

Championship results

Crystal Palace

| | | | | | | |
|-----------|-------------------------------|---------|-------------------------------|---------|----------------------|---------|
| 29Sep1979 | Cambridge & Coleridge AC | 2:01:05 | Invicta AC | 2:03:05 | Walton AC | 2:04:42 |
| 04Oct1980 | Cambridge Harriers | 2:02:56 | Aldershot, Farnham & Dist. AC | 2:03:44 | Shaftesbury Harriers | 2:03:51 |
| 03Oct1981 | Aldershot, Farnham & Dist. AC | 2:00:42 | Ilford AC | 2:02:24 | Elliott AC | 2:03:05 |
| 02Oct1982 | Shaftesbury Harriers | 2:01:18 | Aldershot, Farnham & Dist. AC | 2:01:34 | Ilford AC | 2:02:17 |
| 25Sep1983 | Aldershot, Farnham & Dist. AC | 2:01:46 | Epsom & Ewell H | 2:02:21 | Invicta AC | 2:02:37 |

Thamesmead

| | | | | | | |
|-----------|-----------------|---------|-------------------------------|---------|----------------------|---------|
| 06Oct1984 | Luton United AC | 1:39:06 | Aldershot, Farnham & Dist. AC | 1:39:15 | Bournemouth AC | 1:39:21 |
| 05Oct1985 | Luton United AC | 1:38:59 | Aldershot, Farnham & Dist. AC | 1:39:43 | Shaftesbury Harriers | 1:39:59 |

Luton Hoo

| | | | | | | |
|-----------|-------------------------------|----------------------|-----------------------------|---------|-----------------|---------|
| 05Oct1986 | Luton United AC | 1:56:08 ¹ | Highgate Harriers | 1:57:42 | Ilford AC | 1:59:01 |
| 04Oct1987 | Aldershot, Farnham & Dist. AC | 2:06:15 | Shaftesbury Barnet Harriers | 2:06:30 | Exeter Harriers | 2:06:54 |

Rushmoor Arena, near Aldershot

| | | | | | | |
|-----------|-------------------------------------|---------|-------------------------------|---------|-------------------------------|---------|
| 24Sep1988 | Luton United AC | 1:51:45 | Aldershot, Farnham & Dist. AC | 1:51:50 | Exeter Harriers | 1:52:08 |
| 30Sep1989 | Highgate Harriers | 1:48:56 | Brighton & Hove AC | 1:49:21 | Aldershot, Farnham & Dist. AC | 1:49:28 |
| 29Sep1990 | Highgate Harriers | 1:48:52 | Boxhill Racers | 1:50:57 | Aldershot, Farnham & Dist. AC | 1:51:07 |
| 28Sep1991 | London Irish AC | 1:50:17 | Shaftesbury Barnet Harriers | 1:50:19 | Highgate Harriers | 1:50:30 |
| 26Sep1992 | London Irish AC | 1:49:31 | Shaftesbury Barnet Harriers | 1:49:42 | Highgate Harriers | 1:51:01 |
| 25Sep1993 | Southampton City | 1:49:18 | Borough of Hounslow AC | 1:49:28 | London Irish AC | 1:49:35 |
| 24Sep1994 | Southampton City | 1:49:26 | Blackheath Harriers | 1:50:30 | Boxhill Racers | 1:50:34 |
| 23Sep1995 | Southampton City | 1:49:43 | Blackheath Harriers | 1:50:00 | Borough of Hounslow AC | 1:51:09 |
| 28Sep1996 | Chelmsford AC | 1:50:06 | Blackheath Harriers | 1:50:15 | Southampton RC | 1:50:18 |
| 27Sep1997 | Southampton RC | 1:48:25 | London Irish AC | 1:48:57 | Borough of Hounslow AC | 1:51:35 |
| 26Sep1998 | Southampton RC | 1:50:33 | Vauxhall AC | 1:53:17 | Shaftesbury Barnet Harriers | 1:53:26 |
| 25Sep1999 | Aldershot, Farnham & Dist. AC | 1:51:56 | Swindon AC | 1:52:01 | Vauxhall AC | 1:52:11 |
| 30Sep2000 | Borough of Hounslow AC | 1:50:39 | Thames Hare & Hounds | 1:51:59 | Aldershot, Farnham & Dist. AC | 1:52:26 |
| 29Sep2001 | Windsor, Slough, Eton & Hounslow AC | 1:49:52 | Newham & Essex Beagles | 1:51:57 | Belgrave Harriers | 1:52:32 |
| 28Sep2002 | Belgrave Harriers | 1:49:56 | Medway & Maidstone AC | 1:51:28 | Newham & Essex Beagles | 1:51:37 |
| 27Sep2003 | Belgrave Harriers | 1:49:47 | Bedford & County AC | 1:50:27 | Aldershot, Farnham & Dist. AC | 1:50:28 |
| 25Sep2004 | Belgrave Harriers | 1:50:00 | Highgate Harriers | 1:51:07 | Aldershot, Farnham & Dist. AC | 1:51:18 |
| 24Sep2005 | Belgrave Harriers | 1:49:18 | Wells City Harriers | 1:50:34 | Aldershot, Farnham & Dist. AC | 1:51:26 |
| 23Sep2006 | Newham & Essex Beagles | 1:49:20 | Wells City Harriers | 1:50:27 | Belgrave Harriers | 1:51:48 |
| 29Sep2007 | Belgrave Harriers | 1:49:39 | Newham & Essex Beagles | 1:50:44 | Bedford & County AC | 1:51:47 |
| 27Sep2008 | Belgrave Harriers | 1:50:24 | Aldershot, Farnham & Dist. AC | 1:50:35 | Newham & Essex Beagles | 1:52:03 |
| 27Sep2009 | Aldershot, Farnham & Dist. AC | 1:49:28 | Belgrave Harriers | 1:50:30 | Newham & Essex Beagles | 1:50:54 |
| 26Sep2010 | Aldershot, Farnham & Dist. AC | 1:49:21 | Belgrave Harriers | 1:50:26 | Newham & Essex Beagles | 1:51:07 |

Most successful clubs

Top ten finishers (10 pts for 1st place through to 1 pt for 10th, B teams included where they make the first ten)

| | 1 st 10pts | 2 nd 9pts | 3 rd 8pts | 4 th 7pts | 5 th 6pts | 6 th 5pts | 7 th 4pts | 8 th 3pts | 9 th 2pts | 10 th 1pt | Total |
|---|--------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------|
| Aldershot, Farnham & Dist. AC | 6 | 6 | 6 | 5 | 6 | 2 | 2 | 2 | 1 | | 251 |
| Shaftesbury Barnet Harriers (Shaftesbury H pre-1987) | 1 | 3 | 2 | 3 | 5 | 2 | 3 | | | 1 | 127 |
| Belgrave Harriers | 6 | 2 | 2 | 1 | | | | | 2 | 1 | 106 |
| Newham & Essex Beagles | 1 | 2 | 4 | 2 | | 2 | 1 | | | 1 | 89 |
| London Irish AC | 2 | 1 | 1 | 2 | 3 | 1 | 1 | | 1 | 1 | 81 |
| Highgate Harriers | 2 | 2 | 2 | | 1 | | 1 | 2 | 1 | 2 | 74 |
| Blackheath & Bromley Harriers (Blackheath Harriers) | | 3 | | 1 | 1 | | 4 | 2 | 2 | | 66 |
| Bedford & County AC | | 1 | 1 | 3 | | 1 | 3 | | 3 | 2 | 63 |
| Invicta AC (Invicta East Kent AC from '84) | | 1 | 1 | 4 | | 1 | 2 | 1 | | | 61 |
| Brighton & Hove AC | | 1 | 1 | 2 | 2 | 1 | 1 | | | | 52 |
| Thames Valley Harriers (Puma TVH) | | | | | 2 | 6 | 1 | 1 | 1 | 1 | 52 |
| Luton United AC | 4 | | | | 1 | | 1 | | | | 50 |
| Borough of Hounslow AC | 1 | 1 | 2 | | 1 | | 1 | | 1 | | 47 |
| Southampton City AC (Team Southampton from 2004) | 3 | | | 1 | | | | | 2 | | 41 |
| Boxhill Racers | | 1 | 1 | 1 | | 3 | | | | 1 | 40 |
| Southampton RC | 2 | | 1 | | | | | 2 | 1 | | 36 |
| Wells City Harriers | | 2 | | 1 | 1 | | | | 1 | | 33 |
| Cambridge H | 1 | | | 1 | 2 | | | 1 | | | 32 |
| Ilford AC | | 1 | 2 | | | | 1 | | | | 29 |
| Bournemouth AC | | | 1 | 1 | 1 | 1 | | 1 | | | 29 |
| Thames Hare & Hounds | | 1 | | 1 | | 1 | | 1 | 1 | | 26 |
| Chelmsford AC | 1 | | | | | 1 | 1 | | 1 | | 21 |
| Exeter Harriers | | | 2 | | | 1 | | | | | 21 |
| Windsor, Slough, Eton & Hounslow AC | 1 | | | | 1 | | | 1 | | 1 | 20 |
| Bideford AAC | | | | | | 1 | | 4 | | 2 | 19 |
| Harrow AC | | | | | 1 | 1 | 1 | 1 | | | 18 |
| Medway & Maidstone AC | | 1 | | | 1 | | | | 1 | | 17 |
| Vauxhall AC | | 1 | 1 | | | | | | | | 17 |
| Herne Hill Harriers | | | | 1 | | 1 | 1 | | | 1 | 17 |
| Kent AC | | | | | 2 | | | 1 | | 1 | 16 |
| Portsmouth AC | | | | | | 1 | 2 | | 1 | | 15 |
| Epsom & Ewell H | | 1 | | | | | 1 | | | | 13 |
| Cambridge & Coleridge AC | 1 | | | | | | | | 1 | | 12 |
| Swindon Harriers (Swindon AC) | | 1 | | | | | | 1 | | | 12 |
| Elliott AC | | | 1 | | | | | 1 | | 1 | 12 |
| Woodford Green with Essex Ladies AC (prev. Woodford Green AC) | | | | | | 1 | 1 | 1 | | | 12 |
| Tonbridge AC | | | | | | 1 | | | 2 | 2 | 11 |
| Walton AC | | | 1 | | | | | | | 1 | 9 |
| Cornwall AC | | | | | | 1 | | 1 | | | 8 |
| Duchy of Cornwall AC (Cornwall AC from '84) | | | | | | 1 | | 1 | | | 8 |

| | | | |
|---|---|---|---|
| Hastings AC | 1 | 1 | 8 |
| Verlea AC | 2 | 1 | 8 |
| Winchester & Dist. AC | 1 | 1 | 8 |
| City of Norwich AC | 2 | 2 | 8 |
| Basildon AAC | 1 | 7 | 7 |
| Hercules Wimbledon AC | 1 | 1 | 7 |
| Oxford City AC | 1 | 1 | 7 |
| City of Plymouth AC | 1 | 1 | 6 |
| Dartford Harriers | 1 | 1 | 6 |
| Hillingdon AC | 1 | 1 | 5 |
| Ranelagh H | 1 | 1 | 4 |
| Reading AC | 1 | 1 | 4 |
| Bracknell AC | 1 | 1 | 3 |
| South London Harriers | 1 | 1 | 3 |
| West Cornwall AC (Cornwall AC from '84) | 1 | 1 | 3 |
| Norfolk Olympiads | 1 | 1 | 2 |
| North London AC (a constituent of London Heathside from 2000) | 2 | 1 | 2 |
| Southampton & Eastleigh AC (a constituent of T. Southampton) | 1 | 1 | 2 |
| Basingstoke & Mid Hants. AC | 1 | 1 | 1 |
| Crawley AC | 1 | 1 | 1 |
| Havant AC | 1 | 1 | 1 |
| Phoenix AC | 1 | 1 | 1 |

Most successful clubs

Medals table

| | Gold | Silver | Bronze | Total |
|-------------------------------------|------|--------|--------|-------|
| Aldershot, Farnham & Dist. AC | 6 | 6 | 6 | 18 |
| Belgrave Harriers | 6 | 2 | 2 | 10 |
| Luton United AC | 4 | - | - | 4 |
| Southampton City AC | 3 | - | - | 3 |
| Highgate Harriers | 2 | 2 | 2 | 6 |
| London Irish AC | 2 | 1 | 1 | 4 |
| Southampton RC | 2 | - | 1 | 3 |
| Shaftesbury Barnet Harriers | 1 | 3 | 3 | 7 |
| Newham & Essex Beagles | 1 | 2 | 4 | 9 |
| Borough of Hounslow AC | 1 | 1 | 2 | 4 |
| Cambridge & Coleridge AC | 1 | - | - | 1 |
| Cambridge Harriers | 1 | - | - | 1 |
| Chelmsford AC | 1 | - | - | 1 |
| Windsor, Slough, Eton & Hounslow AC | 1 | - | - | 1 |
| Blackheath Harriers | - | 3 | - | 3 |
| Wells City Harriers | - | 2 | - | 2 |
| Ilford AC | - | 1 | 2 | 4 |
| Bedford & County AC | - | 1 | 1 | 2 |
| Boxhill Racers | - | 1 | 1 | 2 |
| Invicta AC | - | 1 | 1 | 2 |
| Vauxhall AC | - | 1 | 1 | 2 |
| Brighton & Hove AC | - | 1 | - | 1 |
| Epsom & Ewell H | - | 1 | - | 1 |
| Medway & Maidstone AC | - | 1 | - | 1 |
| Swindon AC | - | 1 | - | 1 |
| Thames Hare & Hounds | - | 1 | - | 1 |
| Exeter Harriers | - | - | 2 | 2 |
| Bournemouth AC | - | - | 1 | 1 |
| Elliott AC | - | - | 1 | 1 |
| Walton AC | - | - | 1 | 1 |

Crystal Palace, 1979 to 1983

The Southern Counties A.A.A. 6-Stage Road Relay slipped into the fixture list at Crystal Palace in 1979 with apparently little in the way of a fanfare. The Northern Counties had been promoting such a race since 1969, the first year of the National 6-Stage Road Relay Championship, while the Midland Counties staged their first event in 1975. Only fifteen teams are shown in the Athletics Weekly results as completing that first “Southern 6-Stage” – and four of those were B teams – but after five years at “the Palace” a more representative field was the norm. The course consisted of two laps but the exact distance is not known.

Individual record progression

| | | | |
|-------|---|---|------|
| 20:20 | Frank Tota (Crawley AC) | 1 | 1979 |
| 19:42 | Kevin Steere (Cambridge & Coleridge AC) | 2 | 1979 |
| 19:35 | Graham Tuck (Cambridge & Coleridge AC) | 6 | 1979 |
| 19:20 | Grenville Tuck (Aldershot, Farnham & Dist AC) | 4 | 1981 |

All-time all club individual performances

| | | | |
|-------|---|---|------|
| 19:20 | Grenville Tuck (Aldershot, Farnham & Dist AC) | 4 | 1981 |
| 19:22 | Keith Penny (Cambridge H) | 5 | 1981 |
| 19:34 | | 4 | 1983 |
| 19:39 | | 5 | 1980 |
| 19:40 | | 5 | 1982 |
| 19:29 | G Payne (Southend AC) | ? | 1982 |
| 19:50 | | ? | 1981 |
| 19:34 | A Catton (Ilford AC) | 4 | 1981 |
| 19:41 | | 4 | 1982 |
| 19:35 | Graham Tuck (Cambridge & Coleridge AC) | 6 | 1979 |

| | | | |
|-------|--|---|------|
| 19:31 | Gary Ribbons (Epsom & Ewell H) | 4 | 1983 |
| 19:37 | A Guilder (Elliott AC) | 3 | 1982 |
| 19:37 | J Patton (Portsmouth AC) | 4 | 1982 |
| 19:39 | Eddie Herridge (Aldershot, Farnham & Dist. AC) | 4 | 1983 |
| 19:41 | P Flavel (Oxford City AC) | 4 | 1980 |
| 19:42 | Kevin Steere (Cambridge & Coleridge AC) | 2 | 1979 |
| 19:44 | Steve Lowe (Cambridge & Coleridge AC) | 4 | 1979 |
| 19:46 | James Espir (Shaftesbury H) | 3 | 1982 |
| 19:46 | Jerry Odlin (North London AC) | ? | 1982 |
| 19:46 | Kim McDonald (Aldershot, Farnham & Dist. AC) | 1 | 1983 |
| 19:48 | | 2 | 1982 |
| 19:47 | Merv Brameld (Invicta AC) | ? | 1982 |
| 19:53 | | 3 | 1981 |
| 19:48 | B McSloy (Elliott AC) | 5 | 1981 |
| 19:49 | Mike Gratton (Invicta East Kent AC) | 2 | 1979 |
| 19:50 | | 6 | 1983 |
| 19:49 | P Gaden (Cambridge H) | 3 | 1982 |
| 19:59 | | 3 | 1980 |
| 19:51 | Phil Gore (Thames Valley H) | 1 | 1982 |
| 19:52 | Richard Charleston (Chelmsford AC) | 1 | 1983 |
| 19:53 | N Blayney (Aldershot, Farnham & Dist. AC) | 3 | 1981 |
| 19:53 | S Lowe (Shaftesbury H) | 2 | 1983 |
| 19:56 | R Hillier (Epsom & Ewell H) | 2 | 1983 |
| 19:57 | Barry Watson (Cambridge H) | 1 | 1980 |
| 19:57 | M Cauldwell (Aldershot, Farnham & Dist. AC) | 5 | 1981 |
| 20:00 | Jon Wigley (Invicta AC) | 4 | 1980 |

Championship record progression

| | | |
|---------|-------------------------------|------|
| 2:01:05 | Cambridge & Coleridge AC | 1979 |
| 2:00:42 | Aldershot, Farnham & Dist. AC | 1981 |

Fastest teams to 2:06:30

| | | | |
|---------|-------------------------------|----|------|
| 2:00:42 | Aldershot, Farnham & Dist. AC | 1 | 1981 |
| 2:01:34 | | 2 | 1982 |
| 2:01:46 | | 1 | 1983 |
| 2:03:44 | | 2 | 1980 |
| 2:01:05 | Cambridge & Coleridge AC | 1 | 1979 |
| 2:01:18 | Shaftesbury Harriers | 1 | 1982 |
| 2:02:42 | | 4 | 1983 |
| 2:03:51 | | 3 | 1980 |
| 2:04:11 | | 4 | 1981 |
| 2:02:17 | Ilford AC | 3 | 1982 |
| 2:02:24 | | 2 | 1981 |
| 2:02:21 | Epsom & Ewell Harriers | 2 | 1983 |
| 2:02:32 | Cambridge Harriers | 4 | 1982 |
| 2:02:56 | | 1 | 1980 |
| 2:03:14 | | 5 | 1983 |
| 2:04:14 | | 5 | 1981 |
| 2:02:37 | Invicta AC | 3 | 1983 |
| 2:03:05 | | 2 | 1979 |
| 2:03:05 | Elliott AC | 3 | 1981 |
| 2:04:03 | | 8 | 1982 |
| 2:03:22 | Thames Valley Harriers | 5 | 1982 |
| 2:04:24 | | 6 | 1983 |
| 2:05:19 | | 6 | 1981 |
| 2:05:33 | | 5 | 1980 |
| 2:06:41 | | 6 | 1979 |
| 2:03:37 | Portsmouth AC | 6 | 1982 |
| 2:03:47 | Verlea AC | 7 | 1982 |
| 2:05:09 | | 7 | 1983 |
| 2:04:02 | Walton AC | 3 | 1979 |
| 2:04:31 | Southampton & Eastleigh AC | 9 | 1982 |
| 2:05:07 | North London AC | 10 | 1982 |
| 2:05:53 | | 10 | 1983 |

| | | | |
|---------|--------------------------|----|------|
| 2:05:11 | Invicta AC..... | 4 | 1980 |
| 2:06:27 | | 8 | 1981 |
| 2:06:29 | | 11 | 1982 |
| 2:05:36 | West Cornwall AC..... | 8 | 1983 |
| 2:05:43 | Oxford City AC..... | 9 | 1983 |
| 2:06:05 | | 6 | 1980 |
| 2:05:50 | Essex Beagles..... | 4 | 1979 |
| 2:06:04 | Hastings AC..... | 5 | 1979 |
| 2:06:08 | Herne Hill Harriers..... | 7 | 1981 |
| 2:06:26 | Portsmouth AC..... | 7 | 1980 |

Thamesmead, 1984-1985**3.4 miles**

Now well established, the "Southern 6-Stage" moved to Thamesmead on a single lap course due to be used for the National event of 1984. There was an entry of 47 teams with clubs from as far afield as Cornwall, the south coast and Norfolk contesting the top ten places. Not everyone was happy with the new course – the single lap making it very uninteresting for spectators although avoiding some of the confusion caused by excessive "lapping".

Individual record progression

| | | | |
|-------|--|---|------|
| 16:05 | Dave Buzza (Duchy of Cornwall AC)..... | 1 | 1984 |
| 15:53 | Billy Dee (Luton United AC)..... | 4 | 1984 |

All-time all club individual performances

| | | | |
|--------------------|--|---|------|
| 15:53 | Billy Dee (Luton United AC)..... | 4 | 1984 |
| 16:01 ² | Geoff Wightman (Dartford H)..... | ? | 1985 |
| 16:01 | Peter Klimes (London Irish)..... | 3 | 1985 |
| 16:01 | M Scrutton (Tonbridge AC)..... | 3 | 1985 |
| 16:02 | N Tennant (Luton United AC)..... | 6 | 1984 |
| 16:04 | | 3 | 1985 |
| 16:03 | D Perry (Bournemouth AC)..... | 6 | 1984 |
| 16:03 | J Boyes (Bournemouth AC)..... | 1 | 1985 |
| 16:05 | Dave Buzza (Duchy of Cornwall AC)..... | 1 | 1984 |
| 16:05 | Julian Goater (Shaftesbury H)..... | 4 | 1985 |
| 16:06 | Mike Gratton (Invicta East Kent AC)..... | 3 | 1984 |
| 16:06 | Gary Ribbons (Epsom & Ewell H)..... | 4 | 1984 |
| 16:06 ³ | J Webster (Invicta AC)..... | 1 | 1985 |
| 16:06 | Pavel Klimes (London Irish)..... | 5 | 1985 |
| 16:07 | K Steere (Ilford AC)..... | ? | 1984 |
| 16:08 | | 2 | 1985 |
| 16:07 | Nick Brawn (Invicta East Kent AC)..... | 2 | 1984 |
| 16:07 ³ | | 4 | 1985 |
| 16:07 | J Richards (Duchy of Cornwall AC)..... | 5 | 1984 |
| 16:08 | Kim McDonald (Hillingdon AC)..... | 1 | 1985 |

Championship record progression

| | | |
|---------|----------------------|------|
| 1:39:06 | Luton United AC..... | 1984 |
| 1:38:59 | Luton United AC..... | 1985 |

Fastest teams to 1:42:00

| | | | |
|----------------------|------------------------------------|-------|------|
| 1:38:59 | Luton United AC..... | 1 | 1985 |
| 1:39:06 | | 1 | 1984 |
| 1:39:15 | Aldershot, Farnham & Dist. AC..... | 2 | 1984 |
| 1:39:43 | | 2 | 1985 |
| 1:39:21 | Bournemouth AC..... | 3 | 1984 |
| 1:41:02 | | 5 | 1985 |
| 1:39:30 | Invicta East Kent AC..... | 4 | 1984 |
| 1:40:19 ⁶ | | | 1985 |
| 1:39:59 | Shaftesbury H..... | 3 | 1985 |
| 1:40:38 | | 5 | 1984 |
| 1:40:43 | London Irish..... | 4 | 1985 |
| 1:40:49 | Duchy of Cornwall AC..... | 6 | 1984 |
| 1:41:06 | Ilford AC..... | 6 | 1985 |
| 1:41:11 | Epsom & Ewell H..... | 7 | 1984 |
| 1:41:22 | Cambridge H..... | 8 | 1984 |
| 1:41:51 | Hillingdon AC..... | 7 | 1985 |

Luton Hoo, 1986**4 miles**

After just two years at Thamesmead the race moved to Luton where it was incorporated within the Vauxhall/Copyplus Road Relays held over a four mile course through the grounds of Luton Hoo Stately Home Park. This event had been held at least as early as 1983 when Tony Simmons set the then course record of 19:17. No less than 113 teams entered and 76 started – including, for the first time in the championship, Belgrave Harriers.

For the purposes of the statistics below, teams taking part in the open race which were not competing in the Championship race have been removed.

Belgrave all-time individual performances

| | | | | |
|-------|------------------|----------|---|------|
| 19:33 | John Wright..... | ? | 4 | 1986 |
| 19:34 | Ollie Foote..... | 21.05.62 | 6 | 1986 |

| | | | | |
|-------|----------------------|----------|---|------|
| 20:22 | Justin Chaston..... | ? | 2 | 1986 |
| 20:23 | Matthew Chaston..... | ? | 5 | 1986 |
| 20:27 | Marcello Bizio..... | 01.08.64 | 3 | 1986 |
| 21:07 | Peter Gilbey..... | 12.04.51 | 1 | 1986 |

All-time all club individual performances

| | | | |
|-------|---|---|------|
| 18:58 | Ricky Butler (Exeter Harriers)..... | 3 | 1986 |
| 18:59 | Hugh Jones (Ranelagh Harriers)..... | 3 | 1986 |
| 19:01 | Neil Tennant (Luton United AC)..... | 3 | 1986 |
| 19:02 | Billy Dee (Luton United AC)..... | 6 | 1986 |
| 19:06 | Andrew West (Luton United AC)..... | 1 | 1986 |
| 19:06 | Mike Gratton (Invicta East Kent AC)..... | 4 | 1986 |
| 19:07 | Mark Lassetter (Shaftesbury Barnet AC)..... | 5 | 1986 |
| 19:07 | Rob Williams (Exeter Harriers)..... | 2 | 1986 |
| 19:08 | A Kindley (Luton United AC)..... | 1 | 1986 |
| 19:10 | Nigel Hilder (Aldershot, Farnham & Dist. AC)..... | 4 | 1986 |

Belgrave Teams

| | | | |
|---------|--|---|------|
| 2:01:26 | A – Peter Gilbey, Justin Chaston, Marcello Bizio John Wright, Matthew Chaston, Ollie Foote..... | 9 | 1986 |
|---------|--|---|------|

Fastest teams

| | | | |
|---------|------------------------------------|----|------|
| 1:56:08 | Luton United AC..... | 1 | 1986 |
| 1:58:44 | Highgate Harriers..... | 2 | 1986 |
| 1:59:01 | Ilford AC..... | 3 | 1986 |
| 1:59:08 | Aldershot, Farnham & Dist. AC..... | 4 | 1986 |
| 1:59:21 | Shaftesbury Barnet H..... | 5 | 1986 |
| 1:59:31 | Exeter Harriers..... | 6 | 1986 |
| 1:59:38 | Invicta East Kent AC..... | 7 | 1986 |
| 2:01:19 | Ranelagh Harriers..... | 8 | 1986 |
| 2:01:26 | Belgrave Harriers..... | 9 | 1986 |
| 2:01:49 | Havant AC..... | 10 | 1986 |

Luton Hoo, 1987**4 miles, 415 yards**

The course was changed in length to 25 yards short of 4¼ miles to improve the takeover area.

All-time all club individual performances

| | | | |
|-------|---|---|------|
| 20:00 | John Sherban (Shaftesbury Barnet Harriers)..... | 4 | 1987 |
| 20:11 | Geoff Wightman (Dartford Harriers)..... | 3 | 1987 |
| 20:15 | Mike Gratton (Invicta East Kent AC)..... | 4 | 1987 |
| 20:20 | Ricky Butler (Exeter Harriers)..... | 4 | 1987 |
| 20:27 | Steve Male (Oxford City AC)..... | 1 | 1987 |
| 20:29 | Chris Tall (Aldershot, Farnham & Dist. AC)..... | 1 | 1987 |
| 20:29 | Michael Williams (Shaftesbury Barnet Harriers)..... | 5 | 1987 |
| 20:30 | Anthony Jackson (Hillingdon AC)..... | 1 | 1987 |
| 20:32 | Gary Spring (Luton United AC)..... | 1 | 1987 |
| 20:34 | Bernie Ford (Aldershot, Farnham & Dist. AC)..... | 4 | 1987 |

Fastest teams

| | | | |
|---------|--|----|------|
| 2:06:15 | Aldershot, Farnham & Dist. AC..... | 1 | 1987 |
| 2:06:30 | Shaftesbury Barnet Harriers..... | 2 | 1987 |
| 2:06:54 | Exeter Harriers..... | 3 | 1987 |
| 2:07:20 | Invicta East Kent AC..... | 4 | 1987 |
| 2:10:14 | Aldershot, Farnham & Dist. AC 'B'..... | 5 | 1987 |
| 2:10:34 | Brighton & Hove AC..... | 6 | 1987 |
| 2:10:40 | Luton United AC..... | 7 | 1987 |
| 2:11:00 | Woodford Green AC..... | 8 | 1987 |
| 2:11:03 | Dartford Harriers..... | 9 | 1987 |
| 2:11:18 | Bedford & County AC..... | 10 | 1987 |

Rushmoor Arena, nr Aldershot, 1988-2010**5.992 km**

Hosted by Aldershot, Farnham & Dist. AC, Rushmoor Arena was the venue for the Southern Senior Men's Six Stage Relay from 1988, two laps making up the 5.992 km course. Four Stage M40 and M50 races were added in 1989 and M60 in 1991, all held over the same distance.

Notes.

The number and letter in the penultimate column indicate the stage and team; e.g. 4b = 4th stage for the B team.

Belgrave individual record progression

| | | | |
|-------|---------------------|---|------|
| 19:37 | Roger Alsop..... | 1 | 1991 |
| 19:03 | Ollie Foote..... | 3 | 1991 |
| 18:58 | Marcello Bizio..... | 6 | 1991 |
| 18:50 | Graham Adams..... | 1 | 1996 |
| 18:47 | Roger Alsop..... | 3 | 1996 |
| 18:23 | Lee Hurst..... | 3 | 1999 |
| 18:21 | Stephen Sharp..... | 4 | 2001 |
| 17:54 | Spencer Barden..... | 2 | 2002 |
| 17:53 | Marty Dent..... | 6 | 2003 |
| 17:37 | Mark Miles..... | 6 | 2004 |

Belgrave all-time individual performances

| | | | | | | | | | |
|-------|---------------------|--------------|----|------|--------------------|-----------------------|--------------|------|------|
| 17:37 | Mark Miles | 24.03.77 | 6a | 2004 | 19:31 | | 2a | 1997 | |
| | 18:06 | | 5a | 2006 | 19:37 | | 1a | 1991 | |
| 17:41 | Phil Wicks | 14.03.84 | 6a | 2008 | 19:48 | | 2b | 2003 | |
| | 17:45 | | 6a | 2009 | 18:49 | Yacin Yusuf | 18.09.79 | 3a | 2000 |
| | 17:59 | | 5a | 2007 | 18:50 | Graham Adams | 10.06.68 | 1a | 1996 |
| | 18:09 | | 2a | 2005 | 19:20 | | 1a | 1997 | |
| 17:53 | Martin Dent | 08.07.79 | 6a | 2003 | 19:52 | | 6a | 1999 | |
| 17:53 | Daniel Mulhare | 02.09.85 | 6a | 2010 | 18:57 | Jim Estall | M40 09.08.54 | 6a | 1996 |
| | 17:58 | | 4a | 2008 | 19:06 | | M45 | 1a | 1999 |
| | 18:27 | | 1b | 2009 | 18:58 | Marcello Bizio | 01.08.64 | 6a | 1991 |
| 17:54 | Spencer Barden | 31.03.73 | 2a | 2002 | 18:58 | Graeme Hyett | 20.01.83 | 3a | 2008 |
| | 17:54 | | 4a | 2005 | 18:59 ⁶ | Kris Gauson | U20 29.01.88 | 2b | 2005 |
| 17:57 | Stephen Sharp | 31.12.75 | 5a | 2004 | 19:01 | Alex Hutchinson | 30.11.75 | 6a | 2000 |
| | 18:10 | | 5a | 2002 | 19:03 | Ollie Foote | 21.05.62 | 3a | 1991 |
| | 18:14 | | 4a | 2007 | 19:03 | Andrew Swearman | 01.02.79 | 3c | 2005 |
| | 18:15 | | 6a | 2005 | 19:07 | Rob McHarg | 12.01.64 | 1b | 1999 |
| | 18:16 | | 1a | 2003 | 19:15 | | | 4a | 2000 |
| | 18:18 | | 5a | 2008 | 19:11 | Knut Hegvold | M40 19.09.61 | 4b | 2002 |
| | 18:21 | | 4a | 2001 | 19:32 | | M40 | 5b | 2001 |
| | 18:24 | | 1a | 2010 | 19:34 | | M40 | 4b | 2005 |
| | 18:28 | | 3a | 2006 | 19:34 | | M45 | 1b | 2008 |
| | 18:29 | | 3a | 2009 | 19:37 | | | 5c | 2000 |
| 18:00 | David Anderson | 02.10.77 | 4a | 2003 | 19:52 | | M45 | 3b | 2007 |
| | 18:02 | | 6a | 2002 | 20:14 | | M45 | 2b | 2006 |
| | 18:14 | | 1a | 2007 | 20:57 | | M45 | 1b | 2010 |
| 18:03 | Neil Speaight | 09.09.78 | 1a | 2009 | 19:12 | Frank Ward | 18.11.57 | 4a | 1991 |
| 18:09 | Alaster Stewart | 05.10.72 | 1a | 2005 | 19:13 | John Kimaiyo | 21.08.74 | 1c | 2006 |
| | 18:32 | | 6a | 2001 | 19:15 | John Hobbs | | 5a | 1991 |
| 18:11 | Jonathan Blackledge | 15.09.84 | 3a | 2004 | 19:17 | Shaun Moralee | 13.04.85 | 2a | 2008 |
| | 18:27 | | 5a | 2005 | 19:20 | Stephen Kennefick | 15.08.75 | 5a | 2001 |
| | 18:29 | U20 | 2a | 2003 | 19:24 | Malachi Byansi | 20.10.74 | 4b | 2006 |
| | 18:39 | | 3a | 2010 | 19:59 | | 6b | 2004 | |
| | 19:07 | U20 | 2b | 2002 | 20:26 | | 3c | 2000 | |
| | 19:35 ³ | U17 | 1c | 2001 | 20:36 | | 4b | 2008 | |
| 18:12 | Simon Jones | 29.11.83 | 3a | 2007 | 21:14 | | 2b | 2001 | |
| | 18:42 | | 6a | 2006 | 19:28 | Said Chettati | 26.12.64 | 2a | 1996 |
| | 18:47 | | 5a | 2009 | 19:30 | Fabien Bernard-Gaudin | U20 29.03.82 | 2c | 2000 |
| 18:12 | Nick Goolab | U20 30.01.90 | 1a | 2008 | 19:34 | Peter Willis | 04.05.82 | 4c | 2005 |
| | 18:21 | | 4a | 2010 | 19:42 | | 5b | 2008 | |
| | 18:35 | U20 | 4a | 2009 | 19:53 | | 2b | 2007 | |
| 18:13 | Paskar Owor | 22.12.80 | 5a | 2010 | 20:01 | | 5b | 2006 | |
| | 18:53 | | 4b | 2009 | 19:36 | Kevin Quinn | 24.07.79 | 3b | 2000 |
| 18:23 | Lee Hurst | 29.07.72 | 3a | 1999 | 20:01 | | 3b | 1999 | |
| | 18:38 | | 1a | 2001 | 20:56 | | 1b | 2001 | |
| | 18:51 | | 1b | 2002 | 19:37 | Simon Marwood | 06.04.78 | 3b | 2003 |
| 18:24 | Paul Freary | 03.04.68 | 3a | 2003 | 19:38 | Richard Hayman | 11.10.79 | 5b | 2000 |
| | 18:25 | | 2a | 2001 | 19:42 | Lloyd Catley | 17.10.73 | 3b | 2001 |
| | 18:25 | | 4a | 2006 | 19:45 | Junior Galley | 24.05.62 | 4a | 1996 |
| | 18:27 | | 2a | 2004 | 19:46 | | 4a | 1999 | |
| | 18:29 | | 3a | 2002 | 20:43 | | M40 | 4b | 2004 |
| | 18:42 ⁶ | | 1b | 2005 | 19:45 | John Clarke | M40 30.09.71 | 6b | 2005 |
| | 18:47 | | 5a | 2000 | 20:21 | | 2b | 2004 | |
| 18:24 | Tim Watson | 28.06.73 | 3a | 2005 | 19:47 | Padraic Buckley | 20.11.75 | 3b | 2002 |
| 18:25 | Charles Herrington | 28.09.71 | 1a | 2000 | 19:48 | Lee Greatorex | 16.07.75 | 5b | 2005 |
| | 18:55 | | 1b | 2003 | 20:30 | | 5b | 2002 | |
| 18:25 | Shukri Omar | 20.12.84 | 1c | 2005 | 19:48 | Joachim Wolf | 26.08.72 | 5c | 2005 |
| | 18:48 | | 1b | 2006 | 19:51 | | 4b | 2000 | |
| 18:26 | James Kelly | 29.08.83 | 6a | 2007 | 20:02 | Najibe Hliouat | 28.08.77 | 1b | 2000 |
| | 18:51 | | 2a | 2009 | 20:02 | James Browne | 04.11.77 | 6b | 2003 |
| 18:29 | Adam Leane | 03.10.73 | 1c | 2003 | 20:18 | | 6b | 2001 | |
| | 19:13 | | 1a | 2004 | 20:09 | Nigel Holland | | 2a | 1991 |
| 18:31 | Richard Ward | 05.05.82 | 1a | 2006 | 20:10 | Tim Weeks | 10.05.79 | 3c | 2005 |
| | 18:56 | | 2a | 2010 | 21:30 | | 1c | 2007 | |
| 18:33 | Will Cockerell | 19.11.73 | 1a | 2002 | 20:15 | Warren Lynch | 24.09.68 | 5b | 2003 |
| | 18:45 | | 5a | 2003 | 21:33 | | 4c | 2006 | |
| | 18:59 | | 1b | 2007 | 22:31 | | 6c | 2000 | |
| | 19:00 | | 3b | 2005 | 20:16 | Bruce Barton | 02.02.64 | 4b | 1999 |
| | 19:07 | | 2b | 2008 | 20:37 | | 6b | 2002 | |
| | 19:24 | | 4b | 2001 | 20:51 | | M40 | 3b | 2004 |
| | 19:35 | | 6b | 2000 | 20:17 | Mike Webb | 04.10.67 | 5b | 1999 |
| | 19:38 | | 6b | 2006 | 20:19 | Ben Hurley | 26.01.75 | 2b | 2010 |
| | 19:45 | | 2b | 2009 | 20:40 | | 5b | 2009 | |
| | 20:35 | | 6b | 1999 | 20:22 | Lander Eguia | 30.05.83 | 3b | 2010 |
| 18:34 | Mark Pollard | | 2a | 2007 | 20:23 | Bram Peeters | 21.04.77 | 4c | 2000 |
| 18:35 | Kevin Nash | 06.02.77 | 4a | 2004 | 20:28 | Phil Carstairs | M40 07.07.60 | 1c | 2000 |
| | 19:11 | | 2a | 1999 | 21:49 | | M40 | 2001 | |
| | 19:30 | | 2b | 2000 | 20:28 | John Charles | 24.05.83 | 3b | 2009 |
| 18:41 | Hassan Raidi | 06.11.76 | 4b | 2003 | 20:31 | Chris Axe | 02.10.74 | 1b | 2004 |
| | 19:13 | | 3b | 2008 | 20:31 | Jason Webb | 19.08.69 | 6c | 2005 |
| | 19:36 | | 2a | 2006 | 20:36 | Charlie Dickinson | M45 26.04.48 | 5a | 1996 |
| 18:47 | Roger Alsop | 16.01.65 | 3a | 1996 | 20:36 | James Fairbourn | 26.06.87 | 4b | 2007 |
| | 18:48 | | 4a | 2002 | 20:56 | | U20 | 2c | 2006 |
| | 19:01 | | 5a | 1999 | 20:38 | Ray Foley | 03.06.68 | 3c | 2001 |
| | 19:16 | | 3a | 2001 | 20:39 | Steve Fowler | M40 02.04.57 | 2b | 1999 |
| | 19:26 | | 2a | 2000 | 20:39 | Mike Webb | 04.10.67 | 4c | 2001 |
| | | | | | 20:42 | Mark Humphrey | 13.10.83 | 3b | 2006 |

| | | | | | | | | | |
|---|--|------|-------|------|----------------------|--|-----|-------|------|
| 17:46 | Jason Dullforce (Borough of Enfield)..... | 1 | | 1996 | 1:49:39 | A – David Anderson (3), Mark Pollard (4), Simon Jones (1), Stephen Sharp (1), Phil Wicks (1), James Kelly | 1 | | 2007 |
| 17:47 | Andy Magnall (Luton United AC) | 3 | | 1989 | 1:49:47 | A – Stephen Sharp (3), Jonathan Blackledge (2), Paul Freary (1), David Anderson (1), Will Cockerell (2), Marty Dent | 1 | | 2003 |
| 17:48 | David Robertson (Tonbridge AC) | 4 | | 1993 | 1:49:56 | A – Will Cockerell (6), Stephen Barden (1), Paul Freary (1), Roger Alsop (1), Stephen Sharp (1), David Anderson | 1 | | 2002 |
| 17:48 | Sam Haughian (Windsor, Slough, Eton & Hounslow AC) 6 | 2001 | | | 1:50:00 | A – Adam Leane (24), Paul Freary (10), Jonathan Blackledge (6), Kevin Nash (3), Stephen Sharp (1), Mark Miles | 1 | | 2004 |
| 17:49 | 18:00 (Borough of Hounslow AC)..... | 1 | | 1999 | 1:50:24 | A – Nick Goolab (3), Shaun Moralee (9), Graeme Hyett (7), Dan Mulhare (2), Stephen Sharp (2), Phil Wicks..... | 1 | | 2008 |
| 17:49 | James Starling (Southampton RC)..... | 3 | | 1997 | 1:50:26 | A – Stephen Sharp (10), Richard Ward (5), Jonathan Blackledge (4), Nick Goolab (3), Paskar Owor (2), Daniel Mulhare | 2 | | 2010 |
| 17:49 | Rod Finch (Southampton RC) | 2 | | 2001 | 1:50:30 | A – Neil Speaight (2), James Kelly (2), Stephen Sharp (2), Nick Goolab (2), Simon Jones (2), Phil Wicks | 2 | | 2009 |
| 17:49 | 17:58 (Southampton City)..... | 1 | | 1992 | 1:51:48 | A – Richard Ward (7), H Raidi (13), Stephen Sharp (7), Paul Freary (3), Mark Miles (3), Simon Jones | 3 | | 2006 |
| 17:49 | Mike Skinner (Blackheath & Bromley Harriers)..... | 4 | | 2003 | 1:52:32 | A – Lee Hurst (9), Paul Freary (2), Roger Alsop (2), Stephen Sharp (3), Stephen Kennefick (3), Alaster Stewart..... | 3 | | 2001 |
| 17:49 | Adam Bowden (Harrow AC) | 6 | | 2005 | 1:53:43 | A – Charles Herrington (7), Roger Alsop (8), Yacin Yusuf (5), Rob McHarg (6), Paul Freary (5), Alex Hutchinson..... | 4 | | 2000 |
| 17:50 | 17:54 | 1 | | 2007 | 1:55:19 | A – Jim Estall (17), Kevin Nash (12), Lee Hurst (7), Junior Galley(10), Roger Alsop(8), Graham Adams..... | 9 | | 1999 |
| 17:50 | Anthony Jackson (Hillingdon AC) | 3 | | 1990 | 1:55:48 | B – Paul Freary (13), Kris Gauson (10), Will Cockerell (9), Knut Hegvold (10), Lee Greatorex (11), John Clarke | 10 | | 2005 |
| 17:50 | 17:57 | 1 | | 1988 | 1:56:14 ⁴ | A – Roger Alsop (36), N Holland (38), Ollie Foote (33), Frank Ward (30), J Hobbs (23), Marcello Bizio | 17 | | 1991 |
| 17:50 | Spencer Barden (GEC Avionics) | 1 | | 1993 | 1:56:23 | A – Graham Adams (17), Said Chettati (23), Roger Alsop (16), Junior Galley (17), Charlie Dickinson (20), Jim Estall | 16 | | 1996 |
| 17:50 | 17:54 (Belgrave Harriers) | 2 | | 2002 | 1:57:18 | B – Charles Herrington (18), Roger Alsop (25), Simon Marwood (23), Hassan Raidi (15), Warren Lynch (16), James Browne | 15 | | 2003 |
| 17:50 | 17:54 (Belgrave Harriers) | 4 | | 2005 | 1:58:03 | B – Lee Hurst (13), Jonathan Blackledge (10), Padraic Buckley (16), Knut Hegvold (14), Lee Greatorex (18), Bruce Barton | 22 | | 2002 |
| 17:50 | Dave Clarke (Hercules Wimbledon AC) | 3 | | 1994 | 1:58:12 | B – Najibe Hliouat (41), Kevin Nash (29), Kevin Quinn (22), Joachim Wolf (22), Rick Hayman (18), Will Cockerell | 14 | | 2000 |
| 17:50 | Wayne Oxborough (Thames Hare & Hounds) | 3 | | 1995 | 1:58:47 | B – Shugri Omar (13), Knut Hegvold (24), Mark Humphrey (25), Malachi Byansi (18), Peter Willis (17), Will Cockerell..... | 15 | | 2006 |
| 17:51 | Ben Whitby (Borough of Hounslow AC) | 3 | | 2000 | 1:59:23 | B – Dan Mulhare (6), Will Cockerell (15), John Charles (17), Paskar Owor (11), Ben Hurley (14), Matt Whiting | 18 | | 2009 |
| 17:51 | 17:52 (Windsor, Slough, Eton & Hounslow)..... | 1 | | 2009 | 1:59:26 | B – Knut Hegvold (28), Will Cockerell (21), Hassan Raidi (16), Malachi Byansi (20), Peter Willis (21), Mark Humphrey..... | 22 | | 2008 |
| 17:52 | Giovanni Rizzo (Nene Valley Harriers)..... | 2 | | 1990 | 2:00:55 | B – Rob McHarg (18), Steve Fowler (27), Kevin Quinn (28), Bruce Barton (26), Mike Webb (24), Will Cockerell..... | 25 | | 1999 |
| 17:52 | Colin Reitz (Newham & Essex Beagles) | 2 | | 1996 | 2:01:06 | B – Kevin Quinn (52), Malachi Byansi (51), Lloyd Catley (36), Will Cockerell (25), Knut Hegvold (20), James Browne | 17 | | 2001 |
| 17:52 | Andy Morgan-Lee (Southampton RC)..... | 4 | | 1997 | 2:02:18 | B – Will Cockerell (20), Peter Willis (19), Knut Hegvold (19), James Fairbourn (21), David Mason (23), Mark Humphrey..... | 27 | | 2007 |
| 17:52 | Mohamed Fatihi (Puma TVH) | 5 | | 1999 | 2:02:55 | C – Phil Carstairs (57), Fabien Bernard-Gaudin (37), Malachi Byansi (35), Bram Peeters (31), Knut Hegvold (27), Warren Lynch | 32 | | 2000 |
| 17:53 | Ian Harkness (Old Gaytonians AC) | 1 | | 1990 | 2:04:51 | B – Chris Axe (56), John Clarke (46), Bruce Barton (43), Junior Galley (38), Rob Poulter (42), Malachi Byansi | 35 | | 2004 |
| 17:53 | Chris Payne (Aldershot, Farnham & Dist. AC) | 1 | | 1989 | 2:09:14 | B – Knut Hegvold (63), Ben Hurley (45), Dave Mason (46), Lander Eguia (39), Alistair Lang (53), Mark Humphrey..... | 50 | | 2010 |
| 17:53 | Mike Shotbolt (Bedford & County AC) | 1 | | 1989 | incomplete A | – Graham Adams (26), Roger Alsop (25), Don Anderson (48)..... | dnf | | 1997 |
| 17:53 | Nigel Gemmill (Southampton City AC) | 2 | | 1989 | incomplete C | – Rob Harding (63), Adam Cowmeadow (65), Pete Gilbey (66), John Mather (65) | dnf | | 1999 |
| 17:53 | Justin Pugsley (Boxhill Racers) | 2 | | 1994 | incomplete C | – Jonathan Blackledge (22) ⁵ , Phil Carstairs (41), Ray Foley (38), Mike Webb (36), Don Anderson (46)..... | dnf | | 2001 |
| 17:53 | Marty Dent (Belgrave Harriers)..... | 6 | | 2003 | incomplete C | – Harry Corbett (91), Paul Tarpey (85), Don Anderson (83)..... | dnf | | 2002 |
| 17:53 | Williard Chinhanhu (Poole Runners) | 1 | | 2006 | incomplete C | – Adam Leane (6), Mark Humphrey (36), | | | |
| 17:53 | Daniel Mulhare (Belgrave Harriers) | 6 | | 2010 | | | | | |
| 17:54 | 17:58 | 4 | | 2008 | | | | | |
| 17:54 | Andy Crane (Highgate Harriers 'B')..... | 1 | | 1989 | | | | | |
| 17:54 | Shane Snow (Highgate Harriers)..... | 1 | | 1993 | | | | | |
| 17:54 | Steve Hepples (Newham & Essex Beagles) | 2 | | 2007 | | | | | |
| 17:55 | Bernie Ford (Aldershot, Farnham & Dist. AC)..... | 5 | | 1989 | | | | | |
| 17:55 | Mike Riley (Ranelagh Harriers) | 1 | | 1989 | | | | | |
| 17:55 | James Jackson (Aldershot, Farnham & Dist. AC)..... | 4 | | 1995 | | | | | |
| 17:56 | Paul Barr (Basildon AAC) | 4 | | 1989 | | | | | |
| 17:56 | Tommy Maher (London Irish AC) | 1 | | 1990 | | | | | |
| 17:56 | John O'Shea (Borough of Hounslow AC)..... | 1 | | 1993 | | | | | |
| 17:56 | Martin Hula (Shaftesbury Barnet Harriers)..... | 3 | | 1993 | | | | | |
| 17:56 | Peter Davoren (Brighton & Hove AC)..... | 1 | | 1995 | | | | | |
| 17:56 | Adrian Mussett (Chelmsford AC)..... | 1 | | 1995 | | | | | |
| 17:56 | Mark Steinle (Blackheath Harriers)..... | 2 | | 1997 | | | | | |
| 17:56 | Mike East (Newham & Essex Beagles)..... | 1 | | 2006 | | | | | |
| 17:57 | A Thomas (Thames Hare & Hounds) | 3 | | 1989 | | | | | |
| 17:57 | M Harris (Portsmouth AC) | 4 | | 1990 | | | | | |
| 17:57 | Keith Penney (Boxhill Racers)..... | 2 | | 1992 | | | | | |
| 17:57 | Tom Buckner (Havant AC)..... | ? | | 1994 | | | | | |
| 17:57 | William Foster (Blackheath Harriers)..... | 5 | | 1996 | | | | | |
| 17:57 | Ian Grime (Newham & Essex Beagles)..... | 6 | | 2000 | | | | | |
| 17:57 | Stephen Sharp (Belgrave Harriers) | 5 | | 2004 | | | | | |
| 17:57 | Dave Wardle (London Irish AC)..... | 2 | | 2006 | | | | | |
| 17:58 | Chris Tall (Aldershot, Farnham & Dist. AC)..... | 4 | | 1990 | | | | | |
| 17:58 | Dave Cowan (Boxhill Racers)..... | 4 | | 1991 | | | | | |
| 17:58 | Mark Linbourne (Medway AC)..... | 1 | | 1995 | | | | | |
| 17:58 | Martin Rush (Bideford AAC) | 3 | | 1998 | | | | | |
| 17:58 | Michael Coleman (Medway & Maidstone AC)..... | 2 | | 2002 | | | | | |
| 17:58 | Dave Mitchinson (Newham & Essex Beagles AC)..... | 6 | | 2002 | | | | | |
| 17:59 | 18:00 | 1 | | 2010 | | | | | |
| 17:59 | Tony Bignell (Boxhill Racers) | 1 | | 1994 | | | | | |
| 17:59 | Rob Denmark (Basildon AAC)..... | 5 | | 2002 | | | | | |
| 18:00 | John Boyes (Bournemouth AC) | 1 | | 1988 | | | | | |
| 18:00 | Richard Lindroos (London Irish AC) | 3 | | 1992 | | | | | |
| 18:00 | Nicholas Francis (Shaftesbury Barnet Harriers n/s)..... | 1 | | 1997 | | | | | |
| 18:00 | Phil Sly (Thames Hare & Hounds)..... | 2 | | 2003 | | | | | |
| 18:00 | Jerome Brooks (London Irish AC)..... | 3 | | 2003 | | | | | |
| 18:00 | David Anderson (Belgrave Harriers)..... | 4 | | 2003 | | | | | |
| 18:00 | Neilson Hall (Bedford & County AC)..... | 1 | | 2008 | | | | | |
| 18:00 | Ben Moreau (Aldershot, Farnham & Dist. AC)..... | 4 | | 2010 | | | | | |
| Belgrave team record progression | | | | | | | | | |
| 1:56:14 | | 17 | | 1991 | | | | | |
| 1:55:19 | | 9 | | 1999 | | | | | |
| 1:53:43 | | 4 | | 2000 | | | | | |
| 1:52:32 | | 3 | | 2001 | | | | | |
| 1:49:56 | | 1 | | 2002 | | | | | |
| 1:49:47 | | 1 | | 2003 | | | | | |
| 1:49:18 | | 1 | | 2004 | | | | | |
| Belgrave Teams | | | | | | | | | |
| 1:49:18 | A – Alaster Stewart (2), Phil Wicks (1), T Watson (1), Spencer Barden (1), Jonathan Blackledge (1), S Sharp..... | 1 | | 2005 | | | | | |

| | | | | |
|----------------|---|-----|-------|------|
| | Rob Marcus (47), Don Anderson (54) | dnf | | 2003 |
| incomplete C – | Don Anderson (75), A Welsh (73) | dnf | | 2004 |
| incomplete C – | John Kimaiyo (16), James Fairbourn (37), Alex Bodin (36), W Lynch (41), D McMillan (61) | dnf | | 2006 |
| incomplete C – | Tim Weeks (71), Don Anderson (79) | dnf | | 2007 |
| incomplete D – | Erwen Lemenager (62), John Mather (69), Don Anderson (61), Adrian Jowett (66) | dnf | | 2000 |

Championship record progression

| | | |
|---------|-------------------------|------|
| 1:51:45 | Luton United AC | 1988 |
| 1:48:56 | Highgate Harriers | 1989 |
| 1:48:52 | Highgate Harriers | 1990 |
| 1:48:25 | Southampton RC | 1997 |

Course records of 1:47:19 (Bingley Harriers, 1990) and 1:46:25 (Blackheath Harriers, 1993) were set during National 6-Stage Relay Championships held over this same course at Rushmoor Arena.

Fastest teams to 1:54:00

| | | | | |
|---------|-------------------------------------|----|-------|------|
| 1:48:25 | Southampton RC | 1 | | 1997 |
| | 1:50:33 | 1 | | 1998 |
| | 1:51:18 | 3 | | 1996 |
| 1:48:52 | Highgate Harriers | 1 | | 1990 |
| | 1:48:56 | 1 | | 1989 |
| | 1:50:30 | 3 | | 1991 |
| | 1:51:01 | 3 | | 1992 |
| | 1:51:07 | 2 | | 2004 |
| | 1:51:40 | 8 | | 1993 |
| | 1:52:52 | 5 | | 2010 |
| | 1:53:17 'B' team | 16 | | 1989 |
| | 1:53:58 | 11 | | 1994 |
| 1:48:57 | London Irish | 2 | | 1997 |
| | 1:49:31 | 1 | | 1992 |
| | 1:49:35 | 3 | | 1993 |
| | 1:50:17 | 1 | | 1991 |
| | 1:51:26 | 4 | | 1994 |
| | 1:51:33 | 5 | | 1995 |
| | 1:52:31 | 6 | | 2002 |
| | 1:52:39 | 4 | | 1999 |
| 1:49:18 | Southampton City | 1 | | 1993 |
| | 1:49:26 | 1 | | 1994 |
| | 1:49:43 | 1 | | 1995 |
| | 1:51:14 | 4 | | 1992 |
| | 1:51:18 | 3 | | 1996 |
| | 1:51:54 | 9 | | 1989 |
| | 1:52:51 | 11 | | 1991 |
| 1:49:18 | Belgrave Harriers | 1 | | 2005 |
| | 1:49:39 | 1 | | 2007 |
| | 1:49:56 | 1 | | 2002 |
| | 1:49:47 | 1 | | 2003 |
| | 1:50:00 | 1 | | 2004 |
| | 1:50:24 | 1 | | 2008 |
| | 1:50:26 | 2 | | 2010 |
| | 1:50:30 | 2 | | 2009 |
| | 1:51:48 | 3 | | 2006 |
| | 1:52:32 | 3 | | 2001 |
| | 1:53:43 | 4 | | 2000 |
| 1:49:20 | Newham & Essex Beagles | 1 | | 2006 |
| | 1:50:44 | 2 | | 2007 |
| | 1:50:54 | 3 | | 2009 |
| | 1:51:07 | 3 | | 2010 |
| | 1:51:37 | 3 | | 2002 |
| | 1:51:57 | 2 | | 2001 |
| | 1:52:03 | 3 | | 2008 |
| | 1:52:47 | 6 | | 2005 |
| | 1:52:57 | 4 | | 2003 |
| | 1:53:34 | 7 | | 2004 |
| 1:49:21 | Brighton & Hove AC | 2 | | 1989 |
| | 1:50:41 | 4 | | 1991 |
| | 1:51:39 | 4 | | 1997 |
| | 1:51:50 | 5 | | 1990 |
| | 1:52:26 | 7 | | 1995 |
| | 1:52:39 | 5 | | 1996 |
| 1:49:21 | Aldershot, Farnham & Dist. AC | 1 | | 2010 |
| | 1:49:28 | 3 | | 1989 |
| | 1:49:28 | 1 | | 2009 |
| | 1:50:28 | 3 | | 2003 |
| | 1:50:35 | 2 | | 2008 |
| | 1:51:07 | 3 | | 1990 |
| | 1:51:18 | 3 | | 2004 |
| | 1:51:24 | 4 | | 1995 |
| | 1:51:26 | 3 | | 2005 |
| | 1:51:41 | 4 | | 2002 |
| | 1:51:45 | 4 | | 1996 |
| | 1:51:50 | 2 | | 1988 |

| | | | | |
|---------|---|----|-------|------|
| | 1:51:56 | 1 | | 1999 |
| | 1:52:01 | 5 | | 1992 |
| | 1:52:05 | 8 | | 1991 |
| | 1:52:13 'B' team | 5 | | 1988 |
| | 1:52:26 | 3 | | 2000 |
| | 1:52:33 | 5 | | 2007 |
| | 1:53:00 | 11 | | 1993 |
| | 1:53:10 | 4 | | 2006 |
| | 1:53:14 'B' team | 6 | | 2010 |
| | 1:53:23 | 6 | | 1997 |
| | 1:53:24 'B' team | 18 | | 1989 |
| 1:49:28 | Borough of Hounslow AC | 2 | | 1993 |
| | 1:50:39 | 1 | | 2000 |
| | 1:51:09 | 3 | | 1995 |
| | 1:51:34 | 5 | | 1994 |
| | 1:51:35 | 3 | | 1997 |
| 1:49:42 | Shaftesbury Barnet Harriers | 2 | | 1992 |
| | 1:50:14 | 5 | | 1993 |
| | 1:50:19 | 2 | | 1991 |
| | 1:51:48 | 7 | | 1994 |
| | 1:52:10 | 4 | | 2010 |
| | 1:52:57 | 7 | | 1996 |
| | 1:53:18 | 5 | | 1997 |
| | 1:53:26 | 3 | | 1998 |
| | 1:53:30 | 5 | | 1999 |
| 1:49:42 | Boxhill Racers | 4 | | 1993 |
| | 1:50:34 | 3 | | 1994 |
| | 1:50:57 | 2 | | 1990 |
| | 1:51:07 | 6 | | 1989 |
| | 1:51:34 | 6 | | 1991 |
| | 1:52:15 | 6 | | 1992 |
| | 1:53:34 'B' team | 10 | | 1990 |
| 1:49:52 | Windsor, Slough, Eton & Hounslow AC | 1 | | 2001 |
| | 1:51:59 | 5 | | 2002 |
| 1:50:00 | Blackheath Harriers | 2 | | 1995 |
| | 1:50:15 | 2 | | 1996 |
| | 1:50:30 | 2 | | 1994 |
| | 1:51:43 | 7 | | 1991 |
| | 1:52:01 | 9 | | 1993 |
| | 1:53:31 | 4 | | 1998 |
| | 1:53:51 (Blackheath & Bromley Harriers) | 7 | | 2003 |
| | 1:53:58 (Blackheath & Bromley Harriers) | 5 | | 2009 |
| 1:50:06 | Chelmsford AC | 1 | | 1996 |
| | 1:51:09 | 7 | | 1993 |
| | 1:51:45 | 6 | | 1994 |
| | 1:53:35 | 9 | | 1995 |
| 1:50:07 | Basilidon AAC | 4 | | 1989 |
| 1:50:27 | Bedford & County AC | 2 | | 2003 |
| | 1:51:31 | 4 | | 2004 |
| | 1:51:44 | 4 | | 2005 |
| | 1:51:47 | 3 | | 2007 |
| | 1:52:25 | 4 | | 2009 |
| | 1:52:40 | 7 | | 2002 |
| | 1:53:46 | 16 | | 1993 |
| 1:50:27 | Wells City Harriers | 2 | | 2006 |
| | 1:50:34 | 2 | | 2005 |
| | 1:51:55 | 5 | | 2004 |
| | 1:52:14 | 4 | | 2007 |
| 1:50:30 | Luton United AC | 5 | | 1989 |
| | 1:51:45 | 1 | | 1988 |
| 1:50:57 | Cornwall AC | 6 | | 1993 |
| 1:51:09 | Bournemouth AC | 5 | | 1991 |
| | 1:51:25 | 4 | | 1990 |
| 1:51:15 | Reading AC | 7 | | 1989 |
| | 1:53:40 | 11 | | 1990 |
| 1:51:28 | Medway & Maidstone AC | 2 | | 2002 |
| | 1:53:19 | 5 | | 2003 |
| 1:51:41 | Thames Valley Harriers | 8 | | 1989 |
| | 1:52:49 | 9 | | 1994 |
| | 1:53:32 (Puma TVH) | 6 | | 1999 |
| | 1:53:52 | 10 | | 1995 |
| 1:51:56 | Bideford AAC | 6 | | 1995 |
| | 1:53:07 | 10 | | 1994 |
| | 1:53:14 | 13 | | 1993 |
| | 1:53:42 | 8 | | 1992 |
| | 1:53:48 | 8 | | 1996 |
| 1:51:59 | Thames Hare & Hounds | 2 | | 2000 |
| | 1:52:21 | 8 | | 1994 |
| | 1:52:58 | 12 | | 1989 |
| | 1:53:18 | 4 | | 2001 |
| | 1:53:42 | 6 | | 2003 |
| 1:52:01 | Swindon Harriers | 2 | | 1999 |
| | 1:53:17 Swindon AC | 8 | | 1995 |
| 1:52:06 | Harrow AC | 6 | | 2004 |
| | 1:52:41 | 5 | | 2005 |
| | 1:53:56 | 7 | | 2008 |

| | | | |
|---------|-------------------------------------|----|------|
| 1:52:08 | Exeter H | 3 | 1988 |
| 1:52:10 | Heme Hill Harriers | 10 | 1989 |
| | 1:52:17 | 6 | 1990 |
| | 1:52:18 | 4 | 1988 |
| 1:52:11 | Vauxhall AC | 3 | 1999 |
| | 1:53:17 | 2 | 1998 |
| 1:52:23 | Tonbridge AC | 10 | 1993 |
| | 1:52:51 | 6 | 1996 |
| 1:52:34 | City of Plymouth AC | 9 | 1991 |
| | 1:53:12 | 14 | 1989 |
| | 1:53:52 | 7 | 1988 |
| 1:52:40 | Hercules Wimbledon AC | 10 | 1991 |
| | 1:53:51 | 7 | 1997 |
| 1:52:41 | Winchester & Dist. AC | 4 | 2008 |
| 1:52:47 | Fareham AC | 11 | 1989 |
| 1:52:50 | Invicta East Kent AC | 7 | 1990 |
| | 1:53:13 | 15 | 1989 |
| | 1:53:34 | 6 | 1988 |
| 1:52:58 | Dartford Harriers | 8 | 1990 |
| | 1:53:18 | 17 | 1989 |
| 1:53:04 | Hillingdon AC | 9 | 1990 |
| | 1:53:33 | 19 | 1989 |
| 1:53:07 | Ranelagh Harriers | 13 | 1989 |
| 1:53:10 | Portsmouth AC | 12 | 1993 |
| | 1:53:28 | 12 | 1991 |
| | 1:53:39 | 7 | 1992 |
| | 1:53:44 | 20 | 1989 |
| | 1:53:44 | 12 | 1990 |
| 1:53:25 | Kent AC | 5 | 2008 |
| 1:53:28 | Nene Valley Harriers | 13 | 1991 |
| | 1:53:49 | 13 | 1990 |
| 1:53:28 | GEC Avionics | 14 | 1993 |
| 1:53:37 | Medway AC | 15 | 1993 |
| 1:53:38 | Woodford Green with Essex Ladies AC | 6 | 2008 |

Sources

SEAA event programmes statistics by Martin Duff.

Official results – 1996, 97, 99, 2000-2010.

Athletics Weekly – 13 Oct1979 p7; 18Oct1980 p10-11; 17Oct1981 p42-43; 27Nov1982 p41; 15Oct1983 p20-21; 20Oct1984 p6-8; 19Oct1985 p57-58; 8Nov1986 p11-12;

10Oct1987 p29; 30Sep1988 p37; 04Oct1989 p9; 30Oct1990 p10-11; 31Oct1990 p8-10; 20Oct1991 p8-9; 30Sep1992 p4-5; 29Sep1993 p3-4; 27Oct1993 p6-1028Sep1994 p35; 27Sep1995 p10-13; 2Oct1996 p8-9; 1Oct1997 p2-3; 30Sep1998 p42-43; 29Sep1999 p55; 4Oct2000 p54-55; 3Oct2001 p28; 2Oct2002 p20-21; 1Oct2003 p 30-31; 29Sep2004 p18-19; 28Sep2005 p12-13; 28Sep2006 p47-48; 4Oct2007 p24-25; 2Oct2008 p12-13; 1Oct2009 p14-16; 30Sep2010 p60-62.

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The Belgravian – N^o 217 Dec 1991 p31-32; N^o 225 Feb 1997 p49; N^o 226 Mar 1998 p27; N^o 228 May 2000 p39; N^o 229 Feb 2001 p37; N^o 230 Jun 2003 p47, 51; N^o 231 Dec 2003 p25; eHarrier N^o 6 30Sep2004 p23-24; eBelgravian N^o 236 15Oct2005 p90-91 N^o 250 1Nov2006 p170-171; N^o 260 28Oct2007 p39-40; N^o 267 30Dec2008 p80-81; Check the Belgravian 1979-onwards.

- Belgrave did not to take part in 1985, 1987 or during the following three years. They were back on the start line in 1991 and then missed again from 1992 to 1995. A full team was raised in 1996 but only three runners could be encouraged to run in 1997 followed by no team at all in 1998. Thereafter the event became a regular in the Belgrave calendar.

- The Rushmoor Arena course was described in AW as two laps of 2955 metres in 1990, 5.992km in 1992, 5.922 in 2001 and 2003.

- Only four teams sub 1:54 in 1998 and only two individuals below 18:00

- 20 teams beat 1:54:00 in 1989, together with 16 men 17:55 or less and course record of 17:07 – was the course short?

Q. In 1994 Tom Buckner ran 17:57. What stage did he run?

Q. Winning time in 1994 is 1:49:26 in AW. Programme stats have 1:49:28.

Q. Winning time in 2002 is 1:49:56 in AW/official results. Programme stats have 1:49:46.

Q. Second place time in 2004 is 1:51:07 in results. Programme stats have 1:50:07.

End notes

¹ In 1986 at Luton Hoo, the Midlands club Tipton Harriers placed 2nd in the Open Race in 1:57:42 but have been excluded from these statistics.

² In 1985 Dartford Harriers were disqualified on a technicality regarding their team declaration but are included in these statistics.

³ In 1985 Invicta AC were disqualified due to runners trimming down their overlarge race numbers but are included in these statistics.

⁴ Belgrave team placings at the conclusion of stages 1 to 5 in the 1991 race were calculated from incomplete results so they may be marginally incorrect.

⁵ Jonathan Blackledge was technically a few days too young to compete in 2001 and therefore ran in the incomplete C team.

⁶ In 2005 there was some sort of confusion on the timing of the first two runners in the Belgrave B team and Paul Freary's time was reduced by 7 seconds which were added to Kris Gauson's. The times have been corrected in these statistics and therefore do not agree with the official results.