

## ERRA MENS'6 STAGE & WOMENS' 4 STAGE RELAY STATS AT SUTTON PARK

Compiled and updated by Martin Duff from his complete collection of Athletics Weekly

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The men's six-stage championships rotated around the regions before finding its permanent home at Sutton Park in 1995. Since 2001, the lap distance has been fixed at 5,847 metres and Newham & Essex Beagles' winning 2009 time of 1:43:14 is the current best.

Chris Davies must be considered the men's course specialist with not only the current fastest at 16:25 but with two more times in the top seven.

The women's race too moved around before settling at Sutton Park somewhat earlier, in 1990, initially over three stages before switching to four in 1994. Originally it used a 4.35km loop before the present 4,315 metres lap was adopted in 1999. The winning Aldershot, Farnham & District time of 56:42 in 2013 is the course best.

Whilst Steph Twell's 2007 time of 13:41 is the official best over the present loop, Paula Radcliffe's 13:26 over the slightly longer 4.35km lap in 1993 has to be considered the record. Due to the presence of the virus E'Coli in Sutton Park, the 2012 championship was held at Clumber Park but used shorter than normal stages.

### Men winners at Sutton Park

Year	Winning Club	Time	Second	Time	Third	Time
	<b>6x6km</b>					
1995	Bingley	1:45:20	Salford	1:46:05	Tipton	1:46:32
	<b>6x3.7M</b>					
1996	Bingley	1:40:39	Salford	1:42:08	Birchfield	1:42:21
1997	Birchfield	1:40:36	London Irish	1:41:47	Bingley	1:41:50
1998	Birchfield	1:44:16	Salford	1:44:45	Tipton	1:44:56
1999	Cardiff	1:42:46	Tipton	1:43:26	Birchfield	1:43:33
2000	Morpeth	1:44:14	Tipton	1:44:21	Birchfield	1:46:35
	<b>6x5847 metres</b>					
2001	Belgrave	1:45:28	Windsor, SE&H	1:45:32	Cardiff	1:46:31
2002	Belgrave	1:44:24	Morpeth	1:46:24	Birchfield	1:46:52
2003	Belgrave	1:45:22	Salford	1:46:21	Bedford & County	1:47:21
2004	Belgrave	1:44:35	Aldershot F&D	1:45:55	Birchfield	1:46:49
2005	Belgrave	1:46:30	Morpeth	1:47:48	Notts	1:47:54
2006	Newham EB	1:44:46	Tipton	1:46:24	Bristol & West	1:47:01
2007	Belgrave	1:44:30	Leeds City	1:45:20	Newham EB	1:45:55
2008	Belgrave	1:45:18	Notts	1:45:50	Newham EB	1:45:51
<b>2009</b>	<b>Newham &amp; EB</b>	<b>1:43:14</b>	Belgrave	1:44:54	Aldershot F&D	1:45:05
2010	Bedford & County	1:45:42	Shettleston H	1:46:16	Tipton H	1:46:19
2011	Aldershot F&D	1:44:51	Birchfield	1:45:22	Newham EB	1:45:30
2012	Held at Clumber Park (5km approx)					
	Newham EB	1:30:36	Liverpool	1:31:07	Belgrave	1:31:16
2013	Sale H Manchester	1:45:56	Belgrave	1:46:24	Tipton	1:46:58
2014	Aldershot F&D	1:46:48	Highgate H	1:47:25	Sale H Manch	1:47:54
2015	Tonbridge	1:47:24	Derby	1:47:29	Central	1:47:38
2016	Cardiff	1:45:52	Swansea	1:45:55	Liverpool	1:46:20

2017	Swansea	1:45:16	Tonbridge	1:46:30	Lincoln W'ton	1:46:34
2018	Stockport	1:45:07	Leeds	1:45:32	Aldershot F&D	1:45:40
2019	Leeds	1:44:46	Aldershot	1:45:19	Cambridge & Cole	1:45:47

### Fastest Laps

Year	Fastest	Time	Second best	Time	Third best	Time
	<b>6km</b>					
1995	Keith Cullen	16:34	Paul Taylor	16:55	Steve Brooks	17:04
	<b>3.7M</b>					
1996	Richard Nerurkar	16:15	Paul Taylor	16:19	Andrew Pearson	16:21
1997	Richard Nerurkar	16:19	Corman Finnerty	16:25	Rod Finch/Tony O'Brien	16:34
1998	Rob Whalley	16:57	Carl Warren	17:03	Glen Stewart	17:05
1999	Christian Stephenson	16:28	Keith Cullen	16:32	Dave Heath	16:33
2000	Mark Hudspith	16:42	Ian Hudspith	16:47	Rob Whalley	16:49
	<b>5847 metres</b>					
2001	Sam Haughian	16:54	Mo Farah	16:58	Chris Thompson/Mark Hudspith	17:02
2002	Chris Thompson	16:53	Ian Hudspith	17:03	Mark Miles/Fiachra Lombard	17:08
<b>2003</b>	<b>Chris Davies</b>	<b>16:25</b>	Rob Whalley	17:00	Greg Van Hest	17:01
2004	Chris Thompson	16:39	Nick McCormick	16:41	Keith Cullen	17:01
2005	Nick McCormick	16:41	Wilfred Taragon	17:01	Chris Davies	17:06
2006	Mo Farah	17:02	Frank Tickner	17:03	Mark Warmby	17:15
2007	Chris Davies	16:42	Frank Tickner	16:59	Moumin Geele	17:03
2008	Andy Vernon	16:49	Scott Overall	16:54	Keith Gerrard	17:05
2009	Mo Farah	16:33	Chris Davies	16:42	Scott Overall/Moumin Geele	17:03
2010	Ryan McLeod	17:03	Mark Draper	17:04	Tom Humphries	17:04
2011	James Wilkinson	16:38	Andy Vernon	16:58	Jonny Mellor	16:59
2012	Held at Clumber Park(5km approx)					
	Jonny Mellor	14:23	John Beattie	14:41	Birhan Andi/John McDonnell	14:46
2013	Ryan McLeod	16:55	Jonny Davies	17:06	Dewi Griffiths	17:11
2014	Andrew Butchart	17:09	Andrew Heyes	17:12	Antonio Sanchez	17:12
2015	Andy Maud	17:03	Jonny Davies	17:14	Tom Lancashire	17:17
2016	Andrew Butchart	16:29	Dewi Griffiths	16:49	Ben Connor	17:05
2017	Dewi Griffiths	16:40	Phil Sesemann	17:14	Graham Rush	17:16
2018	Ross Millington	16:54	Jonny Mellor	17:08	Richard Allen/Phil Sesemann	17:10
2019	Marc Scott	16:46	Omar Ahmed	16:58	Emile Cairess/Phil Sesemann	17:02

## All time men (Sutton Park)

### Teams (1996 to 2000)

Birchfield Harriers	1:40.36	(1997)
Bingley Harriers	1:40.39	(1996)
London Irish	1:41.47	(1997)

### Teams (2001-present)

Newham & Essex Beagles	1:43:14	(2009)
Belgrave Harriers	1:44:24	(2002)
Belgrave Harriers	1:44:30	(2007)
Belgrave Harriers	1:44:35	(2004)
Leeds	1:44:46	(2019)
Aldershot, Farnham & Dist	1:44:51	(2011)
Belgrave Harriers	1:44:54	(2009)
Aldershot, Farnham & Dist	1:45:05	(2009)
Stockport	1:45:07	(2018)
Bedford & County	1:45:13	(2009)
Swansea	1:45:16	(2017)
Belgrave Harriers	1:45:18	(2008)
Aldershot Farnham & D	1:45:19	(2019)
Leeds City	1:45:20	(2007)
Swansea	1:45:16	(2017)
Belgrave Harriers	1:45:22	(2003)
Birchfield Harriers	1:45:22	(2011)
Belgrave Harriers	1:45:28	(2001)
Newham & Essex Beagles	1:45:30	(2011)
Windsor, Slough, E & H	1:45:32	(2001)
Leeds	1:45:32	(2018)
Leeds City	1:45:33	(2011)
Cambridge & Coleridge	1:45:37	(2019)
Aldershot Farnham & Dist	1:45:40	(2018)
Bedford & County	1:45:42	(2010)
Notts AC	1:45:50	(2008)
Newham & Essex Beagles	1:45:51	(2008)

### Individuals (1996-2000)

Richard Nerurker	Bingley Harriers	16:15	(1996)
Paul Taylor	Bolton AC	16:19	(1996)
Richard Nerurker	Bingley Harriers	16:19	(1997)

### Individuals (2001-present)

Chris Davies	16:25	2003
Andrew Butchart	16:29	2016
Mo Farah	16:33	2009
James Wilkinson	16:38	2011
Chris Thompson	16:39	2004
Dewi Griffiths	16:40	2017
Nick McCormick	16:41	2004
Nick McCormick	16:41	2005
Chris Davies	16:42	2007
Chris Davies	16:42	2009

Marc Scott	16:46	2019
Dewi Griffiths	16:49	2016
Andy Vernon	16:49	2008
Chris Thompson	16:53	2002
Scott Overall	16:54	2008
Sam Haughian	16:54	2001

### Women

Year	Winning Club	Time	Second	Time	Third	Time
	<b>3x4.35km</b>					
1990	Westbury	43:27	Birchfield	43:37	Parkside	44:07
1991	Leicester Coritanian	43:18	Parkside	43:24	Birchfield	43:26
1992	Parkside	42:56	Tipton	43:45	Birchfield	44:31
1993	Tipton	43:18	Bedford & County	43:34	Parkside	43:53
1994	Parkside	58:37	Birchfield	58:56	Leeds City	59:31
1995	Shaftesbury Barnet	58:47	Leeds	59:05	Parkside	59:38
1996	Birchfield	59:31	Leeds City	59:47	Westbury	61:34
1997	Bedford & County	58:22	Shaftesbury Barnet	59:01	Charnwood	59:22
1998	Sale	59:19	Shaftesbury Barnet	59:51	Charnwood	60:00
	<b>4x4315 metres</b>					
1999	Shaftesbury Barnet	59:07	Sale	59:41	Charnwood	59:46
2000	Sale	58:34	Charnwood	58:56	Shaftesbury Barn	59:16
2001	Charnwood	58:44	Bedford & County	59:26	Bristol	60:14
2002	Windsor S&&H	59:40	Tipton	60:06	Bristol	60:53
2003	Chester-le-Street	59:09	Charnwood	59:25	Sale	59:58
2004	Bristol & West	57:46	Windsor, SE&H	59:20	Wakefield	59:59
2005	Bristol & West	59:16	Shaftesbury Barnet	59:25	Bedford & Co	59:29
2006	Birchfield	59:33	Aldershot F&D	59:39	Charnwood	60:17
2007	Aldershot F&D	57:15	Charnwood	57:56	Havering M	58:47
2008	Aldershot F&D	57:24	Charnwood	59:09	Chester-le-Street	59:16
<b>2009</b>	Aldershot F&D	57:09	Chester-le-Street	58:17	City of Norwich	58:53
2010	Aldershot F&D	58:14	Charnwood	58:50	Bristol & West	60:05
2011	Aldershot F&D	57:17	Charnwood	58:20	Bristol & West	58:50
2012	Held at Clumber Park (3.5km approx)					
	Aldershot F&D	46:39	Birchfield	46:39	Shaftesbury	48:26
2013	<b>Aldershot F&amp;D</b>	56:42	Birchfield	58:36	Charnwood	58:49
2014	Aldershot F&D	57:13	Birchfield	59:26	Bristol & West AFD B (no medal)	60:22 60:14
2015	Swansea	59:14	Bristol & West	59:51	Vale Royal	60:03
2016	Aldershot F&D	58:48	Birchfield	59:10	Cardiff	60:03
2017	Aldershot F&D	58:26	Leeds	59:08	Swansea	59:26
2018	Aldershot F&D	57:56	Leeds	59:29	Tonbridge	59:56
2019	Cardiff	57:26	Tonbridge	59:24	Aldershot F&D	59:41

### Fastest

Year	Fastest	Time	Second best	Time	Third Best	Time
	<b>4.35km</b>					
1990	Lesley Morton	14:02	Sally Ellis	14:08	Jo Deering	14:15
1991	Lesley Morton	14:18	Lisa Hollick	14:20	Alison Wyeth	14:22

1992	Paula Radcliffe	13:47	Elaine Foster	14:11	Andrea Whitcombe	14:14
<b>1993</b>	<b>Paula Radcliffe</b>	<b>13:26</b>	Jenny Clague	13:58	Bev Hartigan	14:03
1994	Angie Hulley	14:05	Shireen Barbour	14:13	Elaine Foster	14:20
1995	Lucy Elliott	13:55	Paula Radcliffe	13:55	Heather Heasman	14:21
1996	Zara Hyde	14:20	Bev Hartigan	14:21	Andrea Whitcombe	14:27
1997	Paula Radcliffe	13:55	Andrea Whitcombe	14:10	Sarah Young	14:13
1998	Heather Heasman	14:14	Tara Krzywicki	14:17	Amanda Parkinson	14:22
	<b>4.315 metres</b>					
1999	Lucy Wright	14:08	Hayley Yelling	14:13	Liz Yelling/Sarah Young	14:17
2000	Amanda Parkinson	14:07	Hayley Yelling	14:18	Tara Krzywicki/Sara Wilkinson	14:28
2001	Helen Pattinson	13:59	Tara Krzywicki	14:03	Angela Allen	14:04
2002	Hayley Yelling	14:15	Lisa Heyes	14:22	Katie Reed	14:31
2003	Kate Reed	14:07	Hayley Yelling	14:07	Helen Lawrence	14:08
2004	Kate Reed	13:59	Hayley Yelling	14:03	Julia Bleasdale	14:14
2005	Kate Reed	13:56	Helen Clitheroe	14:07	Liz Yelling	14:09
2006	Helen Clitheroe	14:11	Jenny Blizzard	14:12	Cathy Mutwa	14:13
<b>2007</b>	<b>Steph Twell</b>	<b>13:41</b>	Sharon Morris	13:57	Hayley Yelling/Vicky Gill	14:05
2008	Freya Murray	13:50	Charlotte Purdue	13:54	Caroline Hoyte	14:09
2009	Charlotte Purdue	13:53	Freya Murray	13:54	Steph Twell	14:00
2010	Charlotte Purdue	13:55	Gemma Steel	14:08	Emma Pallant	14:20
2011	Gemma Steel	13:45	Charlotte Purdue	13:48	Jessica Coulson	13:51
2012	Held at Clumber Park 3.5km					
	Emelia Gorecka	11:05	Hannah Walker	11:14	Beth Potter	11:20
2013	Gemma Steel	13:49	Emelia Gorecka	14:04	Steph Twell	14:06
2014	Steph Twell	14:04	Lily Partridge	14:09	Emelia Gorecka	14:09
2015	Ellie Vernon	14:11	Ellie Kirk	14:13	Kate Hulls	14:21
2016	Kate Hulls	13:58	Jess Judd	14:11	Charlotte Arter	14:16
2017	Jess Judd	13:55	Charlotte Arter	14:10	Verity Ockenden	14:12
2018	Emily Hosker-Thornhill	13:58	Jess Judd	14:07	Lauren Howarth	14:12
2019	Charlotte Arter	14:00	Abbie Donnelly	14:01	Jenny Nesbitt	14:10

## All Time Women (at Sutton Park)

### Teams since 1998

Aldershot, Farnham & Dist	56:42	(2013)
Aldershot, Farnham & Dist	57:09	(2009)
Aldershot, Farnham & Dist	57:13	(2014)
Aldershot, Farnham & Dist	57:15	(2007)
Aldershot, Farnham & Dist	57:17	(2011)
Aldershot, Farnham & Dist	57:24	(2008)
Cardiff	57:26	(2019)
Bristol & West AC	57:46	(2004)
Charnwood AC	57:56	(2007)
Aldershot Farnham & Dist	57:56	(2018)
Aldershot, Farnham & Dist	58:14	(2010)
Chester-le-Street	58:16	(2009)
Charnwood	58:20	(2011)
Aldershot Farnham & Dist	58:26	(2017)
Sale Harriers	58:34	(2000)
Birchfield	58:36	(2013)
Charnwood AC	58:44	(2001)
Havering Mayesbrook	58:47	(2007)
Aldershot Farnham & Dist	58:48	(2016)
Charnwood	58:49	(2013)
Charnwood	58:50	(2010)
Bristol & West	58:50	(2011)
City of Norwich	58:53	(2009)
Charnwood AC	58:56	(2000)
Bedford & County	59:00	(2007)

### Individuals

Paula Radcliffe	1993	13:26 **
Steph Twell	2007	13:41
Gemma Steel	2011	13:45
Paula Radcliffe	1992	13:47 **
Charlotte Purdue	2011	13:48
Gemma Steel	2013	13:49
Freya Murray	2008	13:50
Jessica Coulson	2011	13:51
Charlotte Purdue	2009	13:53
Charlotte Purdue	2008	13:54
Freya Murray	2009	13:54
Lucy Elliott	1995	13:55 **
Jess Judd	2017	13:55
Paula Radcliffe	1995	13:55 **
Paula Radcliffe	1997	13:55 **
Charlotte Purdue	2010	13:55

\*\* (on slightly longer course)