

Most successful clubs 1999-2009

	Gold	Silver	Bronze	Total
Belgrave H	7	2	2	11
Shaftesbury Barnet H	2	1	-	3
Blackheath H	1	-	-	1
Windsor, Slough, Eton & Hounslow AC	1	-	-	1
Newham & Essex Beagles	-	3	2	5
Bedford & County AC	-	2	3	5
Aldershot, Farnham & Dist AC	-	3	1	4
Woodford Green with Essex Ladies	-	-	2	2
Brighton & Hove AC	-	-	1	1

Open University Campus, Milton Keynes – 1999-2007, 2009

The SEAA 12 Stage Road Relay moved to the traffic free paths of Milton Keynes in 1999 after a five-year spell at Thurrock and twenty-eight years of the event being held from our own club house around the roads of Wimbledon. Before 1965 the race took place over the London to Brighton course.

In 2007 building works meant that the start/finish area had to be moved. This resulted in both long and short stages being 152 metres shorter than normal at 7,826m and 5,354m. Times from 2007 are included below, however, after individual conversion.

Notes

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. § = second run of the day. † = time converted from slightly shortened course in 2007 with actual time shown in brackets.

Course record progression

4:17:28	Blackheath H	28Mar1999
4:12:12	Shaftesbury Barnet H	02Apr2000
4:12:00	Windsor, Slough, Eton & Hounslow AC	08Apr2001
4:11:18	Belgrave H	07Apr2002
4:07:23	Belgrave H	06Apr2003

Fastest teams to 4:30:00

4:07:23	Belgrave H	1	06Apr2003
4:09:53		1	05Apr2009
4:10:53		1	04Apr2004
4:11:18		1	07Apr2002
4:12:38		1	26Mar2006
4:13:09		1	03Apr2005
4:15:46		3	02Apr2000
4:16:21		3	08Apr2001
4:19:44		2	28Mar1999
4:20:03 † (4:14:13)		2	01Apr2007
4:11:51	Newham & Essex Beagles	2	06Apr2003
4:15:45		2	03Apr2005
4:17:12		2	07Apr2002
4:17:52		4	05Apr2009
4:21:14		3	26Mar2006
4:21:28 † (4:15:34)		3	01Apr2007
4:24:35		6	04Apr2004
4:12:00	Windsor, Slough, Eton & Hounslow AC	1	08Apr2001
4:26:45		8	04Apr2004
4:29:26		9	05Apr2009
4:29:53		14	07Apr2002
4:12:12	Shaftesbury Barnet H	1	02Apr2000
4:13:26		2	08Apr2001
4:19:34 † (4:13:43)		1	01Apr2007
4:21:41		5	04Apr2004
4:27:47		7	05Apr2009
4:29:11		9	26Mar2006
4:12:15	Bedford & County AC	2	04Apr2004
4:16:04		3	03Apr2005
4:16:54		3	06Apr2003
4:17:30		4	08Apr2001
4:18:27		3	07Apr2002
4:19:25		2	26Mar2006
4:19:26		7	02Apr2000
4:20:35		5	05Apr2009
4:28:33 † (4:22:30)		7	01Apr2007
4:13:37	Aldershot, Farnham & Dist AC	3	04Apr2004
4:13:47		2	05Apr2009
4:14:55		2	02Apr2000
4:19:37		4	06Apr2003
4:21:24		4	26Mar2006
4:22:42		6	08Apr2001
4:24:58		5	03Apr2005
4:24:59		6	07Apr2002
4:28:06 † (4:22:03)		6	01Apr2007

4:16:42	Southampton RC	4	02Apr2000
4:22:22		5	28Mar1999
4:25:02		7	07Apr2002
4:17:28	Blackheath H	1	28Mar1999
4:21:14		8	02Apr2000
4:23:30 (Blackheath & Bromley H)		7	06Apr2003
4:29:52 (Blackheath & Bromley H)		10	04Apr2004
4:17:28	Woodford Green AC	3	05Apr2009
4:22:19		5	26Mar2006
4:23:32 † (4:17:36)		4	01Apr2007
4:25:57		12	01Apr2000
4:18:10	Thames Hare & Hounds	5	02Apr2000
4:18:57		4	04Apr2004
4:20:03		4	07Apr2002
4:20:32		4	28Mar1999
4:20:44		4	03Apr2005
4:22:37		5	08Apr2001
4:23:58		8	06Apr2003
4:18:58	London Irish AC	6	02Apr2000
4:20:18	Brighton & Hove AC	3	28Mar1999
4:25:17		11	02Apr2000
4:25:32		7	08Apr2001
4:22:18	Medway & Maidstone AC	5	06Apr2003
4:25:41		7	04Apr2004
4:28:27		6	03Apr2005
4:28:47 † (4:22:43)		8	01Apr2007
4:29:22		10	26Mar2006
4:22:21	Harrow AC	9	02Apr2000
4:22:38	Herne Hill H	6	06Apr2003
4:24:54		6	05Apr2009
4:28:24		12	07Apr2002
4:29:11		9	04Apr2004
4:29:39		11	26Mar2006
4:22:58	Phoenix AC	10	02Apr2000
4:26:27		8	08Apr2001
4:29:10		13	07Apr2002
4:23:59	Thames Valley H	6	28Mar1999
4:26:28		10	06Apr2003
4:27:54 † (04:21:52)		5	01Apr2007
4:24:18	Highgate H	9	06Apr2003
4:25:31		7	28Mar1999
4:26:12		7	26Mar2006
4:28:16		11	07Apr2002
4:25:49	Kent AC	6	26Mar2006
4:27:46		9	07Apr2002
4:25:57	Colchester H	8	28Mar1999
4:28:23		16	02Apr2000
4:26:03	Chelmsford AC	13	02Apr2000
4:26:09	Borough of Hounslow AC	14	02Apr2000
4:26:25	Harrow AC	8	07Apr2002
4:26:56	Vauxhall	15	02Apr2000
4:26:58	Basildon AC	9	28Mar1999
4:29:11		7	03Apr2005
4:27:07	Enfield & Haringey AC	10	28Mar1999
4:27:44	Swindon H	11	06Apr2003
4:28:04	City of Norwich AC	10	07Apr2002
4:29:07		8	05Apr2009
4:29:39 † (4:23:34)		9	01Apr2007
4:29:02	Wells City AC	8	26Mar2006
4:29:08	City of Portsmouth AC	11	28Mar1999
4:29:29	Milton Keynes AC	12	06Apr2003
4:29:34	Bideford AAC	12	28Mar1999

Other Belgrave teams

4:36:13	Belgrave H 'B'	14	26Mar2006
4:36:36		21	06Apr2003
4:36:45		21	05Apr2009
4:36:46		21	07Apr2002
4:39:34		21	03Apr2005
4:40:03		-	02Apr2000
4:42:35		23	04Apr2004
4:46:42		31	08Apr2001

Short Stage – 5,506 metres**Short stage record progression**

16:17	Stephen Sharp (PUMA TVH)	2	28Mar1999
16:04	Rob Denmark (Basildon AC)	6	28Mar1999
15:49	Keith Cullen (Chelmsford AC)	4	08Apr2001

Top individual all club runners

15:49	Keith Cullen (Chelmsford AC)	08Apr2001
15:51	David Anderson (Belgrave H)	06Apr2003
16:19		07Apr2002
16:00	Stephen Sharp (Belgrave H)	06Apr2003
16:17		28Mar1999
16:21		03Apr2005
16:22		04Apr2004

17:46	16:32		02Apr2000	24:45	Stephen Sharp	31.12.75	1a	05Apr2009	
	Stephen Kennefick (London Irish AC)			24:50	Roger Alsop	16.01.65	1a	06Apr2003	02Apr2000
Long Stage – 7,978 metres									
Long stage record progression									
24:12	Andy Coleman (Enfield & Haringey)	1	28Mar1999	24:52	Tim Watson	28.06.73	7a	26Mar2006	
23:55	Justin Chaston (Belgrave H)	3	28Mar1999		25:01		5a	03Apr2005	
23:37	Dave Taylor (Blackheath H)	5	28Mar1999	25:03	Will Cockerell	19.11.73	7a	06Apr2003	
23:36	Mark Steinle (Blackheath H)	7	28Mar1999		25:23		11a	04Apr2004	
23:27	Chris Thompson (Aldershot, Farnham & Dist AC)	7	02Apr2000		25:38		1a	03Apr2005	
23:24	Keith Cullen (Highgate H)	3	04Apr2004		25:43		3a	05Apr2009	
23:16	Keith Cullen (Highgate H)	3	03Apr2005		26:13		11a	02Apr2000	
23:08	Phil Wicks (Belgrave H)	9	05Apr2009		26:43 † (26:12)		11a	01Apr2007	
					29:30		9b	28Mar1999	
				25:05	Jason Lobo	18.09.69	9a	28Mar1999	
				25:13	Richard Ward	U20 05.05.82	7a	08Apr2001	
				25:13	James Kelly	29.08.83	7a	05Apr2009	
				25:19	Charles Herrington	28.09.71	3a	04Apr2004	
					25:57		5a	07Apr2002	
				25:22 †	Malachi Byansi (24:53)	20.10.74	1a	01Apr2007	
					26:30		1c	08Apr2001	
					26:32		7b	05Apr2009	
					27:10		11b	26Mar2006	
					27:16		1b	06Apr2003	
					28:35		5b	07Apr2002	
					29:10		9b	04Apr2004	
				25:43	Rob McHarg	12.01.64	5a	08Apr2001	
				25:44	Jim Estall		1a	02Apr2000	
					25:46		7a	28Mar1999	
				25:47	Karl O'Connell	25.09.81	1b	26Mar2006	
				25:58	Najibe Hliouat	28.08.77	1a	28Mar1999	
					26:03		1b	07Apr2002	
				26:03	Junior Galley	24.05.62	1b	28Mar1999	
					26:03		1b	02Apr2000	
					26:53		3b	03Apr2005	
					27:08		3b	04Apr2004	
					27:08	M40	7b	26Mar2006	
				26:08	Andrew Swearman	01.02.79	1a	26Mar2006	
				26:11	Knut Hegvold	19.09.61	7b	06Apr2003	
					26:47		1b	05Apr2009	
				26:23	Eliot Lyne	21.10.72	5b	03Apr2005	
				26:23 †	Padraic Buckley (25:53)	20.11.75	9a	01Apr2007	
					26:32		1c	03Apr2005	
				26:33	Richard Stannard	0.04.74	3b	05Apr2009	
				26:41	Lee Greatorex	16.07.75	3b	06Apr2003	
					27:55		1b	03Apr2005	
				26:44	Warren Lynch	24.09.68	5b	26Mar2006	
					27:07		11b	06Apr2003	
					27:11		5b	04Apr2004	
					27:52		9b	03Apr2005	
					28:27		11b	08Apr2001	
					29:10		3c	05Apr2009	
					29:10	M40			
				26:45	Phil Carstairs	07.07.60	3a	28Mar1999	
					26:50		5b	08Apr2001	
				26:46	Tom Hadfield	17.10.72	3b	26Mar2006	
				26:48 †	Tom Ellacott (26:17)	20.06.73	7a	01Apr2007	
				26:49	Ray Foley	03.06.68	3b	07Apr2002	
				26:50	Michael Kazimierski	06.05.70	5b	28Mar1999	
					27:15		9b	08Apr2001	
					27:20		3b	02Apr2000	
				26:50	Lee Greatorex	16.07.75	1b	04Apr2004	
				27:06	Charlie Dickinson	M50 26.04.48	3b	08Apr2001	
				27:08 †	John Kimaiyo (26:37)	21.08.74	5b	01Apr2007	
				27:21	Lloyd Catley	17.10.73	9b	06Apr2003	
					27:58		9b	07Apr2002	
				27:24	Landa Eguia	30.05.83	5b	05Apr2009	
				27:29	Mike Webb	04.10.67	1b	08Apr2001	
				27:37 †	Pete Willis (27:05)	04.05.82	3a	01Apr2007	
				27:44	Andrew Sentence	13.04.77	11b	05Apr2009	
				27:46	James Rogers	18.01.75	5b	02Apr2000	
				27:46	Paul Coughlan		11b	02Apr2000	
				27:49	Ben Hurley	26.01.75	9b	05Apr2009	
				28:14	Charlie Dickinson		11b	04Apr2004	
				28:16	Graeme Reid	M40 05.10.60	5b	06Apr2003	
				28:17	Jerome Curtat	21.06.71	7b	28Mar1999	
				28:27 †	James Fairbourn (27:54)	U20 26.06.87	3b	01Apr2007	
				28:30	John Charles	24.05.83	1c	04Apr2004	
				28:35	Tony St Leger	M40 24.07.60	7b	04Apr2004	
					28:44	M40	9b	03Apr2005	
				28:41	Stephen Zealey	26.11.65	3c	04Apr2004	
				28:41	Bruce Barton	M40 02.02.64	9b	26Mar2006	
				28:43	Matt Whiting	21.11.77	3c	03Apr2005	
				28:46	Frank Ward	M45 18.11.57	11c	03Apr2005	
					29:33	M45	1c	06Apr2003	
				28:59	Stuart Paton	24.05.63	7b	08Apr2001	
				29:03	Don Anderson	M40 10.05.55	7b	02Apr2000	
					31:08	M45	3c	06Apr2003	
					33:02 † (32:24)	M50	7b	01Apr2007	
				29:13 †	Mark Humphrey (28:40)	13.10.83	1b	01Apr2007	

30:26	Charles Smith		05.03.79	3c	26Mar2006
30:25	Rob Poulter		05.02.67	7c	26Mar2006
30:30	Matthew Taylor	M45	05.12.60	1c	26Mar2006
31:16	Harry Corbett	M45	16.02.58	5c	26Mar2006
	34:04			5c	03Apr2005
31:35	Peter Marsh	M55	30.06.50	1c	05Apr2009
31:42	Robert Norville		25.05.76	9c	26Mar2006
33:12	Rex Bale	M55	29.11.45	1c	07Apr2002
	33:31	M55		3c	08Apr2001
33:58	Rob Harding	M40	13.09.64	5c	05Apr2009
34:29	Sam Baxendale		14.01.78	7c	05Apr2005
35:44	Peter Coughlan	M55	18.01.45	9b	02Apr2000
	38:47 † (38:03)	M60		9b	01Apr2007

Before they were Belgravians

24:54	Charles Herrington (Milton Keynes AC)				28Mar1999
26:06	Joachim Wolf (Hillingdon AC)				28Mar1999

Rushmoor Arena, near Aldershot – 2008

With Milton Keynes unavailable, the organisers of the SEAA/Aldershot 6-Stage Relay stepped in to stage the race. The course used was a slightly extended version of the men's 6-stage circuit – one lap for the short stages and two laps for the long stages.

Fastest teams

4:00:01	Belgrave H			1	06Apr2008
4:01:25	Aldershot, Farnham & Dist AC			2	06Apr2008
4:04:23	Woodford Green with Essex Ladies AC			3	06Apr2008
4:06:48	Newham & Essex Beagles			4	06Apr2008
4:14:06	Harrow AC			5	06Apr2008
4:14:40	Thames Hare & Hounds			6	06Apr2008
4:15:05	Wells City H			7	06Apr2008
4:16:20	Highgate H			8	06Apr2008
4:17:24	Medway & Maidstone AC			9	06Apr2008
4:19:42	City of Norwich AC			10	06Apr2008

Short Stage – 4.2k**Top individual all club runners**

12:34	Steve Davies (Belgrave H)				06Apr2008
12:37	Stephen Sharp (Belgrave H)				06Apr2008
12:39	Jonathan Blackledge (Belgrave H)				06Apr2008
12:49	Mitch Goose (City of Norwich AC)				06Apr2008
12:52	Matt Shone (Woodford Green with Essex Ladies)				06Apr2008
13:01	Jermaine Mays (Kent AC)				06Apr2009

Belgrave all-time individual performances

12:34	Steve Davies		16.02.84	6a	06Apr2008
12:37	Stephen Sharp		31.12.75	8a	06Apr2008
12:39	Jonathan Blackledge		15.09.84	12a	06Apr2008
13:03	Nick Goolab	U20	30.01.90	2a	06Apr2008
13:06	Shaun Moralee		13.04.85	4a	06Apr2008
13:43	Alex Bodin		17.06.88	6b	06Apr2008
13:47	Joe van der Toorn		07.05.87	4b	06Apr2008
13:52	Phil Burkart		26.08.83	2b	06Apr2008
14:01	Knut Hegvold	M45	19.09.61	10a	06Apr2008
14:39	Jason Webb		19.08.69	10b	06Apr2008
15:34	Robert Norville		25.05.76	8b	06Apr2008
15:52	Ed Smith		29.01.78	12b	06Apr2008
16:11	Terry O'Neill	M55	23.09.52	2c	06Apr2008

Long Stage – 8.4k**Top individual all club runners**

25:44	Robert Russell (Thames Valley H)				06Apr2008
26:09	Dave Wardle (Woodford Green with Essex Ladies)				06Apr2008
26:10	Ben Moreau (Aldershot, Farnham & Dist AC)				06Apr2008
26:11	Adam Bowden (Harrow AC)				06Apr2008
26:13	Simon Jones (Belgrave H)				06Apr2008
26:14	Neil Speaight (Belgrave H)				06Apr2008

Belgrave all-time individual performances

26:13	Simon Jones		29.11.83	11a	06Apr2008
26:14	Neil Speaight		09.09.78	1a	06Apr2008
26:47	James Kelly		29.08.83	7a	06Apr2009
26:58	Mark Pollard		25.02.82	9a	06Apr2008
27:53	Will Cockerell		19.11.73	5a	06Apr2008
27:56	Paul Freary	M40	03.04.68	3a	06Apr2008
28:43	Pete Willis		04.05.82	3b	06Apr2008
29:12	Mike Trees	M45	26.09.62	9b	06Apr2008
29:46	Tim Weeks		10.05.79	1b	06Apr2008
30:51	Matt Whiting		21.11.77	5b	06Apr2008
35:31	Pete Marsh	M55	30.06.50	7b	06Apr2008
35:40	Matthew Law		12.04.83	11b	06Apr2008
40:35	Dave McMillan	M60	09.11.47	2c	06Apr2008

Sources

MK result sheets 1999-2009; AFD result sheets 2008; Athletics Weekly – 1999/03/31 p45-46; 2001/04/11 p26-27; 2007/04/05 p22-24; 2008/04/10 p36-37.