

10km Male All Time

	Name	Time	Race	Date
1	David Wardle	00:30:28	Standalone 10k (RotM)	07/10/2012
2	Neilson Hall	00:30:38	Standalone 10k (RotM)	04/10/2009
3	Peter Sibbett	00:30:59	Barnsley	05/11/1995
4	Gary Halsey	00:32:00	Flitwick 10k	04/04/1993
5	Matt Leach	00:32:02	MWL Div1 Race1 Stevenage	13/05/2015
6	Lawrence Oldershaw	00:32:33	Standalone 10km	06/10/1996
7	Tom Webb	00:32:39	City of Lincoln 10km	07/04/2019
8	Andrew Leach	00:32:59	Vitality London 10000	29/05/2017
9	Mark Vaughan	00:33:00	Leeds Abbey Dash	06/11/2016
10	Nick Beresford	00:33:14	Silverstone 10k	04/05/2010
11	Adam Bowler	00:33:33	Standalone 10k	07/10/2018
12	Paul Pearce	00:33:36	Flitwick 10k	14/04/1996
13	Darren Sunter	00:33:37	Standalone 10k	07/10/2018
14	Jon Hancock	00:33:50	Royston 10km	04/04/1993
=15	Edward Price	00:34:10	Chichester Priory 10km	03/02/2019
=15	Oliver Saville	00:34:10	MWL Div1 Race 3 Royston	18/06/2015
17	Matt Ansfield	00:34:11	Royston 10km	08/04/2001
18	Jim McConnell	00:34:13	MWL Mob Match: Welwyn Garden City	12/07/2018
19	Stewart Overton	00:34:18	Standalone 10k	06/10/2019
=20	Dave Frampton	00:34:23	Standalone 10km	05/10/1997
=20	Steve McKeown	00:34:23	Hatfield Broadoak 10k	26/05/2008
22	Nathan Pask	00:34:31	Standalone 10k	06/10/2019
23	Paul Westrope	00:34:34	Standalone 10km	08/10/1995
24	Dave Gentle	00:34:37	Flitwick 10k	10/04/1994
25	Ian Tivey	00:34:45	Welwyn MWL 10k (RotM)	11/05/2010
=26	David Annetts	00:34:47	Bedford 10k	05/06/2016
=26	Andy Mutton	00:34:47	Standalone 10K	06/10/2013
28	John Cox	00:34:55	North Herts 10km	19/06/1994
29	Matthew Sayers	00:34:57	Bedfordshire AAA 10k	19/07/2019
30	Matt Long	00:34:59	Le Touquet 10k	19/08/2000
31	Andrew Lear	00:35:02	Standalone 10km	06/10/1996
=32	James Atkins	00:35:09	Welwyn MWL 10k (RotM)	11/05/2010
=32	John Rayner	00:35:09	Breckland 10km	06/05/2019
34	Tim Mullins	00:35:22	Buntingford 10km	08/10/1989
35	Peter Scrowther	00:35:28	Silverstone 10k	04/05/2010
36	Stephen Waite	00:35:29	Royston 10km	08/04/2001
37	Steve James	00:35:35	Royston 10km	04/04/1993
38	John Auld	00:35:37	Queen Elizabeth Olympic Park Summer 10K Series	07/04/2018
39	Chris Cowan	00:35:45	Hatfield Broad Oak 10k	30/05/1994
40	Ken Burns	00:35:50	Royston 10km	09/04/1989
=41	Wayne Bell	00:35:53	Bedfordshire AAA 10k	19/07/2019
=41	Rob Harris	00:35:53	Harlow MWL	18/06/2014
=43	Kevin Ferry	00:35:58	Standalone 10km	03/10/2004
=43	Pete Smith	00:35:58	Eastern Counties 10km Champs, Luton	10/09/1995
=45	Bill Crone	00:36:01	Royston 10km	09/04/1989
=45	Peter Northover	00:36:01	Standalone 10km	03/10/2004
47	Gary Cook	00:36:05	Stevenage MWL 3	20/06/2007
48	Phil Hammond	00:36:19	Standalone 10km	05/10/2003
49	Norman Leslie	00:36:25	Royston 10km	09/04/1989
50	Mark Robertson	00:36:39	FVS MWL 10k (RoTM)	14/05/2009
51	Oliver Brady	00:36:41	Standalone 10k	07/10/2018
52	Nick Malpeli	00:36:44	Bedford Harriers 10k	08/09/2013
53	Paul Watts	00:36:45	Standalone 10km	05/10/1997
=54	Richard Harbon	00:36:49	Royston 10km	01/04/1999
=54	Nick Smithers	00:36:49	Standalone 10km	05/10/1997
=54	Ryan Smith	00:36:49	Beds AAA 10k	20/07/2018
57	Peter Turner	00:36:51	Royston MWL (RotM)	12/06/2012
58	Thomas Morris-Pond	00:36:53	Standalone 10K	06/10/2013
59	Peter Kelland	00:36:56	Standalone 10km	01/10/2006
60	Derek Myall	00:37:16	Standalone 10km	06/10/1996
61	Spencer Bevan	00:37:20	Mid Week League, Mob Match, Welwyn	14/07/2016
62	Alan Turner	00:37:22	Watford 10km	24/09/1989

10km Male All Time

63	James Walsh	00:37:28	City of Salford 10K	06/09/2015
=64	John Franklin	00:37:36	Hatfield Broad Oak 10k	31/05/2005
=64	Dane Ryan	00:37:36	North Herts 10km	29/06/1993
66	Bob Middleton	00:37:39	Standalone 10km	08/10/1995
67	Darren Matussa	00:37:40	Mid Week League, Mob Match, Welwyn	14/07/2016
68	Keiron McGill	00:37:42	Hatfield Broad Oak 10k	29/05/2007
69	Dave Gifford	00:37:43	Standalone 10km	02/10/2005
70	Paul Jackson	00:37:44	Mid Week League, Division 1, Race4, Stevenage	21/06/2016
71	Martyn Annetts	00:37:53	Bedford Harriers 10k	08/09/2013
72	Ian Owens	00:37:54	Standalone 10km	15/10/2000
73	Matt Hudson	00:37:56	Provident Mutual 10km	13/08/1995
74	John Russell	00:37:57	Serpentine New Years Day 10k	01/01/2007
75	Steve Barrett	00:37:58	NHRR MWL 10k (Ridlins) RotM	26/05/2010
76	Steve Miller	00:38:01	Standalone 10km	04/10/1998
77	James Keogh	00:38:02	Cambridge Town and Gown 10km	21/10/2018
78	Adrian Sherwood	00:38:09	MWL Mob Match (WGC)	16/07/2015
79	Dan Hills	00:38:12	MWL Div1 Race1 Stevenage	13/05/2015
=80	Richard Thackeray	00:38:15	MWL Harlow	14/06/2005
=80	Mark Walton	00:38:15	Standalone 10km	06/10/1996
82	Steve Williamson	00:38:16	Standalone 10k (RotM)	07/10/2012
83	Brian Taylor	00:38:19	Canvin 10km	17/05/1992
84	Mark Hutchinson	00:38:20	Ely 10k	31/12/2011
=85	Denis Hill	00:38:29	North Herts 10km	29/06/1993
=85	Ciaran McAneny	00:38:29	Spar Dessie's 10K (Derry, N. Ireland)	29/08/2010
87	Stewart Bryant	00:38:35	Hatfield Broad Oak 10k	29/05/2006
88	Vincent Wright	00:38:39	Bedford Autodrome 10km	27/10/2019
=89	JoseJaime Gaviria-Velez	00:38:40	Hatfield Broad Oak 10k	29/05/2006
=89	Steve Jones	00:38:40	Standalone 10km	08/10/1995
=91	Phil Mottram	00:38:44	Flitwick 10k	10/04/1994
=91	Mark Young	00:38:44	(Met Police 10k Champs?) -Battersea Park	10/10/2007
93	Karol Gorney	00:38:45	Royston 10km	09/04/1989
94	Peter Clarke	00:38:47	Mid Week League: Division 1: Race 2: Royston	13/06/2019
95	John Atkinson	00:38:55	Canvin 10K	17/05/1992
=96	Mark Edmondson-Jones	00:38:57	Welwyn10k	24/06/2018
=96	Steve Tracey	00:38:57	Harlow MWL	18/06/2014
98	Simon Poole	00:39:02	Mid Week League: Mob Match: Welwyn	13/07/2017
99	Oliver Garbas	00:39:03	MWL Div1 Race1 Stevenage	13/05/2015
100	Brian Sykes	00:39:04	North Herts 10km	21/06/1992
101	Matthew Davies	00:39:18	MWL Div 1: Race 4: Stevenage	27/06/2018
102	Gary Lancaster	00:39:29	Flitwick 10k	14/04/1996
103	Dave Harkins	00:39:32	Standalone 10km	03/10/2004
104	Kulbir Jaswal	00:39:40	Royston 10km	08/04/2001
105	Stuart Collings	00:39:41	Royston 10km	09/04/1989
106	Paul Goss	00:39:42	Brading 10km	19/07/1992
=107	Mel Davey	00:39:44	North Herts 10km	19/06/1994
=107	Richard Foster	00:39:44	MWL Div1 Race 3 Royston	18/06/2015
109	Chris Walby	00:39:51	WGC MWL 10k (RoTM)	04/06/2009
110	Gary Bryan	00:39:54	NHRR MWL (Rotm) Ridlins	27/06/2012
111	Lee Hayes	00:39:55	Mid Week League: Division 1: Race 2: Royston	13/06/2019
=112	Duncan Hooker	00:39:57	Codicote 10km	08/05/2005
=112	Russell Smyth	00:39:57	Royston 10km	08/04/2001
=112	Johnny Spinks	00:39:57	Hatfield Broad Oak 10k	29/05/2006
115	Roger Witherick	00:39:59	Standalone 10km	06/10/2002
=116	Chris Priestley	00:40:00	Provident Mutual 10km	13/08/1995
=116	Chris Reed	00:40:00	MWL Harlow	14/06/2005
118	Mick Humphris	00:40:03	Standalone 10km	05/10/2003
=119	Mike Bryant	00:40:15	Royston MWL (RotM)	12/06/2012
=119	Michael Mello	00:40:15	Buckingham 10k	16/10/2005
121	James Brooke	00:40:19	Hatfield Broad Oak 10k	29/05/2006
122	Clive Street	00:40:20	MWL Harlow	14/06/2005
123	Robert Riggall	00:40:24	Royston 10km	04/04/1993
=124	Gavin Clarke	00:40:29	Harlow MWL	18/06/2014
=124	Phil Croxford	00:40:29	Flitwick 10k	14/04/1996

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=126	Dominic Buck	00:40:36	Royston MWL (RotM)	12/06/2012
=126	Dave Howitt	00:40:36	Royston 10km	08/04/2001
=126	Paul Kelley	00:40:36	Betty Willett 10k (Luton)	03/05/2009
=126	Chris Kitson	00:40:36	Standalone 10km	15/10/2000
130	Nathaniel Whitley	00:40:47	MWL Harlow	14/06/2005
131	Dan Martin	00:40:51	MWL Div 1: Race 4: Stevenage	27/06/2018
132	Chris Poole	00:40:52	Vitality London 10000	27/05/2019
133	David Welch	00:40:58	Mid Week League: Division 2: Race 4: Stevenage (NHRR)	28/06/2017
=134	John Foster	00:41:03	Flitwick 10k	10/04/1994
=134	Phil Gilby	00:41:03	Canvin 10K	17/05/1992
136	Ian Datlen	00:41:05	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
137	Ian Sharp	00:41:08	Luton 10km	14/09/1997
138	Steven Foster	00:41:09	Standalone 10k	07/10/2018
139	John Farman	00:41:14	Royston 10km	01/04/1992
=140	Mark Cook	00:41:16	MWL Div1 Race 3 Royston	18/06/2015
=140	Jonathan Gillham	00:41:16	Welwyn MWL 10k (RotM)	11/05/2010
142	Alan Jones	00:41:30	Hatfield Broadoak 10k	31/05/2010
143	Chris Stokes	00:41:31	Welwyn Garden City MWL	23/05/2013
144	David Weston	00:41:34	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
145	John Sharpe	00:41:40	Woburn Rhino Run 10km	17/10/2004
146	Stewart Smither	00:41:42	WGC MWL 10k (RoTM)	04/06/2009
147	Niccolo Bassani	00:41:43	Hitchin 10km	19/05/2019
148	Aaron Quinn	00:41:44	Standalone 10km	05/10/2003
149	Mike Moralee	00:41:45	Hatfield Broadoak 10k	26/05/2008
150	Graham Smith	00:41:46	Royston 10km	01/04/1992
151	Simon Rogers	00:41:56	North Herts 10km	18/06/1995
152	Phil Davies	00:42:03	Stevenage MWL 3	20/06/2007
153	Steve Thompson	00:42:07	North Herts 10km	18/06/1995
154	Kieran Rayner	00:42:11	Standalone 10k	02/10/2016
155	Wilf Hewitt	00:42:14	MWL Div1 Race1 Stevenage	13/05/2015
156	Terry Vine	00:42:19	Bentley Charles 10km	11/05/2003
157	Tim Emler	00:42:20	Watford 10km	03/05/2004
=158	Dave Kidd	00:42:21	Flitwick 10k	08/04/1992
=158	Tim Street	00:42:21	MWL Harlow	14/06/2005
160	Steve Bottomley	00:42:22	Canvin 10km	17/05/1992
=161	Paul Fairchild	00:42:24	MWL Race 2 Stevenage	11/06/2014
=161	Brent Lloyd	00:42:24	Mid Week League: Division 1: Race 2: Royston	13/06/2019
163	Guy Wiseman	00:42:28	MWL Race 3 WGC (RoTM)	07/06/2011
164	John Cooper	00:42:30	Mid Week League: Division 2: Race 4: Stevenage (NHRR)	28/06/2017
165	Ian Sutcliffe	00:42:37	Canvin 10km	16/05/1993
166	Simon Gilby	00:42:38	Buntingford 10km	06/10/1991
167	Steve Taplin	00:42:39	Stevenage MWL 3	20/06/2007
168	Gerald Rolfe	00:42:41	Breckland 10km	01/05/2005
=169	Andy Kelly	00:42:44	MWL Harlow	14/06/2005
=169	Steve Mowles	00:42:44	Stevenage MWL	26/06/2013
=171	Daniel Bourke	00:42:45	Standalone 10km	05/10/2003
=171	Jim Heaney	00:42:45	North Herts 10km	21/06/1992
173	Andrew Webb	00:42:49	North Herts 10km	21/06/1992
=174	Tony Osborne	00:42:53	Luton 10km	14/09/1997
=174	Adrian Robinson	00:42:53	NHRR MWL 10k (Ridlins) RotM	26/05/2010
176	Graham Bishton	00:42:57	Codicote 10km	09/05/2004
177	Tyler Dungey	00:42:59	Royston 10km	09/04/1989
178	Neil Hopkins	00:43:00	Hatfield Broad Oak 10k	29/05/1995
179	Brian Bailey	00:43:04	Flitwick 10k	10/04/1994
180	Ian Darby	00:43:10	Fen Ditton 10km	09/03/2003
181	Kevin Kirk	00:43:12	Hatfield Broad Oak 10k	31/05/2005
182	Andrew Underhill	00:43:14	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
183	James Drew	00:43:21	Flitwick10km	29/04/2018
184	Andrew Pitton	00:43:23	Standalone 10km	05/10/2003
185	Neil Jefferson	00:43:26	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
=186	Stuart Cocks	00:43:30	Hitchin 10km	19/05/2019
=186	Peter Stevens	00:43:30	Flitwick 10k	14/04/1996
188	Daniel Williams	00:43:39	Standalone 10k	02/10/2016

## 10km Male All Time

189	Brian Charlton	00:43:40	Welwyn MWL 10k (RotM)	11/05/2010
190	Dave Barnes	00:43:44	Luton 10km	08/09/1991
191	Jonathon Street	00:43:45	MWL Harlow	14/06/2005
192	Ron Jennings	00:43:47	North Herts 10km	21/06/1992
193	Joachim Fricke	00:43:50	Provident Mutual 10km	14/08/1994
=194	James Dalton	00:43:53	Mid Week League: Mob Match: Welwyn Garden City	11/07/2019
=194	Martin Streeter	00:43:53	Le Touquet 10km	21/08/1999
196	Martin Brace	00:43:56	North Herts 10km	18/06/1995
197	Tobias Turner	00:43:57	FVS MWL 10k	29/05/2008
198	Clive Adams	00:44:03	Hatfield Broadoak 10k	26/05/2008
199	Phil Hunt	00:44:05	Flitwick 10km	14/04/2019
200	Paul Gatward	00:44:08	Royston 10km	09/04/1989
201	Neil Ward	00:44:12	Stevenage MWL 3	20/06/2007
202	Gurjinder Nijjer	00:44:16	Dunstable 10km	30/06/1996
203	Simon Tucker	00:44:18	MWL Race 1 - WGC	15/05/2007
=204	Jon Hunt	00:44:24	WGC MWL 10k (RoTM)	04/06/2009
=204	Tom Young	00:44:24	WGC MWL 10k (RoTM)	04/06/2009
206	Nigel Nijjer	00:44:30	Flitwick 10k	14/04/1996
207	Garry Tame	00:44:32	Standalone 10k (RotM)	07/10/2012
208	Stefan Eilertsen	00:44:33	Stevenage MWL 3	20/06/2007
209	Dave Maryan	00:44:39	Buntingford 10km	06/10/1991
210	Ian Mann	00:44:49	Luton 10km	23/05/1999
211	Steve Harvey	00:44:56	MWL Harlow	14/06/2005
212	Andy Smith	00:45:00	Royston 10km	08/04/2001
213	Tony Bailey	00:45:04	Banardos 10km Letchworth	16/03/1997
214	Colin Calcutt	00:45:12	MWL Harlow	14/06/2005
215	Malcolm Roberts	00:45:16	North Herts 10K	21/06/1992
216	Finlay Simpson	00:45:17	Hatfield Broad Oak 10k	29/05/2007
217	Daniel Mallett	00:45:32	Standalone 10k	05/10/2014
218	Ben Harold	00:45:40	Mid Week League: Division 2: Race 4: Stevenage (NHRR)	28/06/2017
=219	Christian Allen	00:45:44	Flitwick 10k	09/04/2017
=219	Johnny Park	00:45:44	Flitwick 10k (RotM)	15/04/2012
=219	Mark Seddon	00:45:44	Mid Week League: Division 1: Race 2: Royston	13/06/2019
222	David Ross	00:45:46	Hatfield Broad Oak 10k	31/05/2005
223	Dave Matyan	00:45:52	St Ives 10km	21/07/1996
224	Colin Callway	00:46:01	FVS MWL 10k	29/05/2008
225	Joseph Sherry	00:46:02	Regents Park	02/04/2017
226	Michael Shephard	00:46:10	WGC MWL 10k (RoTM)	04/06/2009
227	David Duggan	00:46:19	MWL Race 1 - WGC	15/05/2007
228	Marcus Farnfield	00:46:20	Flitwick10km	29/04/2018
229	John Scally	00:46:26	Wimbledon 10km	19/09/2004
230	Steve Emson	00:46:30	North Herts 10km	19/06/1994
231	Donald Powell	00:46:32	St Albans 10k	20/05/2007
232	Gary Sutcliffe	00:46:39	Royston 10km	27/03/1994
233	Michael Dollman	00:46:43	Luton 10km	23/05/1999
=234	Juan Luque De Mena	00:46:46	Run Norwich 10km	21/07/2019
=234	Geoff Pettengell	00:46:46	St Neots 10km	24/05/1996
236	Trevor Mason	00:46:49	Welwyn10k	24/06/2018
237	David Parsons	00:46:55	MWL Div 1: Race 4: Stevenage	27/06/2018
238	Nick Theobald	00:46:59	Standalone 10km	08/10/1995
=239	Glyn Blakey	00:47:02	Mid Week League: Division 1: Race 2: Royston	13/06/2019
=239	Lewis Green	00:47:02	Standalone 10K	01/10/2017
241	Mark Draper	00:47:08	Welwyn Garden City MWL	23/05/2013
242	Matthew Rix	00:47:09	Welwyn Garden City MWL	23/05/2013
243	Liam Jones	00:47:10	Standalone 10k	06/10/2019
244	Paul Flynn	00:47:22	Welwyn Garden City MWL	23/05/2013
245	Allen Surgenor	00:47:27	Royston 10km	09/04/2000
=246	Ryan Johnson	00:47:34	MWL Race 3 WGC (RoTM)	07/06/2011
=246	Stephen Lummis	00:47:34	Welwyn Garden City MWL	23/05/2013
=246	Chris McNeil	00:47:34	Hatfield Broad Oak 10k	31/05/1993
249	John Stow	00:47:39	MWL Div1 Race 3 Royston	18/06/2015
250	Philip Flack	00:47:40	Standalone 10km	04/10/1998
251	Richard Humphreys	00:47:42	Royston 10km	09/04/1989

10km Male All Time

252	Steve Brenton	00:47:43	Vitality London 10000	27/05/2019
253	Doug Field	00:47:45	NHRR MWL 10k (Ridlins) RotM	26/05/2010
=254	Bob Boss	00:47:46	Hatfield Broad Oak 10k	29/05/2006
=254	Paul Bowal	00:47:46	WGC MWL 10k (RoTM)	04/06/2009
256	Andrew Robson	00:47:50	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
257	Edwin Smith	00:47:53	Standalone 10k	06/10/2019
=258	Paul Ambrose	00:47:59	Royston 10km	20/04/1997
=258	John Taylor	00:47:59	Cardington 10km	22/08/1992
260	Jon Hind	00:48:03	Provident Mutual 10k	14/08/1994
261	Joe Hiemstra	00:48:10	Royston MWL (RotM)	12/06/2012
262	Manvir Parmer	00:48:17	Standalone 10K	01/10/2017
263	Phil Avins	00:48:18	MWL Harlow	14/06/2005
264	Roger Bamberough	00:48:20	FVS MWL 10k	29/05/2008
265	Allan Gee	00:48:22	Newport 10km	25/04/1993
266	Matt Ankers	00:48:25	Mid Week League: Division 1: Race 2: Royston	13/06/2019
267	Colin Jennings	00:48:33	Flitwick 10k	10/04/1994
268	Andrew Coates	00:48:38	Stevenage 10k	15/09/2019
269	Peter Hanlon	00:48:44	Standalone 10k	05/10/2014
270	Mark Oddy	00:48:48	North Herts 10km	21/06/1992
271	Greg Bowie	00:48:49	Hertford 10k	15/04/2012
272	Colin Hewitt	00:48:50	Watford 10km	03/05/2004
=273	Brian Bond	00:49:05	Royston 10km	01/04/1992
=273	Derek Wood	00:49:05	Flitwick 10k	19/04/1998
=275	Peter Marchant	00:49:16	Meldreth Duathlon 10km	12/09/1993
=275	Paul PICKARD	00:49:16	Stevenage 10k	15/09/2019
277	Martin Wiltshire	00:49:20	Flitwick 10k	14/04/1996
278	Malcolm King	00:49:30	Royston 10km	01/04/1999
279	Patrick Norris	00:49:32	Deeping St James 10km	25/04/1993
280	John Tirrell	00:49:36	Royston 10km	31/03/1996
281	Alan Hazelhurst	00:49:40	Welwyn Garden City MWL	23/05/2013
282	Craig McCarthy	00:49:44	Standalone 10km	08/10/1995
283	Nick James	00:49:47	Standalone 10k (RotM)	07/10/2012
284	James Hitch	00:49:54	Le Touquet 10km	21/08/1999
285	Craig Roberts	00:50:00	Flitwick 10k	14/04/1996
286	Paul Shilcock	00:50:01	Standalone 10k (RotM)	03/10/2010
287	Adam Wilson	00:50:03	Hitchin 10km	19/05/2019
288	Luke Callan	00:50:13	Standalone 10k	02/10/2016
289	Jegan Alexander Simon	00:50:14	MWL Mob Match: Welwyn Garden City	12/07/2018
290	David Benson	00:50:15	Hatfield Broadoak 10k	26/05/2008
291	Michael Pym	00:50:17	WGC MWL 10k (RoTM)	04/06/2009
292	Dave Braybrook	00:50:22	Love Luton 10k	27/10/2019
293	Jason Davis	00:50:24	Mid Week League, Division 1, Race4, Stevenage	21/06/2016
294	Howard Knight	00:50:27	Standalone 10k (RotM)	04/10/2009
295	Harry Agius	00:50:29	Hitchin 10km	19/05/2019
296	Gary Taylor	00:50:42	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
297	Kodi Nagananda	00:50:55	MWL Race 1 - WGC	15/05/2007
298	Graham Thompson	00:51:29	Woburn 10km	19/02/2006
299	Russ Hagan	00:51:50	St Albans 10k	12/08/2018
300	Ted Giblin	00:52:04	Standalone 10km	03/10/2004
301	Tom Brownlee	00:52:10	Flitwick10km	29/04/2018
302	Tom Von Den Busch	00:52:13	Bedford Harriers 10k	02/09/2012
303	Anthony Winter	00:52:22	Standalone 10k (RotM)	02/10/2011
304	James Poulton	00:52:36	Mid Week League: Division 1: Race 2: Royston	13/06/2019
305	Andrew Cooper	00:53:04	Mid Week League: Division 1: Race 2: Royston	13/06/2019
306	Adrian Muxlow	00:53:14	Woburn 10km	04/03/2007
307	Paul Marshall	00:53:26	WGC MWL 10k (RoTM)	04/06/2009
308	Elwyn Howell	00:53:31	Bedford Running Festival Twilight 10k	01/09/2019
309	Jean-Marc Beloulou	00:53:33	Standalone 10km	07/10/2007
310	Jim Marvell	00:53:53	Bedford Harriers 10k	08/09/2013
311	Michael Lowiss	00:53:54	Standalone 10k	06/10/2019
312	Richard Mallett	00:54:28	Standalone 10k (RotM)	02/10/2011
313	Tim Sheppard	00:54:30	Great Newham London Run	17/07/2016
314	James Harley	00:54:35	Ely 10k	31/12/2011

10km Male All Time

315	Ricky Allan	00:54:47	Standalone 10km	05/10/2003
316	Graham Gunnell	00:54:58	Standalone 10K	06/10/2013
317	Geoff Murray-Rochard	00:55:02	Mid Week League: Division 1: Race 1: St Albans	23/05/2019
318	John Loughman	00:55:42	Standalone 10km	07/10/2001
319	Andrew Porter	00:55:54	Mid Week League: Division 1: Race 2: Royston	13/06/2019
=320	Sid Hamilton	00:56:00	Stockwood Park 10km	21/05/2000
=320	John Reeve	00:56:00	Provident Mutual 10km	01/08/1993
322	Ralph Ballard	00:56:13	Standalone 10km	05/10/2003
323	Bob Davis	00:56:14	MWL Mob Match " WGC	17/07/2014
324	John Humphries	00:56:32	Provident Mutual 10km	13/08/1995
325	Andy Imrie	00:57:31	Standalone 10km	01/10/2006
326	Brian Judkins	00:57:44	Hatfield Broadoak 10k (RoTM)	25/05/2009
327	Chris Hardwicke	00:57:49	NHRR MWL 10k (Ridlins) RotM	26/05/2010
328	Graham SPICER	00:58:01	Stevenage 10k	15/09/2019
329	Tony Wickham	00:58:42	Flitwick 10k	09/04/2006
330	Paul Dann	00:59:12	Standalone 10km	05/10/2003
331	Peter Kingsley	01:00:29	Canvin 10km	17/05/1992
332	Mike Hennesy	01:00:40	Standalone 10k	07/10/2018
333	Keith Blackaby	01:00:47	Flitwick 10km	17/04/2011
334	Martin Stevenson	01:01:43	Standalone 10km	01/10/2006
335	Richard Fox	01:02:19	Flitwick 10k	09/04/2017
336	Kevin Smith	01:03:35	Standalone 10km	03/10/1999
337	Saab Bharaj	01:04:01	Standalone 10k	06/10/2019