**TAC All time rankings**

**800 metres men**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Year** | **Time** | **Comment** |
| **1** | Ben Murphy | 2022 | 1:47.17 |  |
| **2** | Sean Molloy | 2017 | 1:47.76 |  |
| **3** | Jack Higgins | 2024 | 1:47.91 | Indoors |
| **4** | Steve Fennell | 2009 | 1:47.97 |  |
| **5** | James West | 2020 | 1:48.67 | Indoors |
| **6** | Simon Coppard | 2021 | 1:48.70 |  |
| **7** | Charlie Crick | 2023 | 1:49.04 |  |
| **8** | Andy Graffin | 2000 | 1:49.1 | Joined Belgrave in 2001 |
| **9** | Ben Wiffen | 2009 | 1:49.24 |  |
| **10** | Robbie Farnham-Rose | 2012 | 1:49.61 |  |
| **Others** |  |  |  |  |
|  | Jordan Chambers | 2023 | 1:49.79 |  |
|  | Allen Graffin | 2000 | 1:50.1 | Joined Belgrave in 2001 |
|  | George Duggan | 2016 | 1:51.58 |  |
|  | Dom Brown | 2016 | 1:51.75 |  |
|  | Kieran Reilly | 2021 | 1:51.82 |  |
|  | David Robertson | 1996 | 1:52.08 |  |
|  | Tom Holden | 2016 | 1:52.29 |  |
|  | Spencer Newport | 1985 | 1:52.3 |  |
|  | Toby Ralph | 2016 | 1:52.64 |  |
|  | Miles Weatherseed | 2020 | 1:52.80 |  |
|  | Darren Neale | 1983 | 1:52.8 |  |
|  | David Castle | 1990 | 1:53.43 |  |

**Notes**

Steve Rebbeck – believe 1.53/4

Stuart Patterson - – believe 1.52/3

Matt Skelton 1:53.1 (shows as Shaftesbury on Power of 10

**800 metres women**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Year** | **Time** | **Comment** |
| **1** | Kelly Holmes | 1987 | 2:09.0 | Joined Ealing after this |
| **2** | Julie Goodge (Adkin) | 1987 | 2:11.6 |  |
| **3** | Ellen Holmes | 2009 | 2:11.88 |  |
| **4** | Kathleen Faes | 2015 | 2:12.33 |  |
| **5** | Sian Driscoll | 2015 | 2:14.22 |  |
| **6** | Alice Ralph | 2015 | 2:14.53 |  |
| **7** | Phoebe Barker | 2017 | 2:14.61 |  |
| **8** | Becky O’hara | 2018 | 2:15.0 |  |
| **9** | Grace Nicholls | 2009 | 2:15.1 |  |
| **10** | Kelly Laughton-Zimmerman | ? | 2:15.2 |  |
| **Others** | **Sub 2:19** |  |  |  |
| **\*\*** | Alex Shipley | 2022 | 2:11.75 | Higher claim in National League |
|  | Annabel Carter | 2022 | 2:15.24 |  |
|  | Rebekah O’Brien | 2019 | 2:15.96 |  |
|  | Noémie Thomson | 2023 | 2:16.03 |  |
|  | Jess Murphy | 2022 | 2:16.1 |  |
|  | Anne-Sophie Bremans | 2022 | 2:16.73 | Indoor record |
|  | Lily Slack | 2024 | 2:17.07 | Indoors |
|  | Hannah Czarnowski | 2015 | 2:17.78 |  |
|  | Dunia Pavlovic | 2009 | 2:18.17 |  |
|  | Sophie Regis | 2007 | 2:18.3 |  |
|  | Sophie Foreman | 2013 | 2:18.86 |  |
|  | Jess Owen | 2009 | 2:18.77 |  |

**1500 metres men**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Year** | **Time** | **Comment** |
| **1** | James West | 2020 | 3.34.56 |  |
| **2** | Andy Graffin | 2001 | 3:35.97 | Joined Belgrave in 2001 |
| **3** | Allen Graffin | 2000 | 3:40.14 | Joined Belgrave in 2001 |
| **4** | David Robertson | 1992 | 3:40.90 |  |
| **5** | Robbie Farnham-Rose | 2017 | 3:41.64 |  |
| **6** | George Duggan | 2022 | 3:41.86 |  |
| **7** | Chris Olley | 2021 | 3:42.32 |  |
| **8** | Kieran Reilly | 2022 | 3:42.82 |  |
| **9** | Miles Weatherseed | 2021 | 3:42.92 |  |
| **10** | Simon Coppard | 2021 | 3:43.15 |  |
| **Others** | **Sub 3:47** |  |  |  |
| **11** | Dom Brown | 2019 | 3:43.36 |  |
| **12** | Spencer Newport | 1987 | 3:43.46 | Joined Blackheath 1988 |
| **13** | Sean Molloy | 2021 | 3:44.90 |  |
| **14** | Ben Murphy | 2022 | 3:45.23 | Indoors |
| **15** | Steve Fennell | 2013 | 3:45.75 |  |
| **16** | Michael Bannister | 1984 | 3:45.89 |  |
| **17** | Tom Holden | 2016 | 3:46.30 |  |
| **18** | Ben Wiffen | 2010 | 3:46.36 |  |
| **19** | Ryan Driscoll | 2017 | 3:46.29 |  |
| **20** | Luca Russo | 2017 | 3:46.47 |  |
| **21** | Mark Scrutton | 1984 | 3:46.0 |  |

**Notes**

Matt Skelton 3:41.8 - 1996 shows as Shaftesbury on Power of 10

**1500 metres women**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Year** | **Time** | **Comment** |
| **1** | Nicole Taylor | 2019 | 4:22.13 |  |
| **2** | Ashley Gibson | 2017 | 4:25.96 |  |
| **3** | Kelly Holmes | 1987 | 4:26.1 | Joined Ealing after this |
| **4** | Julie Goodge (Adkin) | 1988 | 4:26.43 |  |
| **5** | Kathleen Faes | 2015 | 4:27.67 |  |
| **6** | Verity Hopkins | 2023 | 4:28.48 |  |
| **7** | Phoebe Barker | 2017 | 4:29.39 |  |
| **8** | Charlotte Alexander | 2022 | 4:30.74 | Indoors |
| **9** | Grace Nicholls | 2010 | 4:30.76 |  |
| **10** | Noémie Thomson | 2023 | 4:33.52 |  |
| **Others** | **Sub 4:43** |  |  |  |
| **\*\*** | Alex Shipley | 2022 | 4:34.7 | Higher claim in National League |
|  | Ruth Bourne | 2011 | 4:36.30 |  |
|  | Katie Goodge | 2020 | 4:39.14 |  |
|  | Annabel Shepherd-Barron | 2008 | 4:40.21 |  |
|  | Kiri Marsh | 2019 | 4:40.69 |  |
|  | Kelly Laughton-Zimmerman | ? | 4:40.9 |  |
|  | Stacy Washington | 1984 | 4:42.1 |  |

**1 mile men**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Year** | **Time** | **Comment** |
| **1** | Andy Graffin | 2001 | 3:55.42 | Joined Belgrave in 2001 |
| **2** | James West | 2019 | 3.56.79 |  |
| **3** | George Duggan | 2020 | 3:59.61 | Indoors |
| **4** | Allen Graffin | 2000 | 3:59.86 |  |
| **5** | Robbie Farnham-Rose | 2016 | 4:00.92 | Indoors |
| **6** | Chris Olley | 2020 | 4:01.17 | Indoors |
| **7** | Kieran Reilly | 2022 | 4.01.37 |  |
| **8** | Dom Brown | 2019 | 4.01.97 |  |
| **9** | Ben Murphy | 2022 | 4:02.33 |  |
| **10** | Mick Bannister | 1983 | 4:03.2 | Indoors |
| **11** | Dave Robertson | 1992 | 4:03.9 |  |

**3000 metres men**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Year** | **Time** | **Comment** |
| **1** | James West | 2020 | 7:43.79 |  |
| **2** | Mark Scrutton | 1983 | 7:50.38 |  |
| **3** | Chris Olley | 2020 | 7:56.34 | Indoors |
| **4** | Robbie Farnham-Rose | 2018 | 7:57.02 | Indoors |
| **5** | Alasdair Kinloch | 2022 | 7:59.77 | Indoors |
| **6** | Darrell Smith | 1990 | 8:00.94 | Joined Blackheath until 1991. |
| **7** | Allen Graffin | 2000 | 8:03.02 | Joined Belgrave in 2001 |
| **8** | Andy Graffin | 2000 | 8:04.63 | Indoors. Joined Belgrave in 2001 |
| **9** | Ryan Driscoll | 2017 | 8:04.86 |  |
| **10** | George Duggan | 2020 | 8:06.52 | Indoors |
| **Others** | **Sub 8:18** |  |  |  |
| **11** | Michael Bannister | 1984 | 8:06.6 | Indoors converted from 2 miles 8.42 |
| **12** | Dom Brown | 2018 | 8:09.37 |  |
| **13** | David Robertson | 1992 | 8:09.66 |  |
| **14** | Tom Holden | 2016 | 8:11.13 |  |
| **15** | James Kingston | 2023 | 8:13.20 |  |
| **16** | Kevin Stewart | 1985 | 8:13.9 |  |
| **17** | Donald Carter | 2016 | 8:14.29 |  |
| **18** | Alex Howard | 2021 | 8:14.39 |  |
| **19** | Corey De’Ath | 2021 | 8:14.71 |  |
| **20** | Kieran Reilly | 2013 | 8:15.33 |  |
| **21** | James Puxty | 2018 | 8:16.24 |  |
| **22** | Ben Reynolds | 1990 | 8:17.12 |  |
| **23** | Spencer Newport | 1985 | 8:17.2 | Joined Blackheath 1988 |
| **24** | Luca Russo | 2017 | 8:17.69 | Indoors |
| **24** | Steve Strange | 2020 | 8:18.0 |  |
| **25** | Stuart Brown | 2021 | 8:19.66 |  |

**Notes**

Matt Skelton 7:58.82 - 1996 indoors shown as Shaftesbury on Power of 10.

Kevin Stewart ran sub 8.15 but unsure what, where and when.

Matthew Stickels (1987) 8.18.94

**3000 metres women**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Year** | **Time** | **Comment** |
| **1** | Nicole Taylor | 2020 | 9:12.18 |  |
| **2** | Ashley Gibson | 2017 | 9:24.82 |  |
| **3** | Lucy Reid | 2018 | 9:26.00 |  |
| **4** | Verity Hopkins | 2023 | 9:31.23 |  |
| **5** | Grace Nicholls | 2010 | 9:33.63 |  |
| **6** | Phoebe Barker | 2017 | 9:36.06 |  |
| **7** | Kathleen Faes | 2016 | 9:37.36 |  |
| **8** | Julie Goodge (Adkin) | 1987 | 9:40.0 |  |
| **9** | Noémie Thomson | 2023 | 9:51.39 |  |
| **10** | Katie Goodge | 2020 | 9:51.77 |  |
| **Others** |  |  |  |  |
| **11** | Sophie Foreman | 2013 | 9:56.74 |  |
| **12** | Kiri Marsh | 2018 | 9:57.20 |  |
| **13** | Deirdre McDermot | 2013 | 10:08.72 |  |
| **14** | Ruth Bourne | 2011 | 10:10.16 |  |
| **15** | Annabel Carter | 2022 | 10:10.37 |  |

**5000 metres men**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Year** | **Time** | **Comment** |
| **1** | James West | 2023 | 13:19.98 | Indoors (13.42.03 outdoors) |
| **2** | Mark Scrutton | 1982 | 13:32.20 |  |
| **3** | Chris Olley | 2019 | 13:40.35 |  |
| **4** | Allen Graffin | 2000 | 13:41.42 | Joined Belgrave in 2001 |
| **5** | James Kingston | 2023 | 13:54.84 |  |
| **6** | George Duggan | 2022 | 13:57.22 |  |
| **7** | Michael Bannister | 1984 | 13:59.81 |  |
| **8** | Alasdair Kinloch | 2021 | 14:00.26 |  |
| **9** | Darrell Smith | 1989 | 14:00.84 | Joined Blackheath 1991 |
| **10** | David Robertson | 1996 | 14:05.2 |  |
| **Others** | **Sub 15:00** |  |  |  |
| **11** | Dom Brown | 2019 | 14:06.22 |  |
| **12** | Andy Graffin | 2000 | 14:06.40 | Joined Belgrave in 2001 |
| **13** | Kieran Reilly | 2023 | 14:06.43 |  |
| **14** | Henry Pearce | 2017 | 14:11.10 |  |
| **15** | Andy Combs | 2011 | 14:11.90 |  |
| **16** | Miles Weatherseed | 2021 | 14:22.62 |  |
| **17** | Sam Bradley | 2011 | 14:24.48 |  |
| **18** | Corey De’Ath | 2018 | 14:24.89 |  |
| **19** | Ben Cole | 2022 | 14:25.63 |  |
| **20** | Robbie Farnham-Rose | 2017 | 14:26.25 |  |
| **21** | Ben Reynolds | 1990 | 14:28.? | Later joined Thames Hare & Hounds |
| **22** | Jamie Goodge | 2022 | 14:29.41 |  |
| **23** | Max Nicholls | 2018 | 14:29.54 |  |
| **24** | Charlie Joslin-Allen | 2019 | 14:33.88 |  |
| **25** | Steve Strange | 2022 | 14:35.93 |  |
| **26** | Ryan Driscoll | 2014 | 14:40.75 |  |
| **27** | Alex Howard | 2022 | 14:42.59 |  |
| **28** | Nathan Marsh | 2017 | 14:46.40 |  |
| **29** | Kevin Stewart | 1985 | 14:48.? | Kent Champs 1985 only as a note. Could be 14.43 |
| **30** | Jamie Bryant | 2019 | 14:49.19 |  |
| **31** | Laurie Probert | 2014 | 14:53.94 | Indoors |
| **32** | Cameron Chambers | 2023 | 14:56.54 |  |
| **33** | Luca Russo | 2017 | 14:56.88 |  |
| **34** | Marcin Urbanowski | 2015 | 14:58.72 |  |

**Notes**

Dick Sliney 3 miles 13.28 in 1972 is 13.57 pace.

**5000 metres women**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Year** | **Time** | **Comment** |
| **1** | Nicole Taylor | 2018 | 15:49.25 |  |
| **2** | Phoebe Barker | 2023 | 15:54.05 |  |
| **3** | Lucy Reid | 2023 | 16:07.44 |  |
| **4** | Charlotte Alexander | 2022 | 16:20.10 |  |
| **5** | Ashley Gibson | 2017 | 16:20.65 |  |
| **6** | Verity Hopkins | 2022 | 16:24.37 |  |
| **7** | Kiri Marsh | 2019 | 16:54.25 |  |
| **8** | Grace Nicholls | 2012 | 16:59.37 |  |

**10,000 metres men (sub 30 minutes)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Year** | **Time** | **Comment** |
| **1** | Mark Scrutton | 1986 | 28:23.04 |  |
| **2** | Chris Olley | 2023 | 29:19.64 |  |
| **3** | James Kingston | 2023 | 29:35.84 |  |
| **4** | Henry Pearce | 2017 | 29:41.12 |  |
| **5** | Ben Cole | 2019 | 30:01.60 |  |

**10000 metres women**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Year** | **Time** | **Comment** |
| **1** | Lucy Reid | 2023 | 32:54.61 |  |
| **2** | Nicole Taylor | 2019 | 33:31.35 |  |
| **3** | Ashley Gibson | 2018 | 34:08.53 |  |
| **4** | Verity Hopkins | 2022 | 35:24.53 |  |
| **5** | Kiri Marsh | 2019 | 35:51.50 |  |

**3000 metres steeplechase men**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Year** | **Time** | **Comment** |
| **1** | Ryan Driscoll | 2019 | 8:40.11 |  |
| **2** | Stuart Kirk | 1983 | 8:55.0 |  |
| **3** | David Robertson | 1991 | 8:56.36 |  |
| **4** | Alex Howard | 2018 | 8:56.78 |  |
| **5** | Andy Sharp | 1978 | 8:57.8 |  |
| **6** | Sam Bradley | 2011 | 8:58.82 |  |
| **7** | Richard Sliney | 1972 | 9:00.2 |  |
| **8** | Michael Bannister | 1982 | 9:06.? |  |

**Notes**

Paul Martin 9.22.62 in 2005

**3000 metres steeplechase women – sub 11 minutes**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Year** | **Time** | **Comment** |
| **1** | Noémie Thomson | 2023 | 10:27.6 |  |
| **2** | Nicole Taylor | 2016 | 10:30.81 |  |

**Half Marathon men**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Year** | **Time** | **Comment** |
| **1** | Chris Olley | 2022 | 64:53 |  |
| **2** | Corey De’Ath | 2021 | 65:08.6 | Antrim found to be slightly short |
| **3** | Ben Cole | 2024 | 65:39 |  |
| **4** | Henry Pearce | 2018 | 65:49 |  |
| **5** | Alex Howard | 2022 | 66.15 |  |
| **6** | Ben Reynolds | 1988 | 67:16 |  |
| **7** | Cole Gibbens | 2023 | 67:26 |  |
| **8** | Nathan Marsh | 2022 | 67:37 |  |

**Half Marathon women**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Year** | **Time** | **Comment** |
| **1** | Lucy Reid | 2022 | 70.29 |  |
| **2** | Phoebe Barker | 2024 | 72:38 |  |
| **3** | Verity Hopkins | 2024 | 73:21 |  |
| **4** | Helen Gaunt | 2024 | 75:41 |  |
| **5** | Imogen Amos | 2022 | 75:46 |  |
| **6** | Miranda Heathcote | 1988 | 76:00 |  |
| **7** | Nicole Taylor | 2018 | 77:16 |  |
| **8** | Ashley Gibson | 2019 | 77:37 |  |

**Marathon men (see separate full list)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Year** | **Time** | **Comment** |
| **1** | Henry Pearce | 2018 | 2.19.23 |  |
| **2** | Cain Bradley | 1985 | 2.24.31 |  |
| **3** | Ben Cole | 2019 | 2.24.46 |  |
| **4** | Sean Molloy | 2023 | 2.27.04 |  |
| **5** | Pete Mason | 1984 | 2.28.35 |  |

**Marathon women (see separate full list)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Year** | **Time** | **Comment** |
| **1** | Helen Gaunt | 2023 | 2.35.38 |  |
| **2** | Verity Hopkins | 2024 | 2.37.17 |  |
| **3** | Lucy Thompson | 2023 | 2:50.09 |  |
| **4** | Maria Heslop | 2018 | 2.56.56 |  |
| **5** | Becky Morrish | 2019 | 2.58.09 |  |
| **6** | Sally Musson | 2004 | 3.00.22 |  |

**600 metres women**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Year** | **Time** | **Comment** |
| **1** | Anne-Sophie Bremans | 2023 | 1:33.92 | Indoors & 1.36.69 outdoors |
| **2** | Katherine Reeves | 1991 | 1:35.7 |  |
| **3** | Lily Slack | 2024 | 1:36.74 |  |
| **4** | Ellen Holmes | 2009 | 1:36.82 |  |