

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 have 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.

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 H 33:16	Birchfield H 33:31	Stretford AC 33:38
1988	no race	—	—	—
1989	Mansfield	Stourport AC 61:04	Blackheath H 61:15	Stretford AC 61:36
1990	Mansfield	Salford H 61:30	Tipton H 61:47	Shaftesbury Barnet H 61:52
1991	Mansfield	Stourport AC 60:33	Bingley H 60:43	Tipton H 60:44
1992	Mansfield	Tipton H 61:11	Stourport AC 61:25	London Irish AC 61:41
1993	Mansfield	Morpeth H & AC 60:42	Chelmsford AC 60:43	London Irish AC 61:06
1994	Mansfield	Morpeth H & AC 60:04	Shaftesbury Barnet H 60:10	Blackheath H 60:14
1995	Mansfield	Bingley H 62:08	Coventry Godiva H 62:18	Morpeth H & AC 62:22
1996	Mansfield	Bingley H 59:56	Coventry Godiva H 59:56	Border H 60:15
1997	Mansfield	Morpeth H & AC 62:15	Bingley H 62:20	Sale H Manchester 62:29
1998/02	Mansfield	Bingley H 63:00	Morpeth H & AC 63:21	Loughborough University 63:25
1998/11	Mansfield	Birchfield H 61:57	Shaftesbury Barnet H 62:21	Salford H 62:44
1999	Mansfield	Bingley H 62:34	Salford H 62:54	Birchfield H 62:56
2000	Mansfield	Borough of Hounslow AC 64:27	Morpeth H & AC 64:48	Leeds City AC 65:19
2001	Mansfield	Salford H 62:06	Shaftesbury Barnet H 62:22	Newham & Essex Beagles 62:38
2002	Mansfield	Morpeth H & AC 61:33	London Irish AC 61:35	Aldershot Farnham & D AC 61:49
2003	Mansfield	Belgrave H 59:36	Morpeth H & AC 60:14	Aldershot Farnham & D AC 60:15
2004	Mansfield	Morpeth H & AC 61:06	Belgrave H 61:12	Altrincham & Dist 61:44
2005	Mansfield	Morpeth H & AC 60:34	Aldershot Farnham & D AC 60:59	Altrincham & Dist 61:07
2006	Mansfield	Newham & Essex Beagles 60:43	Aldershot Farnham & D AC 60:48	Tipton H 60:55
2007	Mansfield	Belgrave H 60:05	Leeds City AC 60:23	Bedford & County AC 60:30

Most successful clubs (medals table)

	Gold	Silver	Bronze	Total
Morpeth H & AC	6	3	1	10
Bingley H	4	2	-	6
Salford H	3	1	1	5
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	2
Borough of Hounslow AC	1	-	-	1
Aldershot Farnham & D AC	-	3	2	5
Coventry Godiva H	-	2	-	2
London Irish	-	1	2	3
Blackheath H	-	1	1	2
Leeds City AC	-	1	1	2
Chelmsford AC	-	1	-	1
Altrincham & Dist AC	-	-	2	2
Stretford AC	-	-	2	2
Bedford & County AC	-	-	1	1
Border H	-	-	1	1
Cornwall AC	-	-	1	1
Loughborough University	-	-	1	1
Sale H Manchester	-	-	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	1	2	2	1	122
Bingley H	4	2	.	2	1	1	2	1	.	.	94
Tipton H	1	1	2	3	2	.	1	2	2	3	85
Salford H	3	1	1	2	2	.	1	.	2	1	82
Shaftesbury Barnet H	1	3	1	2	1	.	.	.	2	.	69
Aldershot Farnham & D AC	.	3	2	1	.	1	.	1	.	1	59
Blackheath & Bromley H	.	1	1	1	2	.	1	1	2	.	47
Birchfield H	1	1	1	1	.	.	3	.	.	.	46
Sale H Manchester	.	.	1	1	1	3	.	1	3	1	46
Newham & Essex Beagles	1	.	1	2	1	1	.	.	1	.	45
Belgrave H	2	1	.	.	1	.	.	2	.	.	41
Coventry Godiva H	.	2	.	.	2	.	1	.	1	.	36
Leeds City AC	.	1	1	.	.	2	.	1	1	1	33

London Irish AC	.	1	2	.	1	.	.	.	1	.	33
Stourport AC	2	1	1	.	.	.	33
Notts AC	.	.	.	1	.	1	1	2	.	.	22
Border H	.	.	1	.	1	.	1	2	.	2	21
Southampton RC	.	.	.	1	.	2	1	.	.	.	21
Altrincham & Dist AC	.	.	2	.	.	.	1	.	.	.	20
Bedford & County AC	.	.	1	.	.	2	18
Highgate H	.	.	.	1	1	.	1	.	.	1	18
Chelmsford AC	.	1	.	.	.	1	.	1	.	.	17
Stretford AC	.	.	2	1	17
Trafford AC	2	.	1	.	.	.	16
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 Sheffield AC	1	1	.	.	7
Derby & County AC	1	1	2	7
Telford AC	1	1	.	.	7
Bristol & West AC	1	.	1	.	6
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
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
Bolton United H	1	2
Cannock & Stafford	1	2
Dartford H	1	2
OWLS AC	1	2
Windsor, Slough & Eton AC	1	2
Blackburn H	1	1
Liverpool H	1	1
Mansfield H AC	1	1
Rowntrees 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 1989-2006

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
15:08 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
15:16			4a	12Nov2005
14:59	Mark Miles	24.03.77	4a	6Nov2004
15:04.55			3a	7Nov2007
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
15:17	Darren Mead	04.10.68	3a	16Mar1996
15:23	Tim Watson	28.06.73	4b	8Nov2003
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
15:38	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
16:09.20	Nick Goolab	U20 30.01.90	3b	3Nov2007
16:18	Peter Willis	04.05.82	3b	12Nov2005
17:28.65			1b	4Nov2006
16:50	Roger Alsop	16.01.65	1b	6Nov2004
16:58.30	James Fairbourn	U23 26.06.87	4b	3Nov2007

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
14:35	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
14:52.20		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 (Holmfrith 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
14:51.75	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
14:53	Spencer Newport (Blackheath H)	4	12Feb1994
14:54	Ashworth Laukam (Tipton H)	4	16Mar1991
14:54	Steffan White (Coventry Godiva H)	3	16Mar1996
14:54	Nick Talbot (Notts AC)	2	12Nov2005
14:56	Stephen Sharp (Belgrave H)	1	8Nov2003
14:56.25	Jason Ward (Altrincham & Dist AC)	2	4Nov2006
15:00		3	12Nov2005
14:57	Wayne Larden (Australia)	2	20Mar1993
14:57	Stuart Stokes (Sale H Manchester)	1	12Nov2005
14:57.80	Ben Tickner (Wells City H)	2	3Nov2007
14:58	Ian Manners (Highgate H)	2	16Mar1991
14:58	Colin Moore (Bingley H)	3	16Mar1996
14:58	Alistair Russell (Border H)	2	16Mar1996
14:58	Dave Mitchinson (Newham & Essex Beagles)	4	8Nov2003
14:58.25	Matthew Janes (Bedford & County AC)	2	3Nov2007
14:59	Peter Tootell (Stretford)	2	16Mar1991
14:59	Julian Paynter (Australia)	3	20Mar1993
14:59	Peter O'Donoghue (Australia)	4	20Mar1993
14:59	Ian Hudspith (Morpeth H & AC)	2	12Feb1994
14:59	Sean Fenwick (Tipton H)	4	16Mar1996
14:59	Mark Miles (Belgrave H)	4	6Nov2004
14:59.00	L Turner (Staffs Moorlands)	1	4Nov2006
14:59.45	Billy Farquharson (Notts AC)	3	3Nov2007
15:00	Rod de Highden (Australia)	1	20Mar1993
15:00	Kevin Shepherd (Aldershot Farnham & Dist AC)	3	12Nov2005

Of the above 100 fastest times, 38 (38%) were achieved on stage 4, 28 (28%) on stage 2, 20 (20%) on stage 3 and 14 (14%) on stage 1.

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

5	Michael Skinner (Blackheath & Bromley H)
4	Glyn Tromans (Coventry Godiva H)
	Steve Vernon (Stockport H & AC)
3	Chris Thompson (Aldershot Farnham & Dist AC)
	John Downes (London Irish AC)
	Mark Hudspith (Morpeth H & AC)
	Mark Dalloway (Stourport)
	Steve Vernon (Stockport H & AC)
	Nick McCormick (Morpeth H & AC)
	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
 1:02:10 B – Will Cockerell (30), Richard Ward (19), Jonathan Blackledge (14), Tim Watson 13 8Nov2003
 1:05:14.10 B – Neil Speaight (45), Phil Burkart (34), Nick Goolab (31), James Fairbourn 36 3Nov2007
 incomplete B – Shugri Omar (22), Jonathan Blackledge (10), Peter Willis (17) - 12Nov2005
 incomplete B – Roger Alsop (57) - 6Nov2004
 incomplete B – Peter Willis (96) - 4Nov2006

Fastest teams to 1:02:00

59:24 Australia guests 20Mar1993
 1:00:07 'B' guests 20Mar1993
 1:01:51 guests 18Mar1995
 59:36 Belgrave H 1 8Nov2003
 1:00:04.10 1 3Nov2007
 1:00:49 5 16Mar1996
 1:01:12 2 6Nov2004
 1:01:42.35 8 4Nov2006
 1:01:47 8 12Nov2005
 59:56 Bingley H 1 16Mar1996
 1:00:43 2 16Mar1991
 1:01:17 4 20Mar1993
 1:01:33 7 8Nov2003
 59:56 Coventry Godiva H 2 16Mar1996
 1:00:04 Morpeth H & AC 1 12Feb1994
 1:01:03.25 4 4Nov2006
 1:00:14 2 8Nov2003
 1:00:34 1 12Nov2005
 1:00:42 1 20Mar1993
 1:01:06 1 6Nov2004
 1:01:33 1 9Nov2002
 1:02:00 5 14Mar1992
 1:00:10 Shaftesbury Barnet H 2 12Feb1994
 1:01:52 3 24Mar1990
 1:01:57 4 14Mar1992
 1:00:14 Blackheath H 3 12Feb1994
 1:01:15 2 18Mar1989
 1:01:30 8 16Mar1991
 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
 1:01:57 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
 1:01:45 5 18Mar1989
 1:01:47 2 24Mar1990
 1:01:59.55 10 3Nov2007
 1:00:29.95 Bedford & County AC 3 3Nov2007
 1:01:07.55 6 4Nov2006
 1:01:30 6 8Nov2003
 1:00:31.15 Notts AC 4 3Nov2007
 1:01:36 8 8Nov2003
 1:01:38 7 12Nov2005
 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
 1:01:38 9 8Nov2003

1:01:59 4 9Nov2002
 Chelmsford AC 2 20Mar1993
 1:00:43 Salford H 4 16Mar1991
 1:00:44 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
 1:01:56 9 12Nov2005
 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
 1:01:59 Derby AC 10 12Nov2005

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

10 Tipton H
 8 Morpeth H & AC
 6 Aldershot Farnham & Dist AC
 Belgrave H
 5 Newham & Essex Beagles
 4 Bingley H
 London Irish
 Salford H
 3 Altrincham & Dist AC
 Bedford & County AC
 Blackheath & Bromley H
 Leeds City AC
 Notts AC
 Sale H Manchester
 Shaftesbury Barnet H
 Stourport AC
 2 Birchfield H
 Bristol & West AC
 Highgate H
 Leeds City AC
 Trafford 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; 1994/02/19 p8-9; 1995/03/22 p33; 1996/03/20 p24-5; 1997/02/18 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/>, 1998-2006.
 United Kingdom Track and Field All-Time Lists: <http://www.gbrathletics.com/bc/xc.htm>.