

National 12 stage history (updated April 2022)

The event began in 1967 following the demise of the London to Brighton relay that had been given National status.

Here, Martin Duff who began his association with the event at the second race in Leicester in 1968 for Manchester & District Lads Club and also ran for Reading, Windsor and finally, Aldershot in 1988, looks at the best performances. Since then, he has reported on the race for Athletics Weekly and still does so today

Before this and up to 1950 the London to Brighton race was restricted to Southern Clubs, however in 1951 the event was opened and adopted as an unofficial "national" championship. This carried on until 1965 when traffic levels on the A23 rendered the event dangerous and the Police no longer allowed it to continue.

No "national" championship was held in 1966 but in 1967 the AAA's started supporting a National Road Relay. The first being held in Whetstone in April 1967. It was held in Leicester for the next two years, 1968 and 1969, but on different courses.

The event firstly moved to Sutton Park in 1970 and, for the first years, used a slightly longer course, starting on the road currently used as the access to some of the car parks. A trip to Derby in 1973 interrupted the tenure but after returning in 1974 has found its spiritual home in the park. There have been changes since then but the format has remained largely unchanged. We have separated out times from 2016 onwards as the laps were slightly lengthened.

In the year 2000 a women's six-stage event was introduced over six equal legs on the same short stage that the men used. This was then changed several times before settling on a mix of long and short stages.

Records for each course in bold

Men's Non-Sutton Park Results

Year	Venue	1 st	2 nd	3 rd	Fastest Long	Fastest Short
1967	Whetstone	Coventry 4:24:35	Derby 4:35:03	Portsmouth 4:35:36	Dick Taylor 27:06	Derek Ibbotson 16:23
1968	Leicester	Coventry 4:16:36	Derby 4:16:44	Belgrave 4:16:35	Mike Freary 26:33	Dave Inns 13:54
1969	Leicester	Coventry 4:05:01	Belgrave 4:07:02	Tipton 4:07:06	Dick Taylor 25:55	Bill McKim 13:04
1973	Derby	Birchfield 4:06:10	Tipton 4:06:39	Coventry 4:09:06	Ian Stewart 26:24	Dave Moorcroft 13:00

Results on the Sutton Park slightly longer course (5.6M/3m approx.)

Year	1st	2nd	3 rd	Fastest Long	Fastest short
1970	Coventry	Stoke	Manchester &	Ian Stewart	Eddie Strong

	4:13:52	4:14:56	DLC 4:16:06	25:13	14:26
1971	Birchfield 4:10:58	Coventry 4:11:31	Tipton 4:13:17	Mike Freary 25:47	Dave Moorcroft 14:27
1972	Tipton 4:13:17	Birchfield 4:13:35	Coventry 4:13:41	Ricky Wilde 25:33	Allan Rushmer 14:42

Sutton Park results on the 5.38M (long) and 2.995M (short)

Year	1 st	2 nd	3 rd	Fastest long	Fastest short
1974	Tipton 4:06:35	Edinburgh S 4:07:06	Cardiff 4:07:15	Brendan Foster 24:28	Gareth Morgan 14:11
1975	Gateshead 4:06:11	Edinburgh S 4:06:32	Coventry 4:06:42	Bernie Ford 24:45	Brendan Foster 13:58
1976	Gateshead 4:04:14	Liverpool 4:04:51	Tipton 4:08:49	Dave Black 25:00	Brendan Foster 13:57
1977	Gateshead 4:05:00	Liverpool 4:07:41	Tipton 4:09:08	Bernie Ford 25:03	Brendan Foster 13:48
1978	Tipton 4:04:49	Aldershot 4:07:48	Wolverhampton & B 4:08:01	Ian Stewart (Bir) 24:38	Ray Smedley 13:54
1979	Gateshead 4:03:25	Birchfield 4:4:44	Tipton 4:04:55	Brendan Foster 24:38	Mike Densley 14:09
1980	Bristol 4:00:37	Tipton 4:01:51	Gateshead 4:03:44	Bernie Ford 24:41	Barry Smith 13:36
1981	Tipton 4:05:33	Aldershot 4:08:10	Birchfield 4:10:09	Andy Armitage 25:11	Ian Stewart (Inv) 13:52
1982	Aldershot 4:03:01	Tipton 4:03:11	Gateshead 4:03:42	Dave Moorcroft 24:27	Barry Smith 13:43
1983	Birchfield 4:05:16	Tipton 4:05:50	Staffs Moorlands 4:08:09	Steve Harris 24:56	Ken Newton 14:06
1984	Tipton 4:04:43	Gateshead 4:06:36	Birchfield 4:07:45	Rich Partridge 25:27	Mike O'Reilly 13:59
1985	Tipton 4:04:52	Birchfield 4:05:09	Gateshead 4:07:02	Jack Buckner 24:51	Billy Dee 14:00
1986	Tipton 4:02:58	Birchfield 4:03:38	Gateshead 4:04:28	Tony Milovsorov 24:59	Paul O'Callaghan 13:44
1987	Gateshead 4:02:56	Tipton 4:04:02	Birchfield 4:04:04	Kevin Forster 25:31	Simon Muggleston 13:55
1988	Gateshead 4:02:01	Birchfield 4:02:53	Coventry 4:03:04	Craig Mochrie/Geoff Tumbull/Paul Jenkins 25:04	Mike Hawkins 13:54

1989	Tipton 4:03:49	Wolverhampton 4:05:00	Birchfield: 4:05:46	Eamonn Martin 25:47	Ian Manners/ Spencer Newport 13:59
1990	Tipton 4:03:43	Wolverhampton & B 4:07:09	Coventry 4:07:52	Paul Evans 24:58	Rob Denmark 13:42
1991	Tipton 4:04:13	Shaftesbury B 4:05:57	Swansea 4:06:17	Eamonn Martin 25:03	Richard Hollingsworth 13:55
1992	Tipton 4:04:51	Coventry 4:07:47	Swansea 4:08:08	Colin Walker 25:07	Rob Denmark 13:33
1993	Shaftesbury 4:06:24	Boxhill Racers 4:07:01	Swansea 4:07:07	John Sherban 25:07	Kevin McClus- ky 13:41
1994	Swansea 4:06:26	Boxhill Racers 4:07:28	Blackheath 4:07:47	Rob Denmark 24:30	Justin Hobbs 13:40
1995	Blackheath 4:03:04	Bingley 4:05:56	Morpeth 4:06:10	Justin Hobbs 25:54	Ged Davey 13:45
1996	Bingley 4:02:06	Tipton 4:06:27	Cardiff 4:06:41	Richard Nerurkar 24:50	Darius Burrows/Jon Solly 13:44
1997	Salford 4:06:37	Coventry 4:06:45	Birchfield 4:07:53	Andrew Pearson 24:52	John Mayock 13:50
1998	Birchfield 4:07:06	Salford 4:09:04	Tipton 4:10:04	M Price (Sund) 25:49	Rob Whalley 13:49
1999	Tipton 4:06:22	Salford 4:11:18	Morpeth 4:11:4	Mark Morgan 25:34	Adrian Passey 13:44
2000	Salford 4:08:04	Tipton 4:10:32	London Irish 4:11:39	Mark Morgan 25:56	Julius Kimtai 13:54
2001	Tipton 4:10:27	Belgrave 4:10:33	Salford 4:12:34	Mark Miles 25:45	Chris Davies 14:03
2002	Belgrave 4:04:51	Birchfield 4:11;17	Morpeth 4:12:12	Alan Graffin 25:45	Andy Graffin 14:03
2003	Belgrave 4:08:55	Tipton 4:11:02	Birchfield 4:12:49	Michael McCarthy 25:48	Chris Thompson 13:47
2004	Aldershot 4:10:15	Belgrave 4:11:47	Salford 4:26:31	Chris Thompson 25:27	Chris Davies 13:23
2005	Belgrave 4:08:36	Birchfield 4:12:13	Leeds 4:15:59	Chris Davies 25:21	Steve Hepples 14:15
2006	Newham EB 4:10:08	Sale 4:11;39	Belgrave 4:12:09	Mo Farah 25:27	Chris Thompson 14:02
2007	Leeds 4:11:31	Morpeth 4:03:42	Belgrave 4:14:43	Jean Ndayisenga 25:21	Nick McCormick 13:39
2008	Leeds 4:09:40	Notts 4:11:01	Belgrave 4:11:59	Jean Ndayisenga 25:33	Andy Baddeley 13:39
2009	Belgrave 4:04:43	Newham EB 4:09:54	Tipton 4:11:48	Phil Wicks 25:13	Jonny Taylor 13:57

2010	Newham EB 4:09:12	Tipton 4:11:26	Shettleston 4:12:01	Moumin Geele 25:37	Bruce Raeside 14:01
2011	Tipton 4:10:36	Newham EB 4:10:58	Morpeth 4:11:02	Phil Nicholls 25:48	Nick McCormick 13:49
2012	Tipton 4:10:17	Leeds 4:13:12	Notts 4:14:13	Pat Martin 26:01	Ross Murray 14:00
2013	Leeds 4:13:10	Cardiff 4:14:55	Notts 4:15:56	Joe MacDonald 26:01	Steve Mitchell 14:13

Shorter course (5.08m/2.69m)

Year	1st	2 nd	3 rd	Fastest Long	Fastest short
2014	Leeds 3:50:41	Morpeth 3:51:38	Aldershot 3:51:57	Andy Butchart 24:20	Niall Brooks 12:39

One off course with Longer long leg (5.5M ?/3.165M)_

Year	1st	2 nd	3rd	Fastest Long	Fastest short
2015	Morpeth 4:21:52	Notts 4:23:06	Leeds 4:25:34	Michael Callegari 26:41	Sam Mitchell 15:01

New longer course (5.38M/3.165M)

Year	1st	2 nd	3rd	Fastest long	Fastest short
2016	Highgate 4:16:30	Aldershot 4:17:15	Bristol & West 4:18:08	Dewi Griffiths 25:28	Ross Murray 15:14
2017	Swansea 4:15:06	Highgate 4:15:56	Liverpool 4:20:51	Dewi Griffiths 25:10	Doug Musson 14:46
2018	Tonbridge 4:17:24	Highgate 4:18:56	Swansea 4:19:12	Alex Yee 24:57	Kieran Woods 15:06
2019	Leeds 4:12:21	Bristol & West 4:14:33	Aldershot 4:14:39	Alex Yee 25:00	Emile Cairess 14:43
2020	No race				
2021	No race				
2022	Tonbridge 4:13:11	Highgate 4:13:24	Bedford & County 4:14:25	Nick Goolab 25:23	Thomas Keen 15:10

Men Top Individual short legs 1974-2013

Pos	Name	Club	Time	Date
1	Chris Davies	Telford	13.23	2004
2	Rob Denmark	Basildon	13.33	1992
3	Barry Smith	Gateshead	13.36	1980
4	Brendan Foster	Gateshead	13.37	1976
5	Andy Baddeley	Harrow	13.39	2008

Nick McCormick	13:39	2007
7 Ian Hamer Swansea	13.40	1992
Justin Hobbs Cardiff	13.40	1994
9 Kev McClusky Copeland	13.41	1993
10 Paul O'Callaghan W&B	13.44	1986
11 Darius Burrows Bir	13.44	1996
12 Jon Solly Herne Hill	13.44	1996
13 Adrian Passe B&R	13.44	1999
14 Ged Davey Sale	13.45	1995
15 David Heath Blackheath	13:47	1999
16 Chris Thompson AFD	13.47	2003
17 Rich Hollingsworth Notts	13.49	1992
18 Darren Mead Belgrave	13.49	1994
19 Rich Whalley Stoke	13.49	1998
20 Mark Miles Belgrave	13.49	1999
Nick McCormick Morp	13.49	2011

Top Individual men long legs 1974-2013

Name	Club	Time	Date
1 Dave Moorcroft	Cov G	24.27	1982
2 Brendan Foster	Gates	24.28	1974
3 Rob Denmark	Basildon	24.30	1994
4 Nick Rose	Bristol	24.36	1979
5 Ian Stewart	Tipton	24.38	1978
6 Bernie Ford	AFD	24.42	1980
7 Eamonn Martin	Basildon	24.47	1989
8 Alistair Hutton	Edinb S	24.50	1982
9 Richard Nerurkar	Bingley	24.50	1996
10 Julian Goater	Shaftesbury	24.51	1979
11 Jack Buckner	Charnwood	24.51	1985
12 Andrew Pearson	Long	24.52	1997
13 Steve Jones	Bristol	24.53	1980
14 Steve Kenyon	Bolton	24.54	1979
15 Justin Hobbs	Cardiff	24.54	1995
16 Dave Black	S Heath	24.56	1974
17 Steve Harris	Shaftesbury	24.56	1983
18 Paul Evans	Belgrave	24.58	1990
19 Tony Milovsorov	Tipton	24.59	1986
20 Glyn Tromans	Coventry	24.59	1997

Top Ten teams on 1974-2013 course

1	Bristol	4-00.37	1980
2	Tipton	4-01.51	1980
3	Gateshead	4-02.01	1988
4	Bingley	4-02.06	1996
5	Birchfield	4-02.53	1988
6	Aldershot	4-03.01	1982
7	Coventry	4-03.04	1988
8	Blackheath	4-03.04	1995
9	Belgrave	4-04.51	2002
10	W & B	4-05.00	1989

Men Top Individual short legs 2014-present

Emile Cairess (Leeds)	14:43	2019
Doug Musson (Notts)	14:46	2017
Dan Jarvis (Liv)	14:54	2019
Matt Bergin (Bed C)	14:57	2019
Ciaran Lewis (Card)	15:00	2019
Sam Mitchell (Notts)	15:01	2015
Tom Marshall (Cardiff)	15:01	2017
Osama Meslek (Leeds)	15:03	2019
Kieran Wood (C&C)	15:06	2018
Chris Parr (Gate)	15:08	2015
Jonny Hay (Aldershot)	15:09	2017
Thomas Keen (C&C)	15:10	2022
Don Brown (Ton)	15:11	2019
Carl Hardman Salford)	15:11	2017
Matthew Jackson (Liverpool)	15:14	2016
Ross Murray (Gateshead)	15:14	2016
Ossama Meslek (Leeds)	15:15	2017
Phil Nicholls (W&B)	15:15	2015
Guy Smith (Swansea)	15:16	2015
Jonathan Tobin (Swansea)	15:16	2017

Top Individual men long legs 2014 to present

Alex Yee (Kent)	24:57	2018
Alex Yee (Kent)	25:00	2019
Dewi Griffiths (Swansea)	25:06	2019
Dewi Griffiths (Swansea)	25:10	2017
Nick Goolab Belgrave	25:23	2022
Alex Lepretre Highgate)	25:25	2022
Dewi Griffiths (Swansea)	25:28	2016

Barclay Izzard (Derby) 25:33	2022
Jake Smith (Cardiff) 25:33	2019
Andy Vernon (Aldershot) 25:34	2019
Alex Yee (Kent) 25:37	2017

Top Teams 2014-present

1 Leeds	4:12:21	2019
2 Tonbridge	4:13:11	2022
3 Highgate	4:13:24	2022
4 Bedford & C	4:14:25	2022
5 Swansea	4:15:06	2017
6 Bristol & West	4:15:31	2022
7 Highgate	4:16:30	2016
8 Leeds	4:16:47	2022
9 Hercules Wimbledon	4:17:00	2022
10 Aldershot F&D	4:17:15	2016
11 Tonbridge	4:17:24	2018

Women's Results – Sutton Park (6x2.995M)

Year	1 st	2 nd	3rd	Fastest
2000	Shaftesbury 1:40:33	Birchfield 1:42:10	Tipton 1:44:00	Hayley Yelling 15:58
2001	Charnwood 1:42:47	Sale 1:42:49	Shaftesbury 1:43:12	Hayley Yelling 15:47
2002	Bristol 1:39:22	Shaftesbury 1:41:32	Liverpool 1:43:29	Lucy Elliott 15:55
2003	Sale 1:41:00	Windsor S E&H 1:44:56	Chester-Le-Street 1:45:32	Hayley Yelling 15:59
2004	Coventry 1:42:46	Tipton 1:43:13	Shaftesbury 1:45:51	Helen Clitheroe 15:41
2005	Bristol & West 1:43:32	Shaftesbury 1:45:04	City of Glasgow 1:45:09	Katie Reed 15:42
2006	Chester-Le-Street 1:44:12	Winchester &D 1:44:42	Bristol & West 1:44:49	Hattie Dean 16:16
2007	Charnwood 1:41:14	Aldershot 1:41:23	Chester-Le-Street 1:41:56	Steph Twell 15:57
2008	Aldershot 1:41:48	Chester-Le-Street 1:41:52	Winchester &D 1:44:45	Juliet Potter 16:06
2009	Charnwood 1:38:14	Aldershot 1:38:21	Bristol & West 1:40:44	Steph Twell 15:15

2011	Aldershot 1:41:21	Charnwood 1:45:46	Swansea 1:47:25	Charlotte Purdue 15:23
2012	Aldershot 1:36:30	Swansea 1:41:27	Leeds 1:42:43	Charlotte Purdue 15:29
2013	Aldershot 1:37:56	Bristol & West 1:44:13	Birchfield 1:45:00	Katrina Wootton 15:39

Shorter course (6x2.69M)

Year	1st	2 nd	3 rd	Fastest
2014	Aldershot 1:27:00	Swansea 1:29:28	Bristol & West 1:32:03	Emelia Gorecka 13:51

Longer course (2x5.38M, 4x3.165M)

Year	1st	2nd	3rd	Fastest long	Fastest short
2015	Aldershot 2:13:49	Bristol & West 2:16:44	Swansea 2:17:01	Emelia Gorecka 29:53	Laura Weightman 16:44
2016	Aldershot 2:08:44	Leeds 2:13:41	Cambridge & Coleridge 2:16:32	Steph Twell 28:31	Susan Partridge 17:01
2017	Leeds 2:12:44	Swansea 2:16:21	Winchester 2:16:35	Verity Ockenden 29:45	Kate Maltby 16:38
2018	Leeds 2:11:27	Cambridge & Coleridge 2:14:19	Rotherham 2:15:45	Tracy Barlow 29:07	Julia Patermain 17:02
2019	Leeds 2:10:40	Herne Hill 2:11:31	Birchfield 2:12:06	Anna-Emilie Moller 28:01	Katie Snowden 17:02
2020	No race				
2021	No race				
2022	Salford 2:14:27	Highgate 2:18:12	Basingstoke & Mid Hants 2:18:55	Eleanor Bolton 29:40	Gemma Steel 7:17

Top individual legs (2000-2013)

- 1 **Steph Twell AFD 15:15 2009**
- 2 Steph Twell AFD 15:22 2010
- 3 Charlotte Purdue AFD 15:23 2011
- 4 Charlotte Purdue AFD 15:29 2012
- 5 Charlotte Purdue AFD 15:31 2009
- 6 Katrina Wootton Bed C15:38 2009
- 7 Katrina Wootton Cov G15:39 2013

8	Helen Clitheroe Preston	15:41	2004
	Lauren Howarth Leigh	15:41	2011
10	Katie Reed B&W	15:42	2005

Top women's teams on present course 2014 to present

1	Aldershot F&D	2:08:44	2016
2	Leeds	2:10:40	2019
3	Leeds	2:11:27	2018
4	Herne Hill	2:11:31	2019
5	Birchfield	2:12:06	2019
6	Aldershot F&D	2:12:31	2019
7	Leeds	2:13:41	2016
8	Aldershot F&D	2:13:49	2015
9	Cambridge & Coleridge	2:14:19	2018
10	Salford	2:14:27	2022

Fastest women's long leg times 2014 to present

Anna Moller (Aldershot)	28:01	2019
Jess Judd (Blackburn)	28:07	2019
Hayley Carruthers (Birchfield)	28:25	2019
Steph Twell (Aldershot)	28:31	2016
Louise Small (Aldershot)	28:58	2019
Verity Ockendon (Swansea)	28:59	2019
Louise Small (Aldershot)	29:00	2016
Tish Jones (Belgrave)	29:05	2019
Charlotte Arter (Cardiff)	29:09	2016
Emma Clayton (Leeds)	29:36	2016
Chloe Richardson (Birchfield)	29:37	2019
Eleanor Bolton (Salford)	29:40	2022
Verity Ockenden (Swansea)	29:45	2017
Claire Duck (Leeds)	29:46	2019

Fastest women's short leg times 2014 to present

Kate Maltby (Bristol & W)	16:38	2017
Laura Weightman (Morpeth)	16:44	2017
Susan Partridge (Leeds)	17:01	2016
Julie Paternain (C&C)	17:02	2018
Katie Snowden (Herne H)	17:02	2019
Kate Hulls (Bristol & W)	17:07	2016
Annmarie McGlynn (TVH)	17:16	2016

Gemma Steel (Charnwood)	17:17	2022
Emma Clayton (Leeds)	17:19	2017
India Lee (Winchester)	17:21	2017
Bronwen Owen (Leeds)	17:22	2019
Elle Baker (Stockport)	17:23	2018
Julia Cooke (Birchfield)	17:24	2018
Lucy Crookes (Leeds)	17:24	2018