

MEN'S HALF MARATHON PERSONAL BESTS

Last updated 25 September 2026

PLEASE NOTE:- Hatfield Forest and before 2003 Brentwood were not verified Half Marathons.

* In the Age column denotes the Club Record.
 # In the Name column denotes course measurement not verified.
 ** In the Name column denotes self, not official time.

TIME	NAME	AGE	VENUE	DATE
1.07.09	Richard Chiassaro	Wheelchair*	Silverstone	Mar 2011
1.09.19	Marcello Bizio (2 nd Claim)	20-39	Harlow	Oct 1991
1.11.06	Noel Thatcher	20-39*	Bath	Mar 2002
1.11.44	Geoff Morris	20-39	Roding Valley	Feb 1997
1.12.08	Phil Jones	20-39	Roding Valley	Feb 1999
1.12.33	Jason Fielding	20-39	Roding Valley	Mar 1998
1.12.37	Martin Westley	20-39	Pleshey	Sep 2025
1.12.45	Russell Maddams (2 nd Claim)	20-39	Penrith	Mar 1999
1.12.50	Marcus Silver	20-39	Roding Valley	Feb 1997
1.13.35	Steve Murtagh	45-49*	Eton Dorney	Feb 2013
1.13.47	Keith Worsdell	20-39	Watford	Feb 1989
1.13.52	Paul Dunne	20-39	Harlow	Oct 1992
1.14.52	Mick O'Connor	20-39	Watford	Feb 1989
1.15.08	Rob Lowe	50-54*	Dorney	Oct 2022
1.15.19	Leigh Williams	20-39	Roding Valley	Feb 1996
1.15.19	Rob Dewhurst	20-39	Bath	Mar 2003
1.15.23	Salvatore Maggiulli	20-39	Peterborough	May 1991
1.15.50	Jared Bethell	20-39	Bedford	Dec 2009

1.16.20	Pas Blackwell	40-44*	Cambridge	Mar 2023
1.16.41	Rick Ricketts	20-39	Roding Valley	Feb 1993
1.17.03	Lyndon Cooper	20-39	Peterborough	Oct 2013
1.17.08	Mike Pask	20-39	Harlow	Oct 1992
1.17.20	Jonathan Brown	20-39	Hastings	Mar 2006
1.17.28	John Burnett	20-39	Watford	Feb 2002
1.17.31	Barry Concannon	40-44	Watford	Feb 1989
1.17.50	Pasquale Pellecchia	20-39	Roding Valley	Feb 1989
1.17.54	Rich Hynes	20-39	Big Half (London)	Mar 2020
1.18.06	Colin Moody	40-44	Roding Valley	Feb 1994
1.18.10	Alan Broughton	40-44	Stevenage	Nov 2005
1.18.23	Terry Martin	45-49	Great North Run	Sep 1997
1.18.47	Steve Mackenzie	20-39	St. Edmunds	Mar 1996
1.18.53	Jack Shury	20-39	Cambridge	Mar 2023
1.19.13	Craig Segal	20-39	Great Bentley	Feb 2019
1.19.49	Steve Read (2 nd Claim)	20-39	Roding Valley	Mar 2002
1.20.11	Gwyn Jones	40-44	Roding Valley	Feb 1996
1.20.45	John O'Connor	20-39	Benidorm	Nov 2007
1.20.47	Mark Clack	20-39	Harlow	Oct 1992
1.20.56	Graham Pugh	20-39	Harlow	Sep 1989
1.21.45	Tom Scanlan	20-39	Great North Run	Sep 1995
1.22.19	Jason Haigh	20-39	Silverstone	Mar 2005
1.22.21	Brendon MacLean	20-39	Victoria Park	Nov 2016

1.22.25	Ken Deally	20-39	Roding Valley	Mar 1990
1.22.28	Dean Harvey	Wheelchair	Silverstone	Mar 2013
1.22.54	Alex Smith	20-39	Watford	Feb 2018
1.23.05	Vince Batten	20-39	Roding Valley	Feb 1993
1.23.15	Kim Tiffin	40-44	Roding Valley	Feb 1993
1.23.33	Roy Steven	55-59	Great Bentley	Feb 2007
1.23.33	Peter Wickham	45-49	Southend	Jun 2001
1.23.36	Dave Cameron	40-44	Roding Valley	Mar 1990
1.23.47	Josh Shelton	20-39	Surrey	Mar 2020
1.23.51	Chris Warburton	40-44	Watford	Feb 2024
1.23.55	Alan Wise	40-44	Silverstone	Mar 2009
1.23.59	Alan Dearling	20-39	Cambridge	Jul 1989
1.24.03	Art Tonge	20-39	St. Neots	Nov 2024
1.24.14	Jamie Luck	20-39	Southend	Jun 1999
1.24.14	Phil Murrant	20-39	Roding Valley	Feb 1997
1.24.15	Pete Brewin	20-39	Scunthorpe	May 2015
1.24.16	Malcolm Coster	40-44	Great North Run	Sep 1997
1.24.25	John Tennant	45-49	Watford	Feb 1996
1.24.37	Andy Kitson	45-49	Big Half (London)	Mar 2020
1.24.45	David Bell	20-39	Great North Run	Sep 1997
1.25.05	Jamie Jephcott	40-44	Pleshey	Sep 2012
1.25.12	Daniel Jephcott	20-39	Roding Valley	Mar 2020
1.25.20	Calum Kitscha	20-39	Big Half (London)	Sep 2025
1.25.37	Laurence Maddock	20-39	Big Half (London)	Mar 2020

1.25.45	David Ayling	20-39	Great Bentley	Feb 2010
1.25.55	Rob Parsons	40-44	Roding Valley	Mar 1990
1.25.57	Dave Stewart	40-44	Roding Valley	Mar 1998
1.26.00	Sven Meinen	20-39	Bath	Mar 2009
1.26.06	Martin Wells	45-49	Roding Valley	Feb 1994
1.26.08	Paul Jeffrey-Read	40-44	Watford	Feb 2013
1.26.12	Andy Pearson	20-39	Roding Valley	Feb 2007
1.26.13	Mike Armsworth	40-44	Dunmow to Saffron Walden	Sep 1994
1.26.14	Danny McCree	20-39	Stevenage	Oct 2017
1.26.15	Neil Riddoch	20-39	Brentwood	Mar 2003
1.26.16	Nigel Allen	20-39	Great North Run	Sep 1994
1.27.00	Lee Webber	45-49	Hackney	May 2022
1.27.19	Ryan Smith	40-45	Victoria Park	Mar 2024
1.27.25	Michael Clark	20-39	Shoreditch	Sep 2026
1.27.30	Harry Pluckrose	20-39	Cambridge	Mar 2026
1.27.33	Jim Martin	45-49	Victoria Park	Dec 2018
1.27.38	Tim Miles	20-39	Great Bentley	Feb 2007
1.27.56	Martyn Coulter	20-39	Pleshey	Sep 2022
1.28.00	Adelmo Casu	20-39	Roding Valley	Mar 1990
1.28.08	Kirk Crudgington	50-54	Chelmsford	Mar 2025
1.28.30	Jon Steadman	20-39	Great Bentley	Feb 2010
1.28.31	Adrian Fell	45-49	Victoria Park	Nov 2016

1.28.37	Kevin Smith	50-54	Knebworth	Nov 2019
1.28.37	Andy Terrell	20-39	Great Bentley	Feb 2010
1.28.46	Colin Baker	40-44	Knebworth	Nov 2018
1.28.46	Chris Mack	40-44	Brentwood	Mar 2025
1.28.48	Marc Witham	45-49	Cambridge	Mar 2026
1.28.49	Mark Goodger	20-39	Great Bentley	Mar 2012
1.29.01	Harrison Green	20-39	Kew Gardens	Mar 2025
1.29.21	Peter Weyers	40-44	St. Albans	Sep 2001
1.29.28	Richard Solomons (2 nd Claim)	60-64	St. Albans	Jun 2011
1.29.28	Mick Miller	55-59	Grunty Fen	Sep 1996
1.29.30	Philip Smith	20-39	Roding Valley	Mar 1993
1.29.37	Tom Beales	40-44	Cambridge	Mar 2023
1.29.37	Russell Harris	20-39	Roding Valley	Feb 1992
1.29.37	Graham O’Nions	20-39	Solent	Oct 1997
1.29.40	Darren Tiley	45-49	Great Bentley	Feb 2017
1.30.05	Andy Bradley	20-39	Burnham Beeches	Aug 2003
1.30.09	Kevin Marsh	40-44	Stevenage	Nov 1998
1.30.13	Keith Streeter	50-54	Debden Airfield	Apr 2022
1.30.21	Bob Wood	45-49	St. Edmunds	Mar 1997
1.30.36	William Wall	20-39	Cambridge	Mar 2013
1.30.37	Steve Ambrose	45-49	Pleshey	Sep 2012
1.30.37	Martin McColgan	20-39	Roding Valley	Mar 1990

1.30.41	George Wormald	45-49	Roding Valley	Mar 1995
1.30.42	John Evans	20-39	Roding Valley	Mar 2008
1.30.43	David Loomes	20-39	Roding Valley	Mar 1995
1.30.49	Michael Woodruff	55-59	Bedford	Sep 2019
1.31.01	James Dowsett	20-39	Brentwood	Mar 2020
1.31.12	Richard Pogson	40-44	Roding Valley	Feb 1992
1.31.14	Warwick Adams	20-39	Stevenage	Nov 1998
1.31.21	Alan Donald	20-39	Stafford	Mar 2004
1.31.30	Dave Judge	60-64	Stevenage	Nov 2000
1.31.34	Robert Foxley	40-44	Ipswich	Oct 2022
1.31.36	Darren Coates	45-49	Felsted	Apr 2018
1.31.39	Graham Leitch	20-39	Cambridge	Jul 1989
1.31.40	Jack Wood	20-39	Cambridge	Mar 2026
1.31.41	Steven Good	20-39	Welwyn Garden City	Mar 2019
1.31.49	Andy Sims	45-49	Southend	Jun 2010
1.31.49	Daniel Squires	20-39	Cambridge	Mar 2026
1.31.49	Matt Jones	20-39	Silverstone	Mar 2004
1.31.54	Alan Cootes	40-44	Grunty Fen	Sep 1997
1.32.03	Grahame Thomas	45-49	Great Bentley	Feb 2008
1.32.03	John Bull	45-49	Great Bentley	Feb 2010
1.32.21	Alan Dean	40-44	Roding Valley	Mar 1998
1.33.00	Andrew Wright	20-39	Inverness	Apr 1989
1.33.04	Lex Ellington	50-54	Valencia, Spain	Oct 2024

1.33.09	Joe Longman	20-39	Big Half (London)	Sep 2025
1.33.22	John Nicholls	45-49	Colchester	Jun 1992
1.33.49	Mark Bentley	50-54	Royal Parks (London)	Oct 2021
1.33.54	Pat Whitelaw	45-49	Roding Valley	Mar 2001
1.33.57	Terry Ridge	20-39	Luton	Oct 2015
1.34.03	Grant Beuken	20-39	Cambridge	Mar 2024
1.34.12	Andy Smith	20-39	Big Half (London)	Mar 2020
1.34.21	Paul Schroder	20-39	Queen Elizabeth Olympic Park	Feb 2019
1.34.26	Bill Turner	40-44	Roding Valley	Mar 2090
1.34.29	James Ebsworth	50-54	Cambridge	Mar 2026
1.34.32	Ben Usher	20-39	Brighton	Feb 2017
1.34.41	Marc Lowers	20-39	Great Bentley	Feb 2011
1.34.43	Nick D’Alton	45-49	Queen Elizabeth Olympic Park	Feb 2019
1.34.45	Chris Mella	20-39	Great North Run	Sep 2024
1.34.53	Jon Waight	55-59	Big Half (London)	Sep 2022
1.34.53	Andrew Eves	20-39	Peterborough	May 1992
1.34.57	Matthew Spires	45-49	Watford	Feb 2023
1.35.09	Neil Goodgame	45-49	Big Half (London)	Sep 2023
1.35.40	Colin Reeves	50-54	Great North Run	Sep 1996
1.36.05	Jermaine Shand	20-39	Cambridge	Mar 2024
1.36.08	James Berger	20-39	Bournemouth	Oct 2013
1.36.10	Alan Blake	60-64	Roding Valley	Mar 1991
1.36.11	Paul Barfoot	20-39	Stevenage	Nov 1995

1.36.21	Desmond Ramsey	20-39	Paddock Wood	Mar 1994
1.36.25	David Croly	45-49	Southend	Jun 2010
1.36.26	Cliff Price	45-49	Knebworth	Nov 2023
1.36.36	Harry Woodward	60-64	Great North Run	Sep 1992
1.36.42	Chris Donnelly	20-39	Victoria Park	Dec 2018
1.36.49	Don Conway	45-49	Stevenage	Nov 1998
1.36.51	Sam Carter	20-39	Great Bentley	Feb 2018
1.36.57	Terry Heapy	40-44	Stevenage	Nov 1998
1.37.04	Dan Chapman	20-39	Southend	Jun 2010
1.37.04	Mark Hayward	20-39	North London	Mar 2016
1.37.25	Lewis Townsend	20-39	Great North Run	Sep 2024
1.37.28	Robert Earthy	45-49	Watford	Feb 2018
1.37.34	Tommy Addison	20-39	Southend	Jun 2026
1.37.50	Shane Peacock	20-39	Cambridge	Mar 2024
1.37.52	Sean Flynn	55-59	St. Albans	Jun 2015
1.37.56	Jack Waight	20-39	Cambridge	Mar 2026
1.37.57	Ben Fowler	40-44	Silverstone	Nov 2024
1.38.00	Ralph Grimes	20-39	Roding Valley	Feb 1993
1.38.14	Simon Couper	40-44	Big Half (London)	Mar 2020
1.38.28	Nick Ryley-Warren	20-39	Stevenage	Oct 2017
1.38.32	Keith Evans	20-39	Roding Valley	Mar 1991
1.38.34	Andrew Ramage	20-39	North London	Mar 2016
1.38.39	Tim Wood	20-39	Royal Parks (London)	Oct 2023

1.38.41	Richard Thornton	55-59	Knebworth	Nov 2024
1.38.53	Andy Hughes	20-39	Welwyn	Jun 1993
1.39.02	Owen Haigh	U20*	Watford	Feb 2017
1.39.12	Dave Howes	40-44	Great North Run	Sep 1997
1.39.21	Scott Smith	20-39	Victoria Park	Mar 2024
1.39.23	Jason Fox	50-54	Watford	Feb 2022
1.39.23	John Page	45-49	Silverstone	Mar 2005
1.39.44	Liam Boylan	40-44	London Landmarks	Apr 2026
1.39.49	Tony Russell	20-39	Clacton	Aug 2021
1.39.50	Sam Spurgeon	20-39	Hampton Court	Feb 2024
1.39.53	Michael Pogson	U20	Stevenage	Nov 1995
1.39.54	Josh Ramsay	20-39	Battersea	Mar 2026
1.40.09	Paul Lee	40-44	Victoria Park	Apr 2017
1.40.22	Steve Foy	45-49	Roding Valley	Feb 1997
1.40.27	Dougie Gray (2 nd Claim)	45-49	Aviemore	Oct 2009
1.40.30	Phil Middleton	40-44	Knebworth	Oct 2022
1.40.37	Alan Woodhouse	20-39	Roding Valley	Mar 1990
1.40.47	Vince Hayward	55-59	Great Bentley	Feb 2012
1.40.50	Bradley Power	20-34	Cambridge	Mar 2024
1.41.04	Steven Boxall-Hunt	20-39	Stevenage	Nov 1998
1.41.08	Richard Fryer	45-49	Cambridge	Mar 2020
1.41.11	Liam Reilly	20-39	Lisbon, Portugal	Mar 2026
1.41.34	Simon Manning	20-39	Borehamwood	Jun 1996

1.41.52	Simon Poon	20-39	Silverstone	Mar 2004
1.42.00	Julian Lewis	20-39	Roding Valley	Feb 1993
1.42.22	Alan Doherty	20-39	Havering	May 1993
1.42.24	Ron Sambridge	40-44	Roding Valley	Feb 1995
1.42.42	John Cook	20-39	Brentwood	Mar 2004
1.42.47	Alan Moir	50-54	Great Bentley	Feb 2010
1.42.49	Rob Scott	45-49	Cambridge	Oct 2021
1.42.52	Santosh Kumar	20-39	Grunty Fen	Sep 2014
1.42.53	James Coyle	20-39	Great Bentley	Feb 2008
1.43.10	Jerry Kaminski	45-49	Cardiff	Oct 1993
1.43.16	Graham Saville	55-59	Welwyn Garden City	Mar 2017
1.43.32	Justin Patten	45-49	Welwyn Garden City	Mar 2016
1.43.35	James Catton	20-39	Victoria Park	Feb 2025
1.43.43	Simon Peters	20-39	Exmouth	Aug 1996
1.43.46	Brendan Kennedy	20-39	Exmouth	Aug 1996
1.44.02	Derek Morris #	55-59	Brentwood	Mar 1995
1.44.04	James Dowsett	40-44	Watford	Feb 2024
1.44.17	John Leijs	45-49	Cambridge	Jul 1989
1.44.38	Mick Maddams	45-49	Knebworth	Nov 2019
1.44.40	Nick Rogers	20-39	Cambridge	Feb 2016
1.44.44	Mark Ramsey	20-39	Silverstone	Mar 2017
1.44.54	Tony Robinson	20-39	Great North Run	Sep 2007
1.44.55	Steve Warren	55-59	Knebworth	Nov 2017

1.45.09	Michael Houlihan	50-54	Ealing	Sep 2018
1.45.15	Adam Purvis	20-39	Big Half (London)	Sep 2025
1.45.17	Ian Smith	20-39	Roding Valley	Feb 1997
1.45.20	Andy Kinney	40-44	Marrakech	Jan 2012
1.45.39	Jamie Taylor	45-49	Watford	Feb 2003
1.45.48	Adrian Wright	45-49	Cambridge	Jul 1989
1.45.52	Alan Bore	50-54	Buntingford	May 1994
1.46.10	Peter Meerloo	55-59	Amsterdam	May 1990
1.46.13	Jim Bates	70-74	Silverstone	Mar 2015
1.46.15	Brian Hazeltine	45-49	Watford	Feb 1990
1.46.18	Steve Cowlin	55-59	Big Half (London)	Mar 2018
1.46.21	Martin Elven	55-59	Pleshey	Sep 2018
1.46.44	Peter Barrett	20-39	Brentwood	Mar 2008
1.47.02	Ray Hawkins	20-39	St.Edmunds	Mar 1996
1.47.03	Gary Mead	50-54	Lee Valley	Mar 2022
1.47.10	Willie Bisland	55-59	Paddock Wood	Mar 1996
1.47.19	Ben Walker	50-54	Colchester	Mar 2026
1.47.30	Mike Eaton	45-49	Dunmow to Saffron Walden	Sep 2000
1.47.32	Chris Burgess	50-54	Dartford	Mar 2025
1.47.32	S. Wood	20-39	Roding Valley	Feb 1990
1.47.33	Mark Stevens	40-44	Great North Run	Sep 1996
1.47.35	Chris Pask	20-39	Stevenage	Nov 2003
1.47.47	Frankie Forsyth	20-39	Royal Parks	Oct 2024

1.47.50	Alf Keen	45-49	Mersea Island	Aug 1992
1.48.00	Paul Dixon	50-54	Pleshey	Oct 2016
1.48.02	Peter Ayling	55-59	Hastings	Mar 2012
1.48.02	Jason Best	20-39	Baldock	Feb 2022
1.48.19	Derek Seymour	65-69	Amsterdam	Oct 2011
1.48.22	Chris Arnell	45-49	Haverhill	Mar 2022
1.48.36	Spencer Brooks	45-49	Great Bentley	Feb 2018
1.48.52	Martin Patch	45-49	Stevenage	Nov 2005
1.48.53	Josh Chinn	20-39	Battersea Park	May 2025
1.49.01	Luke Healy	20-39	Cambridge	Mar 2026
1.49.03	Steve Jack	50-54	Pleshey	Oct 2016
1.49.03	Mark Moulds	45-49	Lee Valley	Apr 2017
1.49.04	Howard Gaines	20-39	Great Bentley	Feb 2010
1.49.14	Ron Newton	50-54	Roding Valley	Feb 2005
1.49.21	Jamie Olsen Ferreira	40-44	Lee Valley	Mar 2026
1.49.35	Robin Lozeau	55-59	Pleshey	Sep 2014
1.49.37	Carl Whay	55-59	Big Half (London)	Sep 2025
1.49.43	Ron Luck	55-59	Brentwood	Mar 2006
1.49.42	Bobby Draper	55-59	Big Half (London)	Mar 2019
1.50.02	Matthew Austin	40-44	Bedford	Sep 2019
1.50.17	David Page	45-49	Pleshey	Mar 2012
1.50.25	Nick Goff	50-54	Victoria Park	Dec 2019
1.50.46	Dominic Emery	55-59	Berlin	Mar 2026

1.50.49	Simon Haigh	55-59	Stevenage	Oct 2023
1.50.52	Terry Pike	45-49	Silverstone	Mar 2013
1.51.25	Ben Barnard	20-39	Great Bentley	Feb 2014
1.51.33	Mark Bellworthy	20-39	Roding Valley	Feb 2016
1.51.41	Jon Wickings	40-44	Big Half (London)	Mar 2019
1.51.52	Luke Howard	20-39	Great North Run	Sep 2022
1.52.08	Vipin Patel	50-54	Great Bentley	Feb 2008
1.52.14	Will Shoults	50-54	Great North Run	Sep 2011
1.52.18	Steve Page	40-44	Stevenage	Nov 2004
1.52.34	Leigh Brown	20-39	Big Half (London)	Mar 2019
1.52.54	Dave Goosetree	40-44	Havering	Oct 2019
1.53.12	Dan Winter	40-44	Cambridge	Mar 2023
1.53.33	Ian Gibson	40-44	Grunty Fen	Sep 2008
1.53.41	Richard Owen	20-39	Roding Valley	Feb 2005
1.53.41	Dean Toussaint	20-39	Shoreditch	Sep 2026
1.54.28	Mark Unwin	40-44	Knebworth	Nov 2021
1.54.32	Alan Wellbelove	55-59	Great Bentley	Feb 2016
1.54.47	Tj Rowlands	45-49	London Landmarks	Apr 2024
1.55.19	Robert Cochrane	20-39	Queen Elizabeth Olympic Park	Feb 2025
1.55.29	Oliver Skipper	20-39	Big Half (London)	Mar 2020
1.55.33	Rodney Martins	40-44	Shoreditch	Sep 2026
1.55.43	Steve Alcock	45-49	Brentwood	Mar 2010
1.55.45	Iain Bulloch	50-54	Battersea	Nov 2024
1.55.47	Tyrone Mustafa	45-49	London Landmarks	Apr 2023

1.55.57	Bradley Holmes	20-39	Berlin	Mar 2026
1.56.20	John Kirkby	20-39	Stevenage	Nov 2005
1.56.22	Frank Heinen	20-39	Windsor	Jul 2012
1.56.25	Darren Terrell	45-49	Bath	Mar 2025
1.56.32	Jonathan Dean	40-44	Lee Valley	Mar 2026
1.57.44	Harrison Gallagher	20-39	Big Half (London)	Sep 2026
1.56.46	Michael Robey	40-44	Stanwick Lakes	Mar 2020
1.56.55	Cyril Cornillet	45-49	Chelmsford	Mar 2023
1.56.59	David Johnson	50-54	Pleshey	Sep 2019
1.57.10	Richard Brims	40-44	Roding Valley	Feb 2004
1.57.58	Richard Smith	40-44	Barcelona	Feb 2016
1.57.59	Colin Langbridge	40-44	Cambridge	Mar 2025
1.58.19	Jeff Tamplin	40-44	St. Albans	Jun 2009
1.58.41	Daniel Finch	40-44	Queen Elizabeth Velopark	Dec 2019
1.58.53	Lee Daniels	20-39	Hackney	May 2023
1.59.35	Steve Marshall	45-49	Brentwood	Mar 2006
1.59.50	Sean Wardle	60-64	Prague	Apr 2025
2.00.19	Leon Bethell	40-44	Pleshey	Sep 2025
2.00.45	Miguel Luque	55-59	Great North Run	Sep 2023
2.00.53	Alan Clucas	40-44	Reading	Mar 2009
2.01.35	Steve Wright	55-59	Lee Valley	Mar 2023
2.01.52	Steve Kent	20-39	Silverstone	Mar 2004

2.01.57	Phil Pang	20-39	Stevenage	Nov 2005
2.02.26	Michael Guinan	45-49	Brentwood	Mar 2004
2.02.40	Willie Keeling	20-39	Leeds	May 2005
2.03.03	J. Dellar	50-54	Roding Valley	Feb 1990
2.04.01	Rod Kearney	50-54	Brentwood	Mar 2006
2.04.04	Alec Laing	45-49	Great Bentley	Feb 2017
2.05.18	James Keys-Kidd	20-39	Queen Elizabeth Olympic Park	Feb 2019
2.05.25	John Smith	50-54	St. Albans	Jun 2003
2.05.29	Dave Smith	40-44	Great North Run	Sep 2022
2.05.38	Lee Gorringe	20-39	Royal Parks	Oct 2012
2.06.25	Vincent Martin	55-59	Victoria Park	Dec 2019
2.07.51	Rhys Shimmen	20-39	Victoria Park	Mar 2026
2.08.18	Paul Cadogan	20-39	Roding Valley	Mar 2019
2.08.43	Andrew Smith	45-49	Pleshey	Sep 2017
2.08.49	Alan Chatterton	20-39	Knebworth	Nov 2018
2.09.00	Michael Gornall	50-54	Welwyn Garden City	Mar 2015
2.09.02	Rangwedi Sello	40-44	Southend	Jun 2022
2.09.43	Phil Middleton	40-44	Chiltern	Jul 2023
2.10.09	Jason Manning	45-49	Southend	Jun 2024
2.10.33	James Hawksbee	20-39	Dartford	Mar 2025
2.11.23	Craig Holleyman	40-44	Hackney	May 2026
2.11.37	Paul Watts (2 nd Claim)	50-54	Lee Valley	Mar 2019

2.11.49	Martyn Langman	20-39	Cambridge	Mar 2022
2.11.58	Ryan Reardon	20-39	Hackney	May 2026
2.12.27	Jacobus van der Poel	65-69	Royal Parks	Oct 2022
2.16.00	Brett Savidge	50-54	Burj2Burj, Abu Dhabi	Feb 2026
2.16.55	John Edwards	50-54	Welwyn Garden City	Sep 2019
2.17.48	Mick Gleeson	45-49	Brentwood	Mar 2020
2.18.08	Simon Barnes	40-44	Stevenage	Nov 2002
2.19.04	Jeff Mace	20-39	Silverstone	Mar 2016
2.20.07	Shaun Whiter (T61/F61)	20-39	Cambridge	Mar 2026
2.20.13	Adrian Griffiths	40-44	Silverstone	Mar 2004
2.21.00	Ray Mash	20-39	Docklands	Apr 1999
2.23.59	Dean Bull	40-44	Big Half (London)	Mar 2019
2.24.20	Mark King	20-39	Pleshey	Sep 2026
2.24.32	Jonathan Speller	20-39	Hackney	May 2026
2.24.44	Andy Presland	20-39	Roding Valley	Feb 1999
2.25.01	Nigel Wyatt	40-44	Stevenage	Nov 2006
2.25.11	Paul Bailey	20-39	Great North Run	Sep 2007
2.26.42	Tony Harman	55-59	Knebworth	Jun 2021
2.29.14	Bill Brunton	60-64	Royston	Sep 2019
2.33.50	Nadeem Ghani	50-54	Big Half (London)	Mar 2019
2.33.58	David Somerville	40-44	Run to the Beat	Oct 2008
2.36.07	Lee J. Walker	20-39	London Landmarks	Mar 2019
2.36.12	Sean Fowler	50-54	Run to the Beat	Oct 2008

2.39.48	Jason Pite	40-44	Big Half (London)	Mar 2020
2.40.10	Hossein Erfani #	65-69	Hatfield Forest	Sep 2017
2.41.26	Steve Crosby	20-39	Silverstone	Mar 2016
2.52.46	Alan Godbold	55-59	Cambridge	Mar 2024
2.52.51	David Nicholas	50-54	Watford	Feb 2020
3.01.13	Peter Berry	40-44	Southampton	Apr 2024
3.04.25	Robert Harrison	20-39	Great North Run	Sep 2011