

National 12 stage history (updated April 2025)

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 alterations 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.

In 2025, the non-availability of the use of the dog-leg down to Streetley Gate on the long stages, meant that the 2025 event was limited to 12 (for the men) and six (for the women) short stages, with the men completely rewriting the records

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	2 nd	3 rd	Fastest Long	Fastest short
1970	Coventry 4:13:52	Stoke 4:14:56	Manchester & DLC 4:16:06	Ian Stewart 25:13	Eddie Strong 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	1st	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	Birchfield	Gateshead	Tony Milovsorov	Paul O'Callaghan

	4:02:58	4:03:38	4:04:28	24:59	13:44
1987	Gateshead 4:02:56	Tipton 4:04:02	Birchfield 4:04:04	Kevin Forster 25:31	Simon Mugglestone 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	1 st	2 nd	3 rd	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	1 st	2 nd	3 rd	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	Bristol & West 4:15:56	Liverpool 4:20:51	Dewi Griffiths 25:10	Doug Musson 14:46
2018	Tonbridge 4:17:24	Highgate 4:19:55	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

2023	Central 4:09:54	Highgate 4:10:38	Kent 4:10:50	Andy Butchart 24:57	Hamish Hickey 15:07
2024	Leeds 4:11:28	Bristol 4:15:00	Highgate 4:15:34	Phil Sesemann 25:27	Tom Bridger (C&C) 15:04
2025	12x3.165M Bristol & West	Highgate			

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

Jake Smith (P'Pridd)	14:28	2025
Will Battershill (B&W)	14:30	2025
Calum Johnson (Gate)	14:34	2025
James Kingston (Ton)	14:38	2025
Dan Owen (W Tempo)	14:39	2025
Mark Pearce (BRAT)	14:41	2025
Emile Cairess (Leeds)	14:43	2019
Andrew Butchart (Cent)	14:43	2025
Thomas Keen (C&C)	14:43	2025
Harry Wakefield (Salf)	14:45	2025
Matthew Merrick (Belg)	14:46	2025
Doug Musson (Notts)	14:46	2017
Nathan Mapperley (C&C)	14:50	2025
Roger Poolman (High)	14:50	2025
Joseph Tuffin (BRAT)	14:51	2025
Peter Chambers (High)	14:52	2025

Alexander Lepretre (High)	14:52	2025
Jacob Allen (High)	14:53	2025
Ted Higgins (Ton)	14:54	2025
Dan Jarvis (Liv)	14:54	2019
Matt Bergin (Bed C)	14:57	2019
Hamish Hickey (Cent)	14:57	2025

Top Individual men long legs 2014 to present

Andy Butchart (Cent)	24:57	2023
Alex Yee (Kent)	24:57	2018
Alex Yee (Kent)	24:58	2023
Alex Yee (Kent)	25:00	2019
Dewi Griffiths (Swansea)	25:06	2019
Dewi Griffiths (Swansea)	25:10	2017
Kristian Jones (Swan)	25:14	2023
Alex Lepretre (High)	25:21	2023
Marc Scott (R&Z)	25:21	2023
Richard Allen (Leeds)	25:22	2023
Nick Goolab Belgrave	25:23	2022
Alex Lepretre (High)	25:25	2022
James Kingston (Ton)	25:26	2023
Phil Sesemann (Leeds)	25:27	2024
Jamie Crowe (Cent)	25:28	2023
Dewi Griffiths (Swan)	25:28	2016
Dewi Griffiths (Swan)	25:29	2023
Barclay Izzard (Derby)	25:33	2022
Jake Smith (Cardiff)	25:33	2019

Top Teams 2014-present

1 Central	4:09:54	2023
2 Highgate	4:10:38	2023
3 Kent	4:10:50	2023
4 Leeds	4:11:28	2024
5 Leeds	4:12:21	2019
6 Tonbridge	4:13:11	2022
7 Highgate	4:13:24	2022
8 Swansea	4:13:33	2023
9 Tonbridge	4:14:17	2023
10 Bedford & C	4:14:25	2022
11 Bristol & Werst	4:15:00	2024

12 Swansea	4:15:06	2017
13AFD	4:15:20	2023
14 Bristol & West	4:15:31	2022
15 Highgate	4:15:34	2024

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

Year	1 st	2 nd	3 rd	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	1 st	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	1 st	2 nd	3 rd	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	Heme 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
2023	Leeds 2:10:49	TVH 2:12:37	Salford 2:13:37	Georgie Grgec 28:34	Gemma Steel 16:41
2024	TVH 2:12:46	Leeds 2:13:01	Sale 2:13:14	Yvie Lock 29:36	Amy Griffiths 17:08
2025	6x2.165M Aldershot 1:46:01	Leeds 1:47:10	Heme Hill 1:47:47	No long stage	Lucy Jones 16:48

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 C	15:38	2009
7	Katrina Wootton Cov G	15:39	2013
8	Helen Clitheroe Preston	15:41	2004
	Lauren Howarth Leigh	15:41	2011
10	Kate 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	2:10:49	2023
4 Leeds	2:11:27	2018
5 Herne Hill	2:11:31	2019
6 Birchfield	2:12:06	2019
7 Aldershot F&D	2:12:31	2019
8 TVH	2:12:37	2023
9 TVH	2:12:46	2024
10 Leeds	2:13:01	2024
11 Sale	2:13:14	2024
12 Salford	2:13:37	2023
13 Leeds	2:13:41	2016
14 Aldershot F&D	2:13:49	2015
15 Cambridge & Coleridge	2:14:19	2018

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
Georgie Grgec (Herne H)	28:34	2023
Lily Partridge (Bir)	28:44	2023
Louise Small (Aldershot)	28:58	2019
Lauren Heyes (Hallam)	28:59	2023
Lauren McNeil (Hallam)	28:59	2023
Verity Ockendon (Swansea)	28:59	2019
Louise Small (Aldershot)	29:00	2016

Tish Jones (Belgrave)	29:05	2019
Charlotte Arter (Cardiff)	29:09	2016
Eleanor (Bolton (Salf)	29:23	2023
Sophie Coldwell (Charn)	29:24	2023
Emma Clayton (Leeds)	29:36	2016
Yvie Lock (TVH)	29:36	2024
Chloe Richardson (Birchfield)	29:37	2019
Eleanor Bolton (Salford)	29:40	2022
Bryony Gunn (Bir)	29:49	2024
Yvie Lock (TVH)	29:43	2023

Fastest women's short leg times 2014 to present

Kate Maltby (Bristol &W)	16:38	2017
Gemma Steel (Charn)	16:41	2023
Kate Axford (Belg)	16:44	2023
Laura Weightman (Morpeth)	16:44	2017
Lucy Jones (Herne H)	16:48	2025
Phillipa Bowden (AFD)	16:53	2025
Susan Partridge (Leeds)	17:01	2016
Julie Paternain (C&C)	17:02	2018
Katie Snowden (Herne H)	17:02	2019
Charlotte Alexander (Ton)	17:04	2025
Kirsty Walker (Edin)	17:04	2025
Kate Hulls (Bristol &W)	17:07	2016
Amy Griffith (AFD)	17:08	2024
Bryony Gunn (Bir)	17:09	2025
Jade Morgan (Liv)	17:09	2025
Susanna Lecoutre (G&G)	17:13	2025
Annmarie McGlynn (TVH)	17:16	2016
Heather Townsend (Leeds)	17:16	2025
Gemma Steel (Charnwood)	17:17	2022
Lydia Turner (Birt)	17:17	2025