

MEN'S MARATHON PERSONAL BESTS

Last updated 28 September 2026

*** 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
2.30.46	Martin Westley	20-39*	Berlin	Sep 2026
2.31.39	Russell Maddams (2nd Claim)	20-39	London	Apr 2004
2.32.30	Mick O'Connor	20-39	Stratford-upon-Avon	Apr 1989
2.35.14	Geoff Morris	20-39	London	Apr 1997
2.35.20	Noel Thatcher (2nd Claim)	20-39	Dublin	Aug 1994
2.36.28	Phil Jones	20-39	London	Apr 2001
2.36.48	Steve Murtagh	45-49*	London	Apr 2013
2.41.19	Rob Lowe	50-54	Goodwood	Dec 2022
2.41.19	Jared Bethell	20-39	Alpes-Maritime	Nov 2015
2.42.18	Alan Broughton	40-44*	London	Apr 2006
2.43.56	Leigh Williams	20-39	London	Apr 1996
2.45.30	Pasquale Pellecchia	40-44	London	Apr 1991
2.46.53	Jack Shury	20-39	London	Oct 2021
2.47.15	Steve Mackenzie	20-39	London	Apr 1996
2.47.49	Rick Ricketts	20-39	Paris	Apr 1993
2.47.50	Salvatore Maggiulli	20-39	Harlow	Oct 1991
2.47.53	Terry Martin	45-49	London	Apr 1997
2.48.02	Ken Deally	20-39	Harlow	Oct 1992
2.49.42	Calum Kitscha	20-39	Valencia, Spain	Dec 2025
2.49.50	Mike Pask	20-39	London	Apr 1993
2.49.59	Colin Moody	45-49	London	Apr 1997
2.51.29	Rich Hynes	20-39	Manchester	Apr 2019
2.52.54	Alex Smith	20-39	Manchester	Apr 2018
2.52.55	Mark Clack	20-39	London	Apr 1993
2.53.32	Graham Pugh	20-39	London	Apr 1990

2.54.26	Peter Wickham	40-44	London	Apr 1999
2.55.27	Alan Wise	40-44	Loch Ness	Oct 2009
2.57.02	Jonathan Brown	20-39	New York	Nov 2005
2.57.54	Gwyn Jones	20-39	London	Apr 1997
2.58.23	Alan Dearling	20-39	Stratford-upon-Avon	Apr 1990
2.58.45	John Tennant	50-54	London	Apr 2000
2.58.45	George Wormald	40-44	London	Apr 1992
2.59.12	Philip Smith	20-39	London	Apr 1994
3.00.51	Justin Revell	20-39	London	Apr 2009
3.03.27	Malcolm Coster	40-44	Rotterdam	Apr 1997
3.03.35	Brendon MacLean	20-39	Frankfurt	Oct 2019
3.04.26	Neil Riddoch	20-39	Lochaber	Apr 2004
3.06.35	Jamie Jephcott	45-49	London	Apr 2015
3.06.59	Kim Tiffin	20-39	London	Apr 1993
3.08.15	Jason Haigh	20-39	Dublin	Oct 2003
3.08.55	Martyn Coulter	20-39	Newport, Wakes	Apr 2026
3.11.00	Adelmo Casu	20-39	St. Albans	Dec 1989
3.11.16	Bob Wood	45-49	London	Apr 1993
3.13.34	Peter Weyers	40-44	London	Apr 2002
3.13.54	Dave Stewart	20-39	London	Apr 2000
3.14.09	Lex Ellington	50-54	Newport, Wales	Apr 2026
3.14.39	Brooke Lafferty	20-39	London	Apr 2002
3.15.58	Andy Terrell	40-44	Brighton	Apr 2016
3.16.16	Andy Kitson	40-44	Boston (Lincolnshire)	Apr 2019
3.16.17	Colin Reeves	50-54	London	Apr 1997
3.16.37	Tom Scanlan	20-39	London	Apr 1995
3.17.07	Andy Pearson	20-39	London	Apr 2007
3.17.55	Tom Beales	40-44	Berlin	Sep 2024
3.18.06	Phil Murrant	20-39	London	Apr 1997
3.18.51	Jamie Luck	20-39	London	Apr 2004

3.19.46	Stuart Glynn	40-44	Chelmsford	Oct 2025
3.19.48	Cliff Price	45-49	Berlin	Sep 2024
3.20.16	Steven Good	20-39	Milton Keynes	May 2019
3.21.10	James Ebsworth	50-54	London	Apr 2026
3.21.14	Paul Jeffrey-Read	20-39	Milton Keynes	Apr 2012
3.22.11	Adrian Fell	50-54	Manchester	Apr 2018
3.22.22	Josh Shelton	20-39	Bournemouth	Oct 2018
3.23.00	Chris Mack	40-44	London	Apr 2025
3.23.00	Paul Dunne	20-39	London	Apr 1991
3.23.19	Tim Wood	20-39	Brighton	Apr 2023
3.23.20	Kevin Marsh	40-44	London	Apr 1999
3.23.29	Don Conway	20-39	London	Apr 1997
3.23.33	Lee Daniel	20-39	Luton	Dec 2009
3.23.37	Steve Read (2nd Claim)	20-39	London	Apr 2002
3.23.47	Neil Goodgame	45-49	Leeds	May 2024
3.23.52	Martin McColgan	40-44	London	Apr 2001
3.23.56	Vince Batten	20-39	London	Apr 1992
3.24.26	David Ayling	20-39	Loch Ness	Oct 2009
3.24.44	Jon Steadman	20-39	Halstead	May 2010
3.25.05	Will Wall	20-39	Marseille	Mar 2016
3.25.23	David Loomes	20-39	London	Apr 1995
3.25.24	Gavin Brett	20-39	London	Apr 2010
3.25.47	Andrew Bradley	20-39	Halstead	May 2003
3.26.19	Josh Ramsay	20-39	Hoof Hearted	Feb 2023
3.26.20	Nigel Allen	20-39	London	Apr 1996
3.26.27	Chris Warburton	40-44	London	Apr 2024
3.27.08	Ralph Grimes	20-39	Harlow	Oct 1992
3.27.43	Ben Usher	40-44	London	Apr 2019
3.27.51	John Bull	45-49	London	Apr 2010
3.28.00	Hugh Parmenter	20-39	London	Apr 1992

3.28.20	Rob Parsons	45-49	London	Apr 1991
3.28.25	Nick D’Alton	40-44	Athens	Nov 2013
3.29.00	Lee Webber	40-44	Milton Keynes	May 2023
3.29.03	Paul Schroder	20-39	Manchester	Apr 2019
3.29.15	Jack Wood	20-39	Richmond	Sep 2025
3.29.22	Harry Woodward	65-69*	London	Apr 1993
3.29.23	Keith Streeter	50-54	Brighton	Sep 2021
3.29.23	Mick Miller	50-54	Harlow	Oct 1989
3.29.52	Bob Harlow	60-64	Canberra	May 2010
3.29.54	Darren Tiley	45-49	Ibiza	Apr 2017
3.30.23	Gary Godfrey	50-54	Halstead	May 2014
3.31.01	Graham O’Nions	20-39	London	Apr 1998
3.31.52	John Edwards	40-44	Dorney Lake	Oct 2020
3.32.13	Andreas Leiderud	20-39	London	Apr 2000
3.32.34	Matt Spires	45-49	Brighton	Apr 2023
3.33.02	Russell Harris	20-39	London	Apr 1993
3.33.24	Grahame Thomas	45-49	London	Apr 2008
3.33.49	Roy Steven	55-59	London	Apr 2007
3.34.15	Daniel Jephcott	20-39	Manchester	Apr 2017
3.34.25	John Evans (2nd Claim)	20-39	London	Apr 2011
3.35.00	Richard Pogson	40-44	Rotterdam	Apr 1990
3.35.03	Jim Martin	50-54	Edinburgh	May 2019
3.35.21	Willie Keeling	40-44	Dublin	Oct 2010
3.35.31	Robert Foxley	40-44	London	Oct 2022
3.36.01	Lewis Townsend	20-39	Valencia, Spain	Dec 2025
3.36.04	Terry Ridge	20-39	London	Apr 2011
3.36.18	Richard Solomons (2nd Claim)	60-64	Brighton	Apr 2011
3.36.45	Bill Turner	40-44	St. Albans	Dec 1990
3.37.29	Sean Flynn	55-59	Riga	May 2014
3.38.28	Michael Houlihan	50-54	Dublin	Oct 2017

3.39.10	Alan Blake	60-64	London	Apr 1990
3.39.16	Steve Ambrose	45-49	Bungay	Apr 2013
3.41.18	Steve Kent	20-39	London	Apr 1998
3.42.00	Alan Dean	20-39	London	Apr 1995
3.42.38	Dave Burne	45-49	London	Apr 2009
3.43.35	Jamie Taylor	45-49	London	Apr 2002
3.43.56	Alan Cootes	20-39	London	Apr 1994
3.44.05	Sam Carter	20-39	Manchester	Apr 2018
3.44.16	Andrew Ramage	20-39	Frankfurt	Oct 2019
3.44.54	Bradley Power	20-39	Manchester	Apr 2024
3.44.58	Brian Hazeltine	45-49	London	Apr 1992
3.45.15	Marc Lowers	20-39	London	Apr 2005
3.45.19	Mark Bentley	20-39	London	Apr 1999
3.45.49	Tim Miles	20-39	Berlin	Sep 2007
3.45.50	Phil Mitchell	40-44	London	Apr 1992
3.46.00	Steve Foy	50-54	Bungay	Apr 2000
3.46.47	Kai Granville	20-39	London	Apr 2025
3.47.00	Terry Heapy	45-49.5	London	Apr 2001
3.47.07	Pete Brewin	20-39	Halstead	May 2012
3.47.37	Mike Scott	45-49	London	Apr 1992
3.48.26	Sam Spurgeon	20-39	Brighton	Apr 2025
3.48.38	Peter Barrett	20-39	London	Apr 2008
3.48.45	Robin Pope	20-39	Nottingham	Sep 2011
3.48.52	Ian Smith	20-39	London	Apr 1997
3.49.00	Ian Wright	20-39	London	Apr 1989
3.49.45	Andy Presland	20-39	London	Apr 1998
3.49.48	James Dowsett	40-44	Brighton	Apr 2023
3.50.26	Phil Middleton	40-44	Brighton	Apr 2023
3.50.30	Desmond Ramsey	20-39	London	Apr 1994
3.52.25	Paul Dixon	50-54	Dublin	Oct 2018

3.52.47	Keith Evans	20-39	London	Apr 1994
3.53.16	Tony Robinson	20-39	London	Apr 2004
3.53.29	Will Shoults	50-54	London	Apr 2009
3.53.29	Adam Purvis	20-39	London	Apr 2025
3.53.33	Brendan Kennedy	20-39	London	Apr 1997
3.53.42	Vince Hayward	55-59	Halstead	May 2012
3.54.12	Paul Lee	40-44	Manchester	Apr 2017
3.54.19	Simon Poon	20-39	Hong Kong	Feb 2004
3.55.06	Chris Mella	20-39	Manchester	Apr 2024
3.56.28	Martin Roper	20-39	London	Apr 2000
3.56.35	Tony Russell	20-39	London	Oct 2021
3.55.45	Harry Pluckrose	20-39	Brighton	Apr 2026
3.57.09	Graham Leitch	20-39	Birmingham	Sep 1989
3.57.26	Derek Morris	55-59	London	Apr 1995
3.57.34	Gary Mead	50-54	Brighton	Apr 2023
3.58.02	Willie Bisland	50-54	Berlin	Sep 1992
3.58.13	James Catton	20-39	London	Apr 2025
3.58.58	Ciaran Gilligan	20-39	Paris	May 2025
3.59.00	Kevin Smith	50-54	London	Oct 2021
3.59.29	Matthew Austin	40-44	Chelmsford	Oct 2019
3.59.36	Peter Jackson	20-39	London	Apr 2011
3.59.48	Tom Freeman	40-44	London	Apr 1996
4.00.24	Alan Doherty	20-39	London	Apr 1995
4.01.23	Steve Jack	55-59	Toronto	Oct 2016
4.01.35	Joe Herrett	20-39	London	Apr 2026
4.02.45	Matt Jones	40-44	London	Apr 2008
4.05.53	Jordan Powles	20-39	London	Apr 2025
4.05.57	Mark Hayward	20-39	Chelmsford	Oct 2014
4.07.47	Andrew Eves	20-39	Humber Bridge	Sep 1991
4.07.52	Pat Whitelaw	45-49	London	Apr 2001

4.11.00	Ron Luck**	55-59	London	Apr 2006
4.11.04	Graham Saville	50-54	London	Apr 2008
4.11.29	Alf Keen	45-49	London	Apr 1993
4.12.34	Kirk Crudgington	50-54	London	Apr 2025
4.13.01	Sean O'Connor	55-59	London	Apr 2026
4.14.05	Dave Howes	20-39	London	Apr 1994
4.14.25	Ryan Smith	20-39	London	Apr 2017
4.14.27	Ron Newton	50-54	London	Apr 2006
4.16.00	Mike Eaton	45-49	London	Apr 2001
4.16.10	Peter Meerloo	55-59	London	Apr 1990
4.17.47	Jon Speller	20-39	London	Apr 2026
4.18.00	Darren Coates	40-44	Kirting	Mar 2015
4.18.51	Dave Pavey	50-54	London	Apr 2001
4.19.00	Stephen Mayo	45-49	London	Oct 2022
4.19.29	Leigh Brown	20-39	Manchester	Apr 2019
4.20.17	Steve Page	40-44	London	Apr 2004
4.20.33	Ben Barnard	20-39	Brighton	Apr 2014
4.21.03	Jason Fox	50-54	London	Apr 2025
4.21.09	Mark Moulds (2 nd Claim)	45-49	Chelmsford	Oct 2017
4.22.12	Jerry Kaminski	45-49	London	Apr 1993
4.23.11	Howard Gaines	20-39	Lee Valley	Sep 2010
4.23.19	David Page	45-49	London	Apr 2012
4.24.17	Paul Watts (2 nd Claim)	50-54	Hull	Sep 2017
4.24.22	Jason Manning	45-49	Milton Keynes	May 2026
4.24.39	James Coyle	20-39	London	Apr 2007
4.24.43	Chris Pask	40-44	London	Apr 2005
4.24.56	Steve Warren	55-59	London	Apr 2018
4.25.01	Bobby Draper	55-59	Manchester	Apr 2018
4.25.57	Spencer Brooks	40-44	London	Apr 2014
4.26.18	Len Hurst	20-39	London	Apr 1998

4.26.52	Robin Lozeau	60-64	Valencia	Dec 2019
4.27.44	Liam Boylan	20-39	Bournemouth	Oct 2018
4.28.35	Dan Chapman	20-39	London	Apr 2011
4.28.48	Jack Waight	20-39	London	Apr 2024
4.29.09	David Croly	45-49	London	Apr 2012
4.29.28	Mark Grant	50-54	London	Oct 2022
4.29.31	Dexter Ellington	20-39	London	Apr 2026
4.29.50	Dominic Emery	50-54	London	Apr 2023
4.30.25	Liam Reilly	20-39	Brighton	Apr 2026
4.30.46	Alan Bore	45-49	London	Apr 1992
4.32.27	Vipin Patel	50-54	London	Apr 2008
4.32.38	Santosh Kumar	20-39	Brighton	Apr 2014
4.33.23	Carl Whay	55-59	Brighton	Apr 2026
4.34.47	Cyril Cornillet	45-49	Caen, France	Jun 2024
4.34.57	Phil Pang	20-39	London	Apr 2006
4.35.39	Andy Kinney	40-44	Chicago	Oct 2012
4.36.08	David Morley	50-54	London	Apr 2017
4.36.21	Peter Ayling	55-59	Abingdon	Oct 2013
4.37.26	Nigel Hunt	45-49	London	Oct 2021
4.37.39	Dave Goosetree	40-44	Bedford Autodrome	Oct 2019
4.38.24	Tyrone Mustafa	50-54	Manchester	Apr 2024
4.38.55	Derek Seymour	60-64	London	Apr 2007
4.42.14	Jason Stimpson	40-44	London	Apr 2012
4.43.28	Alan Chatterton	20-39	London	Oct 2021
4.43.32	Alan Stevens	50-54	London	Apr 1991
4.44.49	Craig Clarke	20-39	Paris	Apr 2014
4.45.24	Dave Swatton	20-39	London	Apr 2006
4.45.48	Martin Elven	55-59	Southampton	Apr 2018
4.45.54	Kris Foster	20-39	London	Apr 2023
4.45.54	Duncan Hurley	20-39	London	Apr 2012

4.46.28	Ben Walker	50-54	London	Apr 2026
4.47.37	Rodney Martins	40-44	London	Apr 2026
4.50.02	John Smith	55-59	Loch Ness	Sep 2003
4.50.40	Steve Wright	50-54	Brighton	Sep 2021
4.51.11	Dan Fivey	20-39	London	Apr 2000
4.52.08	Richard Owen	20-39	London	Apr 2004
4.53.55	Tj Rowlands	45-49	London	Apr 2025
4.55.00	Ray Hawkins	20-39	London	Apr 1995
4.55.00	Paul Barfoot	20-39	London	Apr 1995
4.55.42	Harrison Gallagher	20-39	London	Apr 2026
4.56.01	Mark Bellworthy	20-39	London	Apr 2016
4.56.19	Lee Daniels	20-39	Boston (USA)	Apr 2023
4.58.50	Kevin Peacock	40-44	London	Oct 2021
5.00.59	John Kirkby	20-39	London	Apr 2005
5.01.45	Darren Terrell	45-49	London	Apr 2025
5.11.14	Robert Cochrane	20-39	London	Apr 2025
5.17.02	Nick Ryley-Warren	20-39	Brighton	Sep 2021
5.18.25	Bob Wase	40-44	London	Apr 1991
5.20.46	Bradley Holmes	20-39	London	Oct 2021
5.20.58	Terry Pike	50-54	London	Apr 2014
5.21.16	Luke Healy	20-39	Brighton	Apr 2023
5.21.31	Ian Gibson	45-49	Loch Ness	Oct 2009
5.21.32	Alan Clucas	40-44	Loch Ness	Oct 2009
5.21.47	Hossein Erfani	65-69	Chelmsford	Oct 2018
5.22.37	Craig Holleyman	40-44	London	Apr 2026
5.23.45	Leon Bethell	40-44	London	Apr 2026
5.25.55	Ray Mash	20-39	London	Apr 1999
5.30.11	Sam Snelling	20-39	London	Oct 2022
5.33.38	Jon Wickings	40-44	London	Apr 2019
5.34.40	Luke Remfrey	20-39	London	Apr 2024

5.41.38	Nicholas Antolik	20-39	London	Apr 2025
5.52.29	Michael Gornall	55-59	Paris	Apr 2018
5.57.45	Richard Smith	40-44	Giant's Head	Jun 2016
6.14.34	John Allum	65-69	London	Apr 2006
6.23.20	Steve Cowlin	55-59	London	Apr 2018
6.23.32	Marc Silver	20-39	London	Apr 2013
7.17.09	Bill Brunton	60-64	Beachy Head	Oct 2019
7.32.25	Shaun Whiter (T61/F61)	20-39	London	Apr 2025