

The English Cross Country Relay Championships were first staged at Crystal Palace in 1985, sponsored by Provincial Insurance, and 11 clubs lined up for the senior event with just a few more in each of the junior and youth races. The race was not held again until 1987 when, in spite of the fact that £3000 in prize money was on offer and the top 50 clubs in each age group (based on the National Cross-Country results) had received invitations, only 32 teams took part – 9 of them seniors.

1988 was also missed as the event was revamped for 1989 by extending the racing distance from 3000m to 5000m and changing it to a springtime fixture held at Berry Hill Park, Mansfield. No fewer than 304 teams took part that year and the programme of races and number of entries has grown steadily ever since.

The championships were held twice in 1998, as the fixture reverted to the autumn.

Although Belgrave Junior athletes competed in the 1987 Crystal Palace event, and Youths in 1993, no Senior Belgrave entry was made to this increasingly popular National competition until an unsuccessful attempt to make a big impact in 1996. The next assault in 2003 was victorious when a course record for clubs was set with a time only 12 seconds slower than that recorded by a visiting international Australian team in 1993.

Obviously a cross-country event can be affected greatly by the weather and the condition of the racing surface. It is also likely that when laying out the course there might be minor differences from time to time and this should be borne in mind when comparing performances from different years. Very poor conditions in 2011 in particular resulted in times being approximately one minute slower than normal for each individual and therefore four minutes per team.

Senior Men

	Venue	First	Second	Third
1985	Crystal Palace	Salford H.....36:56	Aldershot Farnham & D AC.....37:06	Cornwall AC 37:10
1986	no race	—	—	—
1987	Crystal Palace	Shaftesbury Barnet H33:16	Birchfield H 33:31	Stretford AC..... 33:38
1988	no race	—	—	—
1989	Mansfield	Stourport AC1:01:04	Blackheath H1:01:15	Stretford AC..... 1:01:36
1990	Mansfield	Salford H.....1:01:30	Tipton H1:01:47	Shaftesbury Barnet H..... 1:01:52
1991	Mansfield	Stourport AC1:00:33	Bingley H1:00:43	Tipton H..... 1:00:44
1992	Mansfield	Tipton H1:01:11	Stourport AC1:01:25	London Irish AC..... 1:01:41
1993	Mansfield	Morpeth H & AC1:00:42	Chelmsford AC1:00:43	London Irish AC..... 1:01:06
1994	Mansfield	Morpeth H & AC1:00:04	Shaftesbury Barnet H.....1:00:10	Blackheath H..... 1:00:14
1995	Mansfield	Bingley H1:02:08	Coventry Godiva H1:02:18	Morpeth H & AC 1:02:22
1996	Mansfield	Bingley H59:56	Coventry Godiva H59:56	Border H..... 1:00:15
1997	Mansfield	Morpeth H & AC1:02:15	Bingley H1:02:20	Sale H Manchester..... 1:02:29
1998/02	Mansfield	Bingley H1:03:00	Morpeth H & AC1:03:21	Loughborough University 1:03:25
1998/11	Mansfield	Birchfield H1:01:57	Shaftesbury Barnet H1:02:21	Salford H..... 1:02:44
1999	Mansfield	Bingley H1:02:34	Birchfield H.....1:02:54	Birchfield H..... 1:02:56
2000	Mansfield	Borough of Hounslow AC1:04:27	Morpeth H & AC1:04:48	Leeds City AC 1:05:19
2001	Mansfield	Salford H.....1:02:06	Shaftesbury Barnet H1:02:22	Newham & Essex Beagles..... 1:02:38
2002	Mansfield	Morpeth H & AC1:01:33	London Irish AC.....1:01:35	Aldershot Farnham & D AC..... 1:01:49
2003	Mansfield	Belgrave H59:36	Morpeth H & AC1:00:14	Aldershot Farnham & D AC..... 1:00:15
2004	Mansfield	Morpeth H & AC1:01:06	Belgrave H.....1:01:12	Altrincham & Dist..... 1:01:44
2005	Mansfield	Morpeth H & AC1:00:34	Aldershot Farnham & D AC.....1:00:59	Altrincham & Dist..... 1:01:07
2006	Mansfield	Newham & Essex Beagles1:00:43	Aldershot Farnham & D AC.....1:00:48	Tipton H..... 1:00:55
2007	Mansfield	Belgrave H.....1:00:05	Leeds City AC.....1:00:23	Bedford & County AC..... 1:00:30
2008	Mansfield	Bedford & County AC1:01:09.80	Newham & Essex Beagles ..1:01:29.20	Morpeth H & AC 1:01:36.60
2009	Mansfield	Bedford & County AC1:01:12.75	Blackheath & Bromley HAC 1:01:35.65	Bristol & West AC..... 1:01:37.15
2010	Mansfield	Bedford & County AC1:00:58.65	Blackheath & Bromley HAC 1:01:39.85	Notts AC 1:01:44.40
2011	Mansfield	Stockport H.....1:04:26.45	Leeds City AC..... 1:05:19.10	City of Norwich AC 1:05:24.50

Most successful clubs (medals table)

	Gold	Silver	Bronze	Total
Morpeth H & AC	6	3	2	11
Bingley H	4	2	-	6
Salford H	3	1	1	5
Bedford & County AC	3	-	1	4
Belgrave H	2	1	-	3
Stourport AC	2	1	-	3
Shaftesbury Barnet H	1	3	1	5
Tipton H	1	1	2	4
Birchfield	1	1	1	3
Newham & Essex Beagles	1	1	1	3
Borough of Hounslow AC	1	-	-	1
Stockport H	1	-	-	1
Aldershot Farnham & D AC	-	3	2	5
Blackheath H	-	3	1	4
Leeds City AC	-	2	1	3
Coventry Godiva H	-	2	-	2
London Irish	-	1	2	3
Chelmsford AC	-	1	-	1
Altrincham & Dist AC	-	-	2	2
Stretford AC	-	-	2	2
Border H	-	-	1	1
Cornwall AC	-	-	1	1
Loughborough University	-	-	1	1
Sale H Manchester	-	-	1	1
Bristol & West AC	-	-	1	1
Notts AC	-	-	1	1
City of Norwich AC	-	-	1	1

Most successful clubs (top ten – 10 pts for 1st through to 1 pt for 10th)

	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	Total
	10	9	8	7	6	5	4	3	2	1	
Morpeth H & AC	6	3	2	4	2	-	-	-	1	1	146
Tipton H	1	1	2	4	2	2	1	2	2	4	103
Bingley H	4	2	-	2	1	1	2	1	-	-	94
Salford H	3	1	1	2	2	-	1	1	2	2	86
Aldershot Farnham & D AC	-	3	2	1	-	2	1	1	1	2	71
Shaftesbury Barnet H	1	3	1	2	1	-	-	-	2	-	69
Blackheath & Bromley H	-	3	1	1	2	-	1	1	2	-	65
Newham & Essex Beagles	1	1	1	2	1	1	1	-	1	-	58
Belgrave H	2	1	-	-	2	-	1	4	-	-	57
Birchfield H	1	1	1	1	1	-	3	1	-	-	55
Sale H Manchester	-	-	1	1	2	3	-	1	3	1	52
Bedford & County AC	3	-	1	-	-	2	-	-	-	-	48
Leeds City AC	-	2	1	-	-	3	-	1	1	1	47
Notts AC	-	-	1	2	-	1	1	2	1	-	39
Coventry Godiva H	-	2	-	-	2	-	1	-	1	-	36
London Irish AC	-	1	2	-	1	-	-	-	1	-	33
Stourport AC	2	1	-	-	-	-	1	-	-	-	33
Border H	-	-	1	-	-	1	-	2	-	2	21
Southampton RC	-	-	-	1	-	2	1	-	-	-	21
Altrincham & Dist AC	-	-	2	-	-	-	1	-	-	-	20
Highgate H	-	-	-	1	1	-	1	-	-	1	18
Chelmsford AC	-	1	-	-	-	1	-	1	-	-	17
Stretford AC	-	-	2	-	-	-	-	-	-	1	17
Trafford AC	-	-	-	-	2	-	1	-	-	-	16
Derby & County AC	-	-	-	-	1	-	-	1	2	2	15
Bristol & West AC	-	-	1	-	-	-	1	-	1	-	14
Borough of Hounslow AC	1	-	-	-	-	-	-	1	-	-	13
Boxhill R	-	-	-	1	-	1	-	-	-	1	13
Loughborough Students/Uni	-	-	1	-	-	1	-	-	-	-	13
Cornwall AC	-	-	1	-	-	-	-	-	-	-	8
GEC Avionics	-	-	-	-	-	-	2	-	-	-	8
Westbury H	-	-	-	1	-	-	-	-	-	1	8

City of Norwich AC	-	-	1	-	-	-	-	-	-	-	8
City of Sheffield AC	-	-	-	-	-	-	1	1	-	-	7
Telford AC	-	-	-	-	-	-	1	1	-	-	7
Copeland	-	-	-	1	-	-	-	-	-	-	6
Invicta East Kent AC	-	-	-	-	1	-	-	-	-	-	6
Wells City H	-	-	-	-	1	-	-	-	-	-	6
Basildon AC	-	-	-	-	-	1	-	-	-	-	5
Derby & County AC	-	-	-	-	-	1	-	-	-	-	5
Omega	-	-	-	-	-	-	1	-	-	-	5
Warrington	-	-	-	-	-	1	-	-	-	-	5
Wolverhampton & Bilston AC	-	-	-	-	-	1	-	-	-	-	5
Liverpool H	-	-	-	-	-	-	1	-	-	1	5
City of Stoke AC	-	-	-	-	-	-	-	1	-	1	4
Herne Hill H	-	-	-	-	-	-	1	-	-	-	4
Vauxhall AC	-	-	-	-	-	-	1	-	-	-	4
Gloucester AC	-	-	-	-	-	-	-	1	-	-	3
Luton United AC	-	-	-	-	-	-	-	1	-	-	3
Medway & Maidstone AC	-	-	-	-	-	-	-	1	-	-	3
Cannock & Stafford	-	-	-	-	-	-	-	-	1	-	2
Dartford H	-	-	-	-	-	-	-	-	1	-	2
OWLS AC	-	-	-	-	-	-	-	-	1	-	2
Windsor, Slough & Eton AC	-	-	-	-	-	-	-	-	1	-	2
Bolton United H	-	-	-	-	-	-	-	-	1	-	2
Blackburn H	-	-	-	-	-	-	-	-	-	1	1
Mansfield H AC	-	-	-	-	-	-	-	-	-	1	1
Rowntrees AC	-	-	-	-	-	-	-	-	-	1	1
Lincoln Wellington AC	-	-	-	-	-	-	-	-	-	1	1

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

Berry Hill Park, Mansfield 1989-2011

Senior Men's 4 x 5 km

Belgrave all-time individual performances

14:42	David Anderson	02.10.77	4a	8Nov2003	
	15:14.35		1a	4Nov2006	
14:43	Gary Staines	03.07.63	4a	16Mar1996	
14:45.80	Phil Wicks	14.03.84	4a	3Nov2007	
	15:01.00		4a	1Nov2008	
	15:08 ¹	U23	14.03.84	2a	12Nov2005
	15:43.55	U23	3a	4Nov2006	
14:46	Spencer Barden	31.03.73	2a	8Nov2003	
14:56	Stephen Sharp	31.12.75	1a	8Nov2003	
	15:05.30		1a	3Nov2007	
	15:07		3a	6Nov2004	
	15:14.70		4a	4Nov2006	
	15:14.75		4a	31Oct2009	
	15:16		4a	12Nov2005	
	15:45.65		2a	1Nov2008	
	15:56.80		1a	31Oct2009	
	16:12.80		2a	6Nov2010	
	16:46.05		1b	5Nov2011	
14:59	Mark Miles	24.03.77	4a	6Nov2004	
	15:04.55		3a	7Nov2007	
15:04.75	Nick Goolab	U23	30.01.90	1a	6Nov2010
	15:22.50	U20	3a	1Nov2008	
	15:24.65	U20	2a	31Oct2009	
	16:09.20	U20	3b	3Nov2007	
15:06	Jonathan Blackledge	U23	15.09.84	2b	12Nov2005
	15:22	U20	3b	8Nov2003	
	15:35	U23	2a	6Nov2004	
15:07	Matthew Yates	04.02.69	2a	16Mar1996	
15:08.45	Mark Pollard	25.02.82	2a	3Nov2007	
15:12	Paul Freary	03.04.68	3a	8Nov2003	
	15:41		1a	12Nov2005	
	16:47.95		1a	1Nov2008	
15:17	Darren Mead	04.10.68	3a	16Mar1996	
15:23	Tim Watson	28.06.73	4b	8Nov2003	
15:24.20	Simon Jones	29.11.83	3a	31Oct2009	
	15:33.15		3a	6Nov2010	
15:29.25	Paskar Owor	22.12.80	4a	6Nov2010	
	17:01.00		3a	5Nov2011	
15:29.75	Neil Speaight	09.09.78	2a	4Nov2006	
	16:07.35		1b	3Nov2007	
15:31	Richard Ward	U23	05.05.82	2b	8Nov2003
15:31	Kevin Nash	06.02.77	1a	6Nov2004	
15:31.45	Michael Mulhare	U23	19.02.89	1a	5Nov2011
15:38	Alaster Stewart	05.10.72	3a	12Nov2005	
15:40	Shugri Omar	U23	20.12.84	1b	12Nov2005
15:42	Graham Adams	10.06.68	1a	16Mar1996	
15:54	Will Cockerell	19.11.73	1b	8Nov2003	
15:59.25	Phil Burkart	26.08.83	2b	3Nov2007	

16:18	Peter Willis	04.05.82	3b	12Nov2005	
	17:28.65		1a	4Nov2006	
16:19.15	Daniel Mulhare	02.09.85	4a	5Nov2011	
16:50	Roger Alsop	16.01.65	1b	6Nov2004	
16:58.30	James Fairbourn	U23	26.06.87	4b	3Nov2007
17:27.25	James Kelly	29.08.83	2a	5Nov2011	
	¹ Official time 15:12; a delay of a minimum of 4 seconds caused through incoming runner being unable to reach the handover.				
Individual all club times (to 15:00)					
14:18	Chris Thompson (Aldershot Farnham & Dist AC)		4	8Nov2003	
	14:30		4	6Nov2004	
	14:53		4	9Nov2002	
14:21	Nick McCormick (Morpeth H & AC)		4	12Nov2005	
	14:43		4	6Nov2004	
	14:49.25		4	4Nov2006	
14:25	Peter Riley (Trafford AC)		3	8Nov2003	
	14:42.15		2	3Nov2007	
14:25.80	Frank Tickner (Wells City H)		4	3Nov2007	
14:29	Mohammed Farah (Newham & Essex Beagles)		2	12Nov2005	
14:32	Glyn Tromans (Coventry Godiva H)		4	16Mar1996	
	14:46		2	8Nov2003	
	14:56		1	9Nov2002	
	14:59		2	21Feb1998	
14:33.85	Michael Skinner (Blackheath & Bromley H)		2	3Nov2007	
	14:36		3	12Nov2005	
	14:39		2	8Nov2003	
	14:42		2	6Nov2004	
	14:45.90		2	4Nov2006	
	14:47.90		2	31Oct2009	
	14:54.90		2	1Nov2008	
14:35	Paul Taylor (Copeland)		3	16Mar1991	
	14:55 (Border H)		3	16Mar1996	
14:35	Paul Patrick (Australia)		2	20Mar1993	
14:35	Dominic Bannister (Shaftesbury Barnet H)		2	12Feb1994	
	14:54.65		3	3Nov2007	
	14:55		3	13Nov1999	
	14:36	Chris Davies (Telford AC)	2	12Nov2005	
	14:37	Richard Nerurkar (Bingley H)	3	16Mar1991	
14:39.65	David Webb (Leeds City H)		4	3Nov2007	
14:40	Mick Hawkins (Bingley H)		4	16Mar1996	
14:42	Chris Robison (Omega)		3	16Mar1991	
14:42	John Downes (London Irish AC)		4	20Mar1993	
	14:52		3	14Mar1992	
	14:53		4	16Mar1991	
14:42	Jonathan Wyatt (New Zealand)		1	20Mar1993	
14:42	David Anderson (Belgrave H)		4	8Nov2003	
14:43	Gary Staines (Belgrave H)		4	16Mar1996	
14:42.65	Steve Vernon (Stockport H & AC)		1	4Nov2006	
	14:51.05		1	1Nov2008	
	14:52.20		1	3Nov2007	
	14:53		1	8Nov2003	
	14:58		2	12Nov2005	
14:44	G.Reid (Trafford AC)		2	8Nov2003	
14:44.20	Mark Warmby (Newham & Essex Beagles)		4	4Nov2006	
14:45	Darrell Smith (Blackheath H)		4	12Feb1994	
14:45.60	Andy Vernon (Aldershot Farnham & Dist AC)		4	4Nov2006	
	14:55.90		4	3Nov2007	
14:45.80	Phil Wicks (Belgrave H)		4	3Nov2007	
14:46	Spencer Barden (Belgrave H)		2	8Nov2003	
	14:52 (GEC Avionics)		3	12Feb1994	
14:46	Adam Bowden (Harrow AC)		2	12Nov2005	
14:48.10	Moumin Geele (Newham & Essex Beagles)		4	3Nov2007	
14:49	Kevin Lamb (Tipton H)		3	12Feb1994	
14:49	Michael Watson (Bingley H)		4	8Nov2003	
	14:56.05		1	3Nov2007	
14:49	Rob Whalley (Bristol & West AC)		4	12Nov2005	
	14:58 (City of Stoke AC)		3	20Mar1993	
14:49.00	Andy Baddeley (Harrow AC)		1	3Nov2007	
14:50	Mark Hudspith (Morpeth H & AC)		4	12Feb1994	
	14:57		4	20Mar1993	
	14:59		4	8Nov2003	
14:50	Elijah Wander (Birchfield H)		2	8Nov2003	
14:50.70	M Goodliffe (Holmfirth H)		1	4Nov2006	
14:51	Jeremy Barton (Blackheath H)		3	18Mar1989	
14:51	Billy Dee (Luton U)		3	18Mar1989	
14:51	Mark Dalloway (Stourport)		4	18Mar1989	
	14:53		4	14Mar1992	
	14:58		4	16Mar1991	
14:51	Shaun Creighton (Australia)		1	20Mar1993	
14:51	John Sherban (Shaftesbury Barnet H)		4	12Feb1994	
	14:54		4	24Mar1990	
14:51.65	Adam Bowden (Harrow AC)		2	3Nov2007	
	14:55.35		1	1Nov2008	
14:51.75	C Parr (Gateshead H & AC)		1	3Nov2007	
14:51.90	T Minshull (Trafford AC)		4	3Nov2007	
14:52	Dale Laughlin (Chelmsford AC)		2	20Mar1993	
14:52.25	Ryan McLeod (Loughborough Uni)		2	3Nov2007	

14:52.35	Phil Nicholls (Tipton H)	4	3Nov2007	incomplete B – Peter Willis (96)	-	4Nov2006
14:53	Spencer Newport (Blackheath H)	4	12Feb1994	incomplete B – Stephen Sharp (38)	-	5Nov2011
14:54	Ashworth Laukam (Tipton H)	4	16Mar1991			
14:54	Steffan White (Coventry Godiva H)	3	16Mar1996	Fastest teams to 1:02:00		
14:54	Nick Talbot (Notts AC)	2	12Nov2005	59:24	Australia	guests 20Mar1993
14:56	Stephen Sharp (Belgrave H)	1	8Nov2003		1:00:07 'B'	guests 20Mar1993
14:56.25	Jason Ward (Altrincham & Dist AC)	2	4Nov2006		1:01:51	guests 18Mar1995
	15:00	3	12Nov2005	59:36	Belgrave H	1 8Nov2003
14:57	Wayne Larden (Australia)	2	20Mar1993		1:00:04.10	1 3Nov2007
14:57	Stuart Stokes (Sale H Manchester)	1	12Nov2005		1:00:49	5 16Mar1996
14:57.80	Ben Tickner (Wells City H)	2	3Nov2007		1:01:12	2 6Nov2004
	14:58.85	1	1Nov2008		1:01:42.35	8 4Nov2006
14:58	Ian Manners (Highgate H)	2	16Mar1991		1:01:47	8 12Nov2005
14:58	Colin Moore (Bingley H)	3	16Mar1996	59:56	Bingley H	1 16Mar1996
14:58	Alistair Russell (Border H)	2	16Mar1996		1:00:43	2 16Mar1991
14:58	Dave Mitchinson (Newham & Essex Beagles)	4	8Nov2003		1:01:17	4 20Mar1993
14:58.05	Neilson Hall (Bedford & County AC)	4	1Nov2008		1:01:33	7 8Nov2003
14:58.15	Andi Jones (Salford H)	2	1Nov2008	59:56	Coventry Godiva H	2 16Mar1996
14:58.25	Matthew Janes (Bedford & County AC)	2	3Nov2007	1:00:04	Morpeth H & AC	1 12Feb1994
14:58.25	Matt Draper (Bedford & County AC)	3	6Nov2010		1:00:14	2 8Nov2003
14:58.30	Scott Overall (Blackheath & Bromley HAC)	4	31Oct2009		1:00:34	1 12Nov2005
14:58.50	Mitch Goose (City of Norwich AC)	1	31Oct2009		1:00:42	1 20Mar1993
14:58.85	Keith Gerrard (Newham & Essex Beagles)	4	1Nov2008		1:01:03.25	4 4Nov2006
14:58.95	R Stevenson (New Marske H)	1	31Oct2009		1:01:06	1 6Nov2004
14:59	Peter Tootell (Stretford)	2	16Mar1991		1:01:33	1 9Nov2002
14:59	Julian Paynter (Australia)	3	20Mar1993		1:01:36.30	3 1Nov2008
14:59	Peter O'Donoghue (Australia)	4	20Mar1993		1:01:39.50	4 31Oct2009
14:59	Ian Hudspith (Morpeth H & AC)	2	12Feb1994		1:02:00	5 14Mar1992
14:59	Sean Fenwick (Tipton H)	4	16Mar1996	1:00:10	Shaftesbury Barnet H	2 12Feb1994
14:59	Mark Miles (Belgrave H)	4	6Nov2004		1:01:52	3 24Mar1990
14:59.00	L Turner (Staffs Moorlands)	1	4Nov2006		1:01:57	4 14Mar1992
14:59.45	Billy Farquharson (Notts AC)	3	3Nov2007	1:00:14	Blackheath H	3 12Feb1994
14:59.45	Nick McCormick (Morpeth H & AC)	1	31Oct2009		1:01:15	2 16Mar1989
15:00	Rod de Highden (Australia)	1	20Mar1993		1:01:30	8 16Mar1991
15:00	Kevin Shepherd (Aldershot Farnham & Dist AC)	3	12Nov2005		1:01:35.65	2 31Oct2009
					1:01:39.85	2 6Nov2010
				1:00:15	Border H	3 16Mar1996
				1:00:15	Aldershot Farnham & Dist AC	3 8Nov2003
					1:00:47.20	2 4Nov2006
					1:00:59	2 12Nov2005
					1:01:08.35	8 3Nov2007
					1:01:49	3 9Nov2002
					1:01:53.60	7 31Oct2009
					1:01:57	4 6Nov2004
				1:00:22.45	Leeds City AC	2 3Nov2007
					1:01:29	6 12Feb1994
					1:01:56	10 8Nov2003
				1:00:28	Tipton H	4 16Mar1996
					1:00:38	4 12Feb1994
					1:00:44	3 16Mar1991
					1:00:54.05	3 4Nov2006
					1:01:09	4 12Nov2005
					1:01:33	1 14Mar1992
					1:01:42	7 20Mar1993
					1:01:44.35	6 31Oct2009
					1:01:45	5 18Mar1989
					1:01:47	2 24Mar1990
					1:01:59.55	10 3Nov2007
				1:00:29.95	Bedford & County AC	3 3Nov2007
					1:00:58.65	1 6Nov2010
					1:01:07.55	6 4Nov2006
					1:01:09.80	1 1Nov2008
					1:01:12.75	1 31Oct2009
					1:01:30	6 8Nov2003
				1:00:31.15	Notts AC	4 3Nov2007
					1:01:36	8 8Nov2003
					1:01:38	7 12Nov2005
					1:01:43.50	4 1Nov2008
					1:01:44.40	3 6Nov2010
				1:00:32.50	Wells City H	5 3Nov2007
				1:00:33	Stourport AC	1 16Mar1991
					1:01:04	1 18Mar1989
					1:01:25	2 14Mar1992
				1:00:38.65	Newham & Essex Beagles	6 3Nov2007
					1:00:42.85	1 4Nov2006
					1:01:19	5 12Nov2005
					1:01:29.20	2 1Nov2008
					1:01:38	9 8Nov2003
					1:01:59	4 9Nov2002
				1:00:43	Chelmsford AC	2 20Mar1993
				1:00:44	Salford H	4 16Mar1991
					1:00:47	5 12Feb1994
					1:01:05	4 8Nov2003
					1:01:30	1 24Mar1990
				1:01:03	Copeland	5 16Mar1991
				1:01:04.50	Bristol & West AC	7 3Nov2007
					1:01:37.15	3 31Oct2009
					1:01:56	9 12Nov2005

Of the above 139 fastest times, 46 (33%) were achieved on stage 4, 39 (28%) on stage 2, 28 (20%) on stage 3 and 26 (19%) on stage 1.

The most prolific individuals producing a time of 15:00 or faster

7	Michael Skinner (Blackheath & Bromley H)
5	Steve Vernon (Stockport H & AC)
4	Glyn Tromans (Coventry Godiva H)
	Nick McCormick (Morpeth H & AC)
3	Chris Thompson (Aldershot Farnham & Dist AC)
	John Downes (London Irish AC)
	Mark Hudspith (Morpeth H & AC)
	Mark Dalloway (Stourport)
	Dominic Bannister (Shaftesbury Barnet H)

Course record progression - individuals

14:51	Jeremy Barton (Blackheath H)	3	18Mar1989
14:51	Billy Dee (Luton U)	3	18Mar1989
14:51	Mark Dalloway (Stourport)	4	18Mar1989
14:35	Paul Taylor (Copeland)	3	16Mar1991
14:35	Dominic Bannister (Shaftesbury Barnet H)	2	12Feb1994
14:32	Glyn Tromans (Coventry Godiva H)	4	16Mar1996
14:25	Peter Riley (Trafford AC)	3	8Nov2003
14:18	Chris Thompson (Aldershot Farnham & Dist AC)	4	8Nov2003

Belgrave Teams

59:36	A – Stephen Sharp (2), Spencer Barden (1), Paul Freary (1), David Anderson	1	8Nov2003
1:00:04.10	A – Stephen Sharp (6), Mark Pollard (4), Mark Miles (2), Phil Wicks	1	3Nov2007
1:00:49	A – Graham Adams (17), Matt Yates (11), Darren Mead (6), Gary Staines	5	16Mar1996
1:01:12	A – Kevin Nash (11), Jonathan Blackledge (8), Stephen Sharp (2), Mark Miles	2	6Nov2004
1:01:42.35	A – Dave Anderson (9), Neil Speaight (6), Phil Wicks (10), Stephen Sharp	8	4Nov2006
1:01:47	A – Paul Freary (23), Phil Wicks (13), Alaster Stewart (9), Stephen Sharp	8	12Nov2005
1:02:00.40	A – Stephen Sharp (31), Nick Goolab (16), Simon Jones (9), Phil Wicks	8	31Oct2009
1:02:10	B – Will Cockerell (30), Richard Ward (19), Jonathan Blackledge (14), Tim Watson	13	8Nov2003
1:02:19.95	A – Nick Goolab (1), Stephen Sharp (12), Simon Jones (7), Paskar Owor	5	6Nov2010
1:02:57.10	A – Paul Freary (75), Stephen Sharp (34), Nick Goolab (17), Phil Wicks	7	1Nov2008
1:05:14.10	B – Neil Speaight (45), Phil Burkart (34), Nick Goolab (31), James Fairbourn	36	3Nov2007
1:06:18.85	A – M Mulhare (2), J Kelly (14), P Owor (14), D Mulhare	8	5Nov2011
incomplete B	– Shugri Omar (22), Jonathan Blackledge (10), Peter Willis (17)	-	12Nov2005
incomplete B	– Roger Alsop (57)	-	6Nov2004

1:01:04.90	Sale H Manchester	5	4Nov2006
	1:01:31	6	12Nov2005
	1:01:39.30	9	3Nov2007
1:01:06	London Irish AC	3	20Mar1993
	1:01:35	2	9Nov2002
	1:01:37	9	16Mar1991
	1:01:41	3	14Mar1992
1:01:07	Altrincham & Dist AC	3	12Nov2005
	1:01:36.00	7	4Nov2006
	1:01:44	3	6Nov2004
1:01:09	Trafford AC	5	8Nov2003
	1:01:37	5	20Mar1993
1:01:11	Loughborough University	6	16Mar1996
1:01:14	Omega	6	16Mar1991
1:01:19	Highgate H	7	16Mar1991
	1:01:42	4	18Mar1989
1:01:36	Stretford AC	3	18Mar1989
1:01:38	Boxhill Runners	6	20Mar1993
1:01:52	Birchfield H	7	16Mar1996
	1:01:57	1	14Nov1998
1:01:53	GEC Avionics	7	12Feb1994
1:01:42.10	Derby AC	5	31Oct2009
	1:01:59	10	12Nov2005

The most prolific club producing a time of 1:02 or faster

11	Tipton H
10	Morpeth H & AC
7	Aldershot Farnham & Dist AC
6	Belgrave H
	Newham & Essex Beagles
	Bedford & County AC
5	Blackheath & Bromley H
	Notts AC
4	Bingley H
	London Irish
	Salford H
3	Altrincham & Dist AC
	Leeds City AC
	Sale H Manchester
	Shaftesbury Barnet H
	Stourport AC
	Bristol & West AC
2	Birchfield H
	Highgate H
	Leeds City AC
	Trafford AC
	Derby AC

Course record progression - clubs

1:01:04	Stourport AC	18Mar1989
1:00:33	Stourport AC	16Mar1991
1:00:04	Morpeth H & AC	12Feb1994
59:56	Bingley H	16Mar1996
59:56	Coventry Godiva H	16Mar1996
59:36	Belgrave H	08Nov2003

Sources

Athletics Weekly – 1985/11/30 p46-49; 1987/10/29 p10-12; 1989/03/22 p5; 1990/03/28 p29,32; 1991/03/20 p10; 1992/03/18 p24-25; 1993/03/24 p3-7; 1994/02/16 p8-9; 1995/03/22 p33; 1996/03/20 p24-5; 1997/02/19 p40-41; 1998/02/25 p2-5; 1998/11/18 p4-9; 1999/11/17 p38-41, 51-52; 2000/11/15 p25-29; 2001/11/14 p30-35; 2002/11/13 p22-27; 2003/11/12 p26-33; 2004/11/10 p28-33; 2005/11/16 p12-18; 2006/11/09 p18-23. G.J. Fecitt (SportSoft) <http://www.race-results.co.uk/results/> 1998-2005. United Kingdom Track and Field All-Time Lists: <http://www.gbrathletics.com/bc/xc.htm>. English Cross Country Association: <http://www.englishcrosscountry.co.uk> (2000-2011).