
2:24.20		Sarah Gailey AUS	11.02.81	8A	Wigan	1Aug
2:30.5		Zoë Vail	14.02.83	2	Tooting	24Jun

1500 metres

4:59.86		Sarah Murphy	26.07.77	6A	Bedford	4Jul	
5:08.6		Zoë Vail	14.02.83	2n/s	Tooting	24Jun	
5:44.15		Louise Blizzard née Cooper	25.08.75	8A	Wigan	1Aug	
5:59.30		Sophia Howard	W40	08.11.67	5	Battersea Pk	22Jul

3000 metres

10:31.40		Sarah Murphy	26.07.77	2A	Bedford	4Jul	
10:41.32		Zoë Vail	14.02.83	2B	Bedford	4Jul	
11:22.1		Helen Smethurst	W40	06.10.64	3	Wigan	12Aug
11:59.15		Louise Blizzard née Cooper	25.08.75	4A	Wigan	1Aug	
12:01.22		Jennifer Beecroft	30.01.86	12mx	Battersea Pk	22Jul	
12:34.6		Maureen Noel	W45	16.08.63	4	Hendon	15Jul

10000 metres

39:43.93		Nikki Neale (27)	W35	30.11.71	5	Aland FIN	27Jun
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100 metres hurdles

14.77	?	Martine Bomb	21.12.80	2A	Wigan	1Aug
15.31	-1.6	Sarah Porter* (94)	11.12.79	2	Kingsmeadow	9May
15.54	?	Jodie Favell	04.11.82	1B	Wigan	1Aug
		15.99 -1.2		5A	Bedford	4Jul
25.36	-1.8	Hazel Mead	14.09.77	6B	Bedford	4Jul

400 metres hurdles

1:02.74		Martine Bomb	21.12.80	2	Newhaven CT USA	10Apr
1:04:20		Jodie Favell (54)	04.11.82	1	Tooting	18Jul
1:19.85		Vicki Goodwin	06.05.77	4B	Bedford	4Jul

2000 metres Steeplechase

8:37.28		Vicki Goodwin (68)	06.05.77	3	Mayesbrook Pk	7Jun
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High Jump

1.55		Juliet Fielden*	U23	09.10.88	1B	Woking	30May
1.50		Stephanie Smith		07.12.86	8A	Mayesbrook Pk	7Jun
1.45		Jodie Favell		04.11.82	1	Wimbledon	10Jun
1.40		Michelle Nestor		12.02.85	4B	Mayesbrook Pk	7Jun
1.20		Sophia Howard	W40	08.11.67	2	Battersea Pk	22Jul

Long Jump

5.10		Juliet Fielden*	U23	09.10.88	1	Twickenham	13Sep
4.89	0.6	Michelle Nestor		12.02.85	8A	Mayesbrook Pk	7Jun
4.71		Jodie Favell		04.11.82	1	Battersea	22Jul
4.34	0.7	Stephanie Smith		07.12.86	8B	Mayesbrook Pk	7Jun

Triple Jump

11.59		Juliet Fielden* (46)	U23	09.10.88	1	Twickenham	13Sep
10.85		Michelle Nestor		12.02.85	4A	Bedford	4Jul
10.42	i	Joanna Bailey		02.01.85	8	Uxbridge	11Jan
		10.29			3	Lee Valley	23May
10.13		Jodie Favell		04.11.82	1	Tooting	8Jul
9.98		Joanna Bailey		02.01.85	2B	Wigan	1Aug

Pole Vault

3.80	i	Stephanie Smith (14)		07.12.86	2	Sheffield	15Mar
		3.70			1	Bedford	2May

Shot (4 Kg)

9.05		Jodie Favell		04.11.82	1	Tooting	8Jul
7.90		Christine Bertram		15.11.74	8A	Mayesbrook Pk	7Jun
6.91		Hazel Mead		14.09.77	8B	Mayesbrook Pk	7Jun
6.04		Martine Bomb		21.12.80	7B	Wigan	1Aug
4.89		Zoë Vail		14.02.83	8B	Bedford	4Jul

Shot (3 Kg)

10.75		Vilma Thompson	W55	03.10.51	1	Birmingham	5Jul
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Discus (1 Kg)

33.70		Belinda Heil		08.03.82	1	Battersea Pk	13May
26.27	t	Vilma Thompson	W55	03.10.51	-	Lahti FIN	8Aug
21.36		Christine Bertram		15.11.74	8A	Bedford	4Jul
15.85		Hazel Mead		14.09.77	7B	Bedford	4Jul
14.14		Sarah Gailey AUS		11.02.81	8B	Wigan	1Aug

Javelin (600 gm)

59.82		Goldie Sayers (1)		16.07.82	2	Crystal Palace	25Jul
31.45		Jodie Favell		04.11.82	5A	Wigan	1Aug
26.45		Christine Bertram		15.11.74	8A	Mayesbrook Pk	7Jun

Javelin (500 gm)

26.35		Vilma Thompson	W55	03.10.51	1	Lee Valley	8Mar
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Hammer (4 Kg)

42.56		Belinda Heil (66)		08.03.82	1n/s	Battersea Pk	13May
22.70		Hazel Mead		14.09.77	7A	Mayesbrook Pk	7Jun
13.46		Susan Bovill*		06.05.82	8A	Wigan	1Aug

Hammer (3 Kg)

32.79	t	Vilma Thompson	W55	03.10.51	-	Lahti FIN	8Aug
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Weight

10.97		Vilma Thompson	W55	03.10.51	-	Ewell	27Sep
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Weight Pentathlon

368 ¹		Vilma Thompson	W55	03.10.51	-	Ewell	27Sep
				(28.92, 10.45, 26.02, 25.59, 10.97)			

4x100m Relay

51.69		UK Women's League team			6	Wigan	1Aug
		Jodie Favell, Joanna Bailey, Susan Bovill*, Martine Bomb					
54.96		UK Women's League team			8	Mayesbrook Pk	7Jun
		Hazel Mead, Jodie Favell, Stephanie Smith, Susan Bovill*					
55.94		UK Women's League team			8	Bedford	4Jul
		Hazel Mead, Jodie Favell, Susan Bovill*, Michelle Nestor					

4x400m Relay

4:09.37		UK Women's League team			6	Wigan	1Aug
		Jodie Favell, Sarah Gailey, Martine Bomb, Susan Bovill*					
4:18.41		UK Women's League team			7	Mayesbrook Pk	7Jun
		Jodie Favell 63.5, Stephanie Smith 63.3, Vicki Goodwin 70.9, Susan Bovill* 60.7					

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Men's Track & Field

60m

6.42	i	Dwain Chambers (1)	05.04.78	1s2	Turin ITA	7Mar
6.82	i	Wade Bennett-Jackson U23 (22)	27.02.87	1q7	Lee Valley	18Jan
6.91	i	William Sharman (49)	12.09.84	1r1	Cardiff	10Jan
6.99	i	James Ellington (84)	06.09.85	4q4	Lee Valley	18Jan
7.17	i	Adrian Phillips	29.07.75	3r2.2	Eton	4Jan
7.21	i	Louis Evling-Jones	20.06.83	5r1.1	Loughborough	21Feb
7.27	i	Jason Hussain	17.10.86	3h1	Carshalton	1Mar
7.42	i	Chris Minn*	03.06.81	5h4	Lee Valley	18Jan

100m

10.00	0.9	Dwain Chambers (1)	05.04.78	6	Berlin GER	16Aug	
10.27	1.3	James Ellington (10)	06.09.85	2	Nivelles BEL	27Jun	
10.44	1.9	Wade Bennett-Jackson (22) U23	27.02.87	3	Bedford	27Jun	
10.93	1.7	Jason Hussain	17.10.86	1	Battersea Pk	22Jul	
11.04	-3.6	Set Osho	28.09.86	1B	Gateshead	1Aug	
11.14	d1.2	Louis Evling-Jones	20.06.83		Woerden NED	29Aug	
11.36	1.2	Seun Marcus	07.06.86	1rE	Tooting	29Aug	
11.45	2.0	Matt Threadgold	U20	12.07.90	4B	Loughborough	27May
11.52	0.1	Melvyn Anukam	U20	02.11.90	3r2n/s	Battersea Pk	22Jul
11.54	d1.4	Kyle McCarthy AUS	23.01.82	4r1	Desenzano ITA	9May	
11.70	1.5	Pierre Walker	U23	27.09.88	2rG	Tooting	18Jul
14.60	-0.3	Richard McMillan	23.11.75	6rK	Tooting	29Aug	

Wind assisted

10.67	2.2	Wade Bennett-Jackson U23	27.02.87	2r1	Long Beach CA USA	18Apr
10.90	3.2	Louis Evling-Jones	20.06.83	6h2	Loughborough	29Jul
11.21	3.1	Seun Marcus	07.06.86	7r5	Woodford	1Sep

No wind speed indicator

11.83		Chris Minn*	03.06.81	2r5	Barnet Cophthall	25Apr
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Manual

10.5	1.6	Wade Bennett-Jackson U23	27.02.87	2rA	Loughborough	17May	
10.8		Set Osho	28.09.86	1	Twickenham	13Sep	
11.3		Gary Wilson	18.09.85	2A	Twickenham	16May	
11.3		Melvyn Anukam	U20	02.11.90	1B	Twickenham	16May
11.3		Seun Marcus	07.06.86	6r1n/s	Tooting	24Jun	
12.0		Kwadjo Adjepong	M35	23.08.71	1	Ewell	23May
12.5		Ben Davies	29.07.79	2n/s	Kingsmeadow	11Jul	
13.3	d	Tom Fordyce	05.12.73	-	Gateshead	27Aug	

150m

15.69	1.2	Wade Bennett-Jackson U23	27.02.87	2	Loughborough	17May
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200m

20.50	0.0	Dwain Chambers (4)	05.04.78	1	Uden NED	27Jun	
21.06	0.1	James Ellington (14)	06.09.85	2r4	Bedford	31May	
		22.09 i		2s4	Lee Valley	17Jan	
21.41	0.9	David Gillick IRL	09.07.83	2rA	Loughborough	17May	
21.40	0.9	Wade Bennett-Jackson (30) U23	27.02.87	3	Bedford	28Jun	
21.58	-0.1	Set Osho (46)	28.09.86	1	Battersea Pk	22Jul	
21.92	-1.7	William Sharman (88)	12.09.84	7	Bedford	25May	
22.13	1.0	Jason Hussain	17.10.86	1r2n/s	Battersea Pk	22Jul	
		22.28 i		4h5	Sheffield	15Feb	
22.70	i	Ryan Thomas	U23	21.03.87	2h4	Lee Valley	17Jan
22.72	i	Ryan Preddy*	30.01.84	1r1	Cardiff	10Jan	
23.07		Melvyn Anukam	U20	02.11.90	3r2n/s	Battersea Pk	22Jul
23.08	0.8	Jody Chappell	26.05.87	2rH	Watford	15Jul	
23.84	i	Chris Minn*	03.06.81	5h4	Lee Valley	17Jan	
23.95	0.5	Kyle McCarthy AUS	23.01.82	7r7	Watford	3Jun	
24.10	-0.8	Pierre Walker	U23	27.09.88	2r9	Lee Valley	23May
24.27	i	Paul Graham	07.02.86	6r3	Lee Valley	1Feb	
		24.62 -0.4		6rF	Watford	1Jul	
24.80	0.1	Kwadjo Adjepong	M35	3r1n/s	Battersea Pk	22Jul	
24.91	i	Ben Davies	29.07.79	3r4	Lee Valley	1Feb	
29.21	-0.3	Richard McMillan	23.11.75	5r1	Tooting	29Aug	

Wind assisted

23.13	3.7	Matt Threadgold	U20	12.07.90	3B	Loughborough	27May
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Wind speed indicator not used or not known

23.12		Jody Chappell	26.05.87	7A	Derby	22Aug	
23.70		Pierre Walker	U23	27.09.88	3rE	Tooting	18Jul
23.78		Kyle McCarthy AUS	23.01.82	4r11	Watford	12Aug	
28.91		Richard McMillan	23.11.75	5rG	Tooting	18Jul	

Manual

21.6	1.8	Wade Bennett-Jackson U23	27.02.87	1	Crawley	9May	
22.1		Jason Hussain	17.10.86	3B	Eton	4Jul	
23.0		Melvyn Anukam	U20	02.11.90	1	Tooting	8Jul
		22.4 ? unreliable starting		1	Tooting	24Jun	
23.5		Seun Marcus	07.06.86	2A	Twickenham	16May	
23.8		Richard Aspden	05.10.76	3	Hendon	15Jul	
24.2		Paul Graham	07.02.86	2n/s1	Kingsmeadow	11Jul	
24.3		Sean Reidy*	27.01.81	5n/s2	Tooting	8Jul	

24.4		Simon Lewis	20.11.79	6n/s2	Tooting	8Jul	
24.7		Kwadjo Adjepong	M35	23.08.71	3	Ewell	23May
24.9		Ben Davies	29.07.79	3n/s1	Kingsmeadow	11Jul	
28.4		Richard McMillan	23.11.75	3n/s2	Kingsmeadow	11Jul	

400m

44.77		David Gillick IRL	09.07.83	1	Marseille FRA	3Jul	
		47.10 i		1h4	Turin ITA	6Mar	
46.45		Set Osho (13)	28.09.86	3	Birmingham	11Jul	
48.57		Louis Evling-Jones (90)	20.06.83	3A	Gateshead	1Aug	
48.70		Graeme Oudney (99)	11.04.85	3A	Wishaw	10May	
49.51	i	Ryan Preddy*	30.01.84	3	Cardiff	24Jan	
49.70	i	Ryan Thomas	U23	21.03.87	2	Lee Valley	11Jan
50.03		Kyle McCarthy AUS	23.01.82	3r8	Watford	29Jul	
50.47		Joe Van Der Toorn	U23	07.05.87	1	Battersea Pk	22Jul
50.79		Melvyn Anukam	U20	02.11.90	3rA	Tooting	20Jun
50.8		Richard Aspden	05.10.76	1	Hendon	15Jul	
50.92		Matthew Threadgold	U20	12.07.90	2	Kingsmeadow	13May
51.03		Sean Reidy*	27.01.81	5A	Derby	22Aug	
52.04		Chris Minn*	03.06.81	4r2	Lee Valley	23May	
52.24		Jason Hussain	17.10.86	6B	Derby	22Aug	
53.54	i	Paul Graham	07.02.86	3r3	Lee Valley	1Feb	
		53.94		5r1	Watford	1Jul	
55.5		Andrew Hartley		1B	Parliament Hill	2May	
55.85		Vladimir Woodham-Smith U17	25.01.94	3r2n/s	Tooting	22Jul	
56.3		Robert Norville	25.05.76	2B	Bracknell	6Jun	
58.0	d	Tom Fordyce	05.12.73	-	Gateshead	27Aug	
63.3		Richard McMillan	23.11.75	6B	Sutton	1Aug	

800m

1:48.66		Kris Gauson (19)	U23	29.01.88	2	Eugene OR USA	24Apr
		1:51.07 i	U23	29.01.88	1	Greencastle IN USA	1Mar
1:48.68		Tim Bayley (20)		04.10.81	2	Sacramento CA USA	4Apr
		1:49.43 i			6r8	Seattle WA USA	14Feb
1:48.76		Graeme Oudney (22)		11.04.85	4rA	Manchester	30May
		1:51:18 i			1	Cardiff	22Feb
1:49.80		Darren Gauson (33)		22.03.82	5rB	Oordegem BEL	4Jul
1:50.36		Jonathan Blackledge (46)		15.09.84	4rB	Watford	13Jun
1:52.1		Shaun Moralee (100)		13.04.85	1	Jarrow	1Jun
1:54.06		Andrew Connick	U23	06.02.87		Dublin	15Jul
1:54.72		Nick Goolab	U20	30.01.90	4rF	Manchester	30May
1:55.03		Mark Pollard		25.02.82	6rB	Stretford	21Jul
1:59.12		Neil Speaight		09.09.78	12	Lugano SUI	12Jun
2:01.2		Richard Ward		05.05.82	2A	Kingsmeadow	11Jul
2:04.62		Mark Humphrey		13.10.83	3rK	Watford	1Jul
2:07.2		Robert Norville		25.05.76	1B	Bracknell	6Jun
2:07.3		Charles Smith		05.03.79	5	Kingsmeadow	12Aug
2:08.3		Dave Mason		06.11.83	4n/s	Wimbledon	10Jun
2:13.0		Lander Eguia ESP		30.05.83	3r1n/s	Tooting	24Jun
2:23.0		Matthew Morgan*		01.08.78	5	Tooting	24Jun
2:27.2		Richard McMillan		23.11.75	2B	Twickenham	16May
2:32.60		Paul Beaumont	M45	27.03.63	7B	Derby	22Aug

1500m

3:39.17	i	Neil Speaight (7)		09.09.78	4	Birmingham	21Feb
		3:51.62			14	Baunatal GER	5Jun
3:41.24	i	Steve Davies (=12)		16.02.84	1	Cardiff	24Jan
		3:52.06			6	Cork IRL	4Jul
3:41.24		Shaun Moralee (=12)		13.04.85	3rA	Stretford	27Jun
3:42.13		Kris Gauson (21)	U23	29.01.88	4r2	Walnut CA USA	17Apr
3:43.21		Darren Gauson (24)		22.03.82	2	Atlanta GA USA	16May
3:47.24		Jonathan Blackledge (58)		15.09.84	4	Princeton NJ USA	17Apr
		3:55.7 i			2h2	Birmingham	31Jan
3:49.08		Mark Pollard (77)		25.02.82	7	Oordegem BEL	4Jul
3:49.78		Nick Goolab (82)	U20	30.01.90	5rA	Watford	29Jul
3:51.11		Stephen Sharp		31.12.75	9rB	Cardiff	15Aug
3:53.78		Daniel Mulhare IRL		02.09.85	3A	Derby	22Aug
		3:58.11 i			1	Glasgow	28Feb
3:58.2		Richard Ward		05.05.82	7B	Eton	4Jul
4:01.56		Andrew Connick IRL	U23	06.02.87	9	Athlone IRL	17May
4:07.23		James Fairbourn	U23	26.06.87	10rA	Loughborough	17May
4:08.58		James Kelly		29.08.83	8	Hendon	25Apr
4:12.6		John Charles		24.05.83	4	Southampton	27May
4:14.59		Andrew Connick	U23	06.02.87	1	Greystones IRL	24May
4:20.95		Mark Humphrey		13.10.83	8rH	Watford	17Jun
4:22.5		Lander Eguia ESP		30.05.83	2	Wimbledon	10Jun
4:23.3		Matthew Morgan*		01.08.78	4	Tooting	8Jul
4:29.3		Robert Norville		25.05.76	5	Kingsmeadow	12Aug
4:31.9		Dave Mason		06.11.83	5	Tooting	8Jul
		4:41.54 i			10h2	Lee Valley	18Jan
4:32.36	d	Kyle McCarthy AUS		23.01.82	4h2	Desenzano ITA	10May
4:43.0		Bruce Barton	M45	02.02.64	n/s	Kingsmeadow	11Jul

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4:43.4	d	Tom Fordyce		05.12.73	-	Gateshead	27Aug	54.41		Matt Douglas (57)	26.11.76	2B	Derby	22Aug	
5:06.9		Terry O'Neill	M55	23.09.52	3n/s	Tooting	24Jun	54.53		Matthew Threadgold (60)U20	12.07.90	1	Watford	21Jun	
5:07.86	d	Louis Evling-Jones		20.06.83	-	Woerden NED	29Aug	57.05		Chris Minn*	03.06.81	2A	Abingdon	6Jun	
1 mile															
4:00.31	i	Neil Speaight (7)		09.09.78	2	New York USA	24Jan	58.8		Richard Aspden	05.10.76	2	Hendon	15Jul	
4:00.99	i	Kris Gauson (9)	U23	29.01.88	5	Seattle WA USA	14Feb	1:02.7		Simon Lewis	20.11.79	2	Croydon	27May	
4:01.59	i	Tim Bayley (11)		04.10.81	4	Seattle WA USA	30Jan	1:07.0		Dave Mason	06.11.83	2	Tooting	24Jun	
				4:02.19	2	Walnut CA USA	17Apr	1:10.5		Anthony Hartis	09.10.76	2A	Twickenham	16May	
4:05.94		Jonathan Blackledge (17)		15.09.84	5	Philadelphia PA USA	25Apr	1:13.4		Matthew Morgan*	01.08.78	5	Tooting	24Jun	
4:18.30		Richard Ward (36)		05.05.82	6	Bedford	25May	1:14.0		Peter Mayfield	16.11.75	2B	Twickenham	16May	
3000m															
8:11.01		Russell Dessaix-Chin AUS		24.05.78	13rA	Leiden NED	13Jun	6:38.33		Matthew Morgan*	01.08.78	2	Battersea Pk	22Jul	
8:13.40	i	Darren Gauson (25)		22.03.82	7r3	Seattle WA USA	14Feb	7:23.9		Dave Mason	06.11.83	2	Battersea Pk	13May	
8:15.27		Nick Goolab (29)	U20	30.01.90	1	Crystal Palace	25Jul	7:24.31		Bruce Barton	02.02.64	5	Battersea Pk	22Jul	
8:16.18	i	Daniel Mulhare		02.09.85	3	Sheffield	15Mar	3000m Steeplechase							
8:19.56		Simon Jones (51)		29.11.83	9rB	Solihull	18Jul	10:07.35		Matthew Morgan*	01.08.78	6A	Derby	22Aug	
8:19.98		Stephen Sharp (55)		31.12.75	4	Twickenham	3Jun	10:43.98		Graeme Hyett	20.01.83	4B	Gateshead	1Aug	
8:20.89		Mark Pollard (62)		25.02.82	6r1	Stretford	23Jun	11:08.28		Dave Mason	06.11.83	4B	Abingdon	6Jun	
8:25.70		James Kelly (90)		29.08.83	2rC	Solihull	18Jul	High Jump							
8:28.18		Steve Davies		16.02.84	1	Cardiff	13Jun	2.29	i	Samson Oni (2)	25.06.81	2	Glasgow	31Jan	
8:46.7		Richard Ward		05.05.82	1	Tooting	8Jul			2.24	9	Leiria	20Jun		
9:05.3		Richard Stannard		10.04.74	7	Kingsmeadow	12Aug	2.22	i	Darvin Edwards LCA	11.09.86	1	Sheffield	14Feb	
9:07.0		Will Cockerell		19.11.73	8	Kingsmeadow	12Aug			2.20	1	Tooting	20Jun		
9:17.79		John Charles		24.05.83	2	Battersea Pk	22Jul	2.00	i	Tom Gardner (=46) *	U20	24.04.92	7	Birmingham	15Feb
9:31.3		Lander Eguia ESP		30.05.83	5	Croydon	27May			1.97	11	Bedford	28Jun		
9:24.7		Mike Trees	M45	26.09.62	6	Wimbledon	10Jun	1.98	d	Kyle McCarthy AUS	23.01.82	2gB	Desenzano ITA	9May	
9:27.2		Malachi Byansi UGA		20.10.74	7n/s	Wimbledon	10Jun	1.90		Hugo Hattingh RSA	20.02.83	2A	Kingsmeadow	11Jul	
5000m															
13:58.3		Phil Wicks (16)		14.03.84	4rA	Watford	13Jun	1.89		Richard Aspden	05.10.76	1	Hendon	15Jul	
14:02.76		Mark Miles (23)		24.03.77	2rA	Stretford	27Jun	1.86	d	Louis Evling-Jones	20.06.83	-	Woerden NED	29Aug	
14:06.50		Russell Dessaix-Chin AUS		24.05.78	2	Oorddegem BEL	4Jul	1.80		James Everard	16.05.81	2A	Parliament Hill	2May	
14:25.75		Simon Jones (=59)		29.11.83	16rA	Manchester	30May	1.75		Mark Allen	09.07.85	6B	Derby	22Aug	
14:25.75		Stephen Sharp(=59)		31.12.75	17rA	Manchester	30May	1.65		Joe Evling-White*	03.12.86	5A	Wormwood Scrubs	11Jul	
14:36.07		James Kelly (80)		29.08.83	4rB	Cardiff	15Aug	1.50		Peter Mayfield	16.11.75	4A	Twickenham	16May	
14:49.97		Dan Mulhare IRL		02.09.85	2A	Derby	22Aug	1.50		Roy Collier	U23	11.03.87	1B	Bracknell	6Jun
15:03.5		Tim Watson		28.06.73	1	Plymouth	9May	1.30	d	Tom Fordyce	05.12.73	-	Gateshead	27Aug	
15:29.63		Richard Ward		05.05.82	6	Kingsmeadow	9May	Long Jump							
15:53.02		Will Cockerell		19.11.73	6B	Abingdon	6Jun	7.02	0.4	Louis Evling-Jones (=60)	20.06.83	3	Loughborough	17May	
15:56.7		Richard Stannard		10.04.74	1A	Twickenham	16May			7.03w 2.2 d	-		Woerden NED	29Aug	
15:58.33		James Fairbourn	U23	26.06.87	18rC	Manchester	30May	7.01	d1.5	Kyle McCarthy AUS	23.01.82	4gB	Desenzano ITA	9May	
15:59.18		John Charles		24.05.83	4	Chelmsford	9May	7.01w	4.4	Gary Wilson (=65)	18.09.85	7	Geneva	6Jun	
16:17.3		Malachi Byansi UGA		20.10.74	3A	Sutton	1Aug			7.00	2	Barnet Cophall	29Aug		
16:39.5		Mike Trees		26.09.62	1B	Twickenham	16May			6.64 0.4		Bedford	25May		
18:51.44		Charlie Dickinson	M60	26.04.48	2	Birmingham	5Jul	6.87	i	Jody Chappell (89)	U23	26.05.87	3	Uxbridge	11Jan
10000m															
28:28.07		Marty Dent AUS		08.07.79	5	Melbourne AUS	10Dec			6.90w 4.4	3A	Gateshead	1Aug		
29:10.66		Phil Wicks (6)		14.03.84	20	Madeira POR	6Jun			6.81 -1.0	11	Bedford	25May		
29:52.36		Erwin McRae AUS		20.03.76	14	Melbourne AUS	10Dec	6.71	i	Adrian Phillips	29.07.75	4	Lee Valley	24Jan	
29:54.75		Simon Jones (19)		29.11.83	4	Birmingham Uni	22Aug	6.86		David Wellstead	17.12.82	3	Kingsmeadow	9May	
31:38.45		Russell Dessaix-Chin AUS		24.05.78	14	Birmingham	10Jul			6.66 i	1	Carshalton	25Jan		
33:03.81		John Charles (72)		24.05.83	14	Bedford	2May	6.36		Joe Evling-White*	03.12.86	3A	Wormwood Scrubs	11Jul	
60m Hurdles (106.7cm)															
7.69	i	William Sharman (3)		12.09.84	1h1	Prague CZE	26Feb	5.88		Simon Lewis	20.11.79	2A	Kingsmeadow	11Jul	
8.47	i	Ryan Dinham (38)		09.08.85	4h1	Lee Valley	17Jan	5.53		Pierre Walker	U23	27.09.88	n/s	Kingsmeadow	11Jul
110m Hurdles (106.7cm)															
13.30	0.1	Will Sharman (=1)		12.09.84	4	Berlin GER	20Aug	5.29		Anthony Hartis	09.10.76	3A	Twickenham	16May	
15.27	-2.6	Louis Evling-Jones (63)		20.06.83	3A	Abingdon	6Jun	5.09		James Everard	16.05.81	3A	Parliament Hill	2May	
15.28	d0.2	Kyle McCarthy AUS		23.01.82	2h1	Kladno CZE	21Jun	5.04		Peter Mayfield	16.11.75	1B	Parliament Hill	2May	
15.69	0.5	Sean Reidy* (93)		27.01.81	3A	Ipswich	23Aug	4.92		Roy Collier	U23	11.03.87	4A	Bracknell	6Jun
17.66	-2.0	Simon Lewis		20.11.79	4r2	Lee Valley	18Jul	4.73		Robert Norville	25.05.76	6A	Sutton	1Aug	
20.39	0.1	Paul Beaumont	M45	27.03.63	8B	Derby	22Aug	4.64		Matthew Morgan*	01.08.78	4	Croydon	27May	
Wind assisted															
13.39	2.5	Will Sharman		12.09.84	1h3	Loughborough	29Jul	4.51	d	Tom Fordyce	05.12.73	-	Gateshead	27Aug	
Manual															
15.8		Sean Reidy*		27.01.81	1A	Peterborough	6Jun	Triple Jump							
17.7		Anthony Hartis		09.10.76	1B	Kingsmeadow	11Jul	17.73	0.0	Phillips Idowu (1)	30.12.78	1	Berlin GER	18Aug	
18.6		Richard Aspden		05.10.76	1A	Sutton	1Aug	15.32	0.7	Gary Wilson (12)	18.09.85	6	Geneva	6Jun	
19.7		James Everard		16.05.81	2	Wimbledon	10Jun	14.21	i	David Wellstead (57)	17.12.82	5	Lee Valley	18Jan	
20.8		James Everard		16.05.81	1B	Parliament Hill	2May			14.19	1	Twickenham	13Sep		
23.1	d	Tom Fordyce		05.12.73	-	Gateshead	27Aug			14.11/0.2	5	Watford	21Jun		
300m Hurdles															
39.6		Sean Reidy		27.01.81	1	Peterborough	5Apr	12.93		Joe Evling-White	03.12.86	3A	Wormwood Scrubs	11Jul	
400m Hurdles															
53.3		Sean Reidy* (32)		27.01.81	3A	Eton	4Jul	12.24		James Everard	16.05.81	1A	Parliament Hill	2May	
Pole Vault															
4.50	d	Louis Evling-Jones (=40)		20.06.83	-	Woerden NED	30Aug	4.70		Sam Colgate (24)	U23	01.06.89	1	Woking	5Aug
4.45		Cameron Johnston (=52)		22.10.82	5	Cardiff	13Jun			4.40 i	2	Lee Valley	17Jan		

Belgrave Harriers Ranking Lists 2009

Women's Road Running

5 km

19:33	Tilly Heaton		02.09.74	10	Islington	16Jul
19:36	Helen Smethurst	W40	06.10.64	3	Hyde Pk	30Jan
19:42	Caroline Edis		11.08.79	38	Hyde Pk	6Sep
19:51	Vicki Goodwin		06.05.77	1	Hyde Pk	27Nov
20:39	‡ Rieko Trees		19.09.77		Bushy Pk	21Mar
22:25	‡ Catherine Eastham	W35	10.05.71		Bushy Pk	7Nov
24:36	‡ Megan Evans	U17	22.12.92		Wimbledon Cmn	11Apr
26:35	‡ Jacinta Moore	W50	12.07.58		Bushy Pk	2May

10 km

35:28	Getenesh Tamirat (65)		11.07.77	1	Poole	7Jun
37:01	Chrissie Wellington		18.02.77	14	Boulder CO USA	25May
38:18	Zoë Vail		14.02.83	15	London	25May
39:28	Sarah Murphy		26.07.77	4	Victoria Pk	16Aug
40:22	Nikki Neale	W35	30.11.71	5	Wymondham	1Jan
40:26	Erica Fogg		04.12.78	1	Ropley	24May
41:14	Vikki Goodwin		06.05.77	5	Chambéry FRA	29Mar
41:27	Helen Smethurst	W40	06.10.64	2	Hyde Pk	1Jan
41:46	Louise Cooper		25.08.75	19	Birchwood	23Aug

10 miles

59:18	Getenesh Tamirat (25)		11.07.77	1	Dorking	31May
1:02:18	Vicky Knight (81)		03.10.76	1	Buntingford	28Dec
1:06:11	Helen Smethurst	W40	06.10.64	14	Maidenhead	10Apr

Half marathon

1:18:57	Getenesh Tamirat (45)		11.07.77	13	Bristol	6Sep
1:22:56	Sarah Murphy		26.07.77	19	Reading	29Mar
1:27:40	Tanya O'Connor		12.03.76	17	Brighton	22Feb
1:27:50	Helen Smethurst	W40	06.10.64	20	Lisbon POR	22Mar
1:31:16	Nikki Neale	W35	30.11.71	3	Jersey	17May
1:31:42	Vicki Goodwin		06.05.77	19	Silverstone	15Mar
1:36:43	Louise Cooper		25.08.75		Chester	17May
1:40:38	Vicky Knight		03.10.76		Reading	29Mar
1:59:13	Rosie Dickinson		10.10.78		Bath	15Mar

20 miles

2:16:27	Erica Fogg (33)		04.12.78	11	Bramley	15Feb
2:21:50	Helen Smethurst (73)	W40	06.10.64	21	Bramley	15Feb

Marathon

2:48:14	Samantha Amend		25.05.79	1	Luton	6Dec
3:04:46	Sarah Murphy		26.07.77	17	Amsterdam	18Oct
3:08:54	Tilly Heaton		02.09.74	102	London	26Apr
3:09:53	Nikki Neale	W35	30.11.71	3	Guernsey	30Aug
3:24:40	Katherine Swanson		19.08.71	344	London	26Apr
3:26:11	Louise Cooper		25.08.75	399	London	26Apr
3:27:22	Vicki Goodwin		06.05.77	430	London	26Apr

Belgrave Harriers Ranking Lists 2009

Men's Road Running

1 mile

3:58.3	Tim Bayley	04.10.81	12	New York NY USA	26Sep
4:17	Jonathan Blackledge	15.09.84	8	Boston MA USA	19Apr
4:19	Neil Speaight	09.09.78	1	Hamilton BER	16Jan
4:24	Shaun Moralee	13.04.85	8	Newcastle	19Sep

5 km

14:24	Stephen Sharp (10)	31.12.75	12	Armagh	19Feb
14:28	Simon Jones (=13)	29.11.83	18	Armagh	19Feb
14:29	Phil Wicks (=17)	14.03.84	1	Islington	16Jul
14:36	James Kelly (26)	29.08.83	25	Armagh	19Feb
14:40	Steve Davies (33)	16.02.84	3	Mountain Ash	31Dec
14:57	‡ Russell Dessaix-Chin AUS	24.05.78	1	Bushy Pk	21Mar
15:02	Mark Miles (=86)	24.03.77	1	Halifax	31May
15:07	Daniel Mulhare IRL	02.09.85	1	Edinburgh	2Sep
15:15	Mark Pollard	25.02.82	7	Norwich	11Jul
15:21	Brad Poore	27.07.78	5	Carlsbad CA USA	5Apr
15:32	‡ Richard Ward	05.05.82	2	Bushy Pk	18Apr
15:52	‡ Mike Trees	M45 26.09.62	1	Bushy Pk	21Mar
15:54	Hassan Raidi	06.11.76	1	Hyde Pk	27Mar
16:04	‡ Will Cockerell	M35 19.11.73	2	Bushy Pk	28Feb
16:05	Paskar Owor UGA	22.12.80	1	Crystal Palace	4Aug
16:07	Malachi Byansi UGA	20.10.74	6	Wimbledon	9Aug
16:25	Paul Freary	M40 03.04.68	3	Morecambe	10May
16:29	John Kimaiyo KEN	21.08.74	10	Wimbledon	9Aug
16:34	‡ Richard Stannard	10.04.74	1	Basingstoke	11Apr
17:03	Lander Eguia ESP	30.05.83	22	Wimbledon	9Aug
17:07	Matt Whiting	21.11.77	10	Hyde Pk	27Feb
17:34	Mark Humphrey	13.10.83	1	Clapham Cmn	14Jun
17:43	‡ Sean Ryan	19.07.75	2	Wimbledon Cmn	4Apr
17:49	‡ Paul Chapman	10.07.76	14	Bushy Pk	19Sep
18:09	‡ Bruce Barton	M40 02.02.64	20	Bushy Pk	26Sep
18:15	‡ Robert Norville	25.05.76	11	Wimbledon Cmn	22Aug
18:43	‡ Paul Chapman	10.07.76	8	Wimbledon Cmn	13Jun
18:53	‡ Terry O'Neill	M55 23.09.52	7	Richmond Pk	2May
19:27	‡ Graham Adams	M40 10.06.68	17	Banstead Woods	22Aug
19:52	Lars Rehn DEN	M45 1.10.62	51	Hyde Pk	27Feb
19:57	Ed Smith	29.01.78	82	Wimbledon	9Aug
20:21	Peter Marsh	M55 03.06.50	58	Hyde Pk	30Jan
22:22	‡ Don Anderson	M55 10.05.55	94	Wimbledon Cmn	15Aug
25:40	‡ Peter Cross	M50 11.06.55	99	Wimbledon Cmn	29Aug

4 miles

19:36	Darren Gauson	22.03.82	2	Edinburgh	1Jan
22:01	Paul Freary	M40 03.04.68	6	Wigan	13May

5 miles

23:25	Phil Wicks (2)	14.03.84	1	Alsager	1Feb
24:24	† Neil Speaight	09.09.78		Bulle SUI	21Nov
24:28	Stephen Sharp (22)	31.12.75	8	Alsager	1Feb
24:43	Darren Gauson (=34)	22.03.82	2	Indianapolis IN USA	21Feb
24:59	Mark Pollard (48)	25.02.82	12	Alsager	1Feb
25:36	Hassan Raidi (99)	06.11.76	5	Victoria Pk	28Mar
26:55	James Fairbourn	U23 26.06.87	42	Alsager	1Feb
†	8.39k				

10 km

28:54	Phil Wicks (3)	14.03.84	1	Bristol	10May
29:25	Mark Miles (10)	24.03.77	1	Trafford	15Mar
29:57	Neil Speaight (=25)	09.09.78	13	Basle SUI	28Nov
30:17	Russell Dessaix-Chin AUS	24.05.78	1	Eastleigh	29Mar
30:26	Simon Jones (64)	29.11.83	2	Llantwit Major	22Mar
30:51	Stephen Sharp (=92)	31.12.75	9	Brighton	15Nov
30:52	Brad Poore (95)	27.07.78	2	Sacramento USA	26Nov
31:17	Stephen Davies	16.02.84	4	Belfast	5Dec
31:42	Hassan Raidi	06.11.76	1	Elmbridge	26Jul
31:50	Mark Pollard	25.02.82	22	Leeds	22Nov
32:22	Tim Watson	28.06.73	13	Salford	10Apr
32:31	John Charles	24.05.83	19	Eastleigh	29Mar
32:31	Jonathan Blackledge	15.09.84	1	Bicester	13Dec
33:00	James Fairbourn	26.06.87	29	Eastleigh	29Mar
33:01	David Anderson	02.10.77	64	Manchester	17May
33:08	John Kimaiyo KEN	21.08.74	3	Petersham	28Jun
33:14	Malachi Byansi UGA	20.10.74	6	Elmbridge	26Jul
33:17	Will Cockerell	M35 19.11.73	5	Petersham	28Jun
33:40	Matt Chaston	M40 09.11.67	1	Tenby	26Jul
33:40	Tom Ellacott	20.06.73	67	Clitheroe	27Dec
33:43	James Kelly	29.08.83	16	Berlin GER	22Aug
34:41	Knut Hegvold NOR	M45 19.09.61	2	Battersea Pk	13Jun
34:45	Craig McMillan	13.01.77	80	Vancouver CAN	19Apr

35:32	Mike Trees	M45 26.09.62	9	Bicester	13Dec
35:37	Paul Freary	M40 03.04.68	86	Manchester	17May
35:43	Andrew Sentence	13.04.77	34	Port Erin IoM	10Apr
35:46	Mark Humphrey	13.10.83	2	Heston	3May
35:48	Paskar Owor UGA	22.12.80	1	Newham	2Aug
35:55	Mike Webb	M40 04.10.67	14	Chessington	15Feb
36:49	Dave Mason	06.11.83	19	Battersea Pk	13Jun
37:32	Robert Norville	25.05.76	3	Clapham	6Sep
40:33	Ed Smith	29.01.78	171	London	25May
41:23	Peter Cross	M50 11.06.55	65	Ashford	8Feb

15 km

44:00	Marty Dent AUS	08.07.79	3	Melbourne AUS	29Nov
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10 miles

47:40	Mark Miles (2)	24.03.77	2	Sale	2Aug
48:38	Phil Wicks (5)	14.03.84	7	Portsmouth	25Oct
51:17	Shaun Moralee (33) *	13.04.85	5	Thirsk	29Nov
54:05	Mike Trees	M45 26.09.62	3	Maidenhead	10Apr
54:29	Brad Poore	27.07.78	8	Redding CA USA	7Mar
56:19	Malachi Byansi UGA	20.10.74	22	Twickenham	18Oct

Half Marathon

1:02:16	Marty Dent AUS	08.07.79	3	Gold Coast AUS	5Jul
1:02:51	Phil Wicks (1)	14.03.84	2	Reading	29Mar
1:04:11	Mark Miles (4)	24.03.77	1	Wilmslow	29Mar
1:05:40	Erwin McCrae AUS	20.03.76	7	Gold Coast AUS	5Jul
1:06:39	Simon Jones (33)	29.11.83	3	Cardiff	18Oct
1:07:41	Brad Poore (51)	27.07.78	14	Las Vegas USA	6Dec
1:09:23	Hassan Raidi (99)	06.11.76	1	Newark	9Aug
1:10:00	Tim Watson	28.06.73	3	Plymouth	24May
1:10:08	James Kelly	29.08.83	36	Newcastle	20Sep
1:11:41	Mike Trees	M45 26.09.62	27	Reading	29Mar
1:11:50	Will Cockerell	M35 19.11.73	7	Milton Keynes	8Mar
1:12:05	John Kimaiyo KEN	21.08.74	8	Wokingham	24May
1:12:56	John Charles	24.05.83	2	Edinburgh	5Apr
1:13:27	Knut Hegvold NOR	M45 19.09.61	46	Reading	29Mar
1:13:44	Paul Freary	M40 03.04.68	5	Helsby	18Jan
1:15:45	Lievuan Huang	10.09.80	6	London	11Oct
1:19:05	Kevin Gadd	04.10.79	158	Berlin GER	5Apr
1:21:21	Robert Norville	25.05.76		London	27Sep
1:27:01	Nigel Stevenson	31.08.71	171	Brighton	22Feb
1:32:25	Peter Cross	M50 11.06.55	348	Brighton	22Feb
1:34:43	Lars Rehn DEN	M45 1.10.62	776	Bath	15Mar
1:53:05	David McMillan	M60 09.11.47	1824	Brighton	22Feb
2:29:00	Charles Henn	M75 11.07.31	878	Richmond	10May

20 miles

2:21:51	Peter Marsh	M55 30.06.50	178	Bramley	15Feb
3:36:56	Dave Davies	M65 30.05.39	811	Bramley	15Feb

Marathon

2:15:24	Marty Dent AUS	08.07.79	14	London	26Apr
2:31:25	Will Cockerell (71)	M35 19.11.73	65	London	26Apr
2:33:13	Craig McMillan (89)	13.01.77	107	Chicago	11Oct
2:39:18	Knut Hegvold NOR	M45 19.09.61	165	London	26Apr
2:39:23	Malachi Byansi UGA	20.10.74	167	London	26Apr
2:42:17	Tom Ellacott	20.06.73	225	London	26Apr
2:45:09	Kevin Gadd	04.10.79	299	London	26Apr
2:49:10	Andrew Sentence	3.04.77	65	Turin ITA	19Apr
3:06:13	Peter Marsh	M55 30.06.50	1293	London	26Apr
3:17:03	Nigel Stevenson	31.08.71	2198	London	26Apr
3:26:40	Tim Weeks	10.05.79	3194	London	26Apr
3:41:20	Peter Cross	M50 11.06.55	5183	London	26Apr
3:42:08	Daniel Woodgate	M45 .60	5296	London	26Apr
3:57:21	Eric Asiedu	M40 08.06.64	8019	London	26Apr
4:33:39	Edward Taylor	.74	14681	London	26Apr

Belgrave Harriers Ranking Lists 2009

Women's Race Walking

3 km									
15:15.99	Estlé Viljoen* (7)	W35	08.07.70	3	Compiègne FRA	27Jun			
17:54.99	Maureen Noel (28)	W45	16.08.63	2	Barnet Cophthall	29Aug			
5 km									
26:50.6	Estlé Viljoen*	W35	08.07.70	1	Doncaster	26Sep			
29:38	Maureen Noel	W45	16.08.63	2	Birmingham	23Sep			
5 miles									
48:08	Maureen Noel	W45	16.08.63	4	Lee Valley	14Mar			
10 km									
54:11	Estlé Viljoen* (3)	W35	08.07.70	2	Leicester	5Sep			
1:01:35	Maureen Noel (18)	W45	16.08.63	4	Aarhus DEN	29May			
	1:04:48.68 t (8)				Woodford	16May			
7 miles									
1:02:03	Estlé Viljoen*	W35	08.07.70	1	Wimbledon	28Nov			
1:10:06	Maureen Noel	W45	16.08.63	3	Wimbledon	28Nov			
10 miles									
1:38:55	Maureen Noel	W45	16.08.63	7	Lee Valley	21Feb			
20 km									
1:59:12	Estlé Viljoen* (7)	W35	08.07.70	1	Aarhus DEN	31May			
2:06:24	Maureen Noel (9)	W45	16.08.63	3	Aarhus DEN	31May			
50 km									
6:07:26	Maureen Noel (1)	W45	16.08.63	1	Stockton-on-Tees	26Apr			

Men's Race Walking

3 km									
12:51.93	t Alex Wright (1)	U20	19.12.90	1	Kingsmeadow	9May			
13:38.0	t Paul Graham (6)		17:02.86	1	Ipswich	10May			
14:45.25	i John Hall (23)	M60	18.01.49	1	Lee Valley	8Mar			
	14:57.29 t			1	Birmingham	5Jul			
16:06.87	Carl Lawton	M60	20.01.48	1	Kingsmeadow	9May			
20:06.0	Mark Culshaw	M40	27.04.66	4	Hendon	15Jul			
20:34.35	Doug Fotheringham	M70	18.04.36	1	Barnet Cophthall	29Aug			
3 miles									
25:24	John Hall	M60	18.01.49	2	Newmarket	12Jul			
34:05	Doug Fotheringham	M75	18.04.36	21	Newmarket	12Jul			
35:23	Mick Graham	M60	08.04.48	22	Newmarket	12Jul			
5 km									
21:54.98	t Alex Wright (1)	U20	19.12.90	1	Watford	20Jun			
	22:15			1	Bexley	14Feb			
25:35.57	t John Hall (17)	M60	18.01.49	3	Lahti FIN	30Jul			
	25:48			1	Ancona ITA	29Mar			
27:41	Carl Lawton	M60	20.01.48	6	Bexley	14Feb			
	29:12.16 t			8	Parliament Hill	25Jul			
30:23	Paul King	M55	04.02.51	12	Bexley	17Oct			
35:34	Doug Fotheringham	M75	18.04.36	34	Lee Valley	10Oct			
4 miles									
39:57	Paul King	M55	04.02.51	11	Selsdon	3Oct			
5 miles									
42:31	John Hall	M60	18.01.49	3	Lee Valley	14Mar			
45:05	Carl Lawton	M60	20.01.48	4	Canvey Island	14Mar			
47:51	Mark Culshaw	M40	27.04.66	16	Lee Valley	14Mar			
48:16	Mike Scamell	M50	16.08.54	6	Battersea Pk	23Jun			
49:49	Paul King	M55	04.02.51	17	Battersea Pk	26May			
57:00	Doug Fotheringham	M70	18.04.36	27	Enfield	17Jan			
1:00:23	Mick Graham	M60	08.04.48	19	Newmarket	12Jul			
1:07:18	George Beecham	M75	26.02.31	16	Canvey Island	29Mar			
10 km									
45:26	t Alex Wright (1)	U20	19.12.90	1	Horsham	28Mar			
	46:01 (10)			5	Victoria Pk	1Feb			
52:47	John Hall (26)	M60	18.01.49	2	Aarhus DEN	29May			
	53:08 t (11)			2	Lahti FIN	3Aug			
56:59.4	t Carl Lawton	M60	20.01.48	8	Battersea Pk	29Apr			
	59:06		20.01.48	19	Victoria Pk	1Feb			
57:46	Mark Culshaw	M40	27.04.66	16	Selsdon	10Jan			
	59:16.9 t			9	Battersea Pk	29Apr			
7 miles									
1:06:00	Carl Lawton	M60	20.01.48	7	Selsdon	7Nov			
1:08:21	Paul King	M55	04.02.51	18	Lee Valley	14Nov			
1:10:34	John Hall	M60	18.01.49	15	Wimbledon	28Nov			
10 miles									
1:27:22	John Hall	M60	18.01.49	13	Lee Valley	21Feb			
1:35:09	Carl Lawton	M60	20.01.48	20	Lee Valley	21Feb			
1:38:15	Mark Culshaw	M40	27.04.66	24	Lee Valley	21Feb			
1:42:53	Paul King	M55	04.02.51	31	Lee Valley	21Feb			
15 km									
1:27:26	Carl Lawton	M60	20.01.48	7	Steyning	24Jan			
20 km									
1:53:28	John Hall (16)	M60	18.01.49	3	Lahti FIN	6Aug			
20 km									
2:57:54	John Hall	M60	18.01.49	3	Aarhus DEN	31May			
50 km									
5:39:22	John Hall (4)	M60	18.01.49	5	Stockton-on-Tees	26Apr			
5:54:40	Paul King (7)	M55	04.02.51	8	Stockton-on-Tees	26Apr			
6:44:34	Mick Graham	M60	08.04.48	-	Newmarket	12Jul			